

GADSDEN GAB

A publication by the BG Community, for the BG Community

Volunteer of the Year: Norman Walsh

By Office of Charitable Giving and Communications

During February's Resident Update, LeadingAge South Carolina joined us to present Norman Walsh with the Volunteer of the Year award. Norman's outstanding leadership in creating and maintaining our beautiful walking trails has added an invaluable asset to our community for which we are tremendously grateful.

Upon arrival at Bishop Gadsden in 2015, Norman and his wife, Marcy, began trying to walk in the woods of our beautiful campus. While it was nearly impossible due to the thick brush, Norman persisted - clearing paths and inspiring other residents to join in the task. This determination and desire for collaboration revealed how Norman was able to launch and execute this remarkable accomplishment for all residents to experience.

His vision and dedication have transformed our surroundings, providing not just "a walk in the woods" experience but avenues for connection and serenity for all residents, team members, and guests. Whatever the season, the trails offer an excellent opportunity to get outside and enjoy the natural walkways.

Bishop Gadsden owes the idea for this extraordinary amenity to Norman, who proposed it and generously gave his time to see it come to life.

President/CEO Sarah Tipton explained, "I am not sure if Bishop Gadsden would have ever focused our attention on this unbuildable property had it not been for Norman Walsh. His initial idea, dedication, and follow-through laid the groundwork for what is now a truly living and evolving aspect of our community, able to be enjoyed by nearly all areas of our community - from independent to assisted, even memory support residents take trips to the trails. How blessed we are!"

Norman did not just envision the plan for the trails but worked with other residents and BG team members to see the paths fully completed and keep them maintained. The BG Trails Committee, led by Norman, has been hard at work all through 2022 and into 2023

to keep these trails walker-friendly, whether that means removing sticks, stumps, and vines that may cause someone to trip, spraying approved herbicides to control vegetation, or proposing new opportunities to advance this goal. Their most recent endeavor was building a bridge to keep hikers high and dry. For Norman, the work continues every day with imagining new ways to improve and involve more residents.

Congratulations to Norman for this exceptional achievement and a special thank you from our entire community.



Marcy Walsh, Norman Walsh,
and Sarah Tipton

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Lifelong Learning – Bishop Gadsden University

By Lynn Conley

Since April 2023, Bishop Gadsden residents have had a unique opportunity to listen and learn from experts on a wide range of subjects. The establishment of Bishop Gadsden University supports the belief that learning should never end, whether one wishes to pursue a passion or a hobby, master a skill, or stay engaged in the educational community. BGU's goal is to offer a lifelong learning program with courses, lectures, and activities across a broad range of interesting disciplines. To this end, since last spring BGU has hosted 15 courses, most consisting of four classes each.

To date, the courses have included the following topics: Dinosaurs and Mass Extinctions; The British Civil War; Banned Books and Censorship; Charleston During the Revolutionary War; Charleston in the 20th Century and Today; Epidemics and Revolutions; Mapping of Jewish History; Applications of AI; The History of Medicine and Disease in Charleston; Death and Dying; Art History: Renaissance through Modern; History of the Earth; Bone Wars; Physics for All; and The Intelligence Community. Many more amazing courses are planned and on the schedule. Be sure to check out the latest offerings online and in the yellow sheet. Recently, BGU has expanded into the arts with an offering entitled *Find the Artist in You* taught by our very own Art Teacher, Martha McLeod.

To make this wide range of courses/classes possible, BG's Event Coordinator Britt Lock conducted extensive research and outreach within the Charleston area. One important contact was with the Charleston Academy for Lifelong Learning (C.A.L.L.), a peer-to-peer volunteer lifelong learning program administered by members of the Center for Creative Retirement, which operates under the auspices of the College of Charleston. C.A.L.L. has approximately 250 retiree members including former teachers, professors, lawyers, and others who are willing to share their expertise. In addition, Britt has been in contact with various local institutions of higher learning in the Charleston area such as The Citadel, for its expertise

in topics focused on leadership, engineering, and homeland security, The College of Charleston for its focus on the arts, social sciences, mathematics, and natural sciences, the Medical University of South Carolina for topics related to local, national, and global population health

initiatives, clinical research, emergent biomedical technology, and contemporary challenges in healthcare delivery, and Trident Tech for its focus on hospitality and health care. As a result of hard work and diligent outreach efforts, Britt has amassed an impressive network of college professors and other subject matter experts who are willing to come to BG to offer various classes.

All of the classes have been taught or are presently being taught by experienced professionals; most are educationally prepared on the doctoral level. The majority of courses are offered in four parts with a cost of \$25.00 for each class, or \$100.00 for the series. There is a fee for the BGU classes to help compensate for the professional's time, preparation and effort. Each class is created specifically for Bishop Gadsden's audience. Given the knowledge, expertise, quality, and credentials of the speakers, this cost is very reasonable, considering what one would pay for a similar college course taught by these experienced professionals.

