

August 2020 Battlement Mesa, Colorado

Three's Company



Through these challenging times of stay-at-home for our residents, there has been one way to get out in the country a bit, and that is through our socially distanced afternoon drives. One of the most popular destinations has been the Church Ranch, where there are cows, horses, chickens and 3 fast growing pigs! Owners Lou and Marilyn have been kind enough to host several BBQs for residents on their beautiful property in the past, complete with live entertainment. While these have been put on hiatus since the virus, the Church's have arranged to allow residents to visit the ranch while everyone else stays inside. Thanks so much, we really appreciate it!



With all of this heat we've been experiencing, in case anyone was wondering, summer is here and in a big way! But the next time you are feeling a bit overwarm, let's not forget that last winter many of us dreamed about having days like these. There are some interesting things that are unique to summer.

Before the Civil War, schools did not have summer vacation. In rural communities, kids had school off during the spring planting and fall harvest while city schools were essentially year-round. The long summer holiday didn't come about until the early 20th century.

The month of June is named after the Roman goddess Juno. Roman general Marc Antony named the month of July after Julius Caesar. August was named after Julius Caesar's nephew. He had received the title of "Augustus" which means "revered".

The "dog days of summer" refer to the dates from July 3rd to August 11th. They are named after Sirius the Dog Star. This star is located in the constellation of Canis Major. The Perseids are the most visible annual meteor shower that takes place in the summer. Beginning in mid-July and peaking August 11th and 12th, up to 100 meteors will streak across the sky every hour at a speed of 38 miles per second. The Perseids are best viewed in the Northern Hemisphere during the pre-dawn hours. The Delta Aquarids meteor shower also occurs this summer, peaking at the end of July.

Summertime...

when the living

is easy



In southern England, over 38,000 people gather at Stonehenge to view the summer solstice. Druids are among those who celebrate the longest day of the year at this notable location. Some ancient peoples celebrated mid-summer with bonfires. It was believed that the crops would grow as high as a couple could jump across the fire. Also, bonfires would generate magic by boosting the sun's powers. In some European traditions, picking certain plants, such as roses, verbena, rue, and St. John's wort on the summer solstice gave them certain properties that they wouldn't have if they were picked at any other time. By the way, on June 25, 2016, after three months construction, the world's largest bonfire ever recorded was lit in Ålesund, Norway. It burned for two days and reached a height of 155 feet and 5.9 inches. No one was reported trying to jump over that one.

Summer solstice celebrations often involve dancing around a maypole (although some countries celebrate with maypoles in the spring). Maypoles have variously been interpreted as a fertility symbol, a symbol of the axis of the earth, as a reminder of sacred trees, or as the growth of vegetation.

Americans eat enough hot dogs on July 4 to stretch from Washington, D.C., to Los Angeles five times. An American also holds the record for the largest BBQ of all time. Over the course of 80 hours, Jan Greef of Columbus, Georgia, grilled 1,000 hot dogs, 558 burgers, 526 sausages, 104 pieces of chicken, and 200 pieces of corn. Impressive!

How about this: due to the iron expanding, the Eiffel tower grows about 6 inches every summer.

And finally, the record for the most people applying sunscreen was set in Australia with 1,006 participants applying sunscreen simultaneously for 2 minutes.

Lest We Forget

History of the Grand Valley

BATTLEMENT MESA

Across the Colorado (Grand) River from Grand Valley (Parachute) and rising abruptly from the south bank of the river lies Battlement Mesa, extending south to the mountain, east to Morrisania Mesa and west to Dry Creek. The foothills of the mountain are covered with cedar or juniper; and, as the elevation increases, pinion, pine and aspen cover the slopes, making a beautiful background for the fields of alfalfa, grain or grasses on the ranches of the mesa. The soil here is of volcanic origin which, mixed over the years with the humus of decaying vegetation, makes it especially productive.

There are several theories as to how the name Battlement was given to this mesa and mountain. but the following seems the most plausible. Along the top face of the mountain overlooking the mesa is a rock formation which closely resembles the battlements of old which formed the upper walls of many castles or were the upper parapets of a defensive wall surrounding a city or fortress.

The early settlers started coming into this area about the same time as into the Parachute Creek area, in the early 1880's. While we don't have the exact date of the arrival of many of these pioneers, we are able to fix the time from some of the things they did here in the Parachute Community. Mr. George Sipprell, who came from Maine, was an expert woodsman and helped Mr. Hurlburt build the first house in Parachute the spring of 1884, a cabin of hand hewn logs. Mr. Sipprell's skill with the axe soon became known and his services were in constant demand in the valley as other new citizens built homes. Mrs. Sipprell's services as a mid-wife were much in demand, too, as very new arrivals made their appearance in the area, and many of those now considered our senior citizens owe their very lives to her skill, kindness and efficiency.

Two brothers, Ben and Nels Good, were also early arrivals from Maine. Ben Good did not

remain long but while here Mr. Good built a cabin in a gulch along the east fork of Parachute Creek and this little valley is still known as Ben Good Gulch. The Nels Good family remained here and took an active interest in the affairs of the community.

