

# *The Normandy Times*

*March 2019* Editor-in-Chief/Layout Design, Lori Lancaster



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## **Special Days**

**Mardi Gras**  
March 5  
**Ash Wednesday**  
March 6  
**Daylight Saving Time Begins**  
March 10

**St. Patrick's Day**  
March 17  
**Spring Begins**  
March 20  
**Purim**  
March 21

# RESIDENT OF THE MONTH

## *Gabor Kinal*

Gabor Kinal was born on August 13, 1934 to Tony and Julia, in Budapest, Hungary. He was the oldest of five children, three brothers and one sister. As a child, he enjoyed all the fruits of growing up in a beautiful city surrounded by a large and loving family. His father was a baker and Gabor self-employed himself at a very young age by appointing himself the 'quality control' person to his father's trade. He will tell you, and as his brothers witnessed, that one afternoon he ate 113 Napoleons (Crèmes in Hungarian). He took that job, perhaps his favorite, very seriously. His day would begin with the chore of going to market to purchase the day's groceries. After delivering them home, he would be off to school. His mother was a seamstress and managed to lovingly raise five children and be a homemaker, as well as, help out with the income. He attended elementary through high school graduating in Budapest. After graduation, he was part of the Hungarian Army for two years, fulfilling his civil requirement in Hungary. After he was out of the military, he worked for a short while, then in 1956 the Hungarian Revolution began.

During high school, he had met a beautiful young girl, Eva Szabo. He asked his high school sweetheart to marry him; together they made a decision to escape Hungary for a life in the United States. Their journey began on foot, crossing the border into Austria. They made their way to Salzburg, Austria where they were taken in and housed as Hungarian refugees. It was in Salzburg, Austria where Gabor and Eva were married on December 21, 1956. They were housed for a few months until they received their paperwork from the American Red Cross and sponsorship into the United States. Gabor's Uncle Martin Kinal, sponsored them into the United States. His uncle had fled Hungary in 1916, during WWI and was already a citizen of the United States. They made their way to Uncle Martin's home in Miami, Florida, via New York. One of Gabor's fondest memories is when he was able to see the Statue of Liberty upon entering New York.

Uncle Martin had connections in Detroit, Michigan; so Gabor and Eva moved there to begin their new life. Soon they began their family and raised their two sons, Thomas and Gabriel, in Detroit and later Plymouth, Michigan. During this time, Gabor learned the trade of automotive painting while Eva concentrated on being a homemaker and raising their sons. He was a very good auto painter who painted many antique show cars in his day. In 1983, they moved to Columbia Station, Ohio where Gabor continued his trade of auto painting. With the help of family and friends, Eva and Gabor built their final home there.

Gabor was always very active in the Hungarian community. Gabor and Eva were active in the Hungarian freedom Fighter Club, in Detroit, where Gabor was the treasurer for many years. They were also involved with the Hungarian dinners, dinner dances and multiple social events. Once Gabor moved to Columbia Station, he enjoyed participating in the local Hungarian events, among them the Scout festival and the wonderful dinners at St. Emeric's in Cleveland. Maintaining the Hungarian culture was of utmost importance to them as was evident in the wonderful meals of Chicken Paprikash, Stuffed Cabbage, Hungarian Goulash, and Rakott Krumpli (egg, potato and Kielbasi casserole). Gabor will tell you Eva was a great pastry maker. The whole family enjoyed her apple squares, tortes, and many pastries and have never been able to duplicate them. Eva and her pastries are sadly missed, as the Good Lord, in His mercy and grace, took her on January 6, 2005. Gabor enjoyed keeping himself busy in his yard and flower gardens, visiting his neighbors and four grandchildren. While all the time working at his trade in automotive painting up until 2010. He created many childhood memories for his children though the yearly vacations in the United States and Canada, as well, as the adventurous stories he shared of his days in Hungary. He is truly successful in accomplishing his dreams of coming to America and creating the happiest and best life possible for himself and his family.

# Mardi Gras – Let the Good Times Roll!



What do you get when you combine a centuries-old Catholic tradition with a bit of French culture, baubles, beads, parade floats, hot jazz, masked revelers and a city that knows how to *laissez les bons temps rouler* (let the good times roll)? You get Mardi gras in New Orleans! This year Mardi grs falls on Tuesday, March 5, although the parades in that city begin two weeks prior, ensuring that everyone has time to participate and have fun.

Historians say that the origin of the holiday we call Mardi gras dates back to pre-Christian times when pagan rites celebrating the coming of spring and fertility were common. Saturnalia and Lupercalia, two ancient Roman festivals held in the early spring, were wild, drunken feasts that lasted for days. When Christianity was established in Rome, religious leaders decided it was easier to co-opt these idolatrous festivals and turn them into Christian holidays than it was to try and wipe them out. So early spring feasting and partying was encouraged as a prelude to the more somber Lenten season leading to Easter.