Feedback from attendees at BGU classes has been very positive, and resident attendees eagerly anticipate what will be offered next to provide them an opportunity to continue to expand their knowledge. Bishop Gadsden residents who have topics of particular interest for a BGU class should send their suggestions along to Britt Lock or Savannah Saunders, Event Assistant, who will gladly consider ideas for future BGU lectures and classes. Britt and Savannah have put a great deal of work into developing BGU, and they wish to make all of the offerings as interesting and pleasing as possible to Bishop Gadsden residents. The ongoing goal for class offerings is to keep them contemporary, stimulating, and relevant for all BG residents.

BGU class on Art History



BGU class on Sociology



A Message From Our Senior Vice President

By Aaron Roop

As the vibrant hues of spring start showing up around the beautiful Bishop Gadsden community, there's an undeniable sense of awakening in the air. Outside our windows, the world is undergoing a transformation with delicate blossoms and lush greenery, and let's not forget the annual pollen parade – nature's way of saying, "Hey, it's time for a change!" Spring, with its warmth and the not-so-subtle yellow dusting of pollen, has arrived, offering us the chance to welcome positive changes and growth. Our cars might be sporting a new shade of yellow, but hey, it's all part of the spring charm!

Continuing the lively theme of green, did you know that St. Patrick's Day, the exuberant celebration of all things Irish, serves as a prelude to the Easter Bunny's grand entrance? Legend has it that St. Patrick cleverly utilized the shamrock to illustrate the concept of the Holy Trinity, infusing this vibrant green celebration with spiritual significance. So, as we deck ourselves in green for a bit of luck and merriment, let's also keep our eyes peeled for those ingenious Easter eggs—a tradition that has added a delightful touch to celebrations since the 13th century! As Easter approaches a bit earlier this year, it serves as a reminder that, even in the briefest moments, the potential for revitalization and rejuvenation is ever-present. May the spirited celebrations of St. Patrick's Day pave the way for the enchanting Easter festivities, bringing warmth, joy, and a profound sense of togetherness to our community.

Speaking of growth, as part of our ongoing strategic planning, the planning of the renovation of the commons amenities spaces and what will replace

the old health care center continues to progress. Our team recently toured wellness amenities across the Low Country, gaining inspiration for creating spaces that promote health, community, and well-being.

There is a lot of anticipation and excitement around sharing more details soon, and we look forward to unveiling these enhancements that will further enrich the Bishop Gadsden experience.

In the spirit of March being Women's History Month, I don't want to miss a chance to share heartfelt acknowledgments. This month is a unique opportunity to celebrate the incredible contributions of women throughout history and right here at Bishop Gadsden. As a proud 'girl dad,' I find immense joy in watching my two daughters grow, knowing that they have incredible opportunities today because of the hard work and dedication of many women

leaders. Women's History Month is a time to recognize and honor the resilience, courage, and remarkable achievements of women in shaping our world. At Bishop Gadsden, we are fortunate to have outstanding women among us—residents and team members alike—who continue to inspire and contribute to the vibrancy of our community.

So, as we revel in the emerging colors of spring, embrace the festive spirit of St. Patrick's Day, and anticipate the joyous Easter celebrations, let's also take a moment to honor the incredible women who have left an indelible mark on history and continue to do so in our community. May this season be a time of connection, reflection, and shared joy at Bishop Gadsden.



Senior Vice President
Aaron Roop

In Loving Memory



Jane Enochs
12/28/1939 - 1/31/2024

James Hampton
3/4/1936 - 2/14/2024

Ruth Toney
8/17/1937 - 2/8/2024

Janice "Jan" Marrs
2/13/1937 - 2/20/2024



Charitable Grant Recipients

By Office of Charitable Giving and Communications

At February’s Resident Update, the Office of Charitable Giving and Communications, alongside the Charitable Mission Committee, awarded the 2023 Charitable Grant recipients. Last year brought continued growth of our Charitable Mission, allowing us to provide each of these organizations with extra funds to continue making a meaningful impact in the Charleston Community.

These four outstanding organizations, selected by residents, exemplify our values and address critical needs within our community and beyond. From aiding seniors with nutrition to providing refuge and support to survivors of domestic violence, from empowering vulnerable children through educational programs to offering vital medical care and financial assistance to those less fortunate, each recipient embodies the spirit of compassion and service that defines our mission.

Our Charitable Fund serves as a testament to our collective commitment to making a meaningful difference in the lives of others. Bishop Gadsden is honored to be a part of these organizations’ stories and the impact they make in our community.

My Sister’s House received \$132,500 to support their clinical therapists, who provide trauma-informed therapy through weekly and group therapy sessions.

