MUSEUM Graphic

Winter 2023





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MUSEUM Graphic

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On the Cover:
Stacked Spalsbury Letters



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SAINT JOSEPH MUSEUMS

FROM THE DIRECTOR

After one of the most stressful weeks I have ever had as the Director of the St. Joseph Museums, I can truly say I am grateful to be able to serve our community in that capacity. Last week, I was not so sure!

Museums are sometimes viewed as dusty and boring warehouses of the past, but that has never been my experience at the St. Joseph Museums, Inc. When we are doing our work well, museums are creative and dynamic sites of exploration and interpretation. At their best, museums serve as nexuses where multiple perspectives, difficult histories, and complicated conversations are shared so that we can better understand the past and move productively forward towards a better shared future.

The St. Joseph Museum at its core is a museum that tackles complicated histories. We have an important legacy from our foundation as a Natural History, St. Joseph History, and Native American History museum that originated in 1927. Because of that beginning, we are inherently thinking about difficult topics today such as climate change and ecology, historic preservation, and the enduring impact on native peoples due to genocide, forced relocation and assimilation. We also serve as an umbrella organization for the Glore Psychiatric Museum and Black Archives Museum of St. Joseph. Daily we are having important conversations about mental health and race.

Our staff members are exceptionally well-trained, thoughtful, and hard-working. We were recently reaccredited by the American Alliance of Museums as four of only nineteen accredited museums in the state of Missouri. We passed accreditation with flying colors (albeit with some work to be done for the future, which we were very much aware of, and pointed out to the accreditors.)

Last week we began receiving an onslaught of emails from people across the nation (and world) demanding that the Museum return "items looted and stolen from the Lakota at Wounded Knee". While we are accustomed to discussing difficult and complicated histories and a modest amount of controversy, this situation was well beyond what I have ever experienced at the St. Joseph Museum and serves as an excellent example of the power and pitfalls of the internet and social media. A visitor had toured the Museum and had a very strong reaction to Oceti Sakowin items on display in our exhibit "Lines and Legacies: The Harry L. George Collection". She wrote a post on Facebook which was shared over 1000 times which contained much inaccurate information and garnered a lot of attention.

In 2007 and 2008, the Museum sent out 21 letters to representatives of the tribe providing a summation of inventory of culturally affiliated collections. The Museum has been working towards NAGPRA compliance for decades, but that process is very complicated. NAGPRA is a federal law and if the regulations are not followed correctly there are fines that can be issued. As part of the NAGPRA process, museum staff consult with Native tribal representatives. Those consultations are one of the most fulfilling parts of our job. Due to the unexpected social media attention last week, museum staff are currently prioritizing our consultations with Oceti Sakowin representatives to learn more about the items in our collection that originate from the tribe and plan for future care of those important pieces. We will keep our members and community informed as we go through the process and are excited to learn from the tribal consultants.

If you know anyone who thinks the St. Joseph Museum is a boring and dusty place, tell them we are decidedly not! We are garnering local, regional, national, and international attention for the terrific work we do. 99.99% of that attention is very positive and we are so proud of how we serve our community and visitors. As for the other .01% of negative attention we received this past week, well, we cannot control inaccurate information that someone decides to put up on social media. What we can do is continue to do good museum work, inform the public about the challenges we face as an organization, and be even more proactive as we work to tell these difficult histories thoughtfully.

I would like to thank our members for their continued support and all our volunteers, staff, and board who helped us complete American Alliance of Museums Reaccreditation so successfully. We had a wonderful holiday season and are looking forward to many events in 2023 including Super Science Saturday, Juneteenth Celebrations, Murder at the Asylum, and a trip to Chicago! Check out our webpage for more details.

Sara E. Wilson

Sara Wilson
Executive Director

EXPERIENCES!

We have been working hard to add new and exciting museum experiences for all of our subject areas. The new programs allow you and your guests to book a special event that fully immerses you in the museum experience!

MURDER AT THE ASYLUM

A fully immersive game of who dunnit!

We are excited to announce our newest of these experiences - Murder at the Asylum! This fully interactive game of "Clue" has you hunting for a killer throughout the Glore Psychiatric Museum. Played with traditional clue cards and your hand held device, you are able to meet all the suspects, and see if you have what it takes to solve a crime. Murder at the Asylum is now available to rent for parties and team building experiences as well as a new ticket option for guests coming into the museum. Come play this interactive game with your friends today!









Other experience offerings include Children's party options like Dig Day and ArtKidtecture. Educational options including Native American Beading tutorial and Choices of a MO Slave. As well as new team building and adult themed parties. Glore After Hours is a guided Paranormal Adventure, Emotional Toolbox is a look at stress and coping methods, and of course the new Murder at the Asylum interactive game.

Check out all of the options on our website

www.stjosephmuseum.org/experiences

and book your Experience today!

