

September 2020



Day Program News

Pilgrims Hospice Society, #104 15023 123 Ave, 780-413-9801



Celebrating September

Happy Cat Month

Mushroom Month

Healthy Aging Month

**International Enthusiasm
Week**

September 1-7

Bowling League Day
September 3

Labor Day
September 7

Grandparents Day
September 13

**International Country Music
Day**
September 17

Good Neighbor Day
September 28

Many Happy Returns

Fall has arrived! And with the cooler temps come memories of books, back to school, and the excitement of getting your very first library card!

Edmonton libraries have come a long way, from the first central library, to travelling bookmobiles to the new futuristic Stanley A. Milner Library set to open on September 17th.

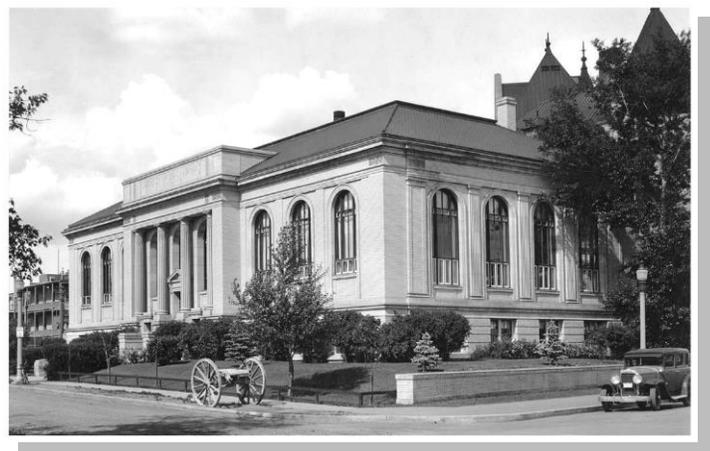


*Edmonton Bookmobile
1950's

*The new Stanley A.
Milner Library



Edmonton's first library opened on August 30, 1923, after the purchase of the land in 1910 and a number of temporary locations throughout the downtown area. Located just east of the Fairmont Hotel MacDonald, on the edge of the river valley, it was designed by Edmonton Architects H.A. Magoon and G.H. MacDonald along with one of Canada's first female architects, Esther Marjorie Hill (1895-1985).



Libraries (cont'd)



Esther Hill was the daughter of Ethelbert Lincoln (E.L.) Hill, Chief Librarian of the Edmonton Public Library from 1912 to 1936. It was Esther Hill who was assigned to work on the all-important front entry. Following the design criteria of a 'Carnegie Library', that of simplicity and elegance, the resplendent Edmonton Public Library was exemplary of this precept and contributed to the city's early architectural ascendance.

The library served Edmonton admirably for over forty years and although E.L. Hill mistakenly predicted that, 'provision has been made for extensive reading room and reference accommodation, and ample space for central administration', by 1962, the library's collection and staff were rapidly outgrowing the building.

After the completion and opening of the larger Centennial Library (Stanley A. Milner Library) in 1967, the original building and site were sold to Alberta Government Telephones, who demolished the building in October of 1968 to make room for the AGT Tower (now the Telus building).

In the fall of 2014, City Council approved funding for the revitalization and renewal of the Stanley A. Milner Library. The total budget as of December 2017 was \$84.5 million. New library features will include a culinary centre, indigenous gathering space, robotics lab and theatre.

Farming in the 21st Century

According to a 2018 survey, the job of "farmer" ranked sixth on a list of the 10 hardest jobs, along with occupations like police officer, soldier and doctor.

About two centuries ago, approximately 90 percent of the population lived on farms and produced their own food. Today, only two percent of the population produces food for the entire rest of the world to consume.

Early in the 20th century, farms were much more diverse than they are today, with farmers raising many different crops and a variety of animals. But as agricultural technology emerged, farms grew larger and more specialized. This technology also changed agricultural production levels dramatically. In 1940, one farmer could feed 19 people. But through the technology employed in agriculture today, such as motorized equipment, climate-



controlled barns for livestock, greenhouses, milking machines and automatic feeders, each farmer now feeds 155 people.

Crisp or Crumble?

