



Notable Quotable

“Make pumpkin bread as the default gift for everyone. It is cheap, it is beloved, it is carbs.”

~ Karen Bender, novelist



October Horoscopes and Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Jack of the Lantern *continued from pg. 1*

should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of “Jack of the Lantern” from turnips and, later, potatoes or beets. The scary, glowing faces were used to

Bottled Art

Artisans have been creating miniature models of fully rigged ships inside bottles for centuries. Perhaps you, too, could master this secret art on October 4, Ship in a Bottle Day. The first mention of putting objects, including ships, in bottles dates back to 1719, when the art was popularized by a German named Matthias Buchinger. What made the feat even more spectacular was that Buchinger was born without hands or legs and grew to only 29 inches tall. Despite these handicaps, Buchinger earned renown throughout Europe as an artist, magician, musician,

Groucho Marx – October 2, 1890
Buster Keaton – October 4, 1895
Desmond Tutu – October 7, 1931
Eleanor Roosevelt – October 11, 1884
Paul Simon – October 13, 1941
Lee Iacocca – October 15, 1924
Evel Knievel – October 17, 1938
Mickey Mantle – October 20, 1931
Dizzy Gillespie – October 21, 1917
Minnie Pearl – October 25, 1912
Dylan Thomas – October 27, 1914
Jonas Salk – October 28, 1914
Dan Rather – October 31, 1931

frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

marksman, calligrapher, and performer. From 1719, it became a common German folk art form to place objects in bottles, mainly depictions of saints. The oldest surviving ship in a bottle dates back to 1784. The three-masted Portuguese warship resides in a closed egg-shaped bottle. Ships in bottles were not only made by sailors to pass time on a long journey, but historians think that many ships in bottles were created by lighthouse keepers, who had both the time and access to materials for creating these maritime models.

Manor News & Views

October 2018



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Celebrating October

Positive Attitude Month

Fall Leaf Buss Trip- Sign up Required,

October 5th 10:45 am

Anglican Communion Service

October 5th, 2pm

Birthday Party

October 11th 2pm
October 14

United Church Service

October 26th, 2pm

Pumpkin Carving

October 30th
6:30pm

Halloween Party

October 31st, 2pm

Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving “jack-o'-lanterns” began with an Irish folktale about a man named “Stingy Jack.”

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul

continued on pg. 4



Administrator's Corner

I hope that everyone enjoyed their summer and the beautiful weather that we experienced. 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. Next year, we will also be discontinuing the use of window air conditioners due to health & safety issues. We do have new A/C units which cool the hallways but not in the resident rooms. If you should wish for your loved one to have an A/C unit in their room, we would ask that you

purchase a portable A/C unit and not a window unit. Thank you for taking time to complete the 2018 Family Satisfaction Surveys. I look forward to sharing the results with you as soon as they are available. November 25 at 2 pm - the world famous fiddler Scott Woods will be presenting his Christmas show at the NEMI Rec Centre. Proceeds to our “Another Step Forward” fundraising campaign. Tickets \$25. Available at the Manor office. If there are any family members that wish to be part of our Family Council, please contact me. Sincerely,
Michelle Bond

Skating Through History



America's National Museum of Roller Skating is located in Lincoln, Nebraska.

The first wheels, invented around 3500 B.C., were not used for transportation but as potters' wheels for molding clay. It took 300 years before wheels were used to move chariots. And it took almost another 5,000 years for someone to invent the first roller skate. Consider the colorful history of this wonderful invention during October, Roller Skating Month.

The first recorded instance of someone affixing wheels to shoes came in 1760 when John Joseph Merlin embedded metal wheels into his shoes. Merlin planned to debut his invention at a London masquerade party. He wanted to shock the party-goers by gliding into the salon while playing the violin. Unfortunately, Merlin hadn't yet perfected his skating technique and his wheels were not engineered to turn, so instead of gliding gracefully, he sped into a mirror and crashed, suffering injuries to both his body and his pride.