For more information contact Kami Jones, Shelly Haynes or Jerrad Hardin at 816-232-8471



The Vaudeville Era of Sylvester Bell: A St. Joseph Music History

JERRAD HARDIN

Everything that has happened in my life I first dreamed of in 1914. I had a vision of what my life would be like. I dreamed of the things I've done and seen since 1914: hoboin, tap-dancin, meat packin. In 1914 I seen big chunks of meat floatin through the air. -Sylvester Bell

A St. Joseph Museums volunteer and local historian handed me a manuscript over the summer. It's an oral history given by Sylvester Bell, who made his home here in 1921. The transcript was meant for publication sometime in the late 1980s but hasn't made it yet. I've been working through our museum's music history collection, writing some paragraphs about Arthur Pryor and Coleman Hawkins. After reading through Bell's transcript, I realized he was here in the era of both Coleman Hawkins and Arthur Pryor. In the days before he came to town, Sylvester had been a tap dancer from a young age. That he danced along to Arthur Pryor songs is likely, as Pryor's music was among the most marketed of the time. Bell claims, "I danced in every pavilion in St. Joseph, Jewish temples, dancin' programs, downtown theaters, nights clubs, what-have-you". Having passed through town in 1919 for the first time, he said he loved St. Joseph, as it was "the best kind of town, friendly and wide-open".

From here, Bell traveled around the country with A.G. Allen's Minstrel Show. A.G. Allen was one of the most successful black promoters of minstrel theater in the United States. Bell went on to perform with Bill "Bojangles" Robinson, a well-known tapper, and "Fats" Waller, a jazz-pianist and composer, on what was called the "RKO" Circuit. After several years as a performer, by 1924, during a tough week of shows in New York, Bell decided to slow down and find steady work back home in St. Jo. Having taken a job at Swift Packing House as a butcher he says, "All kinds of burlesque and vaudeville shows come through St. Jo. Lots of famous and popular people. They wanted to pick me up, to have me join them, but I didn't 'cause I knew what a rough life it was. You drink too much, you don't eat properly, and what they feed you, with your salary, you couldn't live off that."

That Sylvester's girlfriend was a working piano player in the 1920s in St. Joseph is interesting enough, "I'd get off at the packin' house and ease into a joint called Slippery Gulch and stay there all night long. The girl I was clownin' with, she was the piano player there." That she was probably hammering out tunes or variations of tunes by Arthur Pryor, as well as a new, developing sound called delta blues, takes our imaginations to exciting corners of St. Joseph music history. As the saying goes – life doesn't happen in a vacuum. The institutions that thrived in the early entertainment industry in St. Joseph and around the country, paved a way for folks like Bell and his girlfriend to make a living as artists. Earnings for Bell according to him ranged from $35 to $75 a week on the circuits. By 1921, traveling minstrels and vaudeville acts were performing weekly in St. Joseph, while Arthur Pryor's music books were scattered around the city, in theater houses and homes, and for sale around the corner at Eshelman's Music Store. That same year, a 17-year-old Coleman Hawkins and his Jazz Orchestra performed at Patee Market for a dance.

In Conger Beasley Jr's unpublished manuscript about Sylvester Bell, which includes an introduction describing their relationship and the process of collecting oral histories, he writes in his notes that in the early 1920s, vaudeville replaced minstrelsy in popularity. In 1925, there were approximately 1,500 theaters in the vaudeville circuit. By 1930, there were only 300. "St. Jo was like some kind of loud, roarin' animal back then.

The Lotus Club Rag



Words and Music by
ERNIE BURNETT
Composer of "DIXIE ROSE"
"DRY THOSE TEARS" ETC.

KEYSTONE MUSIC PUBL. CO
ST. JOSEPH, MISSOURI.

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POPULAR EDITION

Almost a Las Vegas, cause you could do anything you wanted", said Sylvester, into the 1980s-ish reel-to-reel. "When I first saw it in 1919 there was a sign on top of the Corby Building that said, "Welcome to St. Joseph, Missouri, The City Worthwhile", so I used it as a headquarters". From St. Joseph, Sylvester trained his way around the RKO circuits - Chicago to St. Paul, Oregon, Louisiana, Arkansas, and New York. Out of the places he'd been, he said of St. Jo, "The people I met here were different than all the people I'd met in all the rest of my life travelin'. They'd sit down and talk with you."

