

Fiddick's Forum

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Celebrating November

Aviation History Month

Native American Heritage Month

Adopt a Turkey Month

Polar Bear Week
November 1–7

Cliché Day
November 3

Veterans Day: U.S.
November 11

Rock Your Mocs Day
November 15

International Men's Day
November 19

Thanksgiving: U.S.
November 26

Square Dancing Day
November 29

A Bridge to the Past

Historic bridges are links to our past. They are exemplary of an era's architecture, engineering, art, and technology. They also tell the story of a region. Who built the bridge? Who used the bridge? What communities did it connect? During November, Historic Bridge Awareness Month, take the time to seek out a local historic bridge and learn the history it embodies.

The oldest bridge in America is a humble stone arch crossing of Pennypack Creek in Philadelphia, Pennsylvania. Built in 1697, men from the surrounding communities were expected to contribute to its construction either through labor or with money. Over the centuries, the three-span bridge has gone by many names: Pennypack Creek Bridge, the Holmesburg Bridge, the Frankford Avenue Bridge, and the King's Highway Bridge. It was originally built to carry America's first highway, the King's Road, from Philadelphia to New York. It was just 18 feet wide when it was built, large enough to accommodate two teams of horses. It is said that in April of 1775, a rider from Boston sped across the bridge into Philadelphia, delivering news of the Battle of Lexington and the start of the American Revolution.

Historic bridges range from the humble to the magnificent. On November 21, 1964, the Verrazano-Narrows Bridge opened, a massive two-span suspension bridge connecting Brooklyn to Staten Island over the "Narrows," the mile-wide entrance to New York Harbor. When it was built, it was the longest bridge in the world, and it is still the longest suspension bridge in the Americas. New York's master planner Robert Moses, engineer Othmar Ammann, and the thousands of workers who risked their lives to construct such a marvel created more than a bridge; it is New York's grandest entrance and an enduring work of art. Its two monumental 70-story steel towers support four massive cables, which contain enough steel wire to stretch halfway to the moon. These bridges—artifacts of art, engineering, and history—are just two reminders out of thousands around the world that it is always better to build bridges than to burn them.

**Message From Michael Fiddick,
Owner/Administrator**

Dear Residents, Team Members, Families and Friends,
Within the walls of Fiddick's Nursing and Retirement Home, there exists a family dynamic that brings connection and enrichment even in these most difficult times.

Our team members continue to work tirelessly with devotion and care, as we face yet another surge in cases of COVID-19 and the onslaught of the flu season. There are issues in the Long-term care system that we battle, day in and day out. Providing the very best of care for each and every resident, with a zero tolerance for anything other than excellence when it comes to the care of our residents. The issue with a lack of trained and educated PSW's is not a new issue. Staffing adequately is our goal each and every day.

When the media paints a negative broad stroke over the long-term care facilities in our country, it affects all of us. We at Fiddick's Retirement and Nursing home have provided exemplary care for over 50 years and continue to put you and your loved ones first each and every day.

We continue to be walking through extreme challenges in every part of our lives. Whether the inability to see our loved ones, the changes in our daily routines to make sure we continue to be safe, every part of our lives has changed. We must be diligent in keeping our loved ones safe, our community and ourselves.

There are things we can do, such as continue to social distance, keep your bubble to those that you live with, no matter the sacrifice this is. Get your flu shot as soon as possible. Wear your mask, and stay abreast to current and accurate information regarding the upswing of Covid19.

Remaining diligent in everything we do, is all we can do. We at Fiddick's Retirement and Nursing home always have the care of you and your loved ones as our top priority. If there are actions that we must take to keep you and your loved one safe, no matter how unpopular, we will be taking that action. To my devoted team, I am grateful for you every day. Keep caring for our residents as if they are your most beloved family.

There will be an end to these difficult times, and we will walk away with such an appreciation of life. Remember those wise words, "this too shall pass." Stay well, stay calm and carry on.

I remain a phone call away always.

Your truly,
Michael Fiddick

**Fiddicks Nursing Home and
Retirement Welcomes....**

Erma Mailloux

Mary Larocque

Lorna Huggett

Anna Renter

Kenneth Hyatt

Jean Louis Major

Mourns the Loss of...

Bernie Lebert

Helena Dawson

David Jackson

Dorothy Clark

Cecile Hill

**In Flanders Fields
John McCrae**

**In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**

**We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.**

**Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.**



Honoring the Heroes who fought for our freedom...

Celia Prior

Joanne Wright

Eric Muller

Thank you!

