



Notable Quotable

“You’re only as good as the people you hire.”
- Ray Kroc, founder of McDonald’s Hamburgers



October Horoscopes and Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep ways. Resourceful and determined, Scorpios give their all when they follow their hearts.

- Julie Andrews – October 1, 1935
- Chubby Checker – October 3, 1941
- Ray Kroc – October 5, 1902
- Jesse Jackson – October 8, 1941
- Luciano Pavarotti – October 12, 1935
- e. e. cummings – October 14, 1894
- Evel Knievel – October 17, 1938
- Mickey Mantle – October 20, 1931
- Johnny Carson – October 23, 1925
- Pablo Picasso – October 25, 1881
- Sylvia Plath – October 27, 1932
- Bill Gates – October 28, 1955
- John Candy – October 31, 1950

Go Nuts for Squirrels *continued from pg. 1*

North America’s eastern gray squirrel, play an important role in forest regeneration. The gray squirrel often eats damaged seeds and nuts first and stores the best seeds to eat later. Burying these seeds gives hardwood trees a greater chance to thrive. With a 17-inch body and a 20-inch tail, the Indian giant flying squirrel is impressive for its size and has the ability to soar up to 300 feet. These squirrels do not really fly but glide on thin membranes of skin that

are attached to their front and hind legs like a parachute. Ground squirrels, including marmots, woodchucks, and prairie dogs, have evolved to live outside of forests, instead digging vast underground burrows in mountains and grasslands. These species, unlike their tree-dwelling cousins, are also highly social and communicative. The ingenious squirrel has been able to find success in habitats all over the world.

Light and Prosperity

Diwali, India’s most important holiday of the year, begins on October 19. The Diwali story differs depending on where in India you live. In the north of India, it celebrates the return of the warrior prince Lord Rama to the ancient city of Ayodhya after he defeated Ravana, the king of the demons, by lighting rows of clay lamps. Southern India celebrates it as the day Lord Krishna, the god of love and compassion, defeated the demon Narakasura. In Western India, Diwali marks the day that Lord Vishnu, one of Hinduism’s main gods, the Preserver of all earth from

destruction, sent the evil King Bali, who had conquered the heavens, to rule over the underworld. Each of these three stories highlights the victory of good over evil and of light over darkness. This is why Diwali is known as the Festival of Light. Diwali originally coincided with the last harvest of the year before the onset of winter. On this day, farms and businesses begged for blessings from Lakshmi, goddess of wealth, for the new financial year. This is why the last day of Diwali is still considered the start of the new fiscal year for Indian businesses.

Manor News & Views

October 2017



Manitoulin Centennial Manor
70 Robinson St.
Postal Box 460
Little Current, ON
POP 1K0

Celebrating October

Emotional Wellness Month

Thanksgiving Monday
October 9th

Birthday Party
October 12th

Fall Leaf Bus Tours-
10:30am&1:15pm
October 13th

Food Committee
October 18th

Pajama Day! Staff & Residents
October 19th

Resident Council
October 25th

Halloween Party
October 31

Go Nuts for Squirrels in October

Squirrels will be busy throughout October burying nuts in the ground in preparation for the long, cold winter. No wonder October is both Squirrel Awareness Month and Nut Month. Nuts such as acorns, hickory, pecans, and black walnuts are the most important part of a squirrel’s diet, for they give the squirrel the protein and fatty acids they need to survive. But the truth is that squirrels, like humans, require a balanced diet to stay healthy. They may love nuts, but they also need to eat berries, seeds, young plants, and even insects to get the nutrition they need. Like humans, squirrels also sometimes don’t realize that too much of a good thing could make them sick. Many squirrels adore

peanuts, but peanuts can harbor a fungus in their shells that is poisonous to squirrels.

These furry critters, often seen scurrying up and down trees in the backyard, are easy to take for granted. Yet the squirrel is a highly adaptable animal; there are 285 different species located all over the world. Tree squirrels, such as

continued on pg. 4



Administrator’s Corner

I hope that everyone has been enjoying the summer like weather we have been having.

2017 Family Satisfaction Surveys. I look forward to sharing the results with you.

With the coming of the cold weather, we are asking family members to go through your loved one’s clothing to ensure that warm clothing is available for them. It is also a great time to clean out their cupboards and dressers and remove spring/summer clothing.

If there are any family members that wish to be part of our Family Council, please contact me.

Michelle Bond
Administrator

Thank you for taking time to complete the



The biggest of Stonehenge's stones are 30 feet tall and weigh 25 tons.

