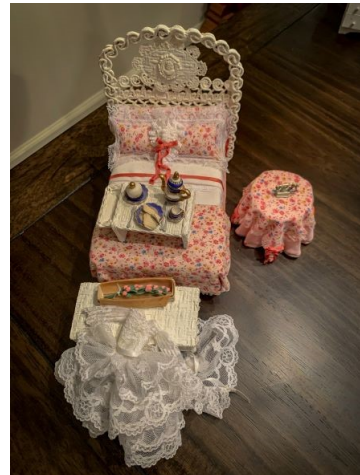




**Joan Capper –
Huntcliff’s Furniture
Builder**



March 2023

HUNTCLIFF HARBINGER



HIGHLIGHTS of COMING EVENTS

Continue to check the monthly calendar, daily elevator postings, and bulletins for activity announcements & updates.



- “The America We Love” – Abigail Adams – “Founding Mother”
Thursday, 3/2 @ 2:00 PM
- March 12 – Daylight Savings Time Begins. Set your clock AHEAD one hour the night before. You don’t want to be late for brunch on Sunday.
- Program for Women's History Month – “Women of the West” by Brandt Ross
- Gillian (our crafts wizard) making silk scarves
- St. Patrick’s Day lunch celebration
- The Jennieff Singing Duo – Bob’s Broadway Chorus – Lane Friedman

March Outings—Pre-Ramadan trip to Mosque—Men’s Club trip to Atlanta Federal Reserve—St. Paddy’s Day Lunch Outing—Booth Museum Quilt Exhibit—Gibbs Garden Daffodil Festival

If your club or activity wants to make announcements, updates, or explanations in the Harbinger, please email Brandt Ross (brandtross@gmail.com) or Fred Ortyl (Fredortyl@gmail.com)



Pinky Peterson - March's Highlighted Staff Member

"Pinky" is passionate about all the things in her life - especially GOD, her religion, her residents, her job, cruising, and singing. Pinky was born and raised in Portsmouth, VA. She and her husband, with whom she has 4 children (2 boys and 2 girls) moved to Atlanta in 1997. She came to Huntcliff 5 1/2 years ago where she began in housekeeping, then moved to food server, concierge desk, and hostess in the dining room. She is very happy here, and loves her residents. Pinky is always doing something, and she is always passionate about whatever it is she is doing.

Message from Lisa Schilling—Huntcliff Executive Director

March is filled with wonderful things to which we can look forward. International Women's Day is celebrated on March 8th – a day that celebrates the achievements of women! I have many women mentors to thank throughout my life! We also see the return of daylight savings time, this year on March 12th. It's always nice to "spring forward" and have that extra hour of daylight. Speaking of Spring, we welcome the start of one of my favorite times of year when the beautiful colors emerge from the dark, gray days of winter. I hope you enjoy the beautiful days that will fill the March calendar! Get out, enjoy the beautiful walking path and the garden area. It's a great way to rejuvenate!

Womens' History Month Q & A

Who was????

1. The founder of the American Red Cross?
2. The first Female to serve in both the House of Representatives and the Senate?
3. The first African-American Woman to win a Nobel Prize?
4. The first Female Astronaut?
5. The first Female Justice on the Supreme Court?

Answers:

1. Clara Barton;
2. Margaret Chase Smith;
3. Toni Morrison;
4. Sally Ride;
5. Sandra Day O'Connor

Newsletter Development Members and Distribution Team

Wilma Asrael, Stan Bernstein, Kathy and Charlie Cayce, Erma Davis, Marcia Ivers, Marvin & Barbara Fellner, Rosemarie Hosbein, Margaret Johnson, Carol Lewis, Elsie McLaughlin, Fred & Joan Ortyl, Kathleen Pringle, Brandt Ross, Art Schultz, Marcia Swanson, Julian Yudelson.

March Birthdays & Anniversaries

- Mar 5 Eve Schneps
- Mar 7 Frank Ziperson
- Mar 11 Esther Rothstein, Marvin Fellner
- Mar 15 Rita Dressler
- Mar 18 Rowanda Isaf, Irv Yokel
- Mar 23 Jill Sellers, Sally Kaplan
- Mar 24 Gerald Skwira, Sarah Levy, Ron Dressler
- Mar 28 Roz Grossman, Gabe Elissa
- Mar 29 Fran Novick, Rose Stacio
- Mar 31 Lois Cummings

Anniversaries

- Mar 28 Harry and Bette Baer
- Mar 30 Charlie and Pat Harper

Ramadan 2023

In Islam, Ramadan is a time for reflection, contemplation, and celebration. The Ramadan start date for 2023 is expected to begin on Wednesday 22 March, following the sighting of the moon over Mecca. Lasting for 30 days, Ramadan will end on Friday 21 April, with the celebratory days of Eid al-Fitr starting on Saturday 22 April or Sunday 23 April.