*Mardi gras*, French for “Fat

Tuesday.” Is the day before Ash Wednesday, or the beginning of Lent. Traditionally, early Christians would hold feasts and parties to use up all the meat and fat, eggs, cheese, and milk in their homes in the days leading up to Lent, when fasting, praying, and eating only fish or meager fare was permitted.

Today, Mardi gras, or Carnival, as it is called in some countries, is usually celebrated for a couple of weeks and ends on Fat Tuesday, just before Lent. And it’s no accident that the word *Carnival* comes from the Latin words *carne* and *vale*, meaning “goodbye meat.”

Records show that Mardi gras came to North America in the late 1600s with the Le Moyne brothers. These French explorers were sent by King Louis XVI to defend France’s claim to Louisiana, the area of the United States that is now Alabama, Mississippi, and Louisiana. The exploration party entered the mouth of the Mississippi River on the evening of March 2, 1699. They continued upstream and made camp about 60 miles from the present-day site of New Orleans on March 3, 1699, which was Mardi gras. To honor the holiday, they named the spot where they camped *Point du Mardi Gras* (Mardi Gras Point) and a nearby tributary *Bayou Mardi Gras*.

While New Orleans is certainly the most famous American city holding a Mardi gras celebration, it is by no means the only one. Several cities with a French colonial heritage honor Fat Tuesday, including Pensacola, Fla.; Galveston, Tx.; Lafayette, La.; Mobile, Al. and Biloxi, Mi.



*"Happy Birthday  
to You"*



**Residents'**

### March Birthdays

Luanne Drago	Mar. 1
Johan Hellebrekers	Mar. 3
Betty Wilson	Mar. 5
Patricia Strauss	Mar. 5
Clark Moore	Mar. 6
Jeannette Winkel	Mar. 7
Barbara Mathaios	Mar. 8
Rita Samstag	Mar. 9
Mary Mullins	Mar. 10
Nicholas Marcano	Mar. 16
Patricia Horner	Mar. 20
Jean Mitzel	Mar. 22
Joseph Valek	Mar. 25
Patricia Wolf	Mar. 27
Maniben Patel	Mar. 31

### PUNNY SPRING

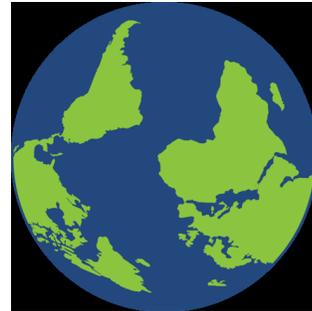
**Spring is the perfect time to turn over a new leaf.**

**Q:** How do you tell someone winter is over?

**A:** You spring it on them!

**Q:** What did the florist say when it was springtime?

**A:** Business is blooming !



### MARCH'S FULL MOON

The full moon of March is known by a few names. Some Native American tribes call it the worm moon because, as the temperature warms and the ground begins to thaw, earthworms appear, which brings the return of the robins. Others call it the full crow moon because the cawing of crows signals the end of winter.

### DID YOU KNOW?

The vernal equinox does not fall on the same day each year because Earth does not revolve around the sun in exactly 365 days.

## The Normandy Care Center Staff

Administrator	Matt Shula
Director of Nursing	Louise Darling
Admissions Director	MeganGassman
Activities Director	Tammy Danilovic
Administrative Assistant	Cindy Ward
Controller	David Rodgers
Dietary Manager	Colleen Merella
Dietitian	Sandee Seib
Environmental Services And Maintenance	Curtis Cole
Rehab Services Director	Ellen Straub
Social Work	Ginny Moes



## BIRD OF THE MONTH ROBIN

When American colonists arrived in Jamestown and Plymouth, they saw familiar-looking orange-breasted birds, known to them as robins. The American songbird is actually a different species from the European robin, but the name stuck. Robins are one of the most widespread and common birds in North America. They are migratory but will overwinter in place if they have a reliable food source. In colder weather, they forage for nuts and berries. When the ground is thawed, robins start digging for worms. This is how robins became a symbol of springtime. They also start to sing in the early spring to attract a mate. Robins fashion rudimentary nests from mud, grass, and sticks. Their reproductive process is so efficient that they just need temporary housing. After mating, female robins quickly lay four beautiful blue eggs that incubate for just under two weeks. After hatching, baby robins grow rapidly and abandon the nest. Then the nesting cycle begins again.



Send an e-mail message  
to any of our residents at:

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We will deliver any messages  
same day.