A Curious Holiday

If you're intrigued by the great mysteries of the world—from UFOs to the Bermuda Triangle to the strange statues of Easter Island—then you'll love Curious Events Day on October 9. Here are a few doozies:

Stonehenge remains one of the world's most mysterious places. The structure, made of 100 stone monoliths arranged in a circular pattern, is not only 5,000 years old but also took over 1,500 years to build. Perhaps the most curious puzzle of all is that many of the monoliths are bluestones, the smallest of which weigh several tons, and are believed to have been quarried 200 miles away. How did these prehistoric humans extract and transport these hulking stones? And why? While many have theories as to the purpose of Stonehenge—burial ground, astronomical calendar, ceremonial site, center of magic—there is no evidence as to its purpose.

Under the crystal-clear waters of Bimini Island in the Bahamas lies

a strange sight—a half-mile-long structure composed of rectangular limestone blocks resembling a wall or road. Divers who first discovered the site in 1968 immediately believed that it was manmade. Many scientific explorations have yielded varying results. Despite the insistence that the wall is a naturally-occurring phenomenon, some believe that this underwater causeway is evidence of the lost city of Atlantis.

In 1954, a man landed at the Haneda Airport in Japan and presented his passport to immigration officers. The only problem was that his passport was from Taured, a country the man claimed existed on the border of Spain and France. His Taured passport had been stamped from many countries. The man, distraught when told his country did not exist, was taken to a hotel by local police, but he disappeared overnight, along with his official passport and driver's license.

Activity Bits & Bites



Kale was once called "peasant's cabbage."

Once again it's Thanksgiving time. How quickly the time goes! We hope that family members will be in to see their loved ones during this very important holiday. Thanksgiving has traditionally been a Family time; a time to share the bounty of all that we have in our wonderful country of Canada. We must remind families that if they would like to reserve the Craft Room for family gatherings, they must check first with me. We have 60 Residents in our home and we don't want anyone disappointed in the event that the room has already been booked by another family. We also have limited seating for the Thanksgiving dinner so if you wish to attend please call the office by October the 4th.

Our resident artists are back at their fabulous art class, we look forward to seeing what amazing pieces they have in store for us!

However we could still use ART class volunteers, as we could include more residents. No experience necessary, just a passion for working with seniors once a week for 2 hours, please contact Julie. Lost and missing laundry is brought into the craft room once a month on the last weekend. If you have lost an item it may be on this cart, come check it out October 30th weekend.

We have fun things in store for October including our Fall leaf bus tour, and dress up Halloween party on Tuesday October 31st at 2 pm. I encourage families to bring in young ones dressed up. The residents will also be giving out treats to the children on the 31st, so please stop by!

Have a great October!

Julie Omnet- Activity Director



King Tut was buried with a spinning top in his tomb.

Straight to the Top

For many, the idea of spinning in one place is enough to make them dizzy, but that's the whole purpose behind International Top Spinning Day on October 12. Tops are some of the oldest known toys in the world. Archaeologists discovered clay tops buried in the ruins of the ancient city of Ur in Mesopotamia, dating back to 3500 BC. The gravity-defying spin, known as the *gyroscopic effect*, is

an impressive motion that uses inertia, gravity, momentum, and centrifugal force to stay balanced and upright. Of course, every top falls over eventually, thanks to the friction between its spinning point and the surface it is spinning on. But it was Iacopo Simonelli who made his homemade top spin for over 40 minutes with a single twist of the fingers, establishing a new world record for top spinning.

Nightmares and Moonlight

In the spooky spirit of the Halloween season, the last Friday in October is known as Frankenstein Friday, after Mary Shelley's fictional novel about a mad scientist who created a monster. More interesting than the fiction are the facts surrounding why Shelley set out to write her gothic masterpiece.



The full title of Mary Shelley's novel is Frankenstein; or the Modern Prometheus.

In June of 1816, the 18-year-old Shelley was invited to Geneva, Switzerland, along with the poet (and her future husband) Percy Bysshe Shelley, her stepsister Claire Clairmont, the poet Lord Byron, and Lord Byron's doctor (and writer of vampire stories) John Polidori. On a rather cliché dark and stormy night, after reading from a volume of German ghost stories, Lord Byron challenged all the guests present to write their own scary tale. It was out of this challenge that Mary Shelley penned *Frankenstein*.

In a preface to her book written in 1831, Shelley wrote about how she suffered from a lack of ideas. After

staying up late discussing "the nature and principle of life," and how one Dr. Erasmus Darwin had attempted to make dead matter move by administering electrical jolts, Shelley fell asleep only to be hounded by a nightmare: a man attempting to breathe life into a terrifying figure. She awoke with a start to find bright moonlight streaming in through her window. She realized that if the dream had frightened her, then it would frighten audiences. On the next morning she began writing *Frankenstein*. Of all the writers present, only Shelley finished her novel.

Mary Shelley's *Frankenstein* has become world-famous and is lauded as the first science fiction story ever written. It is also a philosophical masterpiece, examining the relationship between creator and created, and forcing us to wonder how much knowledge is too much. And of course, it is important to remember that Frankenstein is the name of the doctor, not the monster that the doctor created.