



Hello
October!

Cypress House

2135 Scott Street

Swift Current, sk.

S9E 5N2

HAPPY
BIRTHDAY

Don MacMillian



10 Fun Facts About Babies Born in October

By [Alexia Dellner](#) • Published Sep 22, 2022

Ahh, October—the month of Halloween, football, pumpkin spice and all things nice. That includes some pretty athletic and awesome people. (Yep, it's true.) Maybe you're celebrating your own birthday this month and want to know what your birthstone or birth flower is. Or maybe you're curious about what personality traits and fun quirks may be in store for your future fall babe. Whatever the reason, here are ten interesting facts that you need to know about October babies.



1. They're More Likely to be Athletic

Time to invest in a toy football. Research suggests that October babies are more physically fit and athletic than those born in other months. A study published in the *International Journal of Sports Medicine* tested the strength, stamina and cardiovascular fitness of 9,000 kids between 10 and 16 years old and found that those born in October and November performed significantly better than their peers. One possible explanation? More sunshine and vitamin D for moms-to-be means stronger bones and muscles for their babies.



2. They're Probably Not Born on Halloween

It turns out that fewer women go into labor and give birth on Halloween than other days in the month, according to a study conducted by researchers at the Yale University School of Public Health. Scientists hypothesized that the reason is

because the day's spooky associations subconsciously put women off giving birth. (Fun fact: Valentine's Day has an *increase* in birth rates.)



3. They Have Two Birthstones (Opal and Tourmaline)

And both are straight-up magical. But if opal isn't your birthstone, then you may want to stay away—they're said to be bad luck if worn by those not born in October. (You know, if you believe in that stuff.)



4. Their Birth Flower Is the Cosmos

When it comes to your babe's birth flower, she lucked out with some special blooms—these pretty jewel-toned flowers symbolize peace and serenity. (No promises that your October tot won't cry in the middle of the night though.)

5. They're

Either Libras or Scorpios

Libras (born between September 23 and October 22) are said to be sincere, kind and lovers of harmony and peace. Scorpios (born between October 23 and November 22) are known for being loyal, strong-willed and mysterious. Not too shabby.



6. More Presidents Were Born in October Than Any Other Month

Want your October baby to be a commander in chief? It's not impossible. More American presidents have celebrated their birthday in the month of October than any other month. That includes Adams, Roosevelt, Eisenhower, Hayes and Carter.

7. They're in Good Company

But October birthdays aren't just for presidents. There are some pretty cool

people born in October including Julia Roberts (October 28), Matt Damon (October 8), Kate Winslet (October 5) and Bruno Mars (October 8).

8. They're Slightly Taller

One study from

Bristol in Great Britain found that later-summer and early-autumn babies are slightly taller on average (by 5 millimeters) than those kids born in the winter and spring. And just like your October kid's athletic prowess (see #1 above), the reason why is thought to be because these babies enjoy the final stretch of pregnancy during summer, when mom gets more sun exposure. This in turn helps her body produce higher levels of vitamin D, which may aid in the fetus's skeletal growth.

9. They're Less Likely to Have Cardiovascular Disease

According to a study by Columbia University Medical Center, people born in September, October and November are less likely to experience cardiovascular disease. Which leads us to our next point...

10. They're More Likely to Live to 100

Research from the University of Chicago found that those born in the autumn months were more likely to live to the age of 100. One possible explanation is because they were not exposed to the seasonal infections or seasonal vitamin deficiency early in life that can cause long-lasting damage to a person's health. So, congrats October babies—here's to many more birthdays to com

BIRTHSTONES





OCTOBER BIRTHSTONE

Those born in October enjoy two spectacular birthstones to commemorate their birthdays – opal and tourmaline. Both October birthstones have endless color combinations and beautiful coloring characteristics. Learn more about these two October birthstones and discover the perfect gift for those born in the tenth month

