

## Culinary Corner

Well winter is coming to an end and that means the beautiful spring weather is on the way. Our Culinary team is looking forward to bringing springtime meals to your table and having the smell of fresh herbs, fruit and vegetables in the air.

As the weather warms up and the sun is shining, your culinary team is looking forward to serving you meals on the patio for those of you who want to eat outside. Our summers are short here so let's make the most of it.

We look forward to doing a lot more grilling and picnic style meals. After all, who doesn't love the smell of a BBQ on a fresh spring day? We will be making a lot more variety of cold salads, lighter desserts, sandwiches, and just fresher, healthier meals that will burst with flavor. So, start looking forward to what we have in store for you come April and through the summer.

I think of root beer floats, ice cream cones, lemonade, iced tea, and so many more refreshing foods and beverages throughout the spring and summer.

Thank you all again for giving us the opportunity to serve each day.

It is our honor to serve you.

God Bless  
Your Culinary Team  
Dietary Director  
David Andert

## March Birthdays

Lois J - March 20<sup>th</sup>  
Bill M - March 26<sup>th</sup>  
David E - March 26<sup>th</sup>

**\*Correction:** I forgot to include our February Birthdays last month! (I put January by mistake) So I'm going to add them here because they deserve to be recognized too!

Jake A – February 8<sup>th</sup>  
Ron S – February 8<sup>th</sup>  
Diane K – February 11<sup>th</sup>  
Dawn H – February 11<sup>th</sup>  
Mary Lou S – February 13<sup>th</sup>  
Connie L – February 22<sup>nd</sup>  
Bob N – February 25<sup>th</sup>



**Birth Flower:**  
Daffodil

**Birthstone:**  
Aquamarine

## Astrology

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

March 2025

# The Pines Times

Mount Royal Pines III | 50 East Saint Marie St Duluth MN 55803 | 218-724-5500 |

## Celebrating March

**Humorists Are  
Artists Month**

**Women's History Month**

**Save Your Vision Month**

**Women in  
Construction Week**  
*March 2–8*

**Learn What Your  
Name Means Day**  
*March 5*

**World Plumbing Day**  
*March 11*

**Quilting Day**  
*March 15*

**St. Patrick's Day**  
*March 17*

**French Bread Day**  
*March 21*

**Quirky Country Music  
Song Titles Day**  
*March 27*



Hello Mount Royal Pines residents and family members!

I am thrilled to formally introduce myself as your new Director of Nursing! I am excited to join an amazing team of individuals who are dedicated to maintaining a high standard of care and fostering a positive environment. I have really enjoyed meeting many of you in the time I have been here and look forward to meeting all of you over the upcoming weeks! So many of you have given me such a warm welcome already, and I thank you for that. I do hold an open door policy, so please feel free to stop in with any questions, concerns, or even for a quick hello!

Sincerely,  
Natalie Olson RN



### Activities Corner

February was a month filled with love here at Pines III! Some residents spent time with me crafting and making a framed red button heart, while others created Valentine's Day cards for loved ones and 53+ Holy Rosary Students. In return, each resident received a handmade valentine from a student. This makes our third year of exchanging with them.

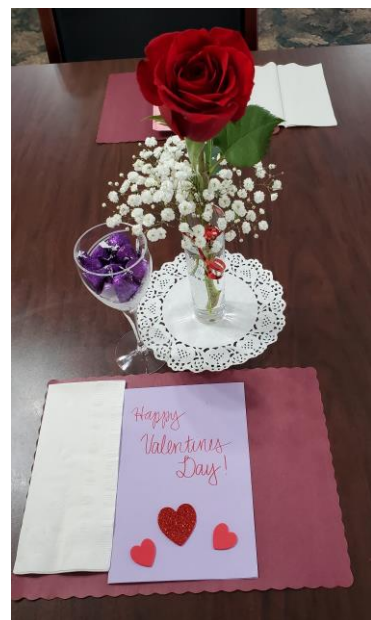
Show and Tell's topic was a heart-shaped item. February 7th was National Wear Red Day. Valentine's Day was appreciated by many residents as they received red roses, dark chocolates, champagne, and live music.

Special thanks to:

- Glenn Laspi – Singer/guitar
- Group Too – Singing duo/guitar
- Steve Johnson – Keyboard
- Duluth Public Library (Julia) – Craft
- Pastor Josh Steward – Hope Methodist Church
- Father Seth – Holy Rosary Church
- Judy K – Resident Volunteer

This month marked my 3<sup>rd</sup> work year anniversary, and I am grateful for all the friendships I have made!

-Cindy  
Activities Director



### Paws on the Trail

Mushers begin the "Last Great Race" across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means "distant place." It's the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren't the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.



### This Month in History. . .

**March 1, 1961** - President John F Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education, and other basic human needs

**March 4, 1681** - King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became PA

**March 10, 1862** - The first issue of US Government paper money occurred as \$5, \$10, and \$20 bills began circulation

**March 11, 1918** - The "Spanish Influenza" first reached the US as 107 American soldiers became ill at Fort Riley in KS

**March 12, 1938** - The Nazi's invaded Austria, they absorbed the country into Hitler's Reich

**March 12, 1994** - The Church of England ordained 32 women as their first women priests. In protest, 700 male clergy and thousands of members left the church and joined the Roman Catholic Church which does not allow female priests

**March 13, 1943** - A plot to kill Hitler by German Army Officers failed as the bomb they planted on his plane failed to detonate

**March 17<sup>th</sup>** - Saint Patrick's Day commemorating the patron saint of Ireland

**March 21, 1943** - A suicide/assassination plot by German Army officers against Hitler failed as the conspirators were unable to locate a short fuse for the bomb being carried in the pocket of General Von Gersdorff

**March 25, 1807** - The British Parliament abolished the slave trade following a long campaign against it by Quakers and others