

SEPTEMBER 2017

RICHMOND TERRACE

AMHERSTBURG * 89 RANKIN * 519-736-5571 * 519-736-1169



IN MEMORY OF.....

Albert N
Clarence K

WELCOME.....

Lois C
Marsha K
Renee D

TEA ROOM

Open Wednesday's
1:30-3:30
In Cafe

GIFT SHOP

Open
Monday's & Friday's
9:00-1:00
Wednesday's
12:00-4:00

Words from the Administrator...

"By all these lovely tokens
September days are here
With summer's best of weather
And autumn's best of cheer."
- Author Unknown

Autumn just happens to be my favorite season . The vibrant leaves, hot pumpkin spiced drinks and warm cozy sweaters. Enjoy!

Laura A.E. Scott R.N., Administrator

UNDER CONSTRUCTION

We are proud to announce a new area in our home is being developed. It will be designated for Montessori activities and general recreation. The Loyalist wing's (3E) small lounge room is in the process of a makeover!

Opening in September ☺

Stay Tuned

FAMILY FORUM

WE ARE LOOKING FOR NEW FAMILY MEMBERS TO JOIN OUR FAMILY FORUM. MEETINGS ARE USUALLY HELD THE **FIRST THURSDAY** OF EVERY MONTH FROM **11:45- 1:00**.

LUNCH IS PROVIDED!

PLEASE CONTACT MELISSA

@ 519-736-5571 EXT.233 IF YOU PLAN ON ATTENDING

NEXT MEETING SEPTEMBER 14TH

Supplies Needed

We are looking for donations of baby clothes, blankets, shoes etc. as well as baking equipment measuring cups, cookie sheets, measuring spoons, pots, pans etc. for our recreation programs. If you would like to donate please contact Melissa Cranston Recreation Manager at 519-736-5571 ex.233

Hitting the Century Mark



What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt, the residents

of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

Calling All Rock Hounds

September 16 offers a holiday for all the rock hounds, from the professional geologist to the casual collector at the beach. It's Collect Rocks Day! What's the attraction to collecting rocks? For many, it's the incredible diversity of rocks in the natural world. Not only do many rocks look different but they are formed by different geological processes that give us clues to the geologic history of the area they are found in. Half the fun of rock collecting is identifying and cataloging your rocks by kind, where you found them, and why they're special to you. Minerals, crystals, and gemstones are often admired for their brilliant colors, shapes, and structures. But many of the best rocks in a collection are judged valuable not because they are gemstones or minerals but because they were found someplace meaningful: on a vacation, perhaps, or on a trip with someone special. Whether you adore igneous, sedimentary, or metamorphic, you'll never grow tired of the amazing diversity of rocks out there just waiting to be found.

Tiny Tee Time



No one is exactly sure why Garnet Carter invented the first miniature golf course in the 1920s, but thank goodness he did or we wouldn't be able to celebrate Mini Golf Day on September 21. Carter owned

a hotel outside of Chattanooga, Tennessee, called the Fairytale Inn, which strove to create an atmosphere as magical as its name. Carter's tiny golf course, complete with hollowed-out tree trunks and gnomes, became an instant hit with visitors. Ask Carter's wife, Frieda, why he invented the mini golf course, and her reply is that it was to distract and occupy the "golfers' widows," the women left behind by husbands taking an entire afternoon off to golf. In this way, Carter's invention was no different from the Ladies' Putting Club at St. Andrew's in Scotland, the precursor to the modern mini golf course.

Appleseed Fact and Fiction



On September 26, 1774, John Chapman was born, yet the world would come to know him as Johnny Appleseed and memorialize his life work in fantastic tales. For this reason, September 26 is Johnny Appleseed Day.

Unlike the fictional tall-tale characters Paul

Bunyan and John Henry, Johnny Appleseed was a real man. His passion for apple trees began in his teenage years, when he got a job working in an apple orchard. While the popular image of Johnny Appleseed is that of a man wandering the continent spreading handfuls of apple seeds, Johnny Appleseed was far more deliberate in his plantings. The law of the frontier granted land rights to anyone who developed a homestead, and a nursery of 50 trees fit that definition. In this way, Johnny would raise his nursery and then sell the land to settlers. In this manner, Johnny Appleseed came to own over 1,200 acres over 100,000 square miles of frontier wilderness.

Furthermore, Johnny's apples weren't for eating. He planted the small, tart varieties of apples known as "spitters," because that's what you did when you tasted them. These were the perfect apples for making hard cider, which in Revolutionary America was a far more valuable commodity than edible apples. Water was considered unsafe for drinking due to harmful bacteria, whereas fermented, alcoholic cider was far safer. Sadly, during the Prohibition Era of the 1920s, many of Johnny Appleseed's original nurseries were axed, and the American tradition of cider making was decimated.

