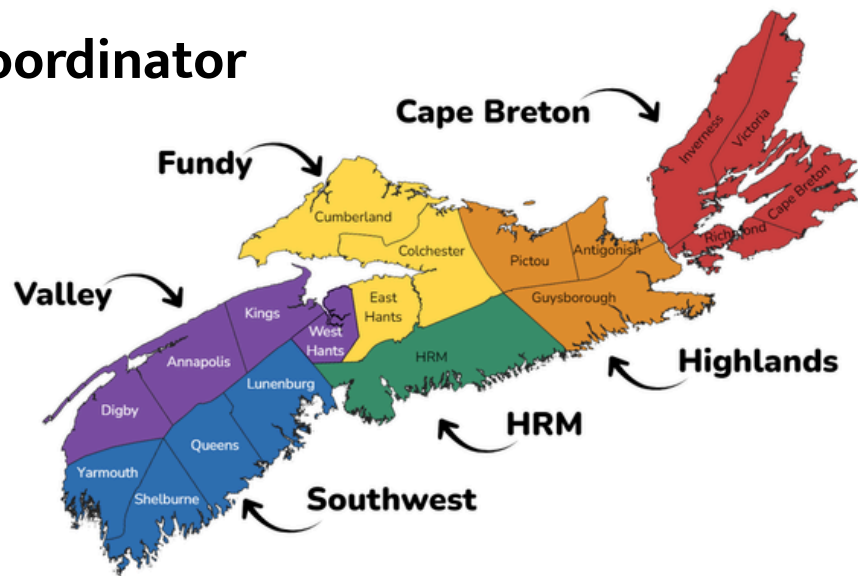


Letter from the Coordinator



Dear Seniors Connect NS Participants and Volunteers,

We have another interesting calendar lined up for you in October. Something for everyone, I hope.

You'll notice a new addition to the calendar: A birthday celebration. I suspect this could get a mixed response! Celebrating birthdays in Seniors Connect NS feels long overdue though. Your birthday is a celebration of the day you came into the world! We are all wonderfully unique, and I'm hoping we can take at least a day each month and learn a bit more about those having a birthday. No pressure! A few fun questions, a little conversation, warm wishes and "happy birthdays". I hope you will join in.

We will have a guest speaker join from the Green Burial Society of Nova Scotia. I didn't purposely put this close to Hallowe'en, but is that fitting? It's practical, anyway! It might not be a chat for everyone, but if you're interested, come with questions. I am very curious.

Larry will be telling us about another one of his games. A word game this time. Someone will have a chance to win a set of dice to play the game at home.

Happy Thanksgiving and Happy Hallowe'en!

Rebecca



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Community Corner

The autumn equinox just passed, where day and night are equal in length. Here are a few ways we celebrate.

Apple faces and harvest soup

Rebecca is starting a new tradition this year. Leading up to the equinox, she picks local apples, carves little faces into them, and lets them dry. As they dry, the faces shrink and wrinkle, giving them some character! She also learns about the wild plants growing near her home and does some foraging. Then she makes soup, ideally from her foraged finds, and has it with fresh bread on the equinox.



Rebecca's Apples. Can you spot the faces?

Pressed leaves and simmer pots

Alaina likes to make a simmer pot to make her house smell like apples, cinnamon, and fall. Then she gathers leaves and flowers from her yard and presses them in heavy books. She also likes to spend time outside, listening to the birds and noticing the changes in the air.



Some of the pigeons in Alaina's yard

Now... what do YOU have to share in **Community Corner**?

Share news (good and bad), tips, or anecdotes for us to get to know each other better.

AUTUMN

B I N G O

Notice a cooler day	Listen to a song that reminds you of fall	Spot somebody in a costume	Smell something fall-related	Drink a seasonal beverage
Wear something cozy	Put out a piece of fall or Halloween decor	Enjoy a fall book, movie, or show	Carve, paint, or enjoy a pumpkin	Eat a seasonal fruit or vegetable
Notice the changing leaves	Enjoy a fall dessert	 FREE Join a call.	Do a puzzle or crossword	Listen to or watch a game
Put on cozy socks	Try a new-to-you fall recipe	Wear or notice a poppy	Light a candle or turn on a lamp	Listen for a rainy or windy day
Have soup or chili	Play a game or work on a craft project	Bundle up and take a quick trip outside	Think of a spooky story or superstition	Observe a moment of silence for Remembrance Day

HOW IT WORKS

Get a line (across, down, or diagonal) or all four corners between now and the end of November, and you'll be entered to win a grocery gift card!

