





*October is filled with a lot of festivals all over the world*

 The name October has been derived from the Latin “Octo” which means eight because October was the eighth month of the year, according to the Roman calendar. It was called Winterfulleth, meaning the “fullness of winter”, by the Anglo-Saxons because it had the first full moon of the winter season.

 Columbus Day, the second Monday of October, is a national holiday and celebrated in many countries of the Americas as the anniversary of Christopher Columbus’s arrival in America in 1492.


 Halloween, the spookiest night of the year, is celebrated in a number of countries on October 31, the eve of All Hallows’ Day. It is believed that on this day the spirits can wander the earth freely and children can hop for treats in the neighborhood in the guise of various costumes. Interestingly, in terms of expenditure, Halloween is second only to the Christmas.


 Also, in the U.S.A., October not only marks the onset of the festive season but is also celebrated as the National Pizza Month, Popcorn Month, Pork Month and Sausage Month.


 The famous “October Revolution” led by the Bolsheviks in Russia in 1917 actually happened in November according to the Gregorian calendar but until then, the Russians hadn’t started following the Gregorian calendar.

It is a landmark in the Russian history as it marks the inception of the first communist govt. in Russia.

 Many famous personalities were born in October, including Mahatma Gandhi. Gandhi was born on October 2, 1869. He was one of the famous leaders of the Indian Independence...

 Bill Gates, the world’s richest man from 1995 to 2017, was born on October 28, 1955. He is not only the founder of Microsoft but also an investor, author and philanthropist. He built Microsoft, the world’s largest PC software company. Bill Gates is a proponent of higher taxes, particularly for the rich.

 Alfred Nobel, the founder of the Nobel Prize, was born on October 21, 1833, in Italy. Following his philanthropist calling, he founded the Nobel Prize. Since 1901, the Nobel Prize has been honoring men and women from all corners of the globe for outstanding achievements in physics, chemistry, physiology or medicine, literature, and for work in peace. Note that there is no Nobel prize for Maths.

 Fun fact about October cites that the winter is hard if the deer have a grey coat in this month. The color of the coat depends on the severity of winters. Shakespeare, the famous English poet, playwright and actor, has never mentioned October in any of his works. He is widely regarded as the greatest writer and dramatist in the English language



# Straight from our Kitchen

## Award Winning Chili Recipe

1-pound ground sirloin  
 1-pound ground pork  
 ½ pound Italian sausage  
 2 whole onions chopped  
 2 jalapeno peppers seeds & stems removed and minced  
 1 cup chopped green bell pepper  
 8 garlic cloves chopped  
 2 tbsp chili powder  
 3 tbsp brown sugar  
 1 tbsp ground cumin  
 2 tsp smoked paprika  
 3tbsp tomato paste  
 1tbsp ground coriander  
 1tbsp Mexican oregano  
 ½ tsp black pepper  
 ¼ tsp salt  
 2 California bay leaves  
 1 ½ cup merlot wine  
 28oz can chopped tomatoes  
 28oz can pinto beans drained and rinsed  
 14oz can kidney beans drained and rinsed  
 1 cup water  
 1 tsp better than bouillon beef bouillon  
 ½ cup sharp cheddar cheese shredded



## INSTUCTIONS

1. Heat a large dutch oven over med high heat, add 2 tbsp olive oil
2. Add sausage, onion, sirloin, pork, jalapeno, green pepper & garlic
3. Cook 8 minutes or until sausage & beef are browned. Add chilli powder and next 10 ingredients (through to bay leaves) and cook 1 minute stirring constantly.
4. Stir in wine, tomatoes & drained beans. Dissolve bouillon in water & add to chili. Add more water if necessary, for consistency.
5. Cover and cook on low for at least 1 hour, stirring occasionally.
6. Uncover and cook on low for 30 minutes, stirring occasionally. Discard bay leaves.
7. Serving suggestions: grated cheese, saltine crackers, flour tortillas, corn chips, fresh chopped onion, or thin sliced radishes.

Prep time: 40 minutes

Cook time: 30 minutes

Total time: 1 hour 10 minutes

Serves: 12



# Nurses Note

**Don't waste fall by being sick. Get a flu shot! Its super quick.**

**When:** October 9<sup>th</sup>, 2019 from 8am-11am

**Where:** The Meadows Fireplace Lounge

**Why:** to keep you and those around you healthy!

Thrifty White Pharmacy will be here again this October for the annual Flu Clinic. We encourage you to get your flu shot every year to help not only keep you, healthy bit those around you healthy as well. Please see the sign-up sheet by the Activities tables and please put your name down if you would like to get a flu shot from Thrifty White Pharmacy. Staff will notify you when it gets closer to the day.

INTRODUCING THE MEADOWS MINI MART  
STARTING EVERY TUESDAY & THURSDAY  
FROM 1:00-3:00  
IN THE FIRESIDE LOUNGE  
CASH OR CHECK

Cards, snacks, puzzles, pens. Think about other items you would like to see in the mini mart.

Save the date to help pass candy out  
to the trick or treaters on  
Thursday October 31<sup>st</sup> from 3:30-5:30  
in the Fireplace Lounge.



A look at the past month



Chili Contest 2019



Taylor's last day