Fasting is a key part of Ramadan, and all those of able body and sound mind should fast during this Holy time. It is traditional to break the fast by eating dates, a proven healthy snack, before the evening meal. Eid al-Fitr, meaning 'Festival of Breaking the Fast', is the important holiday that follows the month of Ramadan. Celebrated for up to three days, Eid al-Fitr does not begin until the sighting of the moon, although it is expected to start on Saturday 22 April or Sunday 23 April 2023. It is a time for great feasts, the giving of gifts to children and spending time with those dearest to you.

Did You Know?

Many of our Huntcliff neighbors are newcomers to Atlanta so the Harbinger will be adding interesting tid-bits about Atlanta's culture, history, entertainment, and life-style.

Did you know that Atlanta is the highest major city east of the Mississippi? Located at the southern tip of the Appalachians, the altitude of 1080 feet is one reason for the cool evenings in spite of the warm (and even hot) summer days.

What To Do With The Harbinger After You Read It?

Don't throw it out! There is now a cubby-hole set aside in the mail room area for used copies of the Harbinger. They will be re-distributed and made available in various locations.

Purim



Purim is a Jewish holiday which occurs exactly one month before Passover. The story is told in the Bible in the Book of Esther (in Hebrew *Megillah*). In the fifth century BCE, King Ahashuerus of Persia married a new queen: Esther, the cousin of Mordechai. Haman, the king's royal advisor, created a plot to kill all the Jews in Persia because Mordechai would not bow down to him. He held lotteries (in Hebrew *Purim*) to determine the date to do this. Queen Esther found out about Haman's plot, and asked the king to hold a banquet to which Haman and Mordechai were invited. Mordechai had previously discovered a plan to assassinate the king, and, in his gratitude, the king wanted to reward him. Esther told the king of Haman's plot to kill the Jews, which included herself. Ahashuerus cancelled Haman's plot, hung Haman instead, and the Jews were saved.

The holiday is observed by reading the Book of Esther in the synagogue, while congregants wear costumes and dance. During the reading, when the name of Haman is read in the text, noisemakers are sounded to drown out his name. It is customary for many to give gifts of food, drink, or money to the poor at Purim, and a special three-sided pastry with filling, called *hamantaschen*, which represents Haman's hat, is eaten.

Easter and the Lenten Season



As an important religious observance in the Christian world, Lent is the season to observe and commemorate the passion, death and resurrection of Jesus Christ, the son of God, our Savior and Redeemer. It is an opportune time to reflect on what it means to be a follower of Christ. Lent is the season of the church year that follows the Epiphany Season. It is a time we set aside each year to remember the love of God that is poured out through Christ Jesus on the cross in His death, and His defeat of death, sin and Satan. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Lent is marked by fasting, both from food and festivities. Lent is predominately observed by Catholics (and the Orthodox, albeit on a slightly different calendar), but Christians of all denominations can and do participate. About a quarter of Americans observe Lent.

Ash Wednesday is the first day of Lent. You may have noticed people with a smudged, black cross on their foreheads. Those are ashes from the Ash Wednesday service. The ashes symbolize our grief for the things we've done wrong and the resulting division of imperfect people from a perfect God.

Holy Thursday is the day before Good Friday. It commemorates the night before Jesus died, when He shared the Passover meal with His closest friends and followers. Christians refer to this meal as the Last Supper. It was at this meal Jesus consecrated bread and wine into His Body and Blood. He commanded the Apostles to "Do this in Remembrance of Me".

Good Friday is the day Christians remember Jesus' death. The "Good" reflects how Jesus' death was a sacrifice on our behalf so we can receive God's forgiveness for our sins.

Easter Sunday is the joyful celebration of Jesus rising from the dead to give us the opportunity of eternal life. While people still die, Jesus made the way for people to have a relationship with God in this life and to spend eternity with Him in heaven.

Seen Around Campus



Fatiha gets Sunrise Activity award from Lisa and Franki



Knitting Club



Mardi Gras Cake

Joan Capper – Huntcliff's Furniture Builder

Joan is a nationally known builder of doll-house-sized furniture. Through a doll house store in Buckhead, Joan had orders to fill for furniture throughout the United States. In fact, Phyllis Diller, Paul Newman, and Joanne Woodward owned entire dollhouse rooms of Joan's pieces. Her work is truly outstanding, and we are proud to feature samples of her work on the back cover of the Harbinger.

Joan was born and raised in Kingsport, Tennessee but her family moved to Massachusetts and Long Island. In Bayside, Long Island, Joan completed her high school education and began to work for Met Life in NYC as a bookkeeper. She and her husband travelled together to work at Met Life. After getting married, Joan wanted to buy some artwork for a large empty wall they had in their house. Her husband wanted to spend the money on more practical items, so Joan painted her first painting that is still proudly hanging in her Huntcliff apartment.

Joan moved to Atlanta about 30 years ago. A minister at her church asked for volunteers to make some doll house furniture. Without any formal training, Joan volunteered to make the furniture. The furniture turned out to be fantastic and she took several samples to a doll house store in Buckhead. The owner of the store fell in love with her work and proudly displayed it at shows and exhibitions throughout the United States. Joan became so busy with the orders that she had to hire other people to help her with the work.

