

# B E Y O N D 6 0

## A C T I V E L I V I N G

Weld County Area Agency on Aging  
Assistance • Advocacy • Answers on Aging

JUNE 2019

### Activities Calendar

June 4

#### Understanding Grief:

#### Misconceptions. Whether

you have lost someone dear

or want to help a friend or

family member through their

grief, you may have more

questions than answers. We

will define grief by dispelling

common misconceptions. Free

and open to anyone, 6:30-

8:00 pm at the Community

Grief Center, 2105 Clubhouse

Dr., Greeley, CO.

June 6

Meals on Wheels Annual Beer

and Wine Tasting. Sponsored

by Highland Park Liquors

and Weld County Garage

from 5:00-7:30 pm at 2699

47th Ave., Greeley. Ticket

presale for \$25 at Highland

Park Liquor, Meals on Wheels

office and Eventbrite.com.

At the door tickets are \$30;

kids under 10 are free, ages

11-20 \$15. Enjoy music, food

and silent auction. More infor-

mation at 970-353-9738.

June 6

#### Eye Diseases of Aging—

#### Macular Degeneration. Dr.

Arwen Christian will present

the science behind Macular

Degeneration and review

who is at risk and how to

possibly prevent or postpone

the disease. Call Aspen Club

at 970-652-2796 to regis-

ter, 10-11 a.m., Greeley

Medical Center, 1900 16th

St., lower-level classroom.

June 15

#### Walk with a Doc. A walking

#### program for everyone

#### interested in taking

#### steps towards a healthier

lifestyle. While you walk at

your own pace you'll have

the opportunity to have

questions answered by local

physicians. Sandborn Park,

West Parking Lot, 8 am.

## June 6, 2019 the 75th Anniversary of D-Day 1944 The Normandy, France Landings

By Dr. Ken Humphrey.

The Allied invasion of Europe, code named Operation Overlord, commenced after midnight on June 6, 1944. An armada of 3,000 landing craft, 2,500 other ships and 500 naval vessels - escorts and bombardment ships - began to leave English ports.

That night 822 aircraft, carrying parachutists or towing gliders, roared overhead to the Normandy landing zones. The largest invasion force in history, it comprised a total of 4,000 invasion ships, 600 warships, 10,000 planes, and more than 175,000 Allied troops from Canada, Great Britain and the USA.



Although the invasion had been expected by the Germans, the secret of Overlord was well kept. The plan, under the overall command of General Dwight D. Eisenhower, was at the mercy of the weather, and included a feint farther north near Calais. But the true objective was the Normandy coast between Cherbourg and Le Havre. When the seaborne units began to land about 6:30 am on June 6th, the British and Canadians on Gold, Juno, and Sword Beaches overcame light opposition. So did the Americans at Utah Beach. The USA 1st Division at Omaha Beach, however, attacked the best of the German coast divisions, the 352nd, and were fiercely confronted by machine gunners as the troops waded ashore. It took four days of violent and intense fighting, and heavy casualties on both sides, before the Allies' two main beachhead armies were

able to join up together and push the Germans backwards.

The 75th anniversary of the D-Day invasion of Europe will be commemorated around the world in 2019. In the spring and throughout the summer, Normandy will celebrate the Battle of Normandy with due splendor and emotion. A rich and unprecedented program of many events will be put together, involving many countries, to bring the memory of this tragic period of world history to life, all while emphasizing the spirit of hope.

Resources for further information on the 75th Anniversary of D-Day include:

- The Smithsonian, National Museum of Military, and PBS.
- **Books:**
- The Longest Day by Cornelius Ryan (1959)
- D-Day: The Battle for Normandy by Antony Beevor

(2009)

#### Film and television:

- The Longest Day (1962 film)
- Saving Private Ryan (1998 film)
- Band of Brothers (2001 miniseries)

### SENIOR HEALTH & Fitness

#### Be Well with Diabetes Workshop:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Tuesdays 7/9/19 to 8/13/19 from 1:30 - 4:00 pm: Greeley Medical Clinic

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

#### mon 6/10

Lemon Dijon Chicken, Gravy, Creamy Rice Pilaf, Green Beans, Wheat Roll, Butter, Orange-Apricots-Banana, Milk 1%

#### tues 6/11

Salmon, Lemon Wedge, Tartar Sauce, Roasted Potato, Spinach-Cauliflower-Green Pepper Salad, Pumpkin Roll, Butter, Peach Cobbler, Milk 1%