St. Joseph's history would be terribly incomplete without discussing the theaters, music, and cultural institutions that developed in the period of the late 19th and early 20th centuries. The transition from classical music to rag and jazz, to blues isn't exactly linear. It's more a mishmash of heady living, all swirling, dancing, and fooling around. Military bands were a paid musician's job market. The RKO circuits, piano music and vaudeville comedy – the culture of St. Joseph music certainly begins somewhere at the crossroads of these influences. These well-springs of cultural creativity are a portal to understanding the coming of Jazz and Blues, electronic music and rock and roll. They take the mind to places like the moment composer W.C. Handy describes upon first hearing a "blues" slide guitar, "His clothes were rags; his feet peeped out of his shoes. His face had on some kind of sadness for the ages. As he played, he pressed a knife on the strings of the guitar … the effect was unforgettable. The weirdest music I had ever heard". Like the gold rush, ragtime, jazz, and blues expanded the influence of the United States in phenomenal ways, and brought tap dancers, piano players, and art seekers, lured by a sense of meaning and a hopeful sign on the tallest building, to St. Joseph.









Country Club Waltzes

By

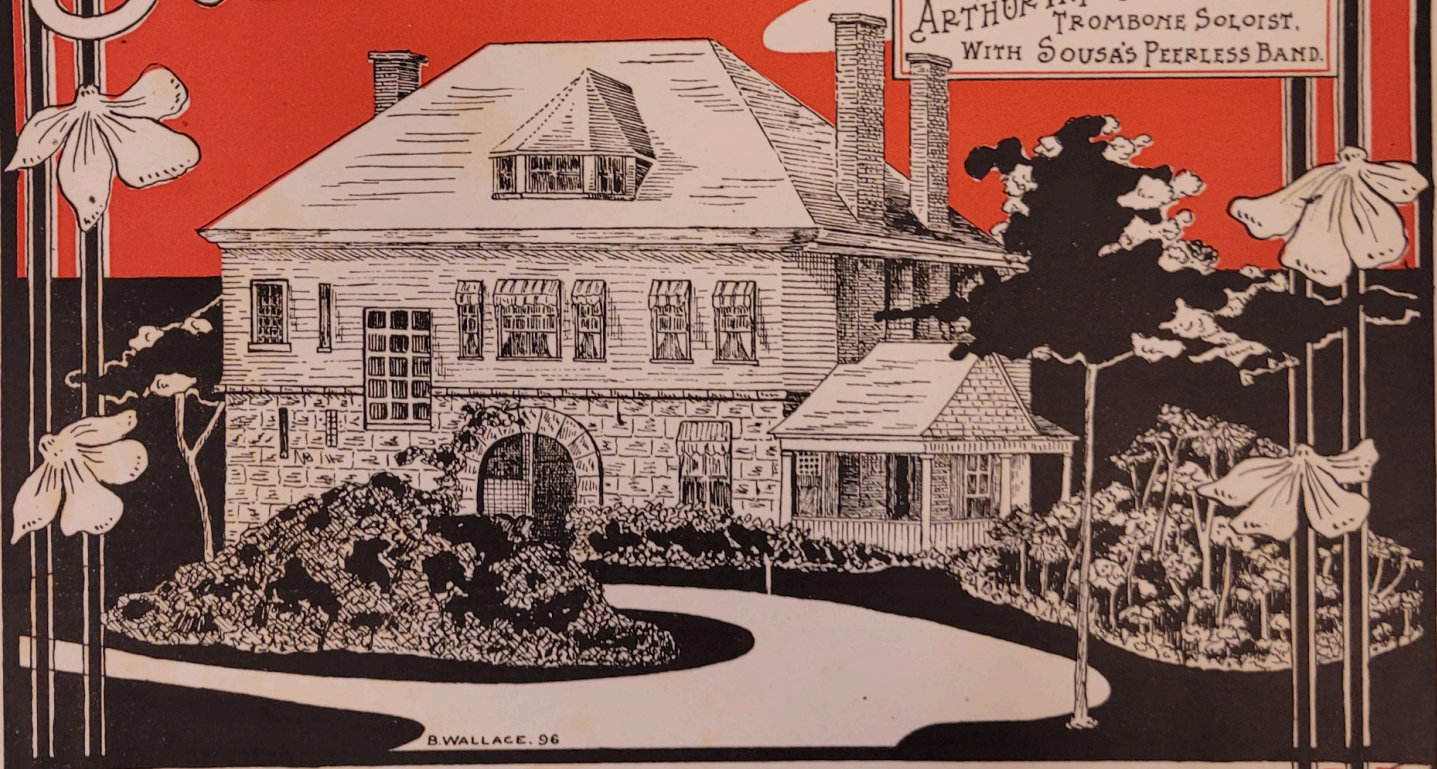
Arthur W. Pryor.

As Played By

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Letters Home

JULIA BROOKE

"We have mail call every day-including Sunday-just before lunch and just before supper. The letter was stamped 3:30 p.m. Thursday, and I got it at about 12:00 noon Saturday, so I'd say it really pays to send letters Air Mail out here. After this I'll send most of mine to you by Air Mail."

