

The Legacy of the Birkebeiner



Covered in snow, north Wisconsin heats up in February, thanks to "Birkie Fever." On February 21, around 10,000 skiers from more than 25 countries will participate in the American

Birkebeiner, a cross-country skiing marathon. At 53 kilometers, Wisconsin's "Birkie" is the largest cross-country ski race in North America. Of the numerous cross-country ski marathons worldwide, the American Birkie is considered one of the toughest. With temperatures hovering around zero degrees Celsius and an undulating course of hills and valleys, it's no wonder the race has been dubbed the "Greatest Show on Snow," where world-class athletes are tested to the limits of their endurance.

The origins of the Birkebeiner races date back to the early 1200s, commemorating an event that inspires much pride among those with Norwegian ancestry. All Birkebeiner races recall a heroic moment in Norway's history. Historian Sigvart Sorensen told of how, on January 1, 1204, King Haakon III of Norway died suddenly, possibly by poisoning. After the king's death, a civil war erupted, pitting the wealthy Bagler faction against the Birkebeiners.

A year later, it was decided that the king's hitherto-unknown heir, an 18-month-old prince, would have to flee. This could be done only with the help of long-distance skiers. Two skiers from the Birkebeiner faction, Torstein Skjevla and Skjervald Skrukka, struck out on a 60-mile journey in the midst of a storm over treacherous mountains to deliver the babe to his mother, Queen Inga, in Trondheim.

The prince, whom we now know as King Haakon IV, would eventually unite Norway, all thanks to two brave Birkebeiners.

Regency Grand Birthdays

In astrology, those born February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Judith B.-2/6
Jacqueline W.-2/9
Sally B.-2/11
Jimmy W.-2/15
Tommie V.-2/19
Ray B.-2/24
Florita S.-2/26
Renee A.-2/29

The Long Sleep



Karolina Olsson of Sweden became known as the "Sleeping Beauty of Oknö" when, on February 22, 1876, at age 14, she fell into a deep sleep and did not awake for 32 years. How did she survive? Legend has it that family members diligently spoon-fed her sweetened milk each day.

Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched. When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself. And yet, she seemed to have aged only to her mid-20s, when she should have been 46. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. Olsson had amazingly, inexplicably "hibernated," though today's doctors suggest she might have been in a state of catatonia.

Regency Grand

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Celebrating February

Time Management Month

Plant the Seeds of Greatness Month

Spunky Old Broads Day

February 1

Groundhog Day

February 2

Periodic Table Day

February 7

Valentine's Day

February 14

Random Acts of Kindness Week

February 15–21

Chinese New Year (Year of the Horse)

February 17

International Mother Language Day

February 21

Tell a Fairy Tale Day

February 26

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you're drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.



Good Deeds and Good Fortune

 February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.

Fun Events & Outings!



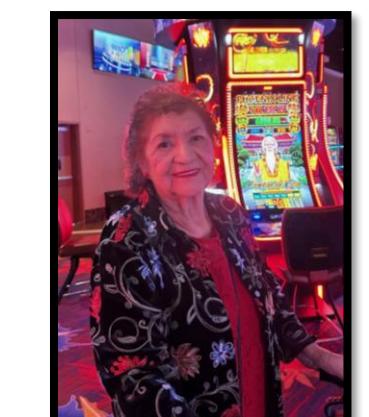
Lunch at IN N OUT



Massages & facials
By Vega Hospice



'Rosca de Reyes' Social
By Cynthia-SCAN



Casino day at Soboba

February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.



Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been

performed during religious rituals, rites of passage, social gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola. Famed Hawaiian musician Samuel Kamaka explained that the ukulele was first played in the islands in 1879 by João Fernandes, an immigrant from Portugal. His fingers rapidly strummed a four-stringed *braguinha*, which the native Hawaiians nicknamed *ukulele*, a word meaning "jumping fleas."

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu (his uncle was Moe Keale), he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

Employee Spotlight!



Say hello to Jordan! She has been our server for almost 1 year. Jordan is known for her big smile, friendliness and even bigger heart. When she is not making residents' days brighter, you'll find Jordan decorating cakes, singing in the choir, or showing off her artistic talents by drawing or painting. She is attending college to become an elementary school teacher. Thank You for bringing so much joy, creativity, and good vibes to our community. We are so happy you are with us at Regency Grand.

Trekkies Rejoice



This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

A themed cruise from February 20–27 offers a fun way to join fellow fans, but the celebrations extend far beyond the ocean. Whether revisiting the adventures of Captains Kirk and Jean-Luc Picard or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for six decades.