

# BEYOND 60

## ACTIVE LIVING



NOVEMBER 2018

### Activities Calendar

#### nov 8

**AARP Safe Driving Class at the Greeley Active Adult Center.** There will be a workbook supplies to you. Completion of this class may qualify Colorado residents for a discount on their automobile insurance. Fees payable at class, \$15 for AARP members, and \$20 for non-AARP members. 12-4:30. Call 970-350-9440 to make reservations.

#### nov 9

**Healthy Eating During the Holidays by UHealth Aspen Club.** Temptations are everywhere, and parties and travel disrupt daily routines. You can still enjoy an occasional indulgence in moderation. Learn tips and tricks to make it through the holidays. 10:00-11:30 am at the Greeley Medical Clinic. Call 970-313-2796 to register.

#### nov 12

**Grocery Store Tours by UHealth Aspen Club.** Join Jenifer Bowman, RD, for a Safeway store tour and learn about labels, low-sodium choices and more! Meet at the pharmacy, 4548 Centerplace Dr., Greeley from 10-11:30 am. Call 970-313-2796 to register.

#### nov 15

**Healthy Eating for the Holidays at The Bridge at Greeley.** The holiday season can be delicious, but it's not always nutritious. The Community is invited to join us for a fun afternoon to learn ways to incorporate healthier meal choices during holiday festivities. 1:30 pm, please call to reserve a seat 970-339-0022.

**Medicare Counseling at the Greeley Active Adult Center.** Steve will help direct you to someone who can answer insurance questions. Call the front desk at 970-350-9440 to make your 45-minute appointment.

Beyond 60, Active Living is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or hdarby@weldgov.com. All content is subject to editing and/or approval by Weld County.

## The Great War

by Kathy Swafford



One hundred years ago fighting ended in the Great War (World War I) at 11 am on the 11th day of the 11th month, 1918. Initially called Armistice Day, November 11th was changed to Veterans Day after World War II and the Korean War to honor American veterans of all wars.

Sparked by the assassination of Austrian Archduke Franz Ferdinand in June 1914, military alliances soon had most of Europe at war. By the end of 1915, Britain, France, Russia, Italy, Belgium, Serbia, Montenegro and Japan were battling Austria-Hungary,

Bulgaria, Germany, and the Ottoman Empire.

The United States, determined to remain neutral, re-elected President Woodrow Wilson in 1916 with the slogan, "He kept us out of war." Yet in April 1917, the United States declared war on Germany, whose U-boats sank our merchant ships killing civilians, and whose intercepted Zimmerman telegram urged Mexico to invade the United States.

On our home front, women replaced men in industry, including dangerous ammuni-

tion jobs. A 'Land Army' of 20,000 women harvested crops in 42 states. Posters and ads everywhere encouraged people to raise Victory Gardens and eat less meat, wheat, sugar, and fats to save food for our boys overseas.

Everyone, including children, was urged to buy Liberty Bonds and Thrift Stamps. WWI cost the US 110 billion dollars and two-thirds of that was raised by savings bonds and stamps.

Of the 65 million soldiers who fought in WWI, 9 million were killed and 21 million wounded. Another 6 million civilians died from war actions, famine, and disease. The US lost 126,000 soldiers during its 14 months in the war.

WWI spawned many new weapons: machine guns, heavy artillery, mines, mortars, and tanks to roll over trenches, deep mortar craters, and barbed wire. Bombs dropped from Zeppelin blimps and later 'aeroplanes'.

Shrapnel killed or maimed thousands. Amputation of shattered arms and legs in field hospitals spurred development of artificial limbs for survivors. Little treatment was known for those suffering from poison gas or the trauma of 'shellshock'.

WWI officially ended with the signing of the Treaty of Versailles on June 28, 1919.

Sources: [www.historyonthenet.com/world-war-one](http://www.historyonthenet.com/world-war-one); [www.100letrve.se/en/world\\_war\\_1](http://www.100letrve.se/en/world_war_1)

### SENIOR HEALTH & Fitness

#### Powerful Tools for Caregivers Workshop:

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Tuesdays 11/13/18 to 12/18/18: Community Grief Center, Greeley: 10:00 - 11:30 am

### Aging OUT LOUD

**Ruth** attributes her 92 years at "Never looking at the calendar, just celebrating each day!"

### NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

**mon 11/12**  
Veteran's Day - No Meals

**tues 11/13**  
Country Fried Steak, Gravy, Mashed Red Potatoes, Gravy, Parslied Carrots, Wheat Roll, Butter, Banana, Milk 1%

**wed 11/14**  
Lemon Baked Cod, Lemon, Tartar Sauce, Roasted Red Potatoes, Brussels Sprouts, Malt Vinegar, Peaches, Dill Roll, Butter, Milk 1%

**thurs 11/15**  
Beef Tips over Penne Pasta, Peas with Pearl Onions, Banana-Pineapple-Waldorf Salad, Wheat Roll, Butter, Milk 1%

**fri 11/16**  
Beef-Cabbage Casserole, Caesar Salad, Tropical Fruit Salad, Wheat Roll, Butter, Milk 1%

### Did you know?

Want to put on some weight? Consider eating mayonnaise. 13 grams of this condiment (actually 1 tablespoon) contains a whopping 90 calories!