These are just a few of the words written almost 80 years ago by Robert C. Spalsbury. Words from letters written home to his parents back in St. Joseph, Missouri to an address on 11th Street that generations of Spalsburys called home. Mail call represented a life line to home while serving in the U.S. Army during WWII. His letters, that frequently began "Dear Mom and Pop," are becoming a part of the St. Joseph Museums' online archives.

Born and raised in St. Joseph, Robert was a member of the 1940 class of Central High School. He worked as a page for the St. Joseph Public Library and was a Spring 1943 graduate of St. Joseph Junior College; although he was called to service prior to participating in his graduation ceremony. His brother, Duane, two years older, was also called up to serve. Robert was one of the many from St. Joseph training for and serving in the war. Yet he is unique in the fact that his letters home have survived. How and where they survived remains a mystery. They were acquired at an estate sale then donated to The St. Joseph Museums in 2021, sixty years after the last Spalsbury resided in St. Joseph.

The first letter of the collection is postmarked April 21,1943 just four days before his 20th birthday. The letters include details of Robert's life but also reflect the times in which he lived. He references movies, food, radio programs, magazines, movie stars, authors, prices, communication methods and more. His penmanship is excellent and the letters reflect his love of words and writing. As a result, he opens up an extraordinary first hand account of what it was like to leave home in service of your country with an unclear destination or purpose.

Robert's training journey began at Fort Leavenworth however the first letter in the collection is from Camp Callan, California near San Diego. He fell in love with the community of La Jolla while stationed there for basic training.

"2 other guys and I went down this afternoon to La Jolla, a picturesque and beautiful resort town 4 miles south of our Camp. I stood out on the beach and watched crabs, shells and seaweed, while the surf came in around the mossy rocks I was standing on. The ocean was a blue-gray- green color. Sea gulls were flying around overhead, and the atmosphere was quite hazy, since today's been very cloudy and foggy." April 18, 1943

Robert's letters served as a journal of his life as much as an update for his parents. He wrote more than 100 letters to his folks during his Army training and service, frequently several a week. He details the training, daily routines, duties, inspections, testing, uniforms, meals, illnesses, new phrases and Army lingo. His letters provide a fascinating glimpse of what it was like to have your life interrupted and redirected. As was the case with many at the time, an Army career was not his intended pursuit as is clearly evident early in his correspondence.

"I loathe bayonet practice, of which we have 10 hours altogether during our 13-week cycle. We had 2 hours of it this morning." April 20, 1943

"We took a march with light packs, rifles, and belts this afternoon to a point about a mile or two north of La Jolla proper. I guess it was about 6 miles altogether going and coming." May 7 1943

"Today we had one hour of infantry drill, and 7 hours of Automatic Gunner's Drill, which bones me. I hate machines. We also had 3 British Training Films on guns." May 12, 1943

Initially, his Army service took him and thousands of young men to newly created Army Camps scattered around the state of California, most of which no longer exist as U.S. Army installations - Camp Callan, Camp Roberts, Camp Haan. Robert's favorite part of the initial experience was taking in the sights, sounds, landscapes, and people of new cities when allowed off post with weekend passes. He loved to go into town, any town he was close to - LaJolla, San Diego, Inglewood, Los Angeles, Hollywood. Transportation was frequently by hitchhiking with the occasional bus, cab or streetcar. His letters are full of tales as he explores what to him was a whole new world.

"I can hardly wait to get back to Hollywood next weekend, just to stand at a busy street corner

- Hollywood and Vine is the best -and watch the mob go by. It is a veritable kaleidoscope of human nature, varied as it can be. It really put me to wondering about the human race. Some of the clothes they wore! Big flowered prints, and hats of all sizes, colors, and shapes.

However, this is one thing I like about California - the dress is so liberal. People stroll down the streets in shorts, slacks, and sometimes even bathing suits. Oh, yes, we saw Grauman's Chinese Theatre, and the autographs and hand and foot prints of all the stars in the cement of the lobby floor. Very interesting." July 26, 1943

Visiting the local communities during the time he was stationed at the various camps in California provided great distraction as Robert struggled with finding his place and figuring out exactly how the Army intended to utilize him. His experiences exemplify what a daunting, long term task it was to prepare the country for war; to train troops and have the resources for evolving needs and missions. These letters blend the realities of the massive mobilizing system of war with the day to day experience of the individual.



