



# OCTOBER



Board Newsletter

Volume 3

**From the President** - October is here – and the fall colors are bringing joy into our lives along with the knowledge that cooler (and for many of you – very cold) weather is coming.

Ever wonder where the name of October came from? It was surprising to me that we know October as the 10<sup>th</sup> month of the year, but it originally was known as the 8<sup>th</sup> month. January and February were inserted into the calendar that had originally been created by the Romans. Think how fast our years would go by if we only had 10 months.

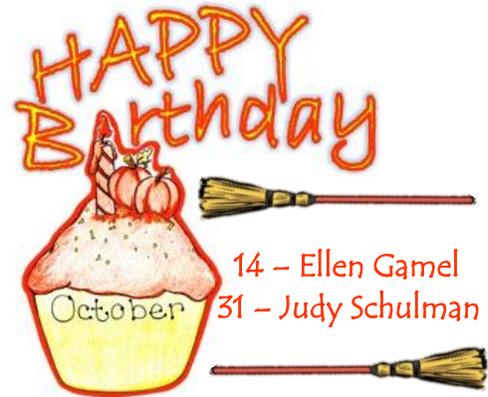
Here's just a few historical events from our history that took place in October. In 1879, Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament at his laboratory in Menlo Park, NJ, keeping it lit for over 13 hours. In 1908, Henry Ford's Model T went on sale for the first time. In 1967, Thurgood Marshall was sworn in as the first African American associate justice of the U. S. Supreme Court. In 1979, after 70 years of American control, the Panama Canal Zone was formally handed over to Panama. The list goes on and on.

One of the more famous activities for October is Halloween. Halloween is a fun time for our family for we all join together for a huge family camping trip at mountain RV campground. They have a day full of activities for children from face painting, to pumpkin carving contests, costume contests, trick-or-treating among the RV's, hot dogs along with lots of games and prizes.

I spent a day this week getting the Fall decorations out – I'm one of those who enjoys having the decorations of the season out in our home. It's always fun to discover decorations forgotten about which bring a new sense of excitement for decorating. But I also have to admit that the tubs always seem to need "cleaning out." The Fall also reminds me that it's time to get busy crafting again. My best friend, Kathy, and I spend time selling our crafts at the various craft fairs close to where we live, so I've been busy making the crocheted ruffle scarves, etc. while Kathy makes kitchen towel angels, and other items as well.

No matter where you live, there are websites advertising fun activities to do in the Fall and I hope you take time to enjoy them. I would love hearing from all of you on your travels or anything you've done recently that is newsworthy.

I hope October is good to you and you are doing well.  
Hugs and smiles to each of you!  
Becky



*When witches go riding,  
and black cats are seen,  
the moon laughs and whispers,  
'tis near Halloween.*

Author Unknown



## BONE BUILDERS

### **Eat a well-balanced diet rich in calcium and vitamin D.**

Good sources of calcium include low-fat dairy products, and foods and drinks with added calcium. Good sources of vitamin D include egg yolks, saltwater fish, liver, and milk with vitamin D. Some people may need to take nutritional supplements in order to get enough calcium and vitamin D. Fruits and vegetables also contribute other nutrients that are important for bone health.

### **Get plenty of physical activity.**

Like muscles, bones become stronger with exercise. The best exercises for healthy bones are strength-building and weight-bearing, like walking, climbing stairs, lifting weights, and dancing. Try to get 30 minutes of exercise each day.

### **Live a healthy lifestyle.**

Don't smoke, and, if you choose to drink alcohol, don't drink too much.

