

March 2024

Fellowship News

West Hartford Fellowship Housing 20H Starkel Rd West Hartford, CT 06117 (860) 523-0881



WHFH on-site Food Pantry Delivery will take place before noon on Tuesday, March 12, 2024. Please call the RSCs if you would like to be added to the March delivery list.

CT Foodshare will be held on Friday, March 22, 2024, across Starkel Road, behind Big Y, in the Crossroads Plaza from 1pm-1:45pm.

Food Rescue volunteers will deliver donations from Trader Joe's each Tuesday afternoon. RSCs will robocall to let residents know when the food has arrived.

Calling all WHFH Residents!

Stay connected to your memories and share your story. Every month RSCs will present a question in the newsletter. We hope that you will take a moment to write down your response in a few paragraphs and drop it in the office box. We will print the responses in the next newsletter, along with next months question. Staff is also invited to participate.

Our first question of the series is:

What is one of your fondest childhood memories?

Allow our community to learn something new about you!
Thank-you for sharing with us.

Jeopardy's Journey



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been rigged,

with contestants playing along to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!

Fueling Change

Rudolf Diesel, inventor of the eponymous diesel engine, was born on March 18, 1858. Biodiesel Day celebrates a type of fuel that Diesel himself valued. As he stated in 1912, "The use of vegetable oils for engine fuels may seem insignificant today, but such oils may become, in the course of time, as important as petroleum and the coal-tar products of the present time."

It appears that Diesel was not only a great inventor but also a visionary. In 2012, 100 years after that statement, the U.S. produced over one billion gallons of biodiesel fuel. This fuel is biodegradable and nontoxic, produces less carbon dioxide than fossil fuels, and can be produced from vegetable oils, animal fats, algae, and even recycled restaurant grease.

MARCH WHFH BIRTHDAYS!

Helene H.
Xinhau F.
Susan W.
Joe G.
Diana H.
Clara G.
Pat H.
Aphrodite A.
Fannie Mae G.
Michael L.
Carolyn G.
Marcella B.
Bill D.
David S.

Wishing you all a happy day!

In Praise of Weeds



Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden

invaders, take some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits. It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium. Dandelion and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry dishes, and soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.

WHFH Redevelopment Update

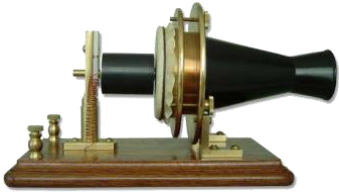
Construction continues to move onward and upward this month! Our contractors have completed the concrete foundation walls and are working on underground plumbing and backfilling the foundations with earth and stone in preparation of the first-floor concrete slabs. As you can see from the fence line, our masons are constructing the 3-story elevator shafts; one for each building. If you look from Starkel Road, you can see the openings in the shaft where the elevator doors will be on each floor. Soon we will see lumber deliveries and the exterior walls begin to appear as our new buildings take shape! Our contractors will build one floor at a time until they have completed the framing for the roof. Windows will follow and work can then begin on the inside of the buildings. We should see some exciting visual progress soon. Construction continues to be on-time and on-budget.

Paws and Purrs



It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.

Clash of Inventors



Alexander Graham Bell is hailed as the inventor of the telephone. It was Bell who discovered that sound travels over electrical wires and that

these wires can be connected in a way that allows two people to speak to each other over long distances. On March 10, 1876, the telephone was born when Bell spoke to his assistant, Thomas A. Watson, saying, "Mr. Watson. Come here. I want to see you."

Was Bell the sole inventor of the telephone? Another renowned inventor, Elisha Gray, was working on a similar device. On February 14, 1876, Bell submitted an application to the patent office for his telephone. Just hours later, Gray submitted his own application for a patent. Gray wrote:

"To all whom it may concern: Be it known that I, Elisha Gray, of Chicago, in the County of Cook, and State of Illinois, have invented a new art of transmitting vocal sounds telegraphically, of which the following is a specification: It is the object of my invention to transmit the tones of the human voice through a telegraphic circuit, and reproduce them at the receiving end of the line, so that actual conversations can be carried on by persons at long distances apart."