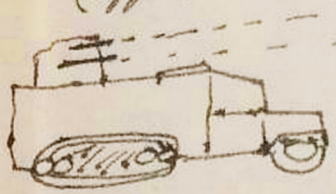
A H.S. yearbook picture of a Spaslbury c. 1940

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Sunday afternoon -
14 November 43

Here's a picture of a halftrack:
(approximately, anyway)



Dear Folks,

Gosh, I'll have been here a week tomorrow. It certainly doesn't seem that long. The time hasn't exactly flown, but it still doesn't seem like a week has passed by here at Topside. I guess I just sort of don't worry too much about anything anymore, and as a result am kind of oblivious to such a thing as time. It just slides by, and I go around in my meek, quiet way, trying to shove things out of my mind and overlook things which I might let get me down. I still get pleasure out of eating three squares a day, which is something. I get satisfaction out of the thought that I'm saving a war bond a month, and getting my clothing, food, and room from the government instead of being a liability to you at home. That's the reason why I'm kind of reconciled to being here, even though I'm unhappy. I know I'd probably be just as miserable at home, maybe more so. So I know a discharge wouldn't help matters much. I just go plodding along, plugging away from day to day. If the Army

"I have confidence that I'll be put into something in accord with my interests" April 20, 1943

"I believe I'd rather get in the Foreign Service Division than any. It sounds interesting and exciting, doesn't it?" May 7, 1943

"I'm attending a very dull military correspondence class twice a week, and an hour apiece of physics and chemistry six days a week. You can imagine how I hate it. I really feel like a round peg in a square hole." July 28, 1943

"The Board told me I made fairly high scores on the math parts of the test we took; and that the Army needed good engineers much more than they need linguists. The Board told me that I had good potential qualities of leadership, but I think they always tell you a crock of bullshit just to make you feel good if you're not put in what you want." July 28, 1943

Robert's letters show the difficult contrast of who the troops being trained for war really were, teenagers and young men. At first being called up to serve felt like an exciting adventure that they were embarking on together and he calls them boys and fellas. Yet within a few months the experiences change and he refers to them no longer as boys but as soldiers. This is reflected in a passage from July at Camp Callan contrasted with a passage from October at Camp Roberts, an Infantry Replacement Training Center.

July 30, 1943
"I went swimming last night with some of the boys. We had so much fun. We'd carry each other on our shoulders, and try to push or pull another pair over. Then we'd swim under water and try to pull people under. One trouble with the pool is that it's so crowded at night - it's impossible to swim in a straight line for any distance." "I really enjoy it, if there's someone I know in swimming. It's always much more fun when there's someone you can play with."
October 21, 1943

"What a hell hole this place is. We live in tents. We have to stand in a long line for chow and we eat out of our mess kits. ...I don't particularly like the open air latrine and wash basins we have here. There is also another luxury - open air showers (cold water only)."

"There are a lot of soldiers around here who've been overseas and seen action. A lot of them were wounded, and many of them had malaria."

Among Robert's favorite things to receive in the mail was news of home. His letters are filled with references to St. Joseph's people and places.

"This evening at mail call I got my first Griffon News - Kathleen had sent it, bless her heart. Was I surprised to read in it that I was one of the 10 highest ranking sophomores at J.C.! There were 3 boys and 7 girls in the list. My name was there 2 other times. The issue was April 9 - maybe you can get one; or I'll send you mine soon." April 20, 1943

"I'll tell ya what to send me in your next letter - that picture of Duane and me standing up on Wyeth Hill, the one we took that Sunday when Tootie rode us up there. I don't have a picture of Duane with me, and it's a pretty good of us both. Just look in my photograph album toward the back, and take it out." May 17, 1943

"I bet the yard is beginning to get pretty. There are flowers galore out here - especially in La Jolla - but things like redbud, iris, daffodils, spirea, etc. - would look mighty good. May 3, 1943

"Servicemen, we were admitted free to the Hollywood Bowl, although we had to sit fairly close to the top. To me it didn't seem much larger or nicer than the Krug Park Bowl. Of course there are seats from the very bottom to the top of the Hollywood Bowl. The program last night consisted of the Russian Ballet, with Los Angeles Philharmonic Orchestra furnishing the musical accompaniment." July 26, 1943

"Thanks for the Centennial Edition of the News-Press. I got it at Mail Call this evening after chow. Paul Leibowitz helped me read it. I guess if I see Bob Raidt I'll have to give it to him." July 30, 1943

Robert's letters span the years of 1943 to 1945. With only about half of the collection entered into the online archives there is much more to discover about his journey. So much is learned by reading the on going narrative not just individual letters. Robert's moods and emotions become evident. When his early confidence and excitement are later replaced with dejected acceptance, the disappointment is felt alongside him.

A humorous example of the benefit of having the entire collection of letters is when curious details gradually become clear. After the transcription of more than 50 letters it was finally determined who Pat was. Several times Robert's salutation is "Dear Folks and Pat," Pat was not a family member or visiting friend. Pat was the family dog.

"Give my love to Pat." May 26, 1943
"Tell Pat I'm sorry the itch has bothered him." November 17, 1943

The Letters Home project is truly a form of time travel as Robert's story unfolds one letter at a time. There are no epic battle scenes but instead a dramatically compelling story of one family's sacrifice and service laid out in letters home to a mother and father whose sons were thousands of miles away preparing to go to war.