Despite the government's best efforts during Prohibition, the legacy of Johnny Appleseed lives on. The image of Johnny, barefoot and wearing threadbare clothes, is not fiction but fact. As a member of the New Church, he preached that nature and God were intertwined. As such, he lived a spare, nomadic life, loved animals, and was a vegetarian. But that tin pot on his head? It most likely sprang from the rumor that he wore a tin cloth hat that he used as a dinner plate.

Plenty to Appreciate

Flowers. Perfume. Jewelry. Clothing. These are just some of the ways you can show your wife you love her on Wife Appreciation Day, the third Sunday in September. But what do wives really want? Romance doesn't necessarily have to mean a \$100 bouquet. A surprise \$10 bouquet of flowers from the supermarket on a weeknight can sometimes be even more romantic.

Another show of appreciation is to create a sweet routine. Does your wife like a cup of coffee in the morning? Prepare it just the way she likes it and bring it to her. The advantage of being her husband is that you know things about her that no one else does. Is her cell phone on the verge of becoming obsolete? Get her a new one. Does she hate doing the dishes? Step up and empty the dishwasher and then load all the dirty dishes. Not only are you being helpful but you're showing her that you are paying attention to her needs. Of course, if all else fails, there is absolutely nothing wrong with getting your wife jewelry and shoes. Just make sure it's jewelry and shoes that *she* wants, not that you want her to have.

Septemberfest



The confusing thing about the German celebration of Oktoberfest is that it begins in September! Five o'clock in the morning in Germany on September 16, to be exact. While many consider Oktoberfest to be a 16-day-

long beer festival, its roots have nothing to do with beer. The first Oktoberfest was held in Bavaria on October 12, 1810, on the occasion of the marriage of Crown Prince Ludwig to Princess Therese von Sachsen-Hildburghausen. It was so much fun that Oktoberfest became an annual celebration, yet it wasn't until 1818 that beer halls were added to the live music and horse racing. Then, in order to extend the celebration and take advantage of better weather, Oktoberfest was moved to September.

A Consequential Cup



While you may enjoy a morning cup of coffee every day, there is only one Coffee Day, and it's September 29. No other drink is as revered as coffee. After oil, coffee is the second-most sought after global commodity, with an estimated trade value of \$100 billion and employing a workforce of 25 million people. That's one powerful cup of morning joe.

The powerful jolt of caffeine that comes with a cup of coffee may be what makes it so special and sought after, but before coffee was served as a drink, it was eaten. Tribes in Africa supposedly mixed coffee berries with fat into edible energy balls. So, who made this discovery? Legend states that around 850 AD, an Ethiopian goatherder named Kaldi observed his goats acting strangely after eating the fruit of a certain bush. Kaldi knew his goats to be ill-tempered, but here they were frolicking and dancing like never before. Kaldi decided to try the berries, and he, too, felt a rush of energy. At that moment, edible coffee was discovered.

So who decided to brew it into a drink? Another legend tells of how a wandering monk observed Kaldi and his dancing goats. This monk, who had terrible trouble trying to stay awake during his prayers, tried the berries as a method to stay alert. Needless to say, that monk did not doze off. It was this resourceful monk who first dried the berries and boiled them into a beverage. Not only did it keep him awake and alert, but it tasted good, too. Soon, his fellow monks were drinking coffee and praying right alongside him.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and throughout the Middle East. Since drinking alcohol is forbidden amongst Muslims, coffee has always been the next best thing. In fact, the word *kahve*, from which we get our word *coffee*, means "wine of Arabia." Today, coffee's reach extends well beyond the Middle East, and if you're lucky, it even reaches as far as your own kitchen counter.

September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Annette M – September 5th

Nancy M – September 9th

Dorothy M – September 11th

Joan H – September 12th

Veronica H – September 13th

Shirley M – September 14th

Alma C – September 15th

Helen K – September 16th

Rosalina D – September 18th

John D – September 18th

Richard P – September 28th

Slovenian Cow Belles



In Slovenia's Bohinj Valley, cows are the real belles of the ball on the third Sunday in September. After spending the summer eating their fill in the fertile upland pastures, the cows return to their winter homes in the valley below with great fanfare known as the Cows' Ball. The cows are

decked out in beautiful wreaths and paraded through the village by local herders, cheese makers, and milkmaids. The cows don't have all the fun—humans enjoy live Slovenian folk music and dancing, as well as competitions in log sawing, horseshoe-throwing, and shooting. The entire celebration is laid out at the edge of Lake Bohinj, a beautiful alpine lake surrounded by snow-capped mountain peaks reminiscent of *The Sound of Music*. These hills, too, are alive, but with the sound of mooing.