## King Tut

By Bill Crabbe

History is a funny thing. If we ignore it, we tend to repeat it, often to our deep regret. And if we pay attention to it, we can't help but be humbled by the sheer context of time.

Take King Tut. When Howard Carter discovered King Tut's tomb in November of 1922 one of the more obscure Egyptian pharaohs immediately became one of its most prominent. It even engendered some fairly lousy popular songs, as well as seemingly endless inspiration for some equally questionable movies. But who was King Tut, really?

Well, to begin with, he was born Tutankhamun some 3,350 years ago. Think about that for a moment. Egyptian civilization first got organized over 5,000 years ago. The Empire lasted for about 3,700 years, essentially ending with the death of Cleopatra. Some perspective – the US has been around 242 years. The Great Pyramid was built about 4,580

years ago, which means that Cleopatra's life was lived closer to today than to when other pharaohs were building pyramids. That is a whole lot of history.

In midst of it a young boy was elevated to the kingship when he was about 9 years old. He ruled about 9 years, died when he was 18, but still managed to father two children along the way. He also had an impact, as he reversed some cultural and religious policies instituted by his fairly radical father, Akhenaten, which had included relocating the capital. Perhaps it was indicative of some powerful advisers operating behind the scene, but King Tutankhamen managed to have quite an impact during his brief rule.

Nobody really knows how he died, but it appears that throughout his life he struggled to cope with multiple physical deformities and survived several bouts with malaria. Although his tomb is considered modest in comparison with others, there were still some 5,400 funeral items discovered there, which ended up in museums, although his body was left behind.

And, no, there is no evidence of the infamous curse. Only 8 of the 58 people



present when his tomb was opened died within the next 12 years. The rest lived a lot longer than he did.

So, as I consider this young man in the context of history and accomplishments, I'll steal a line from musician Tom Lehrer. It's sobering to realize that when King Tut was my age he had been dead for 51 years.

## Colorado Model Railroad Museum Major Expansion

By Dick Williamson

foot model railroad system with rugged mountains and handmade features including 28,000 trees, hundreds of buildings, rivers, bridges, roadways, logging operations and more. Offering history, education and nostalgia, Director Kempema likes to point out that the museum is most of all designed to be fun!

The expanded facilities will include the building to the south of the existing museum. It will feature a new entryway into the museum and a stunning two-story display of railroad history complete with an elevator. One can then make his/her way to the existing building on either the first or second floor level, and complete the visit at the nostalgia gift shop.

The new building will also include expanded workshop and classroom space

for youth programs held currently in conjunction with the Greeley Museums, Greeley Evans School District 6, the Boy and Girl Scouts, and the Boys and Girls Club. While the museum offers several youth programs, we mention only one here to illustrate the breadth of knowledge involved. It is called "STEAM," which is an acronym for Science, Technology, Engineering, Art/Architecture, and Mathematics. Completion of this program, for example, helps a Boy Scout earn a prestigious Railroad Merit badge.

Finally, a major new collection, to be described in a future edition of the Greeley Tribune, is on tap for the new facility.

In 2019 the museum will kick off a capital campaign to help bring all this to fruition. The future is bright for the Colorado Model Railroad Museum!



Cub Scouts enjoying the O-Scale layout at the museum

The Colorado Model Railroad Museum is embarking on a major expansion according to Executive Director, Michelle Kempema. For folks not familiar with CMRM, it has become one of the country's finest model railroad exhibits since its founding in 2009 by former Greeley Tribune publisher, Dave Trussell.

The highlight of the museum, visited by thousands each year, is its 5,000 square

### How Do You Age Out Loud?

Many older Americans focus their lives in areas they may have put aside or postponed during their careers. They continue to be excited about their contributions to our social fabric. They work longer, try new things and engage in their community by taking charge and striving for wellness and independence.

We want to hear from you about the ways you have added to the breadth and width of your life in your later years. Share your stories by contacting Age Out Loud editor, Dick Williamson at [radiomemry@gmail.com](mailto:radiomemry@gmail.com) or Holly Darby at [hdarby@weldgov.com](mailto:hdarby@weldgov.com). Contributions should be 75 words or less and are subject to edit.