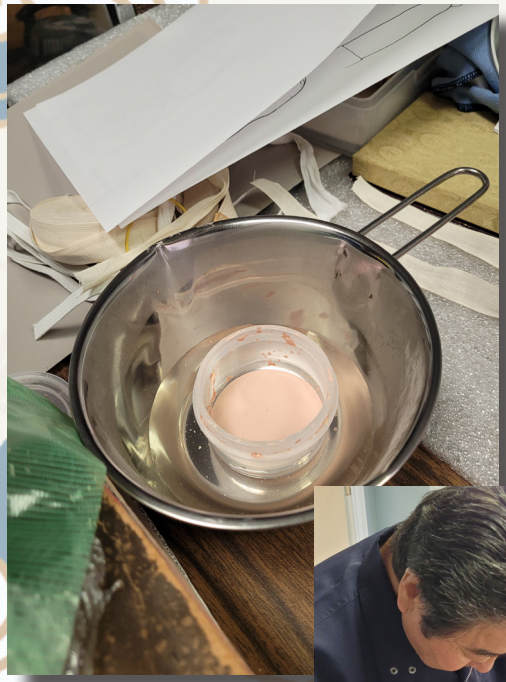
"Don't worry about me. Love, Bob " September 29, 1943

To read the complete text of Robert's Letters Home, visit the St. Joseph Museums website. They can be found under the Research tab in the archives section of CatalogIt.

Special thanks to Marshall White who acquired and donated Robert's Letters Home to the St. Joseph Museums in 2021.


mont-bell







MISS HYOGO AND MR. AOKI'S VISIT

SARAH BEN-EZRA

Miss Hyogo is one of our most popular and adored artifacts in our collection; she is also one of the earliest artifacts to be donated to the museum. Miss Hyogo came to the museum in 1929 as part of the Friendship Doll Exchange program between The United States and Japan to help repair strains among the two countries between the two World Wars. Each of the 58 dolls is named after a prefecture or city in Japan. The dolls went on a nationwide tour in 1928 and landed at various museums and public libraries throughout the United States, including the Children's Museum of St. Joseph (now the St. Joseph Museums), after the tour was over.

In September of 2022, The St. Joseph Museums had the honor of inviting Mr. Masaru Aoki and his company to perform some conservation work on Miss Hyogo. Mr. Aoki is a world-renowned doll conservator from Japan who focuses on conserving Japanese Friendship Dolls. Mr. Aoki and company was accompanied by a translator from Nebraska since they were in the States doing conservation on Miss Mie, another Japanese Friendship Doll, at the University of Nebraska Lincoln prior to coming to St. Joseph.

Mr. Aoki undressed Miss Hyogo to look at her condition. He spotted some cracks along her neck and one of her legs, so he repaired the cracks with paint created with a bowl of water and paint pigment. Meanwhile, Ms. Okuyama stitched some new gold thread on Miss Hyogo's kimono and Mr. Iwawaki was taking photographs of the conservation work as well as the interactions between the museum staff and Mr. Aoki and his company.

The St. Joseph Museums would like to say Arigatō (thank you in Japanese) to Mr. Aoki and his company for taking time to come to the museum and conserve Miss Hyogo! She looks good as new!

Mr. Aoki and his company's conservation work was a once in a lifetime opportunity for the museum and for the staff. She is well loved by visitors that come in to see her, and we hope that continues for generations to come, just like it has been for the last 95 years.

Fun Fact: Did you know that there is a squeezebox inside of Miss Hyogo that allows her to talk? Mr. Aoki pushed on Miss Hyogo's stomach and made a squeaky noise. The staff had no idea Miss Hyogo could talk!





CHILDREN'S PARTY EXPERIENCES

The Daring Owen Sisters – Your children will explore St. Joseph's daring and talented Owen's sisters and their adventurous and unique career paths. Mary Alicia was a writer and folklorist who recorded the stories of African slaves and Native Americans in the St. Joseph area just after the Civil War. Luella was a geologist and cave explorer who identified the Loess soil that is unique to our area and advocated for preserving the beautiful formations in Missouri's caves. Juliette was a naturalist who studied birds and botany and created art from her research. We will practice storytelling as Mary Alicia did, look at rocks and crack open a geode as Luella would have, and sketch some birds like Juliette. This program asks children to think about what careers they might want to participate in when they grow up and is held at the impressive and historic Wyeth-Tootle Mansion.



ArtKIDtecture – A presentation of local architecture including styles and features. Using Architecture Journals, children will do some sketching and draw a house they would like to live in! We'll also create stained glass windows using colored tissue paper. Activities also include an Architecture Memory Game, designing floors with wooden tiles, and building with our many different building sets and oversized blocks. Your budding architects, builders, and engineers will also get to explore the 43-room Wyeth-Tootle Mansion.