There's no wrong way to fill a square. If you think it counts, it counts.

The center square is free. You can mark it off just for joining call in October or November.

Questions, or need help? Just let us know.



Birthday Celebrations



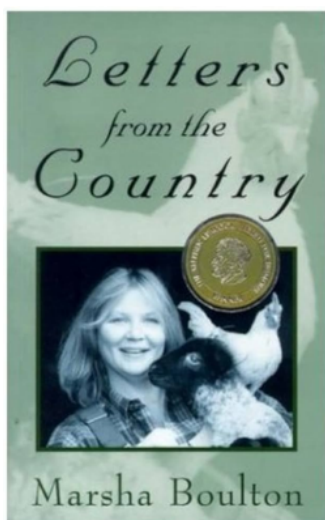
Introducing our NEW monthly birthday celebration!

This will be a special opportunity for us to get to know each other by celebrating those who have a birthday during the month.

If you are having a birthday, please join the call on **the first Wednesday of the month** so that we can celebrate with you, and get to know you a little better.



Novel Tuesdays



What happens when a city woman takes up rural roots and becomes a shepherd? Journalist and broadcaster Marsha Boulton has made the leap that so many urbanites can only fantasize about.

“Letters From the Country” won the 1996 Stephen Leacock award for humour.

We are into “Winter” now (the book is divided into seasons), the final season of the book, which means it’s soon time to choose a new one!

Listen Together - Wednesday, October 14th

October 14th:

CROWN IN CANADA PODCAST - Rooted in Treaty



This episode traces how the relationship between the British Crown and Indigenous nations was established through treaty, and asks what that means for the King and his Canadian representatives (like the Governor General) today.

Useful Terms and Concepts:

Wampum

Wampum belts are woven from small cylindrical shell beads. Long before written treaties, they were used by Indigenous nations — especially the Haudenosaunee (Six Nations) — to record agreements, seal alliances, and pass down history. A belt isn't a decoration or souvenir; it is the treaty, meant to be brought out and "read" at important gatherings to remind both sides of their promises.



The 1764 Niagara Treaty Belt

The Silver Covenant Chain

A name, and metaphor for the relationship between the Crown and Indigenous nations. A bond between equal allies, like links in a chain: strong, but needing regular care. Just as silver tarnishes and must be polished, the relationship needs to be renewed and "polished" over time, or it corrodes.

The Great Covenant Chain / Treaty of Niagara (1764)

In the summer of 1764, Sir William Johnson met at Niagara with roughly 2,000 people representing about 24 First Nations. The gathering confirmed the Royal Proclamation of 1763 (which recognized Indigenous nations' possession of their lands) and extended the Silver Covenant Chain into the Great Lakes region. Several wampum belts were exchanged, including:

The Covenant Chain Belt — sealing the alliance between the Crown and the nations.

The Twenty-Four Nations Belt — representing the nations who took part.

The Two Row Wampum, given by the Indigenous nations to the Crown — representing two paths (a canoe and a ship) travelling side by side, neither one steering the other's course.

Though not formally recognized by the modern Canadian government, First Nations regard the Treaty of Niagara as a founding document underlying all later treaties.

Chapel Royal

The Chapel Royal in Canada refers to specific chapels affiliated with the monarchy. These chapels serve both religious functions and commemorate the historical ties between the Crown and Indigenous peoples.

Molly Brant (Konwatsi'tsiaienni)

A Mohawk clan mother and one of the most influential diplomats of her era.

Responsible Government → Statute of Westminster → the Constitution: how they touch the treaties

This is the thread tying the older history to the present-day Crown:

Responsible Government (achieved province by province, starting with Nova Scotia in 1848): the monarch's representatives began acting on the advice of elected local governments rather than ruling directly from Britain. Over time, this shifted day-to-day authority from the Crown itself to elected ministers.