Mesa Vista News has received special permission to reprint excerpts from "Lest We Forget" written by Erlene Durant Murray. Her wonderful one-of-a-kind book, written in 1973, helps to preserve the history of the Grand Valley of Colorado. The book is available for purchase from the Grand Valley Historical Society, by calling Michelle Foster at (970) 285-7828.



Diana 8/4 Stormie 8/4
Mary 8/7 Grace 8/17
Brenda G. 8/17

Adult Day Program

The Mesa Vista Adult Day Program is now certified to accept Medicaid

Open Monday, Tuesday, Thursday and Friday, from 10 am until 4:30 pm. Members participate in a full schedule of activities, with snacks, soft drinks and coffee always available. A hot lunch is served daily.

Mesa Vista Assisted Living

72 Sipprell Drive, Parachute Colorado
 (970) 285-1844 fax 970-285-6351
mesavista@seniorhousingoptions.org
<http://seniorhousingoptions.org/properties/mesa-vista/>

Kathy Budau, Administrator
 Jaymie Velasquez, Assistant Administrator, RSD
 Michael Farrell, Activities Director, Adult Day Program Director, Editor



August 2020



SUN	MON	TUE	WED	THU	FRI	SAT
						1 10:00 Vitals Clinic 11:00 Reading with Allison 2:00 Rummy
2 11:00 Spiritual Reading 2:00 Rummy	3 10:00 Crafts with Deb 11:15 Ladder golf 2:00 Loteria 3:00 Wordsearch <i>Full Moon</i>	4 10:00 Morning Walk & Exercises 11:00 Wii Bowling 1:30 Bingo 3:00 Rummy <i>Happy Birthday Diana & Stormie!</i>	5 10:00 Morning Walk & Exercises 11:00 B Ball 2:00 Amazing Facts 3:00 Fact or Crap	6 10:00 Morning Walk & Exercises 11:00 Horseshoes 1:30 Bingo 3:00 Shuffleboard	7 10:30 Morning Walk & Exercises 11:30 Bible Reading 1:30 Bingo 3:00 History of the West <i>Happy Birthday Mary!</i>	8 10:00 Coffee Klatch 11:00 Reading with Allison 2:00 Rummy
9 11:00 Spiritual Reading 2:00 Rummy	10 10:00 Crafts with Deb 11:15 B Ball 2:00 Loteria 3:00 Hangman	11 10:00 Morning Walk & Exercises 11:00 Wii Bowling 1:30 Bingo 3:30 Rummy <i>Perseids Meteor Shower</i>	12 10:00 Morning Walk & Exercises 11:00 Horseshoes 2:00 Instant Genius 3:30 YouTube Travel	13 10:00 Morning Walk & Exercises 11:00 Tai Chi 1:30 Bingo 3:30 Afternoon Drive	14 10:00 Morning Walk & Exercises 11:30 Bible Reading 1:30 Bingo 3:30 History of the West	15 10:00 Coffee Klatch 11:00 Reading with Allison 2:00 Rummy
16 11:00 Spiritual Reading 2:00 Rummy	17 10:00 Crafts with Deb 11:15 Ladder golf 2:00 Loteria 3:30 Wordsearch <i>Happy Birthday Grace & Brenda G.!</i>	18 10:00 Morning Walk & Exercises 11:00 Wii Bowling 1:30 Bingo 3:30 Rummy	19 10:00 <i>Resident & Food Council</i> 11:00 Morning Walk & Exercise 2:00 Amazing Facts 3:30 YouTube Travel	20 10:00 Morning Walk & Exercises 11:00 Tai Chi 1:30 Bingo 3:30 Afternoon Drive	21 10:00 Morning Walk & Exercises 11:30 Bible Reading 1:30 Bingo 3:30 History of the West	22 10:00 Coffee Klatch 11:00 Reading with Allison 2:00 Rummy
23 11:00 Spiritual Reading 2:00 Rummy	24 10:00 Crafts with Deb 11:15 B Ball 2:00 Loteria 3:30 Hangman	25 10:00 Morning Walk & Exercises 11:00 Wii Bowling 1:30 Bingo 3:30 Rummy	26 10:00 Morning Walk & Exercises 11:00 Horseshoes 2:00 Instant Genius 3:30 Book of American Trivia	27 10:00 Morning Walk & Exercises 11:00 Tai Chi 1:30 Bingo 3:30 Afternoon Drive	28 10:00 Morning Walk & Exercises 11:30 Bible Reading 1:30 Bingo 3:30 History of the West	29 10:00 Coffee Klatch 11:00 Reading with Allison 2:00 Rummy
30 11:00 Spiritual Reading 2:00 Rummy	31 10:00 Crafts with Deb 11:15 Ladder golf 2:00 Loteria 3:30 Wordsearch					<i>Schedule is subject to Change</i>