When Gray discovered that Bell was awarded the patent, he took Bell to court. Not only did Gray believe that he submitted his paperwork first, he believed that Bell learned of one of his designs and stole it. How did Bell steal Gray's design? One of the patent examiners at the patent office swore in an affidavit that he had shared Gray's paperwork and designs with Bell. The legal battle lasted over two years.

The courts eventually ruled that while Gray had invented an important, even vital, component of the telephone, Bell had succeeded in creating the whole telephone. The rest, as they say, is history.

Join Us on March 21st to celebrate World Poetry Day!

We will gather in the Fellowship 3 Community Room at 1:00 pm to share our favorite poems. Write your own or select a few favorites to read.

Listeners are welcome as well!

Light refreshments will be served.

Verses and Voices



World Poetry Day, initiated by UNESCO in 1999, arrives on March 21 to honor globally the artistry and diversity of poetry. It pays

homage to poets who craft words into emotion, images, and storytelling, transcending boundaries and enriching human experiences.

You can mark the occasion by sharing favorite poems with friends or family, attending poetry readings or events, or even trying your hand at writing a short poem. Dive into different poetic styles, from traditional sonnets to modern spoken word, exploring the richness of expression they offer. You might also support local poets or poetry organizations, sharing their work on social media or attending their performances. Whether you choose to write, read, or listen to poetry performed, World Poetry Day invites us to immerse ourselves in the beauty and power of words.



We hope you
enjoyed your
Valentine's
Day!



Here comes the month of renewal—
It floats in on a winter breeze.
With it comes many March birthdays,
And hopefully a feeling of ease.

This month we celebrate so many,
From Rob Reiner to Rob Roy,
And actress Catherine O'Hara,
Whose comedic roles bring us joy.

"We've Only Just Begun" this list,
So add Karen Carpenter, too,
Plus James Taylor and Liza Minnelli,
Talented singers through and through.


Then, Robert Bunsen, the German chemist,
Who invented the Bunsen burner,
And Jack Kerouac, who wrote *On the Road*,
A book that's a real page-turner.

March honors Vincent van Gogh
With his Post-Impressionist art,
And Barbara Feldon, who plays Agent 99
In the TV show *Get Smart*.

Actor, musician, and bandleader,
Debonair Desi Arnaz,
Composer Andrew Lloyd Webber,
And activist Cesar Chavez.

We even have March to thank
For dear sweet Ed McMahon.
With charisma he took the stage—
It's hard not to be a fan.

Yes, March is a month of wonder,
As we breathe in the first days of spring.
It whispers of joy and laughter,
And for your birthday we all sing!



