



CEDAR SINAI PARK
the 1200 building



The Twelfth Street Rag

November 2013

From the Service Coordinator

Hotel Ministry will be providing their monthly **free dinner** on **Tuesday, November 19th at 6:30pm**. Join them for great food and good company!

The holiday season is here! Please mark your calendars for **Thursday, November 21st at 2:00pm** – Picnic House will be catering a **Thanksgiving Dinner** at the 1200 Building. Bring your appetite to the multipurpose room for a bountiful Thanksgiving feast!

Please note that, due to the Thanksgiving holiday, our **offices will be closed** on Thanksgiving Day, **Thursday, November 28th and Friday, November 29th**. If you have an urgent issue, please contact the after-hours phone number. Due to this closure, our Resident Meeting and Birthday Celebration will be combined with the Thanksgiving Dinner on November 21st.

Where to Donate

Many organizations in Portland accept donations of household items, clothing, furniture, and other wares. Some of them will even pick up your items for free! Here are some options based on what items you wish to donate:

- Small household items, clothing: Goodwill, 2215 W. Burnside St. (503) 224-3084
- Large furniture and appliances (free pickup):
 - Teen Challenge, (503) 235-8208
 - Union Gospel Mission, (503) 763-0219

1200 Building Staff

Manager – Jane McDonald (503) 450-0721
 Assistant Manager – Anna Phillips
 Office Assistant – Brett Emmons
 Maintenance Lead – Caleb Hunt
 Service Coordinator – Miley Flowers (503) 450-0722

Fun Vacation on a Budget

Are you interested in going to visit our friendly Canadian neighbors to the north? The Bolt Bus travels to **Vancouver, British Columbia** every day for as little as \$24.00 one-way (average \$30-35 one-way). The eight hour ride drops you off in the center of it all (1150 Station Street). It's a short 2 blocks to False Creek, where you can hop on a pedestrian ferry to Granville Island. Visit the **Granville Island Public Market** and the various cafes in the area for a day of fun shopping and good food.



The historic **Patricia Hotel** on East Hastings St. offers off-season budget rates of \$40/night. Although the accommodations are basic, it is conveniently located just 1 block from Chinatown, 5 blocks from historic Gastown and has easy access to shopping, dining, and entertainment. Stanley Park, Granville Island, Grouse Mountain, and other major city attractions are all easily accessible by the city's expansive public transit system. The **Carnegie Community Center** is only four blocks away, where you can get a nice meal for only \$3.50. The center also shows movies and has a gym available to use as well.

Your next mini-vacation is well within reach at just **\$140 for three days and two nights** (not including meals and other shopping purchases). If you are interested in being a part of a group trip to Vancouver, please visit your Service Coordinator!

Would you like to receive this newsletter by email? Please send your request to mileyf@harsch.com

SUN

MON

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WEDS

THURS

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November



						1	2
						All Saints Day	
3	4	5	6	7	8	9	
Diwali Daylight Savings Ends	1 st Day of Muharram	English Class @ Park Tower 10 – 11am Chair Stretch Yoga 12:30-1:30pm	English Class @ 1200/RST 2-4pm Nutrition Class (Graduation!) 3-5pm	Korean Healthy Friends 10-11:30 English Class @ Park Tower 10-11am	English Class @ 1200/RST 2-4pm		
10	11	12	13	14	15	16	
	Veteran's Day	English Class @ Park Tower 10 – 11am Chair Stretch Yoga 12:30-1:30pm Food Pantry 2:00 – 3:00pm	English Class @ 1200/RST 2-4pm	Korean Healthy Friends 10-11:30 English Class @ Park Tower 10-11am	English Class @ 1200/RST 2-4pm		
17	18	19	20	21	22	23	
		English Class @ Park Tower 10 – 11am Chair Stretch Yoga 12:30-1:30pm Food Pantry 2:00 – 3:00pm Hotel Ministries Dinner 6-8pm	English Class @ 1200/RST 2-4pm	Korean Healthy Friends 10-11:30 English Class @ Park Tower 10-11 Thanksgiving Dinner & Birthday Celebration 2 – 4pm	English Class @ 1200/RST 2-4pm		
24	25	26	27	28	29	30	
		English Class @ Park Tower 10 – 11am Chair Stretch Yoga 12:30-1:30pm Food Pantry 2:00 – 3:00pm	English Class @ 1200/RST 2-4pm	Offices Closed Thanksgiving Day 1 st Day of Hanukkah	Offices Closed		

Why Do We Have Daylight Savings?

