



SPOTLIGHT ON:

The Presidency

As this is being written, the 2020 Election has technically not been finished. What a turbulent time in our country. One thing is certain is that this has been a historical election. We will assume that as mostly predicted, Joe Biden will be the next President of the U.S. He will be the oldest person to serve as the Nation's top leader. FDR was the youngest at 42 to become President.

Joe Biden has had an enormous life of service to our country. Growing up in a working class home, his ambition led him first to a law degree. He practiced law and then he entered the political world, eventually being elected senator from Delaware at the age of 29. He successfully was reelected **six** more times. He decided to run for President in 1987 but withdrew. In 2008 he ran again and withdrew but was chosen by Barack Obama to serve as Vice President. You cannot argue that this man is inexperienced with our government and foreign relations.

Joe Biden really has had Life, Death and Health experience more than most people. He suffered from stuttering and Brain aneurysms. His first wife and daughter were killed in a driving accident, which left him a widower with 2 injured sons. He later lost one of those sons to cancer. His life regained joy and normalcy again when he married his second wife, Jill and had another daughter. Jill, who has earned a PhD has been an English high school and college teacher. She worked while Joe was Vice President.

Kamala Harris is very much a part of the historical 2020 election. She will be the first female Vice President in our history. She will also be the first person of mixed ethnicity to serve in the White House. Her educated, immigrant parents divorced when Kamala was seven. That did not stop her from achieving success. She went to law school and then went on to become District Attorney in San Francisco and California's Attorney General before being elected to the U.S. Senate in 2017. She is married and a stepmother.

It has been a hundred years since women were granted the right to vote (and only 55 years for black women to have guaranteed voting rights). Remember the slogan, "You've come a long way, baby"? That was an ad for Virginia Slims in 1970 for cigarettes using the theme of women's liberation. This saying seems to have relevance today. Have you ever heard of Charles Curtis? He was a senator and later Vice President under Hoover in 1929-1933. He was a Native American citizen.

If you enjoy trivia here are a few more Presidential facts.

- The way Vice Presidents came to office until 1804 was to obtain the second highest votes of all the Presidential candidates. In a way it makes sense.
- The only President to be elected unanimously was George Washington.
- There was only one bachelor President: James Buchanan
- John Tyler fathered eight children with his 1st wife and 7 with 2nd . He was 70 when #15 came.
- James Garfield entertained friends by writing Latin with one hand and Greek with the other.
- President Cleveland told FDR when he was 5 "I am making a wish for you. It is that you may never become president of the U.S." (Hope Cleveland was a better President than a "wish maker")
- What does the "S" in Harry S Truman stand for? No name. Just the initial in his grandfathers' names.

Reflections and Sharing

(This section is designed to stimulate education, memories, and communication. Reminisce, share with family and please let us know of any interesting thoughts you would like to share by sending E-mail to abragg@bellevuewa.gov. Please include how you want to be identified (name, initials or anonymous)

* November sets aside the first Tuesday as Election Day. Normally is this a day you look forward to? Do you remember the first time you voted? How many presidential elections have you voted in? Have you ever run in an election in school, a club, or government? If you affiliate with a certain political party, did you ever change parties?

* If you are a Veteran, do you view your time in the military with mostly favorable memories or mostly unfavorable memories? Were you drafted or did you enlist? Why did you choose your branch? How did your family react when you were serving? If you were not serving but related to someone who was, how were you effected?

* Thanksgiving is a time for family, food, and remembering our countries early beginnings. What things to you look forward to the most? Do you like to host or be a guest? Any family traditions passed down from older generations or have you passed any down to your family?

Did You Know?

About November:

Birthstone is Topaz, **Flower** Chrysanthemum, **Colors** are Dark Blue and Red

Organizations or people celebrate this month: National Alzheimer's Disease, National Family Caregivers, Diabetes Month, Epilepsy Awareness, Native American Heritage, Peanut Butter Lovers, National Adoption

Veterans' Day is on November 11, which is also the day that Canadians celebrate Remembrance Day. This day was set aside to honor the fallen soldiers from World War I. It was designated on the date that the Treaty was signed to officially end the war and was named Armistice Day. The name was changed in 1954 by President Eisenhower to Veterans' Day to honor the soldiers from the Korean and World War II wars.