Kids on Point received \$80,000 to support their six-week summer program focused on literacy, STEM, athletics, life skills development, arts integration, local cultural education, health, and wellness. Our Lady of Mercy received \$132,500 for direct relief, including financial assistance for rent/mortgage, utilities and home repairs, emergency clothing and food, accessible oral health care, and general case management by in-house social workers. Charleston Area Senior Citizens received \$80,000 to purchase a vehicle and

support vehicle operation for an entire year, thus allowing them to serve over 6,000 meals to clients on the waiting list.

Thank you to everyone who contributed to the Charitable Fund and made this wonderful gift possible. A special thank you to the Charitable Mission Committee and Nonprofit Selection Committee for their hard work throughout the year!



2023 Charitable Fund Grant recipients

Paint N’ Sip!

Residents and team members enjoyed a fun Paint n’ Sip event in the Art Loft last month. BG’s Art Teacher Martha McLeod hosted this wonderful event and brought out everyone’s inner artist!



By Jack Hisley, M.D.

John Hanson was the first man to hold the title "President of the United States in Congress Assembled". He was elected under the newly ratified Articles of Confederation of the United States on 05 November 1781 to one term. He became our country's first leader under the nation's initial constitution eight years before George Washington was elected after the ratification of the nation's existing constitution in 1789.

Following his father Samuel Hanson's example, John served Maryland's colony as an assemblyman from 1757 to 1779. He organized the opposition to the Stamp Act of 1765 whereby the British Parliament attempted to tax all of the colonies' paper transactions. Later, when the Crown proposed the Townsend Act, which was to apply revenue duties on all Colonial goods, Hanson organized the Maryland delegation in protest. When all colonists protested the Tea Act, the British Parliament responded by closing the Port of Boston and stationing troops in the area. John Hanson chaired the committee that passed a resolution to stop all trade with Britain and the West Indies. Britain refused to repeal the Tea Act, which led to the beginning of America's Revolutionary War as fighting began in Lexington and Concord in 1775. Hanson and the Freemen of Maryland approved the use of arms against the British and organized two companies of riflemen to join General George Washington's Revolutionary Army in Massachusetts. Hanson also sent 200 pounds of his own funds to aid those affected by the port's closure.

As a member of the Maryland State Constitutional Convention, Hanson was instrumental in the adoption of the Maryland Constitution and its Bill of Rights. He "pledged himself with his personal efforts, his humble power, his fortunes to the limit in support of the colonies' opposition to the oppression by the British Parliament. In 1779, Hanson and five other Marylanders represented their state in the Congress in Philadelphia where he served on several committees including finance. He insisted that Maryland would not vote to ratify the Articles of Confederation unless states to whom King James I had given large land grants (which extended to the Pacific Ocean) would give up their claims to the Western lands he believed should belong to the entire nation. On 01 March 1781, the Articles of Confederation were ratified, beginning the "perpetual union of the 13 states of America".

Because of his dedication to the patriot cause, John Hanson was elected to a one-year term as the new government's first President. As President, he organized the first cabinet, which consisted of secretaries of war, finance, foreign affairs, and state. Just before leaving the office of President, he issued a proclamation authorizing America's first national Thanksgiving Day to be celebrated on the first Thursday of every November. Although he suffered poor health over the years, his sense of duty kept him at his post. Hanson died at the age of 62 on 15 November 1783.

The Presidents of the United States in Congress Assembled are:

- John Hanson (MD) 1781-1782
- Elias Boudinot (NJ) 1782-1783
- Thomas Mifflin (PA) 1783-1784
- Richard Henry Lee (VA) 1784-1785
- John Hancock (MA) 1785-1786
- Nathaniel Gorham (MA) 1786-1787
- Arthur St. Clair (PA) 1787-1788

Small states favored the Articles of Confederation, which provided a one-state/one-vote model. James Madison and the Virginians along with the New Yorkers wanted to replace the Articles with a constitution that reflected the greater wealth, population, and influence of the larger states. A constitutional convention was convened in 1787 to repeal the Articles. A large impasse prevailed until the issue of representation was resolved. Roger

Sherman of New York and Oliver Ellsworth of Connecticut proposed the Connecticut Compromise, which called for the creation of a House of Representatives apportioned by population and a Senate by which each state was represented equally. Also, legislation would not become law unless both the Senate and the House had passed it. The compromise was acceptable to all. After James Madison's Bill of Rights was approved at the second Continental Congress in 1789, the Articles of Confederation was repealed and the new Constitution of the United States of America was adopted. The Electoral College unanimously elected

George Washington as the first President under the nation's new constitution. Thus, after an uncertain beginning, the main principle of democracy, in which the majority rules and the minority have rights was preserved.

John Hanson



What to Watch

By Adelaide Wallinger

MARCH is going to be spectacular at the movies and on your TV screen at home – so much to watch that I don't have room for it all.