Modern Black History Through the Arts – Your kids will get to explore St. Joseph's Black History at our 3406 Frederick Avenue Black Archives Museum location. Our staff and volunteers will provide a presentation highlighting famous black musicians, poets, and visual artists. Your kids will have the opportunity to listen to music by influential black artists, including St. Joseph's own Coleman Hawkins. They will have a creative writing experience while listening to a poem by Maya Angelou. They will also learn about quilt making and imagery in African American history and get to design their own quilt square.



Native North America – Your group will get to tour the Native American Galleries at the St. Joseph Museums and learn directly from staff about the significance of some important items in our collection. Your kids will get a presentation on the many different Native American cultures and some of the amazing baskets, pottery, and beadwork they create. Attendees will get to create a piece of beaded jewelry to take home.



Brain Science! – A fun party to learn about how your brain works and ways to keep your brain healthy. Kids examine left and right brain attributes, and gain knowledge of some amazing facts about the brain! We'll look at a model of the brain and learn all the components and what their function is, then play a game about the parts of the brain! Finally, the kids make "brain hats" to wear and take home! Attendees get to enjoy the immersive sensory room at the Glore Psychiatric Museum.



Dig Day Party – This party is perfect for your young learners who love dinosaurs, rocks, archaeology, or just playing in the dirt! Attendees will earn about Missouri's Dinosaur, the Hypsibema, and play dinosaur games. They will also learn the difference between geology, archeology, and paleontology. As part of this program children get to touch geological and archaeological specimens and explore an archaeological dig pit.



Kid Curator Party - Let your kids experience being a Museum Curator for the day. They will learn what it is like working in a museum. They will get a tour of some of our exhibit and behind the scenes areas to see how we preserve our history, care for important objects, and create exhibits. Our staff will help your budding museum professionals create their own mini exhibits about their favorite subject.



FOR AGES 5-12; $250 FOR TWO HOURS, UP TO 20 ATTENDEES.

WE PROVIDE THE SPACE AND ACTIVITIES; YOU PROVIDE THE CHILDREN AND REFRESHMENTS!

CONTACT SHELLY AT 816-232-8471 OR HAYNES@STJOSEPHMUSEUM.ORG

I SURVIVED THE HOLIDAYS...NOW WHAT?

KAMI JONES

The holiday season can be both exciting and stressful! As we spend time preparing for family gatherings, putting up and taking down decorations, attending parties and of course shopping, it's not uncommon for many people to suffer from overstimulation and undue stress. Regaining balance in your day-to-day life after the holiday season can be extremely difficult. Unfortunately, many people don't take the time to reset their brain. They remain in a stress brain loop long after the holiday season.

A stress brain loop, in the simplest form is when you are under repeated stress. When you do not find calming techniques, the brain stays in this loop. Under stress the body produces cortisol, the stress hormone. In a stress brain loop the brain produces more glucocorticoids (receptors that eat cortisol). By not resetting your brain after stressful situations, you quite literally can overdose on stress! This overdose can cause short- and long-term memory loss, loss of productivity, loss of proper decision-making skills, loss of ability to learn, the list goes on and on.

Not only does stress have an impact on the functionality of your brain, but it also has an impact on the body. When we are faced with stressful situations the body produces larger amounts of adrenaline. Our bodies are made this way. This pre-historic fight or flight reaction was necessary to escape dangerous situations. By pushing large amounts of adrenaline into the muscles it gave our bodies the ability to run away from predatory animals. Our bodies now have this same reaction from a confrontation with family, authority, friends etc. This chemical reaction takes away from the necessary chemicals needed to run your body. Heart disease, diabetes, reproductive issues, gastrointestinal issues and even long-term illness like cancer and liver failure have all been linked to stress.

Taking proper steps to reset your mind and body after the holidays is necessary for prolonged health and well-being and doesn't have to cost a dime! Hacking brain chemistry using sensory healing techniques has become a widely-used form of coping with stress in the moment and on a long-term basis.

Dopamine – The reward Chemical. Hacking dopamine will give you a sense of accomplishment. It works as a self-esteem booster to help with self-love and energy. Easy hacks to produce dopamine include Completing a task (Cleaning the house, finishing a book), Volunteerism (complete a task for your local museum!), Self-care activities (a warm bath, massage or breathing exercises), Celebrating little wins (got your decorations taken down – CELEBRATE, survived the family dinner – CELEBRATE).

Serotonin – The Feel-Good Chemical. Serotonin plays a key role in such body functions as mood, sleep, digestion, nausea, wound healing, bone health, blood clotting and sexual desire. Hacking serotonin stabilizes your mood as well gives you a since of balance and well-being. Easy hacks to produce serotonin include Meditating, Running, or jogging, Sun exposure (fresh air and sunlight have been one of the most used forms of mental wellness treatment since the 1800's), Walking in nature (grounding can also be used – take your shoes off and go barefoot!), Swimming or Cycling.