Thanksgiving Day is always on the 4th Thursday of the month. It commemorates the feast in 1621 with the Pilgrims and the Wampanoag Indians to celebrate the Fall Harvest. In 1777 George Washington declared the day a holiday in 1789. A National Thanksgiving holiday was proclaimed in 1863 by President Lincoln as the 4th Thursday in November. It was an action taken to help unite the nation with discussion from poet and editor Sarah Hale.

Alzheimer's Disease effects more than 5 million people in our country. It is only one form of dementia. The name was given in 1906 from a discovery by Dr. Alois Alzheimer after an autopsy of a woman. She had symptoms of memory loss, problems with language and unpredictable behavior. He discovered unusual changes of the brain. Having dementia or caring for someone with this illness is overwhelming. In our area there is much research and wonderful resources f



Activity Corner

Word Unscramble

How many 3 or more letter words can you form from the following letters?

V P S O E R (31 possible) (No proper names)

The Story Behind “Taps”

It is assumed that everyone has heard the familiar trumpet playing of Taps associated with Military funerals. It had its beginning in the Civil War. How this melody came into prominence is a moving story. We invite you to look up the story for yourselves since it is a bit lengthy to include.

Give A Helping Hand

During this month there is an emphasis on being “thankful” and “gratitude”. If you know someone with a disability (such as memory loss) or is a caregiver think about a way you can bring a little joy or relief into their life. With Covid you are limited but maybe you can Face Time or send letters, gifts, or activity ideas. And there is always an opportunity to make a monetary donation in their name to the organization that applies to their disability. This would make a thoughtful Christmas present.

Food Fun

Form a turkey on Thanksgiving of sliced lengthwise carrots, celery, peppers, baby corns as a tail and the head out of a bell pepper or squash. Best to research for pictures on line. You could also shape cooked vegetables like asparagus or green beans, yellow squash into a fanned tail. If you like fruit at Thanksgiving you can make a turkey in various ways. Challenge yourself to be creative in the kitchen.

Art Ideas

Leaf Printing :Use a large not all dried leaf like Maple. Paint it with different colored poster paints and blot on a white piece of paper. If you can't find a leaf, cut out a paper leaf to use instead. Try different colors.

Thumb Art Flowers :Use black poster paint and paint your thumb then press on paper. Clean thumb and paint red and press down around black to make pedals. Take a small paint brush or Q tip dipped in gold and dot onto black for flower center. Next use green paint to draw stem and leaves, and grass. If you have 3 or more you will be honoring fallen soldiers from WWI in Flanders' Field (for Veteran's Day). Use this type of technique to make any flower.

Let's Talk Turkey (Just Joking)

Why can't you bring a turkey to church?

Because turkeys have fowl language

Why did the Pilgrims want to sail to America in the Spring?

Because April brings May flowers

Why did the Pilgrim's pants keep falling down?

Because the buckle was on his hat

What happened when the turkey got into a fight?

He got the stuffing knocked out of him

What do you call a gobbler who thinks he knows everything?

A Smirky Turkey



Twas The Night Of Thanksgiving (author unknown)

Twas the night of Thanksgiving, but I just couldn't sleep, I tried counting backwards, I tried counting sheep.
The leftovers beckoned-the dark meat and white, but I fought off the temptation with all of my might.
I tossed and I turned with sweet anticipation, as the thought of a snack became infatuation.
So I raced to the kitchen, flung open the door and gazed at the fridge, full of goodies galore.
I gobbled up turkey and buttered potatoes, pickles and carrots, beans and tomatoes.
I felt myself swelling so plump and so round, 'til all of a sudden, I rose off the ground.
I crashed through the ceiling, floating into the sky with a mouthful of pudding and a handful of pie.
But I managed to yell as I soared past the trees...Happy eating to all! Pass the cranberries, please!
May your stuffing be tasty, may your turkey be plump, may your potatoes & gravy have nary a lump.
May your yams be delicious, may your pies take the prize, may your Thanksgiving dinner stay off of you thighs.

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