Something different from now on: We will list upcoming series and movies in the month by date so you can find them more easily.

FOOL ME ONCE is a new British television series made for NETFLIX. It is the eighth book written by Harlan Coben to be made into a NETFLIX series. Following the murder of her husband Joe (Richard Armitage), Maya (Michelle Keegan) watches camera footage that shows her dead husband is not dead after all. She is still also grieving the murder of her sister. This action-packed and mysterious series has eight episodes.

AMELIE, a re-release of this wonderful French movie, is on APPLE TV+ for rent at \$3.99 and is also showing at

the Terrace Theater. Set in Montmartre, it tells the story of a shy, introverted young waitress, played by Audrey Tautou, who discovers



how she can help others. The French-language romantic comedy was first released in 2001.

EARTH AT NIGHT IN COLOR shows on APPLE TV+ in two seasons with six episodes each. Tom Hiddleston narrates this series spanning six continents that captures animals' nocturnal lives: A lion pride, a jaguar in his Brazilian river home, cheetah brothers, an elephant family, a young puma, a kangaroo family, a coral reef, a lone seal pup, a polar bear mother and more.

On March 7th, THE GENTLEMEN series premieres on NETFLIX. Based on Guy Richie's movie of the same name, this series, with eight episodes, tells about a young man inheriting his father's company, which is secretly based on a drug empire. He must deal with this dilemma or lose everything he owns. Theo James stars.

On Friday, March 15th, ARTHUR THE KING opens at Citadel Mall. It's the story of a man who adopts a dog named Arthur to join him on an epic endurance race in the Dominican Republic. Mark Wahlberg stars as Michael, who'll race for 10 days, 435 miles in all.

NOLLY premieres on MASTERPIECE on SCETV on Sunday evening, March 17th. It's the true story of the fall of one of Britain's best-known women

TV stars and Nolly is played by Helena Bonham Carter. ALICE AND JACK also streams on SCETV that evening. It's the story of two star-crossed lovers who meet in a bar and have a 15-year relationship.

On Wednesday, March 20th, watch PALM ROYAL on APPLE TV+. It's a comedy about high-society climbers in early 1970's Palm Springs. Stars include Kristen Wiig, Carol Burnett, Laura Dern, Allison Janney, Leslie Bibb, Josh Lucas and Ricky Martin. It'll have ten episodes, three streaming on March 20th.

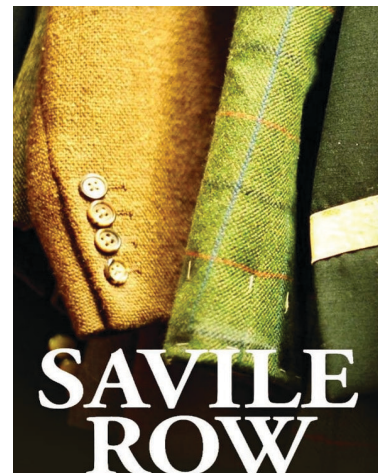


On March 22nd, a Friday, LITTLE WOMEN, streams on SCETV on MASTERPIECE with parts one, two and three. Based on Louisa May Alcott's novel, a family of daughters and their mother live life without their father who is away serving in the Civil War.

On Friday, March 29th, NETFLIX'S THE BEAUTIFUL GAME premieres starring Bill Nighy as the manager/coach of an English soccer/football team who goes to Rome to compete in the Homeless World Cup. It's a true story of succeeding against the odds in sports.

IN THE LAND OF SAINTS AND SINNERS, an Irish thriller, premieres on March 29th at movie theaters and stars Liam Neeson as a retired assassin who tussles with a band of terrorists as he looks for redemption for past sins.

Two small series from AMAZON PRIME are set in London: HENRY IX is a light comedy with an engaging cast (three episodes so far) about a King of England in a mid-life crisis who wants to abdicate and live a freer life. SAVILE ROW is a fascinating documentary about the famed street of tailors who have hand-made very expensive suits, etc., in Mayfair for the well-to-do for 200 years. In three parts, it takes us into shoppes and work rooms and shows how they are faring in modern times with new competition.





Heartfelt Moments from February



For Valentine’s Day and Heart Month, the Wellness Center asked residents and team members to share Heartfelt moments from 2023. Below are some of the responses submitted by our community!

The moments that touch my heart are the quiet and often unseen ones, where neighbors support each other and coworkers share and care.

Our sense of community and caring for one another

The patience, skill, and encouragement by physical therapy. Kelly has made a definite impact on the quality of my life.

The generosity of residents to the Employee Appreciation Fund!