Joan moved to Huntcliff about 5 years ago. At Huntcliff Joan continues to make artful things. She began in the knitting club and made scarves for Ukraine, adult hats for cancer patients at Northside Hospital, and over 100 hats annually for patients at Childrens' Hospital.

Activity Updates

Please, continue to check your monthly calendar, elevator postings, cubbies, and other posted announcements to increase your awareness and participation in our events.

Huntcliff Players In March there will be a musical performance by Pinky as well as by our ensemble. There will also be some provocative comedy. Contact Hal Parker 561-324-0830.

Knitting Club We meet every Monday from 2—3 PM in the Veranda. Projects include knitting baby blankets and hats for the neonatal unit at Northside hospital, and shawls, scarves, and chemo hats for cancer and dialysis patients. During the past 12 months, we have been knitting squares which were crocheted into eight afghans which were sent to the Ukraine. Contact Lila (301-493-8682) or Wilma (704-651-6816) for information.

Garden Club It is still too early to put tender plants or tomatoes out on your balconies. Last frost date here is March 20. It is not too late to stroll among the daffodils or look for early wildflowers along the newly repaved woods path. If you would like to work a 10 x 10 garden bed for growing anything from tomatoes to potatoes, contact Franki to sign up. We need volunteers to augment the maintenance crew in keeping the Garden beds neat and beautiful.

Book Club The next book is “Verity” by Colleen Hoover. We meet on Thursday, March 9th.

Men’s Club The club will tour the Kia Auto plant in La Grange, the Federal Reserve Bank in Atlanta, and the Georgia Public Safety Training Center in Forsyth where we will be the jury in a Mock Trial. The Summit Singers on Monday at 1 PM to prepare for their Spring Concert, and Brandt Ross is continuing with his “The America We Love” series.

Crafts If you haven’t tried to make a personal, special card for someone in your life, come to a quilling session with Evie to make one. It’s fun and easy to do. Watch the activities calendar for when and where. Gillian, our “Craft Wizard”, will be doing another program in March.

Opera The opera “Werther” by Massenet will be shown on March 12 and “Faust” by Gounod will be shown on March 26. The lecture series will feature “How to listen to and understand an opera” on February 22.

Support Group The Huntcliff Residents’ Support Group meets with professional facilitators. Confidentiality is emphasized. By sharing concerns, and issues, the members help themselves and their loved ones. The group also prepares for difficult times ahead with guidance by facilitators. If you feel responsible for the care of a family member or friend, please consider joining. The group meets on the 1st and 4th Monday at 3:00pm in the game room. Contact Wilma Asrael for additional information 704-651-6816.

Card Shoppe The card shoppe is open for residents on Monday, Wednesday, and Friday for 10:00am to noon. Cards for all occasions are available.

New York Club If you lived in New York, join the New York club. We meet on the 3rd Wednesday in the bar at 1PM. Contact Carol Lewis for more info.

Huntcliff Mens’ Club

The Huntcliff Mens’ Club was reorganized in August of last year. The previous group had basically been a ROMEO (Retired Old Men Eating Out) organization, but it was decided that we wanted all men to be able to participate so we went in a different direction.

The club enrolls all men who are living at Huntcliff automatically upon their move-in and currently has 49 members. It is designed so that all the men can participate to their comfort level. We have approximately four speakers in house per year, four trips to various plants and facilities in the Atlanta area and four lunches out for discussions.

Since August, we have had the Mayor of Sandy Springs and a Senior Tax attorney come speak to us, we have visited the museum at Lockheed Marietta where we toured all the planes that have been produced there since WW2, the Computer Museum of America and had lunches at Vintage Pizzeria and the Sandy Springs Diner. We have currently scheduled a tour of the Kia Auto plant, the Federal Reserve Bank, and the Georgia Public Safety Training Center in Forsyth where we will be the Jury in a Mock Trial.



Huntcliff’s Library

Come visit our outstanding Library located on the first floor. There are about 3,800 books arranged by genre. 50 CD’s are also available to borrow, all on the honor system. All book, movies, musicals, and listening music are donated by residents. Please contact Judy Boult (Chair) at 404-780-6292 for additional information.

Baseball’s new rules!

Baseball’s origin goes back some 240 years. While rules have changed continuously, this year there are dramatic changes designed mostly to accelerate the average game time, which has become more than 3 hours, and to increase the offense. Basic rule changes are:

Pitch timing limit: Pitchers [will have a time limit wherein they must](#) make a pitch and batters will have a time limit wherein they must be in the batter’s box. No more “dawdling”.

Shift restrictions: No more moving the third baseman into the outfield; there must be 4 players in the infield with two players being on each side of 2nd base.

Bigger bases: expanded from 15”-18” to reduce collisions and increase stolen bases.

“Ghost runner”: Games tied after 9 innings will have an automatic runner placed on 2nd base beginning in the 10th and each subsequent inning. This was originally used during the pandemic.

All these changes were tested in minor league play this past season and found to be productive. Game time was reduced over 10% and offense and stolen bases were improved. “Take me out to the ball game” will be faster and better!