November Special Events

Remembrance Day: November 11th

Science Fair: November 18th

Tim Hortons Drive: Various Days

National Child Day: November 20th

Tacky Tattoos: November 25th

Family Council Update

Although family council is not meeting “face-to-face”, we are holding monthly meetings.

Our next meeting will be **Wednesday, November 25th @ 4pm via Zoom**. For more information, please contact one of the following members:

Tami Langstaff: 519-918-0052

ktlangstaff@gmail.com

Marje Crowe: 519-671-2029

Marje13@outlook.com

Susan Carnegie: 519-402-1948

scarnegie@hotmail.ca

IF YOU HAVE ANY LAST-MINUTE RECIPES TO SUBMIT TO OUR RESIDENT/FAMILY COOKBOOK, PLEASE SUBMIT THEM BY NOVEMBER 8TH. PROCEEDS WILL BE SPLIT BETWEEN FIDDICKS ACTIVITY DEPARTMENT AND THE SARNIA LAMBTON ALZHEIMERS SOCIETY.

Rights on “The Rock”

In 1963, the infamous prison Alcatraz, known as “The Rock,” closed its doors. Soon after, local Native American groups began lobbying for the island to become a cultural center and school. According to the 1868 Treaty of Fort Laramie, Native Americans—referred to as Indians at the time—were allowed to take control of surplus federal lands. So, when a fire destroyed San Francisco’s American Indian Center in October of 1969, a group of 89 activists, calling themselves “Indians of All Tribes,” occupied Alcatraz island during the morning hours of November 20, 1969.

The occupation lasted 19 months, with numbers on Alcatraz growing to 600. President Nixon chose to leave the peaceful occupiers alone. Officials visited to negotiate, but the occupiers demanded nothing less than the island itself, upon which they hoped to build a school, cultural center, and museum. Slowly, though, the political will of occupiers waned, and many departed, leaving behind a disorganized ragtag band. The activists may have given up Alcatraz, but they had propelled their rights movement forward and transformed Alcatraz into a symbol of Native American pride.

Nature Shows the Way



It’s hard to believe in this digital age of GPS systems and hand-held cellular phone mapping that explorers once knew how to navigate without a compass. On November 6, Marooned Without a Compass Day, you, too, could learn how to find your way. At night under clear skies, it is easy enough to find your direction. Simply look to Polaris, the north star. During the day, find your way by planting a stick in the ground. Mark the end of its shadow with a rock. Wait 30 minutes and mark the new end of the shadow with another rock. The first rock is west. The second rock is east. Bisect the two to find north and south. You’ve just made your own compass!

November Birthdays

Retirement Home

Arlene Casier – November 19th

Glen Graham- November 27th

Anna Renter-November 27th

Ruby Hall

Geraldine Welch- November 14th

Doris Chubaty- November 18th

Ed Bradford- November 25th

Victoria Way

Gerry Dayman- November 4th

Barclay Lane

Ruby Rumbold-November 1st

Jean Hoeksema- November 4th

Allan Ward- November 9th

Maxine McKay- November 24th

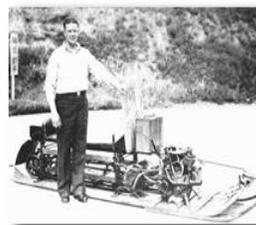
Happy
BIRTHDAY

November Birthdays

In astrology, those born from November 1–21 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family. Those born between November 22–30 are Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves.

Will Rogers (cowboy) – November 4, 1879
William Wells Brown (writer) – November 6, 1814
Dorothy Dandridge (actress) – November 9, 1922
Neil Young (musician) – November 12, 1945
Whoopi Goldberg (comedian) – November 13, 1955
Danny DeVito (actor) – November 17, 1944
Dominique Dawes (gymnast) – November 20, 1976
Ricardo Montalban (actor) – November 25, 1920
Tina Turner (singer) – November 26, 1939
Samuel Clemens (writer) – November 30, 1835

Turbo-Charged Toboggan



On November 22, 1927, Carl Eliason patented his Motor Toboggan after years of experimentation, giving rise to the invention of the snowmobile.

Eliason, having grown up in Wisconsin, was an avid outdoorsman, but he suffered a foot disability that prevented him from snowshoeing. So, in 1924, the 24-year-old Eliason decided to attach a pair of skis to the front of a toboggan outfitted with an outboard motor that powered a steel track. His "motor toboggan" became the world's first primitive snowmobile. After receiving the patent, Eliason went on to build 50 of the machines, each one an individual work of art. When an order for 150 came in from Finland, he sold the rights to a major manufacturer. The U.S. Army even ordered 150 of the machines to help soldiers defend Alaska's wild and wintry backcountry.