One of the biggest reasons we change our clocks to Daylight Saving Time (DST) is that it saves energy. Energy use and the demand for electricity for lighting our homes is directly connected to when we go to bed and when we get up. Bedtime for most of us is late evening through the year. When we go to bed, we turn off the lights and TV.



In the average home, 25 percent of all the electricity we use is for lighting and small appliances, most frequently used in the evening when families are home. By moving the clock ahead one hour, we can cut the amount of electricity we consume each day.

Studies done in the 1970s by the U.S. Department of Transportation show that we trim the entire country's electricity usage by about one percent EACH DAY with Daylight Saving Time.

We also use less electricity because we are home fewer hours during the "longer" days of spring and summer. Most people plan outdoor activities in the extra daylight hours. When we are not at home, we don't turn on the

appliances and lights. A poll done by the U.S. Department of Transportation indicated that Americans liked Daylight Saving Time because "there is more light in the evenings / can do more in the evenings."

While the amounts of energy saved per household are small...added up they can be very large.

In the winter, the afternoon Daylight Saving Time advantage is offset by the morning's need for more lighting. In spring and fall, the advantage is less than one hour. So, Daylight Saving Time saves energy for lighting in all seasons of the year except for the four darkest months of the year (November, December, January and February) when the afternoon advantage is offset by the need for lighting because of late sunrise.

In an effort to save even more energy, the Energy Policy Act of 2005 set new start and stop dates for Daylight Savings, extending it by one month. The change was effective in 2007. Daylight Savings now goes from 2:00am on the second Sunday in March to 2:00am on the first Sunday of November.

Remember to change your clocks **back** one hour at 2:00am on Sunday, November 3rd, as Daylight Savings draws to a close.

From the Kitchen: Leftover Turkey Cranberry Roll-Ups

Ingredients:

- 3 oz. white turkey meat
- 2 Tbsp. light cream cheese
- 2 Tbsp. cranberry sauce or relish
- ½ cup lettuce
- 1 whole wheat tortilla (burrito size)
- Candied walnuts (optional)

Instructions:

- Spread cream cheese, cranberry and walnuts (if desired) onto the tortilla
- Shred turkey into small pieces
- Add turkey to the tortilla
- Add lettuce onto the tortilla
- Roll tortilla up and slice into 1 - 1 ½ inch sections





Thanksgiving Crossword

Across

3. Guy who appears at the end of the Thanksgiving Parade
6. One way of preparing yams
8. A drink made from apples
11. Number of days the 1st feast lasted
13. Colony where the first Thanksgiving celebration took place.
15. Autumn vegetable
17. Another term for 1st settlers
18. What you feel like taking after the big feast
22. Thanksgiving gobbler
24. Words of gratitude at the dinner table
26. Horn of Plenty
28. Good luck part of the turkey
29. Something to count and be thankful for
30. A male turkey
32. Al burglar turkey says this instead of "gobble"
34. Macy's sponsors one of these annually

Down

1. To gather a mature crop from the fields
2. Mayflower Puritans loved this brew
4. The best place for the meat thermometer when cooking a turkey
5. The Pilgrims were originally known as this
7. Famous turkey brand
9. Weekday for Thanksgiving observance
10. Shopping after Thanksgiving: _____ Friday
12. Relatives who join the celebration
14. State of the first Thanksgiving celebration in 1621
16. _____ of Plenty
19. The nut of an oak
20. Traditional Thanksgiving pie

Down (cont.)

21. First local Indian tribe invited to Thanksgiving
23. Traditional pigskin sport
25. Type of bread used for stuffing
27. The delicious interior of a turkey
31. Best poured over turkey and mashed potatoes
33. 1st President to declare Thanksgiving a national holiday (2 words)
36. Sauce served alongside turkey
37. Also known as maize
39. In Canada Thanksgiving is held in this month
40. In 1817 this was the first state to officially adopt an annual Thanksgiving holiday (2 words)
44. Another name for sweet potatoes

35. First settlers were also known by this name
37. You do this to a turkey with a sharp knife
38. A favorite part of the turkey
41. Decorative pumpkin relative
42. Female turkey
43. Pilgrims' ship
45. A dizzy turkey says this instead of "gobble"
46. Word at the end of a prayer
47. Utensil that wasn't invented before the first Thanksgiving.