

**Miss Woodside Senior Living**



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**Maintenance Director**  
Jim Sawchik  
**Dining Services Director**  
Rashaun McDougal  
**Social Worker**  
Kathleen Thomas  
**Activities Director**  
Vicki Crayne



Thank you to all who participated!



# Woodside Senior Living

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## Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

## Celebrating October

**Country Music Month**

**Positive Attitude Month**

**Popcorn Poppin' Month**

**Spinning and Weaving Week**  
*October 1-7*

**Guardian Angels Day**  
*October 2*

**International Top Spinning Day**  
*October 14*

**Mulligan Day**  
*October 17*

**International Artists Day**  
*October 25*

**All Hallows' Eve**  
*October 31*

**Join us for:**  
**Ceramics and Sewing**  
**Sign up in the outing binder.**  
**Sewing: 2<sup>nd</sup> Monday of the month.**  
**Ceramics: last Monday of the month.**

**Check your calendar for times and dates for the**



**You never know what we will be making. You can also request past craft items if available.**

**Alzheimer's Support Group**  
**Last Thursday of each Month**  
**200LNG 6pm-7pm**

**Walk to End Alzheimer's**  
**We raised \$1700.00!!!**



**UPCOMING EVENTS**

Casino Trip...October 4<sup>th</sup>  
 Wear it Pink Day...October 19<sup>th</sup>  
 Flea Market...October 20<sup>th</sup>  
 Halloween Party...October 27<sup>th</sup>  
 Tailgate Party...October 28<sup>th</sup>  
 Halloween Costume Contest...October 31<sup>st</sup>

**ENTERTAINMENT**

Gerald Harris...October 6<sup>th</sup>  
 Kristen & Darren...October 11<sup>th</sup>  
 Dan Elish...October 13<sup>th</sup>  
 Tunes w/Twist...October 20<sup>th</sup>

**RESIDENT COUNCIL...October 25<sup>th</sup>**

**HAPPY HOUR**  
**Every Friday at 2pm in the Main Dining Room**



**Friday October 26<sup>th</sup> 2pm**



**Still time to donate!**  
**October 20<sup>th</sup> 10am -2pm**

**The Wonders of Yosemite**



The natural wonders of Yosemite Valley, located within California's Sierra Nevada mountain range, are easy to observe: the famous Half Dome, the granite cliffs of El Capitan, the giant sequoia trees, the delicate waterfalls.

While the valley's scenic natural beauty brings peace to its visitors, its journey to becoming a national park in October of 1890 was anything but peaceful.

The Yosemite Valley had been inhabited for 3,000 years by Native American tribes, most recently the Ahwahnechee, a band that did not hesitate to fight off other tribes and invaders to their territory. A neighboring tribe, the Miwok, called the Ahwahnechee *Yos s e'meti*, a word meaning "those who kill." It is from this word that Yosemite valley got its name. This word, it seems, could also refer to the white European settlers in the region. Once gold was struck in California in the mid-19th century, white Europeans overran the valley. A California State militia, led by Army Major Jim Savage, was eventually tasked with clearing Yosemite of the Ahwahnechee. As news of California's gold spread, more settlers arrived, and in 1864, President Abraham Lincoln moved to preserve seven square miles of the valley and the Mariposa Grove of sequoia trees as a public trust of California, marking the first time the U.S. government set aside land for public enjoyment.

It wasn't until 1889 that naturalist John Muir ventured into Yosemite. He was awed by its beauty and also worried that the vast meadows surrounding Yosemite valley were unprotected. Sheep, which Muir called "hoofed locusts," were grazing the land into destruction. Muir solicited the help of Washington, D.C., magazine editor Robert Underwood Johnson to lobby Congress to protect Yosemite as a national park. On October 1, 1890, Congress set aside over 1,500 square miles of land, almost the size of Rhode Island, as Yosemite National Park, America's third such federally protected land after Yellowstone and Sequoia. Today, more than 4 million people visit

**Intuitive Magic**

On October 31, Halloween, strange things may go bump in the night. Perhaps this is why this date is also Increase Your Psychic Powers Day. Psychic powers derive from extrasensory perception (ESP), senses beyond our physical five senses. Although there is no scientific evidence to confirm the existence of psychic powers, clairvoyants believe in abilities such as reading minds, divining the future, and communicating without speaking. Perhaps another way of looking at psychic ability is by redefining it as *intuition*. Hindus believe in the third-eye *chakra*, an energy center located between the eyes that is the center of our power of intuition, or inner knowledge, guided by a sixth sense. So even if you do not believe in psychic ability, consider October 31 an opportune time to open yourself up to new and wondrous possibilities.

**Bottled Art**



Artisans have been creating miniature models of fully rigged ships inside bottles for centuries. Perhaps you, too, could master this secret

art on October 4, Ship in a Bottle Day. The first mention of putting objects, including ships, in bottles dates back to 1719, when the art was popularized by a German named Matthias Buchinger. What made the feat even more spectacular was that Buchinger was born without hands or legs and grew to only 29 inches tall. Despite these handicaps, Buchinger earned renown throughout Europe as an artist, magician, musician, marksman, calligrapher, and performer. From 1719, it became a common German folk art form to place objects in bottles, mainly depictions of saints. The oldest surviving ship in a bottle dates back to 1784. The three-masted Portuguese warship resides in a closed egg-shaped bottle. Ships in bottles were not only made by sailors to pass time on a long journey or to give as gifts, but historians think that many ships in bottles were created by lighthouse keepers, who had both the time and access to materials for creating these maritime models.