Crumbles originated in Britain during World War II. With strict rationing at the time, the ingredients needed to create a normal pie weren't available. Pie pastry required too much flour, sugar and fat so people had to get creative, making a simple mixture of flour, margarine and sugar to cover their fruit fillings.

Apple crisp first emerged in America in the early 1900's. The difference between a crisp and a crumble? A crisp has the addition of oats and nuts, giving the topping a more "crispy" texture.

Try your own apple crisp this fall with our easy Day Program recipe!



On the Nose

Here is what the medical experts said about reopening the country:

The Allergists were in favour of scratching it, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve.

Meanwhile, Obstetricians felt certain everyone was laboring under a misconception, while the Ophthalmologists considered the idea short-sighted.

Many Pathologists yelled, "Over my dead body!"

While the Pediatricians said, "Oh, grow up!"

Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing and the Internists claimed it would indeed be a bitter pill to swallow.

The Plastic Surgeons opined that this proposal would "put a whole new face on the matter."

The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea.

Anesthesiologists thought the whole idea was a gas, and those lofty Cardiologists didn't have the heart to say no.

Did You Know?

In Washington you can be fined \$1,000 and spend up to a year in jail for killing a sasquatch, which is considered an endangered species.



A Deadly Regimen

In 1562, when Queen Elizabeth I was 29, she was struck down with a violent fever. A notable German physician was invited to the Queen's sick bed and diagnosed her with smallpox, a deadly disease with no cure or treatment.



The Queen developed blisters and skin lesions and became so ill she could barely speak. Luckily, she was able to recover, but her face remained permanently scarred.

Elizabeth had been celebrated for her elaborate clothing and flawless white skin and now insisted on covering her pockmarks with heavy white makeup known as the "venetian ceruse". The makeup was a poisonous mixture of vinegar and lead, and was often left on the skin for weeks at a time.

While the exact cause of Elizabeth's death at age 69 is unknown, she was said to be highly fatigued, suffering from memory loss and digestive problems and had lost most of her hair – all symptoms, of lead poisoning.

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 sweater.



Britain's "Bobbies"

Visitors to Britain might be surprised to learn that their police officers are nicknamed "bobbies" and that they carry no firearms. The invention of this unique police force on September 29, 1829, is credited to then-British Home Secretary Sir Robert Peel, for whom they are named.



Before 1829, there was no British police force. Order was maintained by a mishmash of officials: night watchmen, local constables, and the red-coated army soldiers we remember from the American Revolutionary War. Sir Robert

Peel's vision was to create a centralized and professional law enforcement body for the service of all equally under the law, not just the well-to-do. Britain had long been at war with France, and many Britons were familiar with France's powerful, state-run police force. Peel also knew that many Britons would be opposed to forming such a force in Britain, so he launched his police force in central London and laid out nine principles for policing that he called the "General Instructions." Chief among these was the notion of *policing by consent*. Peel wanted the authority of his officers to rest on the support of the public, not the threat of power by the state.

Peel's Metropolitan Police, headquartered on a small street called Scotland Yard, did not don the red coats of the army, but black coats, tall wool hats, and shiny badges. They did not carry firearms, for they did not rule by force but by consent of the populace. Instead, they carried a short club and a whistle, which they could blow if they needed backup. Officers walked routine beats so that their faces would grow familiar, thereby gaining the trust of the citizenry. In time, the Metropolitan Police and their so-called "Peelian Principles" of policing were deemed a smashing success. In London, officers came to be called "Peelers," after Sir Robert Peel, and also, more famously, "Bobbies." Those Peelian Principles are, for the most part, still practiced today. In Britain, most Bobbies still do not carry firearms, and they proudly police by consent.

September Birthdays

In astrology, those born between September 1–22 are Virgo's. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners. 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.

Happy Birthday to our friends:

Harold – September 8

Shiv – September 12

Teresita – September 23

Famous Birthdays this month:

Queen Elizabeth I (ruler) – September 7, 1533

Otis Redding (singer) – September 9, 1941

Jesse Owens (athlete) – September 12, 1913

Agatha Christie (author) – September 15, 1890

Lauren Bacall (actress) – September 16, 1924

Frankie Avalon (singer) – September 18, 1940

Jim Henson (puppeteer) – September 24, 1936

"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.