The Statute of Westminster (1931): The moment Canada gained full legislative independence from Britain. It split what had been one Crown into legally separate Crowns — the King became King of Canada distinctly from King of the United Kingdom. Why it matters for treaties: nearly all of Canada's historic treaties — including the Treaty of Niagara — were made with the British Crown. The Statute of Westminster was passed without consulting Indigenous treaty partners, so many Indigenous nations have never accepted that a separate "Crown of Canada" can simply inherit those obligations. This tension — who exactly the treaty partner is today — runs right through to the Constitution Act, 1982, which entrenched Indigenous and treaty rights in Canadian law but still didn't resolve that underlying question.

Larry's Game - ROLL A WORD - October 21st



6 Letter Word

1 Roll Per Turn

10 Rounds

*1 Point for each letter

*EXCEPTION: J K Q X Z → 3 points. (e.g. "QUIZ" = 8 points)

A 6-Letter word gets 10 bonus points

Roll 4 blanks → Add 0 to your score (e.g. 10 → 100)

Roll 5 blanks → Add 00 to your score (e.g. 10 → 1000)

Double Letter (e.g. E E) $2 \times 2 = 4$ points

Triple Letter (e.g. M M M) $3 \times 3 \times 3 = 27$ points

Blanks are WILD (i.e. can be any letter you want.)

Guest Speakers:

Andréa Speranza, one of the first female firefighters, has dedicated 30 years to the Halifax Regional Fire and Emergency, currently holding the supervisory role of Operations Captain. Nearly two decades ago, she founded the transformative Camp Courage program, a program that instills a sense of empowerment and the confidence in young women and gender diverse youths to believe that they can achieve any goal, career or dream they desire. She loves exercising, continuously learning, reading, and her little dog, Cooper.



Green Burial NS



Dawn Carson, will join to tell us about “green burial”.
From the Green Burial Society of Nova Scotia:

“What is Green Burial?”

Green burial, also known as natural burial, is an eco-conscious and sustainable approach to honoring the end of life that seeks to restore and maintain the natural balance of the earth. Unlike conventional burial practices, which often involve embalming chemicals, metal caskets, and concrete vaults, green burial focuses on simplicity and environmental responsibility.“

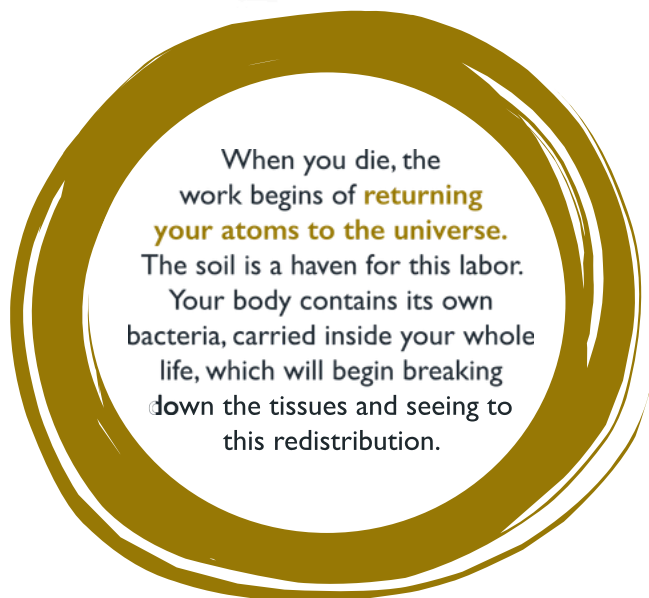


YOUR BODY AFTER DEATH

Once you have died, your body begins the process of returning to the universe. We call this decomposition. **It begins in the soil and ends in the stars.**

Your body is made of roughly
7,000,000,000,000,000,000,000,000,000
(7 octillion) atoms.

Every atom in your body is billions of years old. The hydrogen is 13.7 billion years old. The carbon and oxygen were forged in stars between 7 and 12 billion years ago, and blasted across space when the stars exploded. These components of your body are truly ancient; **you are recycled stardust.**



Lacey, infinite webs of mycelium - the wise fragile conduits that penetrate every morsel of dirt - will transport the matter of your body through the earth around you, through the burrows and dens, past the big tree roots, even up to the topsoil and all its flora. You will be **dispersed** everywhere.