March Birthday Poem

**March Birthday
Breezes**



MARCH MAINTENANCE

MATTERS

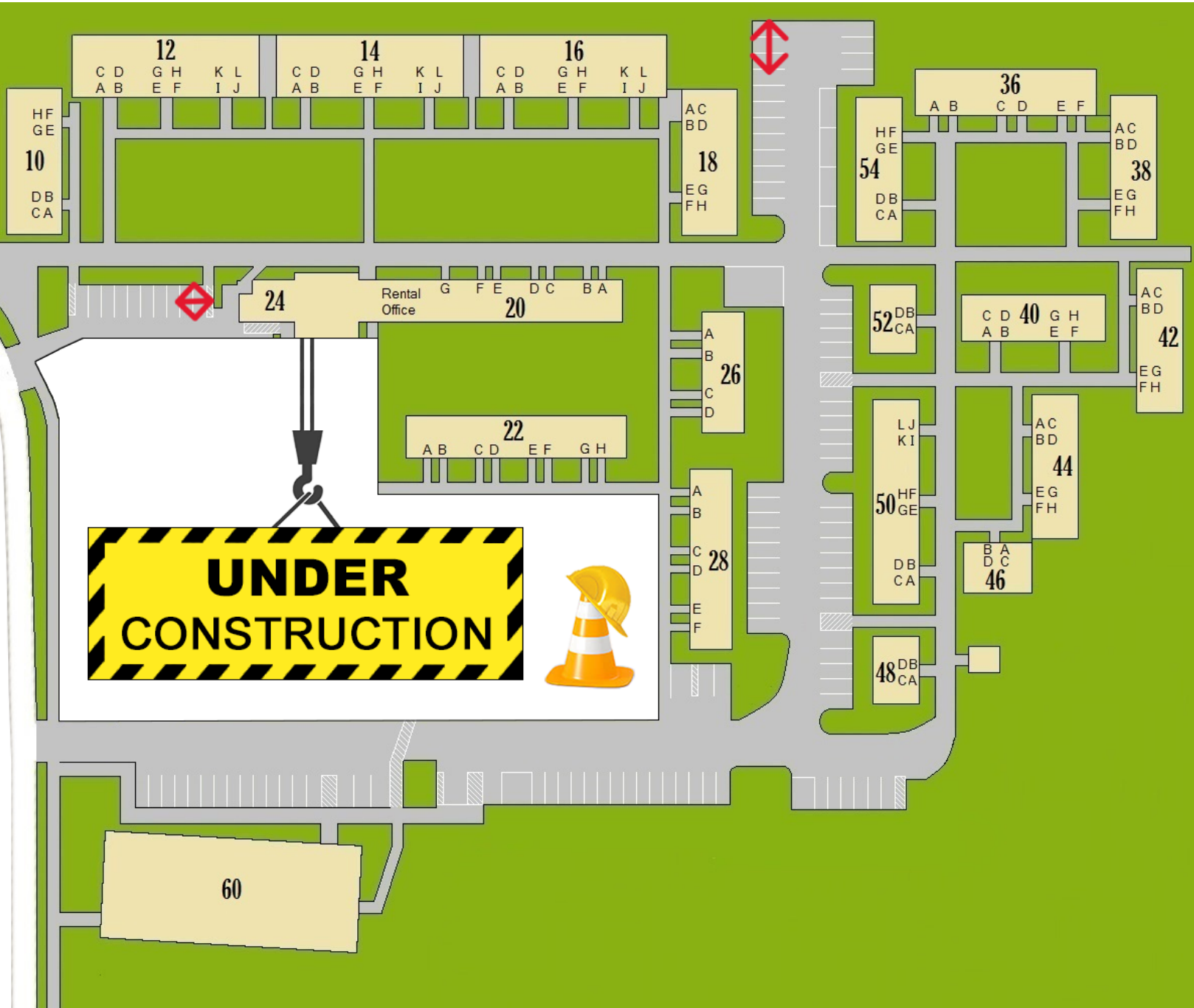
Please be aware of several parking spaces that need to be vacated for our snow removal vendor to properly and safely plow our parking lots. We typically place cones or tent signs to block off these spaces. Please do not park in these spaces immediately before or during a snow storm. See the marked **red** areas on the map.

Please, do not approach the plow drivers. Contact the office with any concerns.



West Hartford Fellowship Housing

Starkel Road
West Hartford, CT 06117
(860) 523-0881



Nutrition Corner from UConn Healthy Family CT

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Beyond the Table

This year's theme for National Nutrition Month® inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future.



School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared. Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

These are a few tips to help you reach Beyond the Table:

Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways Beyond the Table to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

Learn what's involved in growing your food

There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate. You also can grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers, or strawberries may work, too, if you have a patio or porch with enough sunlight. Schools, churches, and other places may offer community gardens where you can participate in the growing process and share in the harvest. Not quite ready to get your hands in the dirt? Many local farms offer programs, which include “farm shares” of produce during a growing season. Depending on the farm, additional products such as eggs or meat might be included.

Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks. National Nutrition Month® is a great time to start thinking about how you can go *Beyond the Table* to improve both your health and the planet's.



To find a Registered Dietitian-Nutritionist in your area, go to www.eatrightct.org and click on FIND AN EXPERT on the top menu bar.

For fact-based food and nutrition information including low-cost, tasty recipes visit <https://healthyfamilyct.cahnr.uconn.edu/>

UConn Nutrition Class Offered During National Nutrition Month!

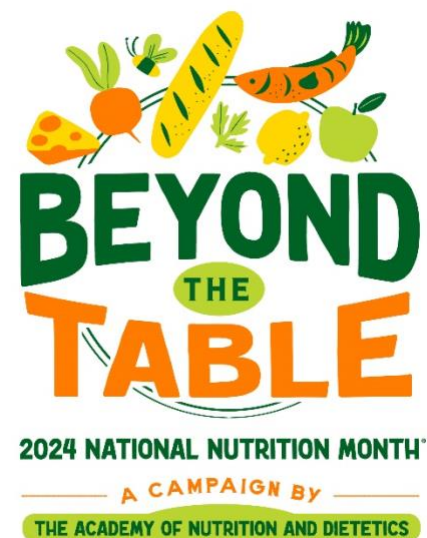
Come learn how you can go *Beyond the Table* in celebration of National Nutrition Month 2024. UConn nutrition students will discuss how to eat to improve your health and the planet's. A fun, interactive food demonstration and tasting is included. All attendees will receive a small gift from UConn.

Please sign up in the office with RSCs @ (860) 570-0319 or (860) 570-0314.

Date: 3/26/2024

Time: 1:00 PM

Location: Bishops Corner Senior Center



WEST HARTFORD FELLOWSHIP HOUSING PHONE NUMBERS:

Management Office: (860) 523-0881

Linda Caban-Property Manager

Vilmary Garcia-Assistant Property Manager

Tatiana Angelo-Leasing Transition Coordinator

Resident Service Coordinators:

Melissa Lammers (860) 570-0319 (Apartments 10-38)

Debra Daigle (860) 570-0314 (Apartments 40-60)

Maintenance Department: (860) 523-0881

Dennis Carpenter-Superintendent

Carlos Zabala-Technician

Office FAX number: (860) 523-0891

Office Hours of Operation: 8:30 am – 5:00 pm Monday-Friday

AFTER HOURS ANSWERING SERVICE:

(860) 523-0881 Option #3

The non-emergency number for the town Police Department is

(860) 523-5203

The non-emergency number for the town Fire Department is

(860) 523-5263

If you have a Safety or Medical Emergency, PLEASE CALL 911

DID YOU KNOW?

One of the first major industries to arise centered on the pottery and brick works. Extending from Hartford to [Berlin](#) is a sizable deposit of fine clay. In 1770, Ebenezer Faxon came from [Massachusetts](#) and settled in what would become the Elmwood section of West Hartford. There he established a pottery on South Road (what is today New Britain Avenue) which took advantage of the local geological landscape. It was Seth Goodwin, however, who helped to establish a pottery dynasty. Goodwin started his pottery works around 1798. For over a hundred years, the Goodwin name would be associated with West Hartford pottery. Producing utilitarian items such as jugs for the gin manufactured in local distilleries, to terra cotta designs and fine china, the Goodwin Company employed up to seventy-five people in its heyday. The Goodwin Brothers Pottery Company (as it came to be known) burned for the third time in 1908 and never recovered.





Painted Bunting

This is a picture of the male Painted Bunting. It is sometimes called the 'Nonpareil,' meaning 'unrivalled,' a fair way to describe its unbelievable colors. This species is locally common in the Southeast, around brushy areas, and woodland edges. It is often secretive, staying low in dense cover. However, males sing their bright warbling songs from higher in the trees, partly hidden among foliage or sometimes out in the sun on an exposed perch. Some lucky Floridians have Painted Buntings coming to their bird feeders in winter.