Thankful to all Council Committee members past and present

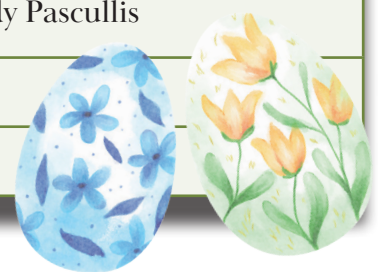
I am filled with gratitude to work at Bishop Gadsden. So thankful for team members and residents who keep me smiling even on tough days!!

Feeling positive after Laura’s yoga class!

It was wonderful to bring my kids to trick-or-treating. Residents and other team members showed off our welcoming community.

March Birthdays

1	Bob Xidis	9	Jim Brooks	17	Jim Chitwood	27	Colin Harley
1	Roni Janas	9	Jim Buckley	17	Ann Gridley	27	Douglas Martin
2	Norman Walsh	9	Lynn Jack	19	Jean Howe	27	Claire Pittman
3	Chubby Baker	11	Bob Cowles	19	Lillie McGougan	28	Annie Caroline Quattlebaum
4	Scott Wallinger	11	Jerry Cummin	20	Norman Smith	29	Anne Barnes
5	Marji Mendedoht	11	Sister Donna Lareau	21	Kathleen Fishburne	30	George Christopher
6	Paul Roberts	12	Inge Gabler	22	Lyn Kerner	30	Laurel Greer
7	Gail Macomson	12	Rev. Colton Smith	23	Henny Miles	30	John McIlwain
7	Ed Phelps	13	John Ward	24	Suzanne Tierney	30	Tom Springer
7	Tommy Quattlebaum	14	Priestly Coker	25	Betty Weber	31	Judy Pascullis
7	Gene Witchger	14	Ellie Cooper	26	Judy Chitwood		
8	Bob Johnstone	14	Marcia Keene	27	Ed Fava		



Don’t want your birthday included on this page? Email us at officeofcommunications@bishopgadsden.org and we’ll remove you from the list.

BG Eats Out: California Dreaming

By Adelaide Wallinger

When I walked into CALIFORNIA DREAMING for the first time in a long, long while, I had forgotten the spectacular 180-degree view of the Ashley River and the Charleston Harbor through floor-to-ceiling windows from the dining area of the restaurant.

Actually there are not that many restaurants here with blue water views. And, of course, when the weather warms up, you can choose the large wraparound outside bar area out back with the tide lapping at the shore. Choose a table and have your own happy hour: I like to order a margarita and various dishes to share with my group of four. The HIBISCUS MARGARITA (\$11.95) with tequila, hibiscus, lime and agave pleases me greatly. Next time, I'll order the STRAWBERRY BASIL with my favorite Grey Goose vodka, Cointreau, strawberry puree, lemon and simple basil.

Order the tasty, lightly FRIED CRAB CLAWS (\$17.95) - plenty for four to dip in spicy cocktail sauce and also the famous CALIFORNIA DREAMING SALAD (\$14.95) with mixed greens, ham and turkey, Cheddar and Monterey Jack cheeses, egg, tomatoes, and almonds, topped with warm bacon and honey mustard house dressing. This salad could serve four graciously. And lastly, a rack of Danish-style BABY BACK RIBS (\$23.95), with a charred exterior and its own BBQ sauce. It's a winner in the meat department. This fun sharing adds up to about \$34 each (plus tax), including your cocktail, a glass of wine or a beer.

If you decide to go the dinner route inside or out, here's what I recommend: The generous SHRIMP AND GRITS (\$22.95) with jumbo shrimp, andouille sausage and Adluh Mills grits served in a spectacular soft brown gravy. Or the LOW COUNTRY BOIL (\$27.95) with shrimp, andouille sausage, potatoes and corn served with a signature garlic seafood butter. The FRIED SEAFOOD PLATTER (\$26.95), a very reasonable price, too, features large shrimp, oysters and flounder served with French fries.

This restaurant is a great place to order a really good steak. Steaks are served with a house or Caesar salad and a side – choose MASHED POTATOES or a decadent LOADED BAKED POTATO (sour cream, bacon, butter and cheese). To add broiled or fried shrimp to any steak, add \$6.95.

Here are succulent steaks to try: NEW YORK STRIP (14-ounce, center cut with garlic butter) for \$35.95. MARINATED SIRLOIN (10-ounce marinated in fruit juices, garlic, soy sauce and spices) for \$24.95. RIBEYE (14-ounce hand-cut with Cajun butter) for

\$35.95. FILET MIGNON (8-ounce barrel cut) for \$37.95. And PRIME RIB (10-ounce slow-cooked and sliced to order). It's available Saturday and Sunday after 4 pm and sometimes during the week at Market Price.

There is also a 16-ounce PORK CHOP (\$26.95), double-boned and Frenched, and served with peach jalapeno jam or two racks of the BABY BACK RIBS (\$31.95) mentioned above. Or, try a ROASTED SALMON FILET (\$24.95) encrusted with rosemary and thyme and served with mashed potatoes and a side.