Over the next few decades, various designs of roller skates all suffered the same design flaw: the fixed wheels made it almost impossible to turn. Finally, in New York City in 1863, James Leonard Plimpton invented his "quad skates" or "rocker skates." His skates consisted of four wheels attached to springy rubber cushions that allowed wearers to easily turn by shifting their weight from side to side. Plimpton capitalized on his invention by establishing the first roller rink at his New York City furniture store.

By the 1880s, roller skates were a booming industry. Rinks opened across America and all around the world. By the 1950s, food was being delivered to cars by roller-skating "carhops" at drive-ins. And by the 1970s, the roller revolution reached its height. It came as no great surprise when, in 1983, President Ronald Reagan declared October Roller Skating Month.

Activity Bits & Bites

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 on the 8th, so if you wish to attend please call the office by October the 3rd.

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 27th weekend.

We have fun things in store for October including our Fall leaf bus tour on the 13th, 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! Also the Eye Van will be here on the 31st.

Have a great October!

Julie Omnet- Activity Director

The word frappe is a French word that means both "to hit" and "to chill."



Intuitive Magic



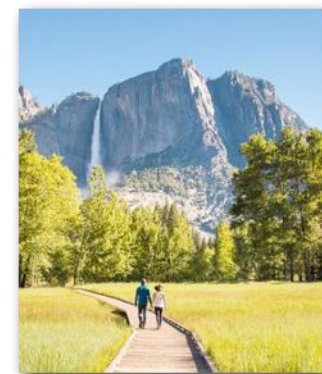
The third-eye chakra is known as Ajna in the Hindu tradition.

On October 31, Halloween, strange things may go bump in the night. Perhaps this is why this date is also Increase Your Psychic Powers Day. Psychic powers derive from extrasensory perception (ESP), senses beyond our physical five senses. Although there is no scientific evidence to confirm the existence of psychic powers, clairvoyants believe in abilities such as reading minds

and divining the future. Perhaps another way of looking at psychic ability is by redefining it as *intuition*. Hindus believe in the third-eye *chakra*, an energy center located between the eyes that is the center of our power of intuition, or inner knowledge, guided by a sixth sense. So even if you do not believe in psychic ability, consider October 31 an opportune time to welcome new possibilities.

The Wonders of Yosemite

The natural wonders of Yosemite Valley, located within California's Sierra Nevada mountain range, are easy to observe: the famous Half Dome, the granite cliffs of El Capitan, the giant sequoia trees, the delicate waterfalls. While the valley's scenic natural beauty brings peace to its visitors, its journey to becoming a national park in October of 1890 was anything but peaceful.



It is believed that an Ice Age glacier carved the shape of Yosemite Valley.

The Yosemite Valley had been inhabited for 3,000 years by Native American tribes, most recently the Ahwahnechee, a band that did not hesitate to fight off invaders to their territory. A neighboring tribe, the Miwok, called the Ahwahnechee *Yos s e' meti*, a word meaning "those who kill." It is from this word that Yosemite valley got its name. This word, it seems, could also refer to the white European settlers in the region. Once gold was struck in California in the mid-19th century, white Europeans overran the valley, driving out the Native Americans. As news of California's gold spread, more settlers arrived,

and in 1864, President Abraham Lincoln moved to preserve seven square miles of the valley and the Mariposa Grove of sequoia trees as a public trust of California, marking the first time the U.S. government set aside land for public enjoyment.

It wasn't until 1889 that naturalist John Muir ventured into Yosemite. He was awed by its beauty and also worried that the vast meadows surrounding Yosemite valley were unprotected. Sheep, which Muir called "hoofed locusts," were grazing the land into destruction. Muir solicited the help of Washington, D.C., magazine editor Robert Underwood Johnson to lobby Congress to protect Yosemite as a national park. On October 1, 1890, Congress set aside over 1,500 square miles of land, an area almost the size of Rhode Island, as Yosemite National Park, America's third such federally protected land after Yellowstone and Sequoia. Today, Yosemite is as attractive as it ever was in history, drawing more than 4 million visitors each year.