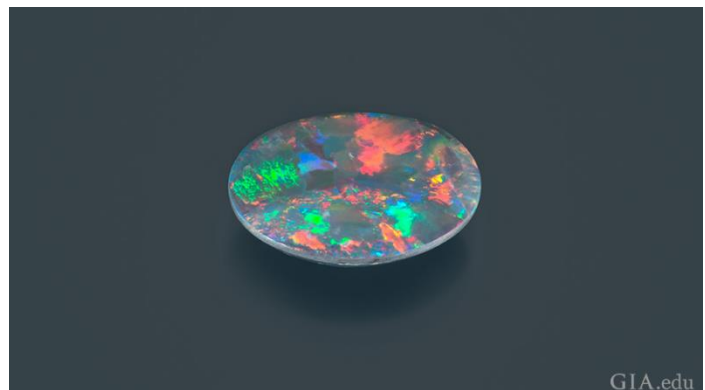
OPAL BIRTHSTONE OPAL BIRTHSTONE MEANING & HISTORY

The name of this, the traditional October birthstone, is believed to have originated in India (the source of the first opals brought to the Western world), where in Sanskrit it was called *upala*, a “precious stone.” In ancient Rome, this became *opalus*. Most opals are valued for their shifting colors in rainbow hues – a phenomenon known as “play-of-color.”

The October birthstone’s dramatic play-of-color has inspired writers to compare it to fireworks, galaxies and volcanoes. Bedouins once believed opal held lightning and fell from the sky during thunderstorms. Ancient Greeks thought opals bestowed the gift of prophesy and protection from disease. Europeans long maintained opal to be a symbol of purity, hope and truth. Hundreds of years ago, opal was believed to embody the virtues and powers of all colored stones.

Opal is also the stone given to celebrate the 14th wedding anniversary.

A breathtaking sunset seems to dance on the surface of this 1.72 carat (ct) opal. Photo: Dr. Edward J. Gübelin/GIA



WHERE IS OPAL FOUND?

The opal birthstone can be found in many places. The fields of Australia are the most productive in the world for the October birthstone. Ethiopia, Mexico and Brazil are also important sources. Additional deposits have been found in Central Europe, Honduras, Indonesia, Madagascar, Peru, Turkey and the United States.

Lightning Ridge, a small town in New South Wales, Australia, is famed for producing prized black opal. A dry and rocky region softened only by small trees and scrub brush, Lightning

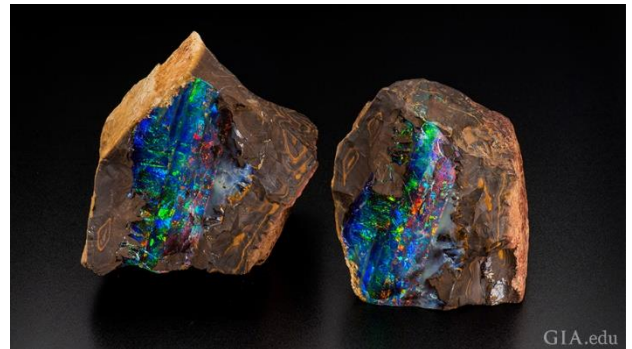


Ridge gets little rain and bakes in the scorching summer temperatures. The climate is so unforgiving that miners often live underground to find respite from the punishing heat.

Black opal nodules are sometimes found in a line, as you can see in this photo from the Lightning Ridge mine. Photo: Vincent Pardieu

Australia is also a source of other types of the October birthstone. White opal is found in the White Cliffs area of New South Wales, as well as in Mintabie, Andamooka and Coober Pedy in South Australia. Boulder opal, which comes from only one location in the world, is mined in Queensland.

Two pieces of boulder opal that is found only in Queensland. Photo: Robert Weldon/GIA



In Ethiopia, the October birthstone is found near the village of Wegel Tena, in Wollo Province. Travel 340 miles (about 550 kilometers) north of the capital Addis Ababa and up 8,000 feet (2,400 meters), where miners pry opal from shafts dug into the side of a plateau. Gems unearthed here range in body color from white, yellow, orange and brownish red to “chocolate” brown. Some of the opals show play-of-color. Another mine, in Ethiopia’s Shewa Province, yields the coveted black opal, as well as orange, white and crystal opal. Its treasures are buried in steep cliffs that tower over the landscape.

Querétero, a state in Mexico, is known for producing fire opal in yellow, orange and reddish orange to red, some with good play-of-color. The mines are a tourist destination, and getting to them requires taking a dirt road through dense forests of pine and oak, past scrubby plateaus of cacti and shrubs, and up winding mountain roads.