Sides include French fries, seasonal vegetables, mashed potatoes, creamy cold slaw and baked potatoes (don't miss the loaded one). There is also the wonderful HOUSE SIDE SALAD (\$4.95 with an entrée and \$7.95 without one) and the tasty CAESAR SALAD, the same prices as the HOUSE SALAD.

Desserts include CHOCOLATE BROWNIE (\$7.95), APPLE WALNUT COBBLER (\$8.95), CROSSANT BREAD PUDDING (\$7.95) and CHEESECAKE (\$9.95). Or try the delicious PINEAPPLE DACQUIRI (\$11.95) with Bacardi Rum, lime, pineapple and simple syrup, a dessert in itself!

I also recommend you order the CROISSANTS (five of them topped with honey butter) for \$6.95. We brought some home for breakfast the next day – they remind me of the ones in Paris. And the CHICKEN TENDERS PLATTER (\$17.95) features fried chicken tenderloins served with house-made honey BBQ sauce.

CALIFORNIA DREAMING is open Monday through Thursday from 4 pm to 9 pm, Friday from 4 pm to 10 pm, Saturday from 12 noon to 10 pm, and Sunday from 12 noon to 9 pm. The address is 1 Ashley Point Drive. To make a reservation, call 843-766-1644. The restaurant manages seating with Advance Priority which limits wait times. You can also order curbside service and take your meal home to enjoy.

Leaving Bishop Gadsden, drive and turn onto the James Island Connector. Drive down the road a bit and take the second exit to the right labeled "Summerville". After exiting, drive to Ashley Point Drive, turning right at the stop light (second stop light). You'll pass a boat storage yard as you turn. Drive to end of road where you'll find ample parking at the restaurant. To go to the wrap-around outside bar area, walk to the left of the restaurant toward the back. The main entrance has lots of steps. To go inside, go to the right of the restaurant to use the Handicapped walkway that rises gradually for easy wheelchair and walker use.

California Dreaming view



By Asimoula Alissandratos

Unlike modern developers, ancient builders held equinoxes in awe, and erected structures to capture those three day events, usually for religious ceremonies. We'll explore two sites in Europe, one in Africa, and two in the Americas.

Dated to approximately 3000 B.C. in an even older complex, the Loughcrew cairns, aka Hills of the Witch, in Ireland contained Neolithic tombs. In Cairn T, one of the largest, is a chamber roughly shaped like a Latin cross. At the back a large stone stands covered in carvings lit up by the sun during the equinox.

A later complex built between 3150 – 2500 B.C. contains Mnajdra, a megalithic temple complex in southern Malta. During the equinox the door admits light into this lowest of three temples. Holes in the stone track phases of the moon and mark the passage of seasons. Knives, ropes, and animal bones found by archeologists also suggest religious sacrifices.

Completed about 2560 B.C. and built for Pharaoh Khufu (Cheops), the Great Pyramid is the third and last of the pyramids in Giza on the Nile River that were considered one of the seven wonders of the ancient world. All four corners face one of the four directions, and one side aligns with the sun's path during the equinox. Similarly aligned are the Great Sphinx and remains of its temple. During the equinox the shadows of the sphinx and pyramid merge as silhouettes. Inside, the upward sloping corridor from the King's Chamber points to the

Sphinx and Great Pyramid



constellation Orion, associated with Osiris, god of life, death, and rebirth, whom the pharaoh would join, as Egyptians believed. Giza was a ritual center, and each pyramid was a temple site.

Chankillo, Peru, is a complex 2,300 years old with innovative structures from 250-300 B.C. Thirteen



Chankillo, Peru

towers stand on a north-south axis. To both their east and west an observation platform allows views of the sun as it hits the

towers. On them the sun's position marks the season - including that of the equinox - with accuracy of one to two days, thanks to the novel use of two vantage points. The towers and nearby temple suggest sun worship.

Chaco Canyon NM has been inhabited since 2900 B.C., and massive structures were constructed from around 850 A.D. to align with the sun. On the equinox a sunray would pass through three limestone slabs to bisect a small, carved spiral. During the solstices, two rays bracketed the small spiral. Either the center or back wall of each building faced north-south and east-west to track the sun's path on the day of an equinox. It was not the site of residences, only of rituals, as suggested by the discovery of large amounts of broken pottery. The Pueblo people still know about using them for offerings to the dead and rituals of purification.

These buildings were based on a study of the heavens and served as calendar markers for ritual functions often with extraordinary accuracy and stunning esthetic effect.

Welcome to BG!

Peter & Livingston Grant

Mary Wells

George Evans

Richard & Candace Debnam



Questions from the Market Place Café: Why does Easter fall on a different date every year?