Happy Bird Watching!


A close-up photograph of a branch covered in vibrant pink cherry blossoms. The flowers are in various stages of bloom, with some showing dark centers. The background is a soft, out-of-focus mix of green and white, suggesting a garden setting. The text is overlaid on the lower half of the image.

**“Spring is the
mischief in me.”**

Robert Frost



Who Am I?

- *I was born in Ulm, Germany.
 - *My family was ethnically Jewish but not religious.
 - *My father was an engineer and salesman.
 - *I went to school in Munich, even after my family moved to Italy.
 - *Although I was very intelligent, I struggled with the structure of school.
 - *I dropped out of high school.
 - *I eventually went to university in Switzerland.
 - *My first wife and I had two sons.
 - *In 1932 I was forced to flee Germany.
 - *In the United States, I joined the NAACP to help advocate for people who had suffered discrimination because of their background like I had.
 - *In 1905, I published four groundbreaking academic papers about physics.
 - *I won the Nobel Prize in 1921.
 - *Last months answer to Who Are We is the Gabor sisters.
- 

Secret March Message

Fill in the grid with the four-letter word answers.
Then, reveal the March message in the green boxes.

Like a bug in a rug

Domesticated animals

Underground plant part

Cold drink, _____ tea

Type of salamander

Fish lung



Showy bearded flower