OPAL BIRTHSTONE CARE & CLEANING

Opal may be treated by impregnation with oil, wax or plastic. Opal doublets or triplets are fine slices of opal glued to a base material and covered with a thin dome of clear quartz. The safest way to clean this October birthstone is with warm, soapy water. Other cleaning methods might damage the opal or filler material. Note that prolonged exposure to water may weaken the adhesive in opal doublets and triplets. Even natural opal can fracture if exposed to high heat or sudden temperature changes.

This October birthstone ranges from 5 to 6.5 on the [Mohs scale of hardness](#). To prevent jewelry set with harder gems from scratching opal, store it by itself. [Diamonds](#), [rubies](#), [sapphires](#), and [emeralds](#) are just a few of the gems that can scratch the October birthstone.

Sapphires and diamonds encircle a 1.92 carat (ct) black opal in this stunning 18K yellow gold and black rhodium ring. Courtesy: Omi Privé



TOURMALINE BIRTHSTONE MEANING & HISTORY

Tourmaline is the newer October birthstone. The name comes from the Sinhalese word toramalli, which means “stone with mixed colors,” because it often has multiple colors in one crystal. Very few gems match tourmaline’s dazzling array of colors. Perhaps this is why ancient mystics believed this October birthstone could inspire artistic expression – it has a color palette for every mood.

Among the most popular are the pink and red rubellites, the emerald green “chrome” tourmalines, and the neon green and blue-to-violet “paraíba” tourmalines.

Because of its vast range of colors, [tourmaline](#) was often mistaken for other gemstones. One of the “rubies” in the Russian crown jewels, the “Caesar’s Ruby” pendant, is actually red (rubellite) tourmaline. A Spanish conquistador found green tourmaline crystals in Brazil in the 1500s and confused the stones with emerald. These and other cases of mistaken identity continued for centuries until scientists recognized tourmaline as a distinct mineral species in the 1800s.



Suite of multi-color tourmaline. Photo: Robert Weldon/GIA

Different colors of tourmaline are thought to have their own healing properties. Black tourmaline is believed to protect the wearer and give a sense of self-confidence. Pink tourmaline embodies love and is associated with compassion and gentleness. Green tourmaline promotes courage, strength and stamina. Tourmaline is given to celebrate the eighth wedding anniversary.

WHERE IS TOURMALINE FOUND?

This October birthstone is most commonly found in Brazil, but it is also mined in Afghanistan, Pakistan, Kenya, Madagascar and Mozambique (among other countries in Africa). California and Maine are historically important producers of fine tourmaline in the United States.

Examining purple and green tourmaline rough while visiting the tourmaline deposit near Mavuco village on a field expedition to Mozambique. Photo: Vincent Pardieu



Most of the tourmaline mined in Brazil over the centuries comes from pegmatites in the state of Minas Gerais. These subterranean intrusions of magma are the source of a virtual kaleidoscope of gem minerals. In the late 1980s, however, electric green, blue and violet tourmalines entered the gem market from pegmatites in Brazil's Paraíba State. Scientists found that the intense colors were caused by trace amounts of copper, which had previously not been recorded as a coloring agent in any other tourmaline. In the early 2000s, Paraíba-type copper-bearing tourmalines were also discovered in Mozambique and Nigeria. Overall, prices for the best Paraíba and Paraíba-type tourmalines easily surpass other tourmalines due to their vivid hues, higher color saturation and greater rarity.

Old tunnel entrance at the Tourmaline King mine.
Photo: Brendan Laurs



In the United States, both Southern California and Maine host several pegmatite districts. For more than a century, they have sporadically yielded large quantities of tourmaline.

Maine's first major tourmaline deposit was discovered in 1820 at Mount Mica in Paris, by two young boys exploring the local area. Even today, a quarry at Mount Mica intermittently produces various colors of gem tourmaline. The Dunton mine, near Plumbago Mountain, is the most prolific producer of tourmaline in Maine.