#### wed 6/12

Roast Beef Sandwich on Wheat, Mayonnaise, Italian Rotini Salad Tomato Slice on Lettuce Leaf, Glazed Carrots, Melon-Pineapple-Berries, Milk 1%

#### thurs 6/13

Swedish Meatballs over Penne Pasta, Coleslaw with Pineapple and Raisins, Wheat Roll, Butter, Watermelon, Milk 1%

#### fri 6/14

Meatloaf, Gravy, Zulu Cabbage, Wheat Roll, Butter, Melon Mix, Fruity Nut Granola Bar, Milk 1%

#### Did you know?

The term "salmon" comes from the Latin salmo, which in turn might have originated from salire, meaning "to leap."

## MOONSHINE AND BOOTLEGGERS

By Dr. Ken Humphrey

Moonshine is, technically, any kind of alcohol - usually whisky or rum - that is made in secret to avoid high governmental taxes or outright bans on alcoholic drinks. Originally the word was a slang term for high-proof distilled spirits produced illicitly in Great Britain. "Moonshining" referred to any job or activity that was done late at night, many times under the light of the moon. The operators of these illegal whisky stills had to conduct their business out of the sight of the legal authorities. Hence, both in Great Britain and in the USA, where it was especially prominent in the southern Appalachian area (e.g., Kentucky, Tennessee, North Carolina) these backwoods brew masters became known as "moonshiners," and the term became exclusively theirs.

While the moonshiners are the people who actually make the clear

alcohol (it had other nicknames such as white lightning, mountain dew, hooch, white whiskey and mash liquor) the "Bootleggers" are the smugglers who transport it and sell it. In colonial times, these distributors would conceal their product inside their tall riding boots, which is how they got their name. In more recent times (30s, 40s, 50s, and 60s) the bootleggers were the drivers who smuggled the moonshine across the region, primarily at night, in specially-adapted cars. Although ordinary on the outside, these special cars were modified with souped-up engines to increase the horsepower, extra interior room and heavy-duty shocks to coddle the jars of packed-in moonshine - all for the business of outrunning



the authorities.

Note: A 1958 Robert Mitchum movie entitled "Thunder Road" tells the story of Luke Doolin, who makes dangerous high-speed deliveries for his moonshine-producing father, all the while trying to keep his younger brother Robin from becoming a driver.] The movie helped serve the creation of a culture of car lovers (and after Prohibition, out-of-work drivers) in the southern United States that eventually grew into the popular NASCAR racing series. In fact, the winner, Red Byron, of the first ever NASCAR race in a Ford on an actual Daytona beach on February 15, 1948, had used the same car to make a bootleg run just a week earlier!

Resources:  
[www.sciencehowstuffworks.com](http://www.sciencehowstuffworks.com)  
[www.urbandictionary.com](http://www.urbandictionary.com)  
[www.nascar.com](http://www.nascar.com)

## THE VOICE OF GAIA

By Bill Crabbe

Here in the highlands of Panama it is the windy season; at least that is what the locals call it. There are two times during the year when the trade winds get funneled through the gap in the mountains and create a persistent wind that can be anything from a gentle zephyr to a low-grade roar. It's also during this same time of year that the bajareque mist floats high aloft, yielding the spectacular rainbows for which the area is renown.

When the winds start it is easy to see why humans have always tended to anthropomorphize the earth, often through the meme of Gaia. During those times it seems very much like a living thing, with weather being its language. While occasionally Gaia feels a need to get our attention through the

dramatic, like earthquakes or floods or other life-threatening events, her more typical forms of communication are far more subtle. She teases us with beautiful sunrises that signal the possibilities that lie before us each day. She sometimes shrouds the early day with fog, reminding us that we don't really ever know what is coming in life. Then she pulls back that veil and lets us see that despite how transient things may feel to us, there is an underlying permanence to it all. Occasionally she gives us an

afternoon reminder full of sound and light, just letting us know that she is watching and that we would be wise not to underestimate her power. And then at day's end she again uses color and beauty to remind us of just how precious our time here is. But through it all is the wind. Sometimes it is a soft whispering in our collective ears, a way of suggesting things for us to consider as we go about our days. Other times her voice becomes more strident, perhaps when she feels we are getting too wrapped up in ourselves and aren't paying sufficient attention. And if we still close our ears, her voice can become a deafening roar.

Today, she is simply speaking. I can hear the ebb and flow of it and it feels like support, not censure. So for now, I think I'll take some time and just listen to the voice of Gaia.

