

When Krampus Comes to Town

December 4 is Santa’s List Day, but throughout December, children worldwide will be wondering whether old St. Nick has counted them as *naughty* or *nice*. Of course, most fall somewhere in the



middle. But tell that to Krampus. In the alpine villages of Europe, December 5 is celebrated as *Krampusnacht*, or Krampus Night. It’s the eve before Saint Nicholas Day, and—says cultural historian Stefanie A. Babb—it’s the night when a creature called Krampus (half Bigfoot, half devil) searches for all the children who’ve been naughty. This long-haired beast is thought to be Santa’s twin brother and helper. The clanking chains and bells around his waist announce his arrival. The punishment for the naughty depends upon the child’s degree of naughtiness. Some children are given coal or bundles of birch. But the naughtiest are said to be thrown into a sack and carried away to the Krampus’ lair, where they’re eaten for dinner.

Modern-day *Krampusnacht* activities involve men and women donning elaborate goatskin costumes and exquisitely carved wooden masks. Photographer Alan Taylor has traveled throughout the Alps—from Italy to Austria and Germany—capturing groups of people parading the streets in their terrifying costumes while dragging chains and carrying flaming torches. It’s a common sight for homes to be decorated year-round with bundles of the Krampus’ birch, painted gold, to remind children to remain well-behaved. There’s even a horror movie that tells the tale of this devil beast.

It’s the “nice” children who enjoy the big payoff on December 6, Saint Nicholas Day. It’s named for the fourth-century bishop of Myra, famed for his secret gift-giving. Lucky children awake to find gifts and sweets, breathing a sigh of relief that there’s a whole year before Krampus returns.

Resident Birthdays

- Glenda P. 12/9
- Judy S. 12/11
- Marty R. 12/25

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

- Bette Midler (singer) – December 1, 1945
- Eli Wallach (actor) – December 7, 1915
- Rita Moreno (actress) – December 11, 1931
- J. Paul Getty (industrialist) – December 15, 1892
- Ray Romano (comic) – December 21, 1957
- Diane Sawyer (journalist) – December 22, 1945
- Howard Hughes (aviator) – December 24, 1905
- Maggie Smith (actress) – December 28, 1934
- Bo Diddley (musician) – December 30, 1928

Ringing Through History

Everyone singing “Jingle Bells” this holiday season may be surprised to learn it’s a Thanksgiving song.

The vice president of the Medford Historical Society in Massachusetts explained that the song’s 19th-century composer, Medford resident James Pierpont, based it on a local tradition of one-horse open sleigh races through the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much they sang it again a month later on Christmas. Today, residents of Savannah share their ancestors’ passion for the tune. They dispute that Pierpont wrote the song in Medford, and they claim it as their own.



Pines Times

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

Celebrating December

- Bingo Month
- Spiritual Literacy Month
- Safe Toys and Gifts Month
- Antarctica Day  
December 1
- Mutt Day  
December 2
- Lost and Found Day  
December 12
- Hanukkah  
December 14–22
- IFCM World Choral Day  
December 14
- Christmas  
December 25
- Boxing Day  
December 26
- Kwanzaa  
December 26–January 1
- New Year’s Eve  
December 31



Let us give a warm welcome to our new housekeeper, Stacey!

“My name is Stacey, and I have lived in Duluth for 30 years. I grew up in Frazee, MN. I am married with two grown sons and three grandkids so far. I love to travel, do anything outdoors and make memories with my family.

Season’s Greetings!

As we wrap up another wonderful year, we pause to celebrate the joy, laughter, and friendships that make our community so special. This holiday season reminds us of the warmth we share and the memories we have created together.

“The magic of the holidays is not in the presents, but in the presence of those we love.”

We are deeply grateful for our residents, families, and dedicated staff who make Mount Royal Pines III feel like home. Your kindness and care create a community filled with joy and support.

Looking ahead to the new year, we are excited for fresh opportunities, new activities, new friendships, and more cherished moments. May this season bring you peace, happiness, and health, and may the coming year be bright and joyful.

From all of us here, **Happy Holidays and a Wonderful New Year!**



## Activities Corner

Well, November was a blur, in my book! It went by way too fast with the gorgeous Fall weather and mild temperatures. Residents did get out one last time for a walk to the Mount Royal Market! I will now put our walks on hold until Spring as the walkways will start to get icy.

I scheduled fun new activities in the month of November, and many residents took it all in and enjoyed themselves!

Bill Jamerson, author, filmmaker, and songwriter came to us from the upper peninsula and put on a fabulous show! Bill's show and songs were based on the "Dollar a Day Boys". I look forward to having him back in the Springtime with a performance on the Lumberjacks from the past.

Our "Armchair Travel" was a special one, with a live speaker and slide show from the country Singapore. Thank you, Annette Strom, for sharing your 5 ½ years' experience with us.

To start celebrating the holidays we had fun playing "Turkey Trivia"! It was a game based on facts about turkeys. The winning team members each enjoyed a little prize!

November's craft classes were creating different ornaments to decorate with or to gift. The residents had such a good time, you could have heard a pin drop with the concentration in the room!

I want to wish everyone and their families a beautiful holiday season full of special moments and fond memories!

Cindy Koecher

Health & Wellness Coordinator



## Culinary Corner

It is hard to believe that another year has come and gone. Although this was a year of growth and learning for our culinary team, we continue to find ways to make your dining experience the best we can.

We look forward to another exciting year and finding ways to continue to serve you all great and exciting food. Yes, it can be challenging to please everyone every day, however we will continue to listen to all your comments and feedback to help your culinary team become better every day.

We would really like to see a lot more of you taking part in having breakfast every day. Breakfast is the start to a great day and to see more of you joining us would be an absolute pleasure.

With a new year comes new ideas and new excitement. We in the dietary department are going to do everything we can to continue to make your dining experience exciting and filled with new fresh food ideas.

I am sure you can only imagine how challenging it can be to come up with new and fresh ideas every day for such a large number of people. Think back on when you were preparing meals for your family and always trying to please everyone. I bet you had many days where you had a tough time coming up with new ideas and what would make everyone at the table happy, now imagine doing that for three meals every day 365 days a year.

It is truly an honor and joy to be able to prepare meals for each one of you and we know how important every meal is to all of you.

Thank you for letting us serve you.

It is an honor and pleasure!

God bless all of you and may your new year be filled with joy, happiness, and good health.

David Andert

Dietary Director

## Reminder

**Christmas Dinner will be served Christmas Day 12/25/25 at 11am. Please call (218-724-5500) or stop by the front desk to make reservations by Thursday December 18<sup>th</sup>.**

**New Years Eve Champagne Meal will be served New Years Eve at 11am. Please make your reservations by Monday December 22<sup>nd</sup>.**

**Thank you!**