

AUGUST 2018

# Fiddick's Forum

Fiddick's Nursing & Retirement Home. 437 First Ave, Petrolia, ON, N0N1R0. 519-882-0370

## An Indian Thanksgiving

Around the world, August heralds the start of annual harvest festivals, when farmers begin to reap the delicious rewards of the summer growing season. Perhaps there is no place that celebrates the harvest with more joy and enthusiasm than the state of Kerala on India's Malabar Coast. For 10 days each August, Kerala celebrates *Onam* and gives thanks for the return of the god king Mahabali.

Hindu legend states that under Mahabali's rule, Kerala flourished with great prosperity, and he was beloved by all. He was so popular that the other gods became jealous and decided to overthrow him. However, when Mahabali showed reverence to the gods, they granted him one wish, that once a year he could return to his kingdom of Kerala. This is why, during Onam, the people of Kerala prepare for Mahabali's return and enjoy the prosperity of the harvest.

The first day of Onam, known as *Atham*, involves visiting temples and preparing for the arrival of Mahabali. One of the most significant preparations is the *Pookalam*, a beautiful and elaborate carpet made out of multicolored flowers, a sort of Mahabali welcome mat. Each day flowers are added to the Pookalam, and it grows and grows. On the fourth day, known as *Visakam*, families begin their preparation of the grand feast that is held on the last day. For the next five days, locals engage in various merriments. Snake boat races are held on the river Pampa. Each massive boat is oared by hundreds of paddlers while massive crowds line the river. Men play various traditional games known as *Onakalikal*. Competitors vie for archery and wrestling titles, while others play a game similar to dodgeball, except that players use their feet to move the ball. On the tenth and final day, King Mahabali arrives for the feast of *Onasadya*, which requires the preparation of a nine-course meal including 13 essential dishes. This is the culmination of a 10-day cultural tour-de-force, the ultimate expression of Kerala's blessed history.

## Celebrating August

### Happiness Happens Month

### Read a Romance Novel Month

### Watermelon Day *August 3*

### Farmers' Market Week *August 5-11*

### Garage Sale Day *August 11*

### Mail Order Catalog Day *August 18*

### Senior Citizens Day *August 21*

### Toasted Marshmallow Day *August 30*



Michael Fiddick and the Management Team are pleased to announce:



*No R.S.V.P is required*

We hope to see our beloved families, friends, residents and staff (old and new) in celebrating my mother's great achievement.

P.s. the cat is out of the bag – we knew we couldn't keep it a secret for long ....

## Family Council

Is on Summer Break and will resume  
Wednesday September 26<sup>th</sup> at  
4:00pm.

**You should also attend to...**

- ✓ Receive the latest updates and plans for the facility and specific departments.
- ✓ Have an opportunity to share your concerns and ask questions related to resident care.
- ✓ Support and be supported by family members in their new experiences in Long Term Care.

**New members are always welcome to attend!**

## Summer Sangria

To help celebrate all things summer, here is a delicious recipe for a summer Sangria.

### **Ingredients:**

- 1 750 ml bottle of white wine
- 1 750 ml bottle sparkling white wine
- 2 peaches sliced
- 2 kiwis, peeled and thinly sliced
- 1 cup of raspberries
- 3 tablespoons of sugar, or more to taste
- 8 springs of mint

### **Directions:**

- In a large pitcher, whisk together white wines, peaches, kiwis, raspberries and sugar
- let chill in refrigerator for at least 1 hour
- serve over ice, garnished with mint

**ENJOY!**

## Special Events in August!



### YOGURTZ truck at Fiddick's!

Wednesday, August 8<sup>th</sup> @ 2:00pm at the front of the building. Everybody is welcome to join!

### Other Events:

August 3<sup>rd</sup>: Entertainment from Gary McGill

August 9<sup>th</sup>: Birthday Party with Joel Horvath

August 16<sup>th</sup>: BBQ Lunch Bunch

August 26<sup>th</sup>: Covenant Christian Youth Choir

August 29<sup>th</sup>: FIDDICK'S ANNUAL CAR SHOW

...and lots of other fun stuff planned daily!

Contact the activity department if you have any questions.

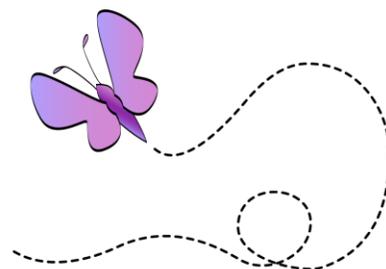


## Fiddick's Nursing & Retirement Home welcomes...

*Earl Bradley*  
*Sylvia Vulakovic*  
*Alice Fell*  
*George Holbrook*  
*Beverley Summers*

## And mourns the loss of...

*Doris Stacey*



## A Dream Improvised



On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous "I Have a Dream" speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during the March on Washington for Jobs and Freedom. King's

speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the "I have a dream" section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, "Tell 'em about the 'dream,' Martin."

## Resident Birthdays

### Retirement Home

Jim Dixon- August 10<sup>th</sup>

Jeanne Bellemore- August 12<sup>th</sup>

### Ruby Hall

Margaret Archibald- August 10<sup>th</sup>

Jean Hall- August 17<sup>th</sup>

Maxine Anderson- August 25<sup>th</sup>

### Victoria Way

Anne Beer- August 4<sup>th</sup>

Charles Fitzgerald- August 7<sup>th</sup>

Iva Andrew- August 13<sup>th</sup>

Don Butler- August 16<sup>th</sup>

Doug Coleman- August 29<sup>th</sup>

### Barclay Lane

Goldie Spinks- August 21<sup>st</sup>

Bill Anderson- August 30<sup>th</sup>

### Fairbanks Court

Alice Fell- August 17<sup>th</sup>

Doreen Macdonald- August 20<sup>th</sup>

Mary Curtis- August 29<sup>th</sup>



## August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Herman Melville (author) – August 1, 1819  
Tony Bennett (singer) – August 3, 1926  
Lucille Ball (comedienne) – August 6, 1911  
Dustin Hoffman (actor) – August 8, 1937  
Alex Haley (author) – August 11, 1921  
Julia Child (chef) – August 15, 1912  
Roberto Clemente (ballplayer) – August 18, 1934  
Al Roker (meteorologist) – August 20, 1954  
Gene Kelly (actor) – August 23, 1912  
Mother Teresa (humanitarian) – Aug. 26, 1910  
Michael Jackson (musician) – August 29, 1958  
Buddy Hackett (comedian) – August 31, 1924

## Happy Anniversary!

Happy 65<sup>th</sup> wedding anniversary to Neil and Maxine Anderson on August 29<sup>th</sup>!



## Car Show

Our annual car show is going to be on **Wednesday, August 29<sup>th</sup> at 12:30pm.** We will be providing a bbq lunch for those who attend. Remember... the focus is on the cars and having the residents see the cars and get their pictures. The car owners love to show off their cars and answer any questions about them! If you are a family member or friend and plan on attending with your loved one, please sign up at the MAA desk so we can have enough food or call Brooke (Activity Director) or email at [bmcgill@fiddicksnursinghome.com](mailto:bmcgill@fiddicksnursinghome.com). Thanks!!

