

A Striking Hobby



The first matchbook was invented by a Philadelphia lawyer named Joshua Pusey, who wanted a way to light his cigar while riding the train to work. By the early 1900s, businesses were printing matchbooks as advertisements. During the 1933 World's Fair in Chicago, matchbook enthusiasts started

gathering to show off their collections. And in 1940, a collector named Henry Rathkamp decided that he would hold a collectors' convention at every World's Fair. In this way, the Rathkamp Matchcover Society was born, and its 83rd Annual Convention is meeting in Cincinnati, Ohio, this August 25–30.

A matchbook cover collector is called a *phillumenist*, and they collect unused matchbook covers with the matches stripped out of them. The covers are worthless, but what makes the hobby exciting is finding interesting or unusual pictures on the matchbook cover. Some covers also feature an "odd striker," which means that the striker for lighting the match is located in an unusual area, such as on a picture of the seat of Hitler's pants. Matchbook covers span a variety of themes, including patriotic, railroad, national parks, colleges, and sports teams. Some matchbook covers are contoured with interesting and atypical shapes.

As with most hobbies, the rarer covers are the most coveted. Perhaps the rarest matchbook cover is from a matchbook given to guests attending Charles Lindbergh's luncheon at the Astor Hotel in New York in 1927 to honor his crossing of the Atlantic. The Lindbergh cover sold in 2015 for \$6,000 at auction, becoming the most valuable matchbook cover in the world. Only 11 of these covers are known to exist. Of course, one needn't own a rare matchbook cover to enjoy this hobby. Even the simplest matchbook cover may strike your fancy and ignite your passion for collecting.

Get to know our Clinical Director Katie!



Hello, my name is Katie Minke and I am the RN clinical coordinator here at The Shores of Lake Phalen. It has been my pleasure to serve within this community since August of 2019. I have

been a nurse since 2006 and find the greatest sense of fulfillment and joy working and caring for seniors.

In my spare time I enjoy spending time with my daughter, Olivia, who is full of energy and keeps me on my toes. I also enjoy being outdoors gardening, fishing or just taking a walk to take in the beauty of nature.

If you see Nurse Katie around, make sure to stop and say hello!

The Golden Age

August 21 is Senior Citizens Day, a day to recognize the importance of seniors and support them in their endeavors as they age. August 14 marks another significant day for older generations—Social Security Day, a day honoring FDR's signing of the Social Security Act into law in 1935.

We should honor our seniors all year long, not just in August, but what makes this demographic so special? For one, there are a lot of them—over 62 million in America, or about 18 percent of the population. And research shows that seniors are more satisfied than the young. Perhaps it comes from a confidence born of living through the Great Depression and WWII. It may be that seniors finally have time to focus on enjoying the present rather than worry about the future. This might be the most valuable lesson we can learn from our senior friends!



1870 East. Shore Drive, Maplewood, MN 55109 | 651-777-7784 www.theshoresoflakephalen.com



Celebrating August

Goat Cheese Month

Traffic Awareness Month

What Will Be Your Legacy Month

Dress for Alzheimer's Awareness

Vinal Record Day!
August 12

Creamsicle Day!
August 14

Relaxation Day!
August 15

Soft Serve Ice Cream Day!
August 19

Senior Citizen Day!
August 21

Do Something Just Because Day!
August 27

Red Wine Day!
August 28

Eat Outside Day
August 31

A Walk to End Alzheimer's!

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk. Now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's.



alzheimer's association

While there is no fee to register for Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure.

How to Participate in 3 Easy Steps:



1. Register for your local Walk. Start or join a team and invite others to walk with you.



2. Get involved with our fundraising and spread the word. There are items at the front desk for sale to help support the cause. We will also have other opportunities throughout the month of August to help raise funds for the Alzheimer's association.



3. Join us on Walk Day. Come together for an inspiring community event that celebrates our commitment to ending the disease.

Join us to Vote on August 5th.

Any Maplewood resident can vote by absentee ballot at Maplewood City Hall beginning 46 days before Election Day. Starting 19 days before Election Day voters will be able to place their voted ballot directly into the ballot counter. The results will not be tabulated until the end of the voting on Election Day. Join us on August 5th for in person voting. The Shores of Lake Phalen will be providing a shuttle for you that runs at 9:30, 1:00 and 2:30. You must sign up at the front desk for the shuttle.