All around, the living soil will respire the hydrogen and oxygen as they become available, returning these fundamentals, so critical to all organic life.

Over time, every part of you will make its way into the biosphere.



The diptera order will come and create an entire generation in your name. They will lay their eggs so that their children will fill their bellies, convert your matter, then carry you above ground, flying off into the air.



And the coleoptera, with their strong jaws, will work unseen to aid the process, their wide bodies forming tunnels. Like a shift change -- they takeover for the diptera, one species saluting another.

Lastly, in the decomposition process, a few elements will degrade into other elements. And in this, a small amount of helium is formed. Since helium cannot be held by earth's gravity, small bits of what was once you will float off into the universe. Some may be captured by the sun or Jupiter. **Some will escape and drift off to the stars.**

A SPOOKY QUIZ FOR “CARDINAL” by donnalee Moulton

Cardinal is part of a Canada-wide Paranormal Mystery Series. Below are 10 questions related to the paranormal. Circle the answers you think are correct.

1.	What is the most haunted cemetery in Halifax, Nova Scotia? A. Fairview Lawn Cemetery — the final resting place of 121 Titanic victims B. Old Burying Ground — where soldiers from the War of 1812 are buried C. Camp Hill Cemetery — once a burial place for military executions
2.	Which Nova Scotia site is reportedly haunted by 18th century soldiers? A. Fortress of Louisburg — where a ball of beeswax moved 40 feet on its own B. Georges Island — where the Lady in Black still roams C. Halifax Citadel — where the one-armed sergeant salutes to this day
3.	Which famous ghost haunts the Halifax Citadel? A. The One-Armed Sergeant — who stands rigidly at attention B. The Phantom of Halifax — who wields a sword C. The Grey Lady — who wanders the halls in her period dress
4.	Who or what is said to haunt Peggy's Cove? A. The Lady in Blue — a lady mourning her lost love B. The Lighthouse Keeper — a man who met a violent death C. The Phantom Ship — a vessel engulfed in flames
5.	Where was the most famous UFO sighting in Nova Scotia? A. Ecum Secum — a modest producer of gold in the 1800s B. Meat Cove — a remote village at the northernmost tip of Cape Breton C. Shag Harbour — a small fishing community on the south shore
6.	Where in Nova Scotia did one of the best documented cases of poltergeist activity in North America take place? A. Amherst — founded by British settlers & New England Planters in 1764 B. Antigonish — founded by Irish Loyalists in 1784 C. Port Royal — founded by French explorers and colonists in 1605

7.	What might you see, hear or experience in Saint John's Wolastoq Park? A. Babies crying (when there are no babies present) B. Electronics that malfunction C. Nurses in old-fashioned uniforms
8.	Captain George haunts the King's Playhouse in Georgetown, PEI. Is there a seat reserved in his name? A. Of course — you don't mess with ghosts B. Not a chance — there is no such thing as ghosts C. Only on opening night — you don't want to tempt fate
9.	What is Elva Zona Heaster Shue known for? A. Becoming the Greenbrier Ghost after she didn't prepare meat for dinner B. Helping to solve her own murder (with a little help from her mother) C. Marrying a man whose former wife died when he "accidentally" dropped a brick on her head
10.	What name did a suspected fire starter in Antigonish County become known by? Mary Ellen _____ A. "Spook" B. "Wraith" C. "Blaze"



donnalee Moulton will join us again to talk about her newest book: "Cardinal" and give us this spooky quiz.

Cardinal: Private detective Em Montgomery is hunting for a missing woman. She expected dead ends. She did not expect a dead girl who refuses to stay buried. Now Em is knee-deep in fog, small-town secrets, and the uneasy sense she's being watched by more than just wildlife.

