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## Celebrating December

**Wisconsin Remembers: A Face For Every Name Memorial**  
**10:00 AM – 2:00 PM**  
**1350 Building**  
*December 3*

**Entertainer Johnny Len**  
**2:00 PM, 400 Building**  
*December 4*

**Entertainer Jack**  
**2:30 PM, 394 Building**  
*December 11*

**Christmas Dinner**  
**4:30 PM & 6:00 PM**  
*December 13*

**Look for an Evergreen Day**  
*December 19*

**Entertainer Daniel**  
**2:00 PM, 1350 Building**  
*December 20*

**Christmas Day**  
*December 25*

## Iceland's Yule Lads

Children eagerly anticipate the arrival of Santa Claus on December 25, but in Iceland children await no fewer than 13 different Santa Claus-like visits. Beginning on December 12 and for 13 nights leading up to Christmas Day, homes are visited by the elf-like Yule Lads, mischievous sprites who are naughty and nice.

The Yule Lads, like Snow White's dwarves, have unique names and personalities and get into unique mischief. According to the National Museum of Iceland, they are: Sheep-Cote Clod, who disturbs sheep; Gully Gawk, who steals foam from buckets of cow's milk; Stubby, who steals food from frying pans; Spoon Licker, who licks batter from spoons; Pot Licker, who licks food from unwashed pots; Bowl Licker, who steals food from under the bed; Door Slammer, who stomps around the house and keeps everyone awake; Skyr Gobbler, who eats up all the Icelandic yogurt; Sausage Swiper, who steals sausages; Window Peeper, who peers into windows and sometimes steals things he finds inside; Door Sniffer, who has a big nose and steals baked goods; Meat Hook, who steals leftover smoked lamb; and Candle Beggar, who steals candles. These Yule Lads arrive to fill a good child's shoe, left on the windowsill, with a gift or treat. Bad children find their shoes filled with potatoes or turnips. This may sound like a harmless Yuletide tradition, but in the past, the Yule Lads were far more terrifying.

In olden days, the Yule Lads—the offspring of two ogres—were joined on Christmas Eve by the Yule Cat, a giant black beast. According to legend, they would gobble up any person found not wearing one new item of clothing. The Icelanders definitely take their myths seriously. Magnus Skarphedinsson, a top elf researcher and headmaster of Iceland's Elf School, says that 54% of Icelanders believe in these beings. The image of the Yule Lads may have changed from naughty to nice over the centuries, but many still fret over their arrival each December.

## Seeing the Light



On the 8th day of the 12th month, Buddhists celebrate Rohatsu, also known as Bodhi Day, which commemorates the Buddha's Awakening. This is the moment that the first Buddha,

Siddhartha Gautama, achieved Enlightenment, or *bodhi*, as it is called in Sanskrit.

Scholars know relatively little about Siddhartha Gautama. He was the son of a clan chieftan and a princess and so became a prince in his own right. But at age 29, Prince Siddhartha left his palace to walk among the people and was appalled at their pain and suffering. He abandoned his kingdom, family, and riches to become a wandering holy man searching for a means to release humanity from pain and suffering. At one critical moment, Siddhartha seated himself under a pipal tree, now known famously as the Bodhi tree, and vowed to never arise until he discovered the truth. After 49 days of deep meditation he supposedly attained Enlightenment and became known as the Buddha, or *Awakened One*.

What is Enlightenment, in this Buddhist sense? Some believe that at his moment he achieved liberation from the endless cycle of rebirth, suffering, and dying again. He achieved *nirvana*, extinguishing any sense of self and, along with it, any feelings of desire, hatred, or ignorance, which lead to suffering. Rather than abandon humanity and continue on his own path to enlightenment, the Buddha returned to the world to teach others this path to the end of suffering. For the remaining 45 years of his life, the Buddha travelled throughout India sharing his insights and teachings.

Modern day Rohatsu traditions include deep meditation in the manner of the Buddha. While very few ever reach Enlightenment, it is in this practice that we come to a better understanding of how to ease the suffering of ourselves and others. Perhaps the best way to commemorate Bodhi Day is to extend simple kindnesses that ease the suffering of others

## December Birthdays

In astrology, those born between December 1–21 are Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals. Those born between December 22–31 are Capricorn's Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

## Resident Birthdays

**Margaret – December 14**

**Carol – December 22**

**Irene – December 23**

**Marie – December 27**

## From the Activity Directors Desk

Wisconsin Remembers: A Face For Every Name is a traveling exhibit that is sponsored by Compassus Hospice. It features a photo for each of the 1,161 people in Wisconsin that are officially listed on The Vietnam Veterans Memorial in Washington, D.C. We will be hosting this memorial on December 3<sup>rd</sup> in our 1350 building and it will be able to be viewed by the public from 10:00 am – 2:00 pm.

We are excited to announce that our Christmas Dinner will be held on December 13th this year. We will have two seating times, 4:30 PM or 6:00 PM. Reservations need to be made by December 4th. We ask that you do not make reservations for more than a group of 7 so we can accommodate all of our families comfortably. Please call or text Kassie at 920-412-6224 or email at [kassie@angelstouchcbrf.com](mailto:kassie@angelstouchcbrf.com) to make a reservation. All texts and emails will be confirmed with a text or email back. We hope to see everybody there!