

# Fiddicks's Forum

Fiddick's Nursing Home and Retirement Home 437 First Ave, Petrolia ON (PH) 519-882-0370



## Celebrating September

**Happy Cat Month**

**Mushroom Month**

**Healthy Aging Month**

**International Enthusiasm  
Week**

*September 1-7*

**Bowling League Day**  
*September 3*

**Labor Day: U.S.**  
*September 7*

**Grandparents Day**  
*September 13*

**International Country Music  
Day**  
*September 17*

**Good Neighbor Day**  
*September 28*

## The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning "equal," and *nox*, meaning "night," for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September's full moon to denote the importance of the harvest. September's full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the "Moon When the Plums Are Scarlet," denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month's various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3-7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

## Message From Michael Fiddick, Owner/Administrator

Dear Residents, Families, Team Members & Friends  
In most ways our community has come together. The community of Fiddicks Nursing and Retirement Home has maintained and continues to maintain our mission statement no matter the perils that may be facing us outside of our building. The team at Fiddicks Nursing and Retirement home has ONE priority each and every day, that our resident's safety, health and happiness is maintained in the most nurturing of ways. Everyday!

Your positive words, notes and phone calls continue to strengthen us and carry us. I ask that our community, no matter how exhausted, continue to show each and every essential worker, in every field that they may be working, how appreciated they are during this time. That we continue to lift and motivate one another, that we virtually grasp each other's hands and continue to walk together as a community, a connected community of people, wishing each other the very best during this difficult time.

Our industry has received much negative press, and rightly so, as much change has been needed for many years. We are so fortunate that in our very small community of Lambton, that there are such devoted people holding up the promises and pledges of caring for our most vulnerable.

Your continued support during these exhausted days of Covid-19 carry us and hold us more than you know. Standing with us in our decisions along the way, understanding that it was to protect you, your loved ones and our community and we will continue to do so as we foresee flu season ahead.

To my Director of Care, Mandy Judah and entire Team at Fiddicks Nursing and Retirement home, I thank you for working our mission statement each and everyday, no matter the challenges. I remind all of you, that I am always available.

Continue to strive for your very best each and every day. YOU make a difference; you are the light in someone's day.

It is my greatest honor and privilege to be able to care for our residents and to be entrusted with that care.

Sincerely,

Mike Fiddick  
Owner/Administrator  
Fiddicks Nursing & Retirement Home

## Fiddicks Nursing Home and Retirement Home Welcomes...

Lorraine Shaefer	James Downie
Anne Jarvis	John Flick
Margaret Giggey	Evelyn Harmsworth
Fredrick Ronald	Miami Frader
Harvey Wilson	Florence Elliott

## Mourns the Loss of....

Bill Burch	Moe McNeil
Eva Dalrymple	
Rita Cole	
William Mandeville	
Ed Molzan	
Daniel Pardy	

## Kitchen Creativity



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious. These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

## September Special Events

September 2<sup>nd</sup> : Java Club Social

September 7<sup>th</sup>: Bread Making

September 11<sup>th</sup>: Milkshake Day

September 29<sup>th</sup>: Coffee and Donuts

- Oktoberfest will be celebrated on each unit in September with games, food and drink!



### Family Council Update

Although family council is not meeting "face-to-face", we are holding monthly meetings. Our next meeting will be **Wednesday, September 23<sup>rd</sup> @ 4pm via Zoom**. For more information, please contact one of the following members:

Tami Langstaff: 519-918-0052

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Marje Crowe: 519-671-2029

Marje13@outlook.com

Susan Carnegie: 519-402-1948

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## The First Miss America

In 2018, the Miss America competition abandoned its swimsuit competition, explaining that it would "no longer judge our candidates on their outward physical appearance." My, how times have changed. Almost a century ago, in September of 1921, Atlantic City held a pageant for "The Most Beautiful Bathing Girl in America." In this very first Miss America pageant, women were judged solely on how they looked in a bathing suit, and 16-year-old Margaret Gorman was handed the Golden Mermaid Trophy while still wearing hers. Some historians trace the beauty pageant back to 1854 when none other than P.T. Barnum attempted to add an exhibition to his New York museum where visitors judged women by their appearance. Barnum's project was nixed after public protests, but local newspapers used the idea as a way to attract readers and began to run photo-based popularity contests of local women. In fact, Margaret Gorman, that first Miss America pageant winner, had won her local newspaper's popularity contest, which led to her being crowned Miss District of Columbia, making her eligible for Miss America.

## Shetland's Golden Fleece



The last Saturday in September brings Shetland Wool Week, a week that places Scotland's generations-old textile industry in the spotlight. Shetland wool is a luxuriously soft, warm, and airy wool that is sheared from Shetland sheep, a breed that originally hailed from the Shetland Islands, found in the northernmost isles of Scotland. *Fair Isle* knitwear, sweaters that are world famous for their colorful patterns, warmth, comfort, and durability, come from the Shetland island named Fair Isle, where knitters have been turning Shetland wool into garments since the 1600s. Family-based knitters produce up to 40 garments a year by hand. With hundreds of pending requests, buyers may have to wait years before they get a genuine Fair Isle Shetland wool sweater.

## September Birthdays

### Retirement Home

Ronald Hewitt- September 9<sup>th</sup>

Linda Roy- September 30<sup>th</sup>

### Ruby Hall

Rose Marie Wolsey- September 9<sup>th</sup>

Norma Scribner- September 14<sup>th</sup>

Katherine Danby- September 29<sup>th</sup>

Kit Rivait- September 30<sup>th</sup>

### Victoria Way

Ted Blake- September 2<sup>nd</sup>

Dorothy Clark- September 12<sup>th</sup>

Carl Benedict- September 13<sup>th</sup>

### Barclay Lane

Lee Anne Grigg- September 15<sup>th</sup>

Geraldine Crombeen- September 30<sup>th</sup>

### Fairbanks

Clara Martin- September 10<sup>th</sup>

## September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Lily Tomlin (comedian) – September 1, 1939  
Richard Wright (author) – September 4, 1908  
Raquel Welch (actress) – September 5, 1940  
Jacob Lawrence (artist) – September 7, 1917  
Otis Redding (singer) – September 9, 1941  
Jesse Owens (athlete) – September 12, 1913  
Agatha Christie (author) – September 15, 1890  
B.B. King (musician) – September 16, 1925  
Frankie Avalon (singer) – September 18, 1940  
Jim Henson (puppeteer) – September 24, 1936  
Serena Williams (tennis pro) – September 26, 1981

## “The Catch”



On September 29, 1954, Willie Mays made one of baseball's biggest plays on baseball's biggest stage. It was Game 1 of the World Series between Mays' New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays' catch, remembered forevermore as simply “The Catch,” has gone down in history as one of the greatest plays ever made.