Oxytocin – The Love Chemical - Hacking oxytocin gives you not only a since of calm and inner warmth but can help your reproductive health and is extremely important for a balanced mood. Easy hacks for Oxytocin include Playing with a dog or cat (pet therapy has been used for decades due to the increased production of oxytocin that petting animals causes), Playing with a baby, Holding someone's hand, Hugging your family (even in stressful situations the human contact of a hug can increase oxytocin and lower the production of cortisol – Hug it Out!), Give a Compliment (making someone else's day better, truly makes yours better too. Pay it forward or tell someone they are awesome!)

Endorphin – The Pain Killer Chemical - Endorphins are produced to help relieve pain, reduce stress, and improve mood. Hacking your endorphins can relieve chronic pain, increase energy, and balance your mood. Increasing endorphin production can be as easy as Exercising, Laughter exercise (quite literally laugh...tell jokes, watch a funny movie, even goofy videos on your hand-held device), Essential Oils (lavender is the most used to increase endorphins), or Eating Dark Chocolate (cocoa interacts with some neurotransmitter systems and increases that chemical production).

Making sure to take time after stressful situations to balance your brain and body is essential for continued mental and physical wellness! If you need a calming place to reset now that the holidays are over, use your membership to come check out the new sensory immersion room at the Glore! This room is designed to teach about brain chemistry, as well as, to immerse you in a calming, anti-stress area. Come see this awesome new exhibit, today!


BLUE ZONE
scribes low states of alertness, such as when one
ls sad, tired, sick, or bored. This is when one's
dy and/or brain is moving slowly or sluggishly.
GENERALIZED ANXIETY DISORDER

2023

CALENDAR

February 10th - FRI - Murder at the Asylum - 6PM - 8PM

There has been a murder at the State Lunatic Asylum #2, this full museum immersive game has you hunting for clues to figure out who murdered Dr. Harlow Mills, how he was murdered and where! Guests will be greeted by Audre Hill, head nurse at the Asylum and given a background of the day in question. You will receive a clue card to investigate the crime in question and be sent on your way to figure out who is the killer! Event will include refreshments, drink tickets and game play. $40 per person, spaces are limited and reservations are required.

February 21 - March 28 - TUE - Etiquette Classes at the Mansion 6:30PM - 7:30PM

Join us for a series of etiquette classes geared for youth aged 4-12. Topics include Why Do Manners Matter, Manners 101, Representing Yourself and Talking To Others, Phones and Technology, Parties and Sleepovers, and Dining (along with a catered meal by Wiseguy's Catering). Admission - $60 per participant

February 23rd - THU - Black Archives Hall of Fame - 5PM-7PM - FAS - 3406 Frederick Ave

The public is cordially invited to the 2023 Black Archives Hall of Fame Induction on February 23, 2023. It will be held at the Black Archives Museum, 3406 Frederick Ave. from 5PM to 7PM, with the induction itself taking place at 6PM. Admission is free. Refreshments will be provided, registration is not required but encouraged. Honorees TBD.

March 4th - SAT - Wyeth-Tootle Mansion After Hours - WTM 1100 Charles Street

Here is your opportunity to experience the 1879 mansion turned museum after dark! See for yourself just how alive the property is at night, explore all 3 floors of the mansion, join museum staff and volunteers on a guided tour learning the history of the Wyeth and Tootle Families, and participate in a paranormal investigation led by Kathy Parks. Space is limited to 30 visitors. Admission: $100 per person, which includes snacks, drinks, tour of the home and paranormal investigation. Must be 18 years of age or older. Reservations are required.

March 19th - SUN - Bridal Bash - 1PM-4PM - WTM - 1100 Charles Street

Join us for the 2nd annual Bridal Bash at the Wyeth-Tootle Mansion. Showcasing local companies, rental spaces and vendors. Area brides can connect with services for their special day. Free admission for brides and family. Vendor spots available for $50 and include an 8ft table and electricity if needed. Gowns will be on display and available for purchase from Clifton's Couture out of Chillicothe.

April 8, 2023 - SAT - Easter at the Mansion WTM - 1100 Charles Street

Egg hunt, Easter Bunny photo opportunity, kid's craft, petting zoo and face painting. Egg hunt will be replenished throughout the time frame, each child gets 12 eggs. Free event sponsored by the Museum Hill Neighborhood Association.

May 25, 2023 - THUR - Mah Jongg - 12-3:30PM - WTM 1100 Charles Street

The museum will host the 14th annual Mah Jongg Party at the Wyeth-Tootle Mansion. The afternoon will include a buffet lunch, party favors, door prizes and plenty of time to play Mah Jongg! Bring your Mah Jongg set and join the fun! Admission: $35 per person, $140 per table, reservations are required.



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NEWS-PRESS

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