Song Circle



“9-5” - Dolly Parton

Tumble outta bed and stumble to the kitchen
Pour myself a cup of ambition
Yawnin' and stretchin' and try to come to life
Jump in the shower
and the blood starts pumpin'
Out on the streets, the traffic starts jumpin'
With folks like me on the job from 9 to 5
Working 9 to 5, what a way to make a living
Barely gettin' by, it's all taking and no giving
They just use your mind
and they never give you credit
It's enough to drive you crazy if you let it
9 to 5, for service and devotion
You would think that
I would deserve a fair promotion
Want to move ahead
but the boss won't seem to let me
I swear sometimes that man is out to get me
Mmmmm...
They let you dream just to watch them shatter
You're just a step on the boss man's ladder
But you got dreams he'll never take away
In the same boat with a lot of your friends
Waiting for the day your ship will come in
And the tide's gonna turn
an' it's all gonna roll you away
Working 9 to 5, what a way to make a living
Barely gettin' by, it's all taking and no giving
They just use your mind
and you never get the credit
It's enough to drive you crazy if you let it
9 to 5, yeah, they got you where they want you
There's a better life
and you think about it don't you
It's a rich man's game
no matter what they call it
And you spend your life
putting money in his wallet

“Crazy” - Patsy Cline

Crazy
I'm crazy for feelin' so lonely
I'm crazy
Crazy for feelin' so blue
I knew
You'd love me as long as you wanted
And then someday
You'd leave me for somebody new
Worry
Why do I let myself worry
Wonderin'
What in the world did I do?
Oh... crazy
For thinking that my love could hold you
I'm crazy for trying
And crazy for crying
And I'm crazy for loving you
Crazy
For thinking that my love could hold you
I'm crazy for trying
And crazy for crying
And I'm crazy for loving
You

“Southern Nights” - Glen Campbell

Southern nights
Have you ever felt a southern night?
Free as a breeze
Not to mention the trees
Whistlin' tunes that you know and love so
Southern nights
Just as good even when you close your eyes
I apologize
To anyone who can truly say
That he has found a better way
Southern skies
Have you ever noticed southern skies? (In southern
skies)
Its precious beauty lies just beyond the eye
It goes running through your soul
Like the stories told of old
Old man
He and his dog that walk the old land
Every flower touched his cold hand
As he slowly walked by
Weepin' willows would cry for joy, joy
Feel so good
Feel so good, it's frightening

**“On the Road Again” -
Willie Nelson**

On the road again
I just can't wait to get on the road again
The life I love is making music with my friends
And I can't wait to get on the road again
On the road again
Goin' places that I've never been
Seein' things that I may never see again
And I can't wait to get on the road again
Everybody sing
On the road again
Like a band o' gypsies, we go down the highway
We're the best of friends
Insisting that the world keep turning our way
And our way
Is on the road again
I just can't wait to get on the road again
The life I love is makin' music with my friends
And I can't wait to get on the road again
On the road again
Like a band o' gypsies, we go down the highway
We're the best of friends
Insisting that the world keep turning our way
And our way
Is on the road again
Just can't wait to get on the road again
The life I love is makin' music with my friends
And I can't wait to get on the road again
I can't wait to get on the road again
I hear you, thank you very much

**“Islands in the Stream” -
Dolly Parton and Kenny Rogers**

Baby, when I met you there was peace unknown
I set out to get you with a fine tooth comb
I was soft inside, there was somethin' going on
You do something to me that I can't explain
Hold me closer and I feel no pain
Every beat of my heart
We got somethin' goin' on
Tender love is blind
It requires a dedication
All this love we feel
Needs no conversation
We ride it together, ah-ah
Makin' love with each other, ah-ah
Islands in the stream
That is what we are
No one in-between
How can we be wrong?
Sail away with me to another world
And we rely on each other, ah-ah
From one lover to another, ah-ah
I can't live without you if the love was gone
Everything is nothin' if you've got no one
And you did walk in tonight
Slowly losing sight of the real thing
But that won't happen to us, and we got no doubt
Too deep in love and we got no way out
And the message is clear
This could be the year for the real thing
No more will you cry
Baby, I will hurt you never
We start and end as one, in love forever
We can ride it together, ah-ah
Makin' love with each other, ah-ah
Islands in the stream
That is what we are
No one in-between
How can we be wrong?
Sail away with me to another world
And we rely on each other, ah-ah
From one lover to another, ah-ah
Sail away
Oh, come sail away with me