

# PORT PERRY PLACE

## Celebrating March

**Artists Month**

**Women's History Month**

**Mardi Gras**

*March 4*

**Cheers with Terry**

*March 6*

**World Plumbing Day**

*March 11*

**Quilting Day**

*March 15*

**St. Patrick's Day Entertainment  
with Yvette**

*March 17*

**Irish Buck Auction**

*March 21*

**Cheers with Bill**

*March 27*

## What Is Mardi Gras?

Mardi Gras is the Tuesday before Ash Wednesday, which is based on the date of Easter. This means that the date generally changes from year to year. In 2017, it's February 28. Next year, the date is February 13. In Canada, it's not a statutory holiday, but that doesn't mean that you won't find celebrations here in the country.

During Lent, Christians give up many indulgences, such as meat, alcohol and rich foods. Shrove Tuesday began as a way of using up the food in the household that might be forbidden during Lent. Some believe that Pancake Tuesday was a pagan holiday. Christians are reported to have made pancakes because the recipe would use up eggs, lard or butter, sugar and milk, foods that might be limited through Lent.

Although Lent probably originated in Europe, people around the world now celebrate Mardi Gras, Carnival or Shrove Tuesday with huge festivals. Masquerades and costumes are popular, but so are large amounts of alcohol, many rich foods, not only pancakes and pastries.

At one time, Mardi Gras was a more sedate celebration. Today, it is often considered the single person's holiday in late Winter, as opposed to Valentine's Day, which is more couple-centric.



**St. Patrick's Day** is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2025 will take place on Monday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

[Saint Patrick](#), who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and [brought to Ireland as a slave](#) at 16. He later escaped, but returned to Ireland and was credited with bringing [Christianity](#) to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known [legend of St. Patrick](#) is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

## Paws on the Trail

Mushers begin the "Last Great Race" across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means "distant place." It's the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren't the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.

## Family Council

Port Perry Place is inviting all family members to join us and be a part of the family council. Interested parties, please contact Family Council Head Chair.

[Gerrylantomasi@gmail.com](mailto:Gerrylantomasi@gmail.com)

Next Family Council Meeting is March 12<sup>th</sup> at 3:30pm

## Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most spectacular

show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

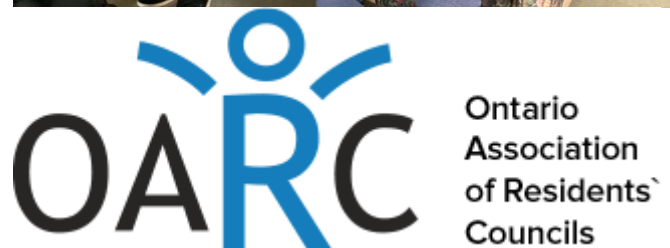
The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

## Full-Court Frenzy

The “Road to the Final Four” begins Tuesday, March 18. Sixty-eight of the country’s best men’s college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it’s common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player’s performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a “Cinderella” team overcoming the odds to deliver a victory.



Please join us the first Wednesday every Month for the Resident’s Council meeting.

President- Peter J.  
Vice President – Joanne S.

## Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



## March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey.

They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram.

Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Ron C. March 6<sup>th</sup>

Karole N. March 8

Kim D. March 8

Mary I March 17

Beverly R March 21

Leona I March 21

Lena H March 25<sup>th</sup>.



### IPAC updates,

**The flu season is upon us and the home will be reaching for consents for residents to be immunized. Please feel free to drop by the IPAC office if you're in the house to give consent.**

**If you're experiencing any symptoms, to keep our residents safe, please do not visit the home. Remember if you are visiting your loved ones, please perform your 4 moments of hand hygiene.**