By Rev. Charles Jenkins

I absolutely love the opportunity to have brief conversations with you all while meandering through the café trying to decide what I want for lunch on any given day. As you can imagine, I hear everything from wanting to set up a time to come chat with me, to asking if I know so-and-so, to being introduced to a visiting family member or friend, to comments about my sermon from a previous service, to questions about the interesting quirks of the church. One never knows what the conversation will be, and I love it!

Recently, while waiting in line for one of Ms. Connie's delicious sandwiches, one of you posed a question to me asking "Why does Easter fall on a different date every year?" Well, my immediate answer was "That's an interesting question! Easter is celebrated on the first Sunday after the Paschal full moon also known as the spring equinox." This answer was obviously not good enough because the immediate response was "I know that, but why? And why do my Greek Orthodox friends celebrate Easter on a different Sunday than I do as an Episcopalian?" As I wracked my brain, it was my turn to order in the sandwich line and I heard "What are you having today, Father?" I was still thinking about how to answer the other question, and I hear Connie say yet again, "Father, you having a sandwich today?" We all know the timely and efficient line Connie runs, so there was no time for me to pause and think how to properly answer the Easter question! I quickly ordered my turkey on wheat and told the person who was curious about this quirky tradition that they had stumped me and I would have to get back to them.

A week or so went by and I ran into this person again in the café and they reminded me that I still owed them an answer. So off to the Church History section of my bookshelves I went. My research through my library found nothing suitable or interesting other than up to the 8th century AD, there was no uniform method for determining the date of Easter, but the method favored by the Council of Nicaea in AD 325 gradually became the accepted method. So off to Google I went! Chaplain's Note: I don't always trust what I find on the internet because absolutely anybody can publish anything they want and it's generally not considered credible by scholars. With that being said, I found some interesting theories and some algorithms to find the date of Easter (if you ever find yourself to be bored and want to see something mind boggling, Google "Easter algorithm").

In a nutshell, tradition has it that Jesus rose from the dead on the first Sunday following the feast of Passover. And as my Jewish brothers and sisters will attest to, the date of Passover is a complicated thing. Theoretically, the date should be the 14th day of the Jewish month of Nisan, and it should correspond to a full moon, as the Jewish calendar is based partly on the

lunar cycle as well. In practice, it didn't always work out that way. The month-moon cycles got out of synch, and sometimes feasts would be held on a "liturgical" full moon even when it was not an astronomical full moon. As a result, rabbis periodically had to announce when Passover would be celebrated. Christians didn't like being dependent on the pronouncements of rabbis for how and when to celebrate Christian feasts, so they came up with another way of determining the date. They decided that Easter would be celebrated on the first Sunday after (never on) the Paschal full moon. This answered the question about finding the date of Easter in regard to the Jewish Passover, but the question still lingered pertaining to the difference in dates between the Eastern and Western churches. The best answer I could find for this is that Orthodox (Eastern) Christians follow the Julian calendar which was established by Julius Caesar in 45 BC and it is based on the solar cycle (Earth's revolutions around the sun). In 1582, Pope Gregory XIII instituted the Gregorian calendar to correct inaccuracies in the Julian Calendar. The new calendar added leap years to correct an 11-minute miscalculation that caused seasons to become out of sync with the calendar, thus pushing Easter away from the spring equinox. Under the Gregorian calendar, churches established Easter to be held on the first Sunday after the full moon that occurs on or after the spring equinox.

So, there we have it. Definitely not an answer I could have given to this person in Ms. Connie's sandwich line, but I hope it offers a bit of clarification and understanding on one of the quirks of the Church. And for the record, Catholics and Protestants will celebrate Easter on March 31 this year, Orthodox Christians will celebrate Easter on May 5, and Passover will take place between April 22-30.

One more interesting tidbit: The Christian word Paschal means of or relating to Passover. It is derived from the Greek word pascha and the Hebrew word pesah, which both mean Passover. Passover, a Jewish festival celebrated since at least the 5th century BC, commemorates the slavery of the Israelites in Egypt and their ultimate exodus to freedom. Jesus celebrated Passover with his disciples before he was crucified and this is commonly known as the Last Supper. Because the passion of Christ took place the week of Passover (Matt. 26:1-2), the early church quickly understood that Jesus fulfilled the symbolism in the Passover meal as "the Lamb of God, who takes away the sin of the world!"

Whether you celebrate Easter or Passover, I hope that you find a deep sense of hope and the promise of redemption through God as this is the true meaning of both of these feasts. Happy Easter and Chag Pesach Sameach!

Did You Know? Culinary Tidbit

By MP Wilkerson

Did you know that Culinary Services uses 250 pounds of onions every week to produce the delicious meals we enjoy - and most of the vegetables are chopped by hand, according to Executive Chef Ryan Bentley. Alethia Davis, a hot production cook who makes all of our savory soups, has worked for Bishop Gadsden for 28 years. She spends two hours in the main kitchen every day hand chopping mirepoix, which is a combination of celery, carrots and onions and provides the flavor base for a wide variety of dishes, including her delicious soups.