Like a pillow

Frozen precipitation

Nest items

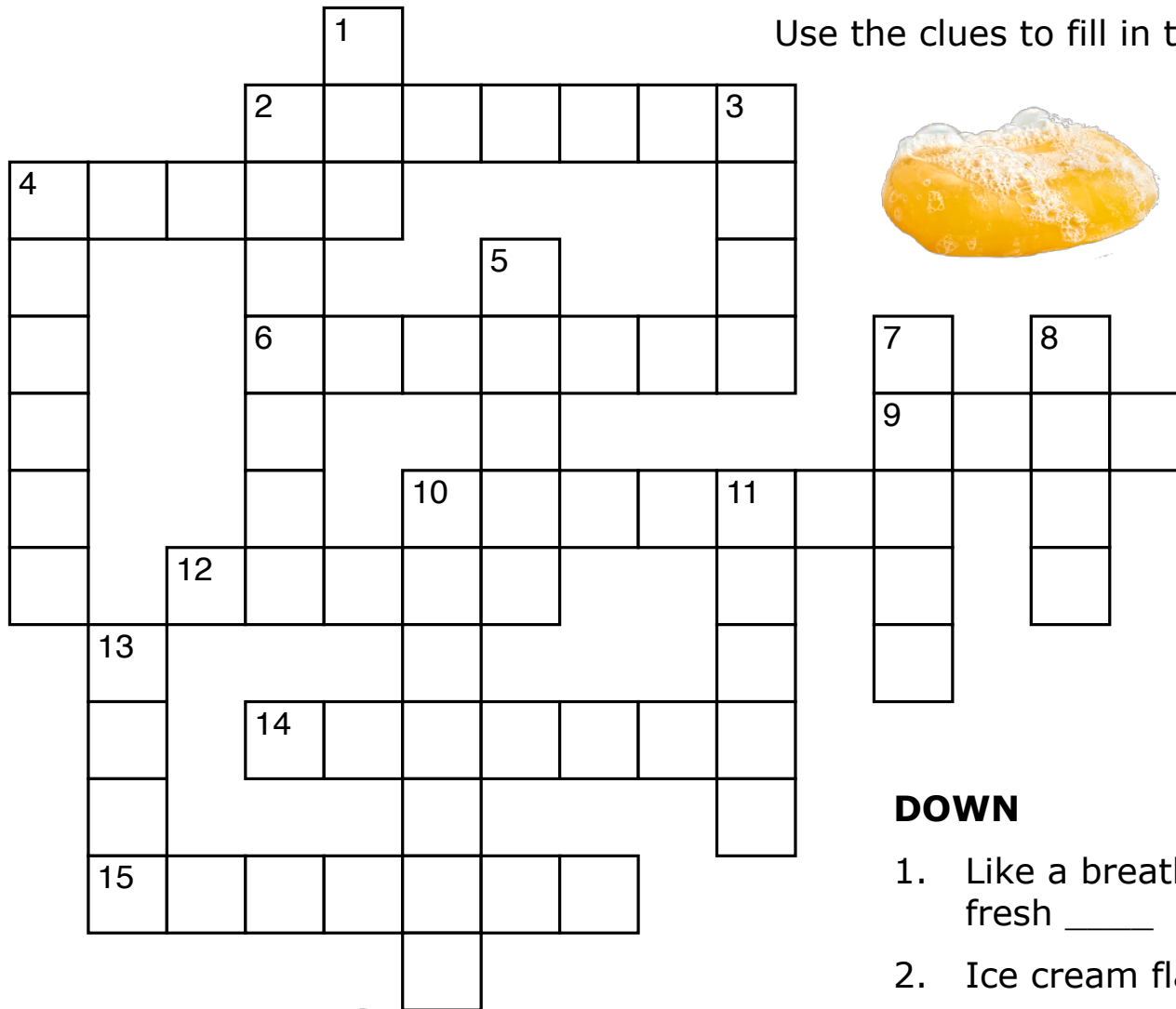
Smallest in the litter

Canyon sound



Fun with Fragrances

Use the clues to fill in the crossword.



ACROSS

2. Balsamic, cider, or white
4. Fragrant wood
6. Aromatic sticks
9. Drops from the sky; earthy smell
10. Gift for the husband
12. Egg's partner
14. Gingersnaps and macaroons
15. Gift for the wife

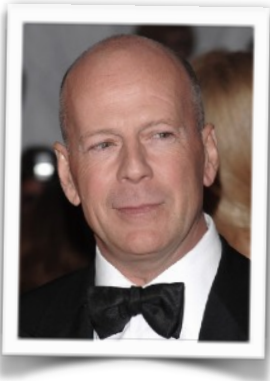
DOWN

1. Like a breath of fresh _____
2. Ice cream flavor
3. Fragrant flower
4. Morning beverage
5. Tart fruit

DOWN

7. Fresh-baked rolls
8. Toothpaste flavor
10. Tropical sunscreen scent
11. Freshly cut lawn
13. Bath bar





Famous March Birthdays

The following people were born in March. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Howard **COSELL**
- B. Julio **GALLO**
- C. Andy **GIBB**
- D. David **LIVINGSTONE**
- E. James **MADISON**
- F. Peyton **MANNING**
- G. Ed **MCMAHON**
- H. Sarah Day **O'CONNOR**
- I. Shaquille **O'NEAL**
- J. Andrew Lloyd **WEBBER**
- K. Lawrence **WELK**
- L. Bruce **WILLIS**

P	I	X	E	Y	Y	E	N	V	A	W	T
N	O	H	A	M	C	M	O	W	E	W	Y
K	L	I	V	I	N	G	S	T	O	N	E
E	H	M	N	A	M	W	I	L	L	I	S
B	O	F	L	V	E	Y	D	J	B	V	O
C	K	P	G	L	X	G	A	N	Y	C	H
O	T	L	T	A	N	R	M	K	O	V	C
S	H	L	E	I	L	A	E	N	O	G	H
E	D	K	N	W	L	L	N	B	G	H	N
L	F	N	D	G	D	O	O	I	B	U	F
L	A	Q	M	E	R	H	B	N	K	E	F
M	U	J	L	N	O	B	G	Q	X	N	W

Bonus: Match the person to the correct clue.

