

# THE SWEATERGANG STANDARD

Monthly Newsletter for Seniors

## Thanksgiving - October 14



### SWEATERGANG BOOK CLUB

**Something Wicked This Way Comes –  
Ray Bradbury**

A carnival rolls in sometime after the midnight hour on a chill Midwestern October eve, ushering in Halloween a week before its time. A calliope's shrill siren song beckons to all with a seductive promise of dreams and youth regained. In this season of dying, Cooger & Dark's Pandemonium Shadow Show has come to Green Town, Illinois, to destroy every life touched by its strange and sinister mystery. And two inquisitive boys standing precariously on the brink of adulthood will soon discover the secret of the satanic raree-show's smoke, mazes, and mirrors, as they learn all too well the heavy cost of wishes - and the stuff of nightmare.

[www.goodreads.com](http://www.goodreads.com)



## October Trivia Did You Know?

- In 1880 the first electric lamp factory was opened by Thomas Edison.
- October's flower is the calendula.
- Germany's Oktoberfest originally began on October 17, 1810, the wedding day of King Ludwig I. The annual festival starts much earlier, often in September.
- Hawaii has a special October event called "the Aloha Festival," sometimes described as the "Mardi Gras of the Pacific."
- "Rain in October means wind in December." - Farmer saying.
- 1908 - For \$825 each, Ford's Model T car was put on the market.

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## October Sudoku Puzzle

3								7
		1				2		
	4		2	7	6			8
	7							3
		4				9		
5	2	3				8	7	6
	9		3		7			5
2				8				4
			5		4			

### Sudoku Instructions

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square

### Tips For Having a Healthier Thanksgiving

- 1. Skip Salt & Sugar:** Especially as you age, your sense of taste and smell may change and foods may seem to lose flavor. However, grabbing the salt shaker is not the answer. High levels of salt could result in high blood pressure and an increased risk of heart problems in seniors.
- 2. Turkey Tips:** A 3-ounce serving of skinless white meat is a top source of lean protein, containing 25 grams of protein, barely 3 grams of fat and less than 1 gram of saturated fat. Three small slices of skinless white meat contain only 102 calories.
- 3. Savor Slowly:** Eat slowly by putting your fork down between bites. Taking the time to taste each mouthful is one of the best ways to feel satisfied. Choosing whole grains, vegetables, salads, broth-based soups and drinking lots of water will provide a well-rounded meal and should add to your feeling of fullness.
- 4. Choose Desserts Delicately:** After dinner, first take a break before eating dessert, so your dinner can settle; this may help you make better decisions on dessert. Try to select the lighter, healthier side of dessert, such as fresh fruits. Cakes and cookies contain large amounts of sugar. Whenever possible, use sugar-free substitutes.

[www.thebristol.com](http://www.thebristol.com)

## Pumpkin Soup

### Directions:

6 cup vegetable stock  
 3 ½ lb(s) pumpkin, chopped  
 2 onions, chopped  
 2 cloves garlic, grated  
 ½ tsp nutmeg  
 coarse salt, and freshly cracked black pepper  
 2 Tbsp sour cream

### Directions:

1. Bring the vegetable stock to a boil in a medium pot.
2. Add the pumpkin, onions and garlic.
3. Simmer 20 minutes or until soft.
4. Puree soup in a blender until smooth.
5. Return soup to the pot to reheat.
6. Season the soup with nutmeg, salt and pepper.
7. Pour the soup into bowls.
8. Swirl in some sour cream.



[www.foodnetwork.ca](http://www.foodnetwork.ca)

## Origins of Halloween

The origins of Halloween can be traced back to around 400 BC, when the festival of Samhain began in Ireland. The exact purpose is unclear, but it appears to be a commemoration marking the end of summer, and the beginning on November 1 of a new year on the Celtic calendar.

It was believed that the transition from one year to the next marked a time when mortals and souls could mingle with one another. In later centuries, families would leave space at the dinner table for souls of dead relatives who may wish to join them.

In an effort to guide the good souls to their door, families would carve faces into turnips or potatoes, with lights placed inside to illuminate them. As millions of Irish emigrated to North America in the 1800s, the tradition of what we now know as Halloween followed, and became increasingly popular in Canada and the United States.

The plentiful supply of pumpkins, and the fact that they were harvested in the weeks before Halloween, meant the Irish who immigrated regarded them as the ideal object to use for jack-o'-lanterns – and far easier to carve than potatoes or turnips.

And while 'guising', or Halloween mischief, originated east of the Atlantic, it is Canada that lays claim to the earliest recorded usage of the phrase "trick or treat". In 1927, a newspaper article in Alberta reported that pranksters were visiting houses demanding either a "trick or treat".

[www.moving2canada.com](http://www.moving2canada.com)

## Sweatergang Companions

“Providing Lifestyle Assistance to Seniors”

Our services include:

- Companionship/respice
- Personal Support Services
- Overnight Companionship
- Light housekeeping
- Meal preparation/coordination
- Activities to stimulate mental awareness
- Transportation to appointments
- Grocery Shopping
- Medication reminders
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Our team is bonded and has completed the Ontario Provincial Police Vulnerable Sector Check

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[www.sweatergangcompanions.ca](http://www.sweatergangcompanions.ca)

## UPCOMING COMMUNITY EVENTS – October 2019

5<sup>th</sup> – 6<sup>th</sup> – Railway Museum of Eastern Ontario – Train Rides, 90 William St., W., Smiths Falls. For more information call 613-283-5696 or visit [www.rmeo.org](http://www.rmeo.org)

11<sup>th</sup> – 13<sup>th</sup> – Barn Door Productions: The Admirable Crichton – Full Circle Theatre, 26 Craig St., Perth. For more information please visit [www.bardoorproductions.ca](http://www.bardoorproductions.ca)

12<sup>th</sup> – 14<sup>th</sup> – Perth Autumn Studio Tour. For details and map call Riverguild Fine Crafts at 613-267-5237 or visit [www.perthstudiotour.com](http://www.perthstudiotour.com)

19<sup>th</sup> – Downtown Carleton Place Pumpkinfest – Carleton Junction Park. 11 am – 3 pm. For more information please visit [www.downtowncarletonplace.com](http://www.downtowncarletonplace.com)

25<sup>th</sup> – Old Time Talent Night – Lanark Civitan, 2144 Pine Grove Rd. Cost is \$13/person. For more information call Vic Tysick 613-259-5610.

30<sup>th</sup> – Lion Deborah Doe – Community Lunch – Lions Club, 19 Abbott St., Smiths Falls. 11:30 am – 1 pm. Free will offering donations are accepted.