BG team member Alethia Davis chopping onions



Green Nametags --The Embark Program

By Nancy Ezell

Perhaps you've noticed folks wearing green nametags and wondered who they are. These are to designate members of Bishop Gadsden's Embark Program; you may have seen some of them eating lunch in the café, exercising in the pool, or attending an art class or BGU lecture.

The Embark Program seeks to offer assurance to those who can qualify with their health and are already on BG's waiting list. They may not want to move to Bishop Gadsden at this time, but are seeking resources and a plan should their health change. Through an initial membership fee and a monthly fee, Embark is like a safety-net, allowing 110 members to know they have secondary access to our healthcare resources IF they ever need them in the future and while they continue to live at home.

If you would like more information on this program for a friend or family member, stop by Nancy Ezell's office, located across from the Art Loft, and pick-up a brochure. Maybe you have a friend who would benefit from a green nametag and enjoying a closer connection to Bishop Gadsden?

Team Member of the Month: **Trinity Crosby**

The February Team Member of the Month is Estes Community CNA, Trinity Crosby!

Trinity brings joy to residents so much so that they and their families beg her not to go on vacation. She is attentive to and patient with each resident - meeting them where they are and letting them take their time in their daily activities. Team members describe her as helpful and engaging, always there to lend a hand when needed.

Congratulations, Trinity!



Sarah Tipton, Trinity Crosby, Jonna Cook, and Aaron Roop

Doc Talk: Chloroform

By Jack Hisley, M.D.

The Mexican-American War (1846-1848) saw the transformation of military surgery by the introduction of ether in 1846, followed by chloroform, in 1847. This was the first time both agents were used as general inhalation anesthesia under combat conditions. By 1849, the U.S. Army had officially adopted the use of ether and both armies had the ability to perform painless surgery during America's Civil War (1860-1865). Because of the good reputation of chloroform used by British and French military surgeons during the Crimean War (1856-1858), chloroform was preferred because of its faster action and record of safety.

Sir James Young Simpson, an Edinburgh obstetrician, discovered chloroform. After experimenting with many inhalants, Simpson found chloroform to be effective, safe, and unlike ether, nonflammable. It was easily administered by slowly dripping chloroform on a piece of cotton or towel, which had been fashioned into a cone and then placed over the patient's nose and mouth. Its speed of action was 9 minutes, compared to ether's 16 minutes. Thousands of times, painless major surgery was successfully performed. One Victorian surgeon observed, "Patients had been rendered unconscious of torture". Chloroform's few bad actions were sensationally publicized in the American press, however, and because of the negative publicity, some patients chose to endure surgery while awake.



Sir James Young Simpson

Despite the wide acceptance of the use of chloroform during the Civil War, negative comments appeared in the medical literature. Dr. Samuel David Gross of Jefferson Medical College believed anesthetics should not be used in all surgical cases. In some instances, he wrote, "soldiers were so bewildered in shock, they experienced little suffering". Dr. John Julian Chisolm of the Medical College of South Carolina believed chloroform was a "wonder drug that prevented suffering during surgery". Chisolm criticized doctors who, "... moralized the duty of suffering and who characterized patient cries as music to the ear". Chisolm

developed a more efficient inhaler to help economize the South's use of chloroform as their supplies began to diminish.

The Army Medical Museum was founded in 1862 as a research facility in Washington, D.C. Records and statistics from the museum were used to compile the multi-volume text *Medical and Surgical History of the War of the Rebellion*, which included the extent of anesthesia use in the Civil War. Of the 174,000 gunshot wounds recorded, most were treated without extensive surgery. Over 4,600 were treated by surgical excision, and 29,980 were treated by amputation. Data from the Army Medical Museum



Army Medical Museum

estimated that Union Army surgeons used inhalant anesthesia in 80,000 cases. Chloroform was used 76.2 percent of the time, followed by ether – used 14.7% of the time; a combination of ether and chloroform was used in 9.1 percent of cases. Only 37 deaths (5.4 deaths for every 1,000 cases) were attributed to chloroform, strongly supporting the safety of the anesthetic.

After the Civil War, the use of chloroform declined in favor of ether. The time required to induce anesthesia was no longer critical in civilian use as it was under combat conditions. Chloroform regained its popularity during the wars of the late nineteenth and early twentieth centuries. Beginning during World War I, chloroform was supplanted by newer inhalants delivered by sophisticated and complicated anesthesia machines. Nevertheless, chloroform anesthesia administered by nose cone delivery system proved to be a safe, faster acting nonflammable anesthetic since Sir James Young Simpson's discovery in the mid-1800s, allowing thousands to experience painless major surgery.



Chloroform bottle

The GAB Committee

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