- | | |
|----------------------------------|--------------------------------|
| 1. Actor ____ | 7. English composer ____ |
| 2. Physician/explorer ____ | 8. Fourth U.S. president ____ |
| 3. American sportscaster ____ | 9. Bandleader ____ |
| 4. NBA great ____ | 10. Supreme Court justice ____ |
| 5. Johnny Carson's sidekick ____ | 11. All-star quarterback ____ |
| 6. Bee Gees member ____ | 12. California winemaker ____ |

Fun Farming

Answer the clues and then find the answers in the puzzle. Search vertically, horizontally, diagonally, forward, and backward.

G	J	R	H	C	F	S	X	U	H	V	S
C	Z	E	J	G	H	H	T	L	Y	T	A
O	I	T	V	O	H	O	S	A	A	O	D
U	R	S	F	C	B	I	R	O	B	O	D
N	A	O	R	P	L	U	G	E	X	L	L
T	N	O	T	O	X	M	E	Y	S	Z	E
R	P	R	A	C	H	A	Y	L	O	F	T
Y	M	Q	S	C	A	R	E	C	R	O	W
H	G	U	O	R	T	R	Y	T	Z	S	D
F	X	Z	M	G	U	X	T	I	G	E	A
J	U	I	X	I	V	Z	U	I	Z	R	T
N	E	K	C	I	H	C	P	D	X	Q	A



Grain storage tower _____

Rooster's partner _____

Routine tasks _____

Town and _____

Field yield _____

Nannies and billies _____

Barn storage area _____

Messy pen animals _____

Wake-up call bird _____

Horseman's seat _____

Cornfield guardian _____

Horse's home _____

Trailer hauler _____

Livestock feed box _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

The Cherokee name for the full moon in March is "Windy Moon", referring to the winds of March.

<p>3 CHALLENGE FOR THE DAY MAKE A NOTE OF SOMETHING POSITIVE YOU'VE ALWAYS WANTED TO SAY TO SOMEONE AND THEN DO IT!</p>	4	5	6	<p>7 WINTER COLORING 1:00-2:00 F3</p>	8	<p>2 IF YOU WERE TO INVENT A FUN HOLIDAY, WHAT WOULD IT BE AND HOW WOULD PEOPLE CELEBRATE IT?</p> <p>9 WORD SCRAMBLE W O N R C A CIRCULAR ORNAMENTAL HEADRESS</p>
<p>10 TURN CLOCKS ONE HOUR AHEAD!</p> <p>Ramadan Begins Daylight Saving Time Begins</p>	11	<p>12 FOOD PANTRY (DELIVERY BY NOON FOR THOSE SIGNED UP)</p>	<p>13 CAN YOU NAME THREE FORMS OF PASTA THAT BEGIN WITH THE LETTER F?</p>	<p>14 ST. PATRICK'S DAY & EASTER CRAFT 1:00-2:00 F3</p>	15	16
<p>17 In Irish tales, I'm often seen, a tiny fellow, dressed in green. Pointy shoes and hat so high, a pot of gold, my secret lies. What mythical being am I? St. Patrick's Day</p>	18	<p>19 HAPPY SPRING!!</p> <p>Spring Begins</p>	20	<p>21 WORLD POETRY DAY! POETRY READ 1:00-2:00 F3</p>	<p>22 FOODSHARE BIG Y PARKING LOT 1:00-1:45</p>	23
<p>24 Palm Sunday</p>	<p>25 FULL MOON</p>	<p>26 UConn NUTRITION PROGRAM 1:00 – 2:00 BISHOPS CORNER SENIOR CENTER</p>	27	<p>28 TRAVEL SHOW 1:00-2:00 F3</p>	29	<p>30 BUY A VOWEL B _ H _ V _ _ R A WAY OF ACTING</p>
<p>31 Easter Sunday</p>	<p>DAFFODILS....</p> <p>THAT COME BEFORE THE SWALLOW DARES, AND TAKE THE WINDS OF MARCH WITH BEAUTY. ~ SHAKESPEARE</p>					