Absentee voting by mail is available through the Ramsey County Elections Office. Submit your completed absentee ballot application that was provided to you in July along with a preaddressed envelope or you can send it directly to the Ramsey County Elections Office by mail, fax, email or online:
Mail:
Ramsey County Elections
P.O.Box 64098
St. Paul, MN 55164

Get ready for an unforgettable fundraising event on August 30th at 2:30 during our happy hour in our community room!

Please Join the fight against Alzheimer's with a thrilling event featuring delicious grilled hot dog baskets, chips, cookies, and cold beverages. Enjoy live entertainment by Joe Aherns while supporting a great cause! Tickets are available for \$5 a ticket at the front desk during business hours.



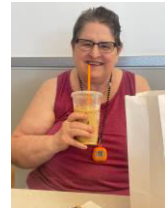
National Relaxation Day!

National Relaxation Day is an important day as we all need a break from the fast-paced and often hectic lifestyles we live. Taking time to recuperate and rejuvenate our tired minds and bodies may help prevent many health risks, too. Like the founder of this day suggested, too much work can make us sick, run-down, tired and that's just wrong.

Sean Moeller founded National Relaxation Day in 1985 as a fourth grader. In an interview with Valerie Monson in The Des Moines Register Sean suggested people shouldn't do anything of real value. Cleaning and real work are not part of relaxation.

Take a deep breath, unwind while viewing your favorite TV show, or just find a quiet spot in a park and enjoy the summer breeze. Use #NationalRelaxationDay to post on social media and spread the word.

National Just Because Day!



On Just Because Day, feel free to do something without any rhyme or reason. That's the tradition. Why does everything need to have some logic behind it anyway? Some things are done just because.

Just because actions or activities usually stem from a "what if I" train of thought, or an impulse. The results are enjoyable and the more uncommon the activity, the better. The most random of random thoughts that first come to our minds upon seeing something are acted upon.

Some suggestions are taking a short or long walk just because, dropping a visit at a friend who you haven't seen in a while just because, dancing just because, smacking the object to your right just because, or having dessert before dinner just because. No matter what you do, have fun and do it just because!

Ireland's Mountain Monarch



For 400 years, residents of Killorglin, Ireland, have been celebrating their famous Puck Fair from August 10–12. The "Puck" of the fair is actually a poc, which is the Irish term for a male goat. Every year, a group climbs into the mountains and returns with a goat that is crowned King Puck, and a local schoolgirl is pronounced the Queen of Puck Fair.

The most beloved legend surrounding this fair's origins begins with Oliver Cromwell, the English military leader who led his armies into Ireland in the 17th century. Cromwell was leading his army across the Irish countryside when the soldiers scared a herd of grazing goats. The poc, or he-goat, broke away from the rest and fled to the village of Killorglin. When the goat arrived, exhausted from his flight, the locals discovered that danger was coming. They armed themselves in defense against Cromwell's army. Every year since then, the people of Killorglin have honored a he-goat by making him king for the three days of the fair. While no one is certain of the fair's true origins or the date it was first celebrated, there is a written record from King James I that mentions it being celebrated in Killorglin in the year 1613.

August 10 is known as Gathering Day. The town conducts a traditional horse fair, and King Puck is paraded through town to the village square, where he is crowned by the queen. The Queen of Puck Fair is chosen based on her submission of an essay related to the Puck Fair. August 11 is Fair Day, when vendors sell their wares and entertainers provide amusement for the thousands of fair visitors. On August 12, Scattering Day, the king, and queen are paraded one last time through town, and King Puck is released back into the mountains. Of course, the revelry continues into the wee hours.

The Puck Fair is a testament to the tenacity and good character of the residents of Killorglin, who look forward to this special time each year when "the cares of everyday living are put on hold."

Let's Go Fishing

In 2010 the St. Croix Valley Chapter was excited to be added as a part of Let's Go Fishing. We are located on the scenic St. Croix River, which is on the Minnesota and Wisconsin border just east of the Twin Cities. Our trained staff of captains and crew with the 26-foot customized pontoon are ready to provide fishing or cruising trips.

The boat is designed with three pontoons, higher guard rails, wider door access, and 12 captain chairs for our guests and staff. The chairs can be removed to accommodate wheelchairs. All fishing equipment, bait, life jackets, and water are provided. Our guests need to provide their own fishing license as required by Law, plus transportation to and from the marina.

We promote catch and release fishing. Excursions load at the Bayport Marina in Bayport, MN. Join us for a safe, fun, enjoyable, and memorable trip on the National Park Service's Saint Croix National Scenic River way.

Free fishing & boating excursions for Seniors (55+), Persons with Physical or Developmental Disabilities, All Military Members & Families of those deployed, Veterans, and Intergenerational Youth.