In 1898, California's first commercial tourmaline mine opened at the Himalaya pegmatite in the Mesa Grande district – famed for the production of fine rubellite. To feed Empress Dowager Cixi's obsession with the vibrant color, San Diego mines sent 120 tons of gem rubellite to Imperial China between 1902 and 1910. With the death of Cixi in 1908 and the subsequent overthrow of the Qing dynasty, the heyday of tourmaline mining in California ended. Today, only a few mines in San Diego County occasionally produce gem-quality tourmaline.

TOURMALINE BIRTHSTONE CARE & CLEANING

The tourmaline birthstone is rated 7 to 7.5 on the [Mohs](#) scale of hardness and is generally suitable for everyday wear. These colorful gems are usually stable enough to withstand light and most chemicals, but heat can be damaging. This October birthstone is best cleaned with warm, soapy water and a soft brush. The use of ultrasonic and steam cleaners is not recommended.

15.16 ct pink tourmaline and diamond ring set in platinum and white gold. Courtesy: Omi Privé



GIA.edu

Now that you know a little bit more about the history of these two October birthstones and where they can be found, you just might be inspired to add them to your collection! But before you go shopping for an October birthstone, be sure to review our [Opal Buying Guide](#) and our [Tourmaline Buying Guide](#) for tips to help you pick a beautiful October birthstone. Both of these birthstones come in a spectacular array of colors sure to please you or your loved one born in October.



Anna Hoofdakker

September 10, 1925 ~ September 4, 2022 (age 96)

Obituary & Services

Obituary

Anna Hoofdakker (nee Janzen) longed for Heaven and went home to be with Jesus at the age of 97 years and 7 months on Sunday, September 4, 2022 at Cypress House, Swift Current, SK.

Anna Hoofdakker (nee Janzen) longed for Heaven and went home to be with Jesus at the age of 97 years and 7 months on Sunday, September 4, 2022 at Cypress House, Swift Current, SK.

Anna Hoofdakker was born on February 10, 1925 to Jacob & Anna Janzen in the Rosenhof area, SK. The only girl with six brothers, she learned quickly and

from a very young age to be strong.

Anna worked as a care aide in a nursing home until she met her husband, when she was 51. Anna Janzen and Peter Hoofdakker were married on May 29, 1976. They enjoyed 40 years together until his passing in 2017. Anna was very lonely after losing Peter and missed him dearly, but she never grumbled or complained.

She was grateful for her family and thankful for how they cared for her. Family was incredibly important to Anna and she prayed for all of them faithfully. It was her prayer that they would all meet one another again in their Heavenly home. Anna's last words were "Jesus, take me home." She is no longer suffering and in the presence of her Savior.

Anna was predeceased by her beloved husband, Peter Hoofdakker, on May 1, 2017; her parents, Jacob & Anna Janzen; her brothers and their wives, Jake (Annie) Janzen, George (Helen) Janzen, Cornie (Helen) Janzen, John (Margaret) Janzen, Bill Janzen, and Isaac (Eva) Janzen; her parents-in-law, Peter & Victoria Hoofdakker; her nephews, Timothy Janzen and Barry Janzen; and by her niece, Esther James.

Anna is survived by her sister-in-law, Susan Janzen; and by many nieces and nephews.

The Funeral Service for Anna Hoofdakker was held on Saturday, September 10, 2022 at 2:00 pm from Fairview Bible Church, Swift Current, SK with Pastor Joe Sorgen officiating. "Safe in the Arms of Jesus," "My Jesus, I Love Thee," and "It is Well" were sung by the congregation under the leadership of Russel Porter, with Eleanor Tracey serving as pianist. Special music was brought by Anna's nieces, who sang "All for Jesus" and "Yet Not I, But Christ in Me." Anna's testimony was shared by Jim Janzen and the eulogy was given by Sue Price. The ushers in the church were Jake Janzen and Gordon Janzen. Those wishing to view Anna's service may do so [here](#).

The Interment Service was held immediately following the Funeral Service from Hillcrest Cemetery, Swift Current, SK with Jack Janzen, Albert Janzen, Jake T. Janzen, Gale Janzen, Lloyd Janzen, and Melvin Janzen serving as Pallbearers. Anna's nieces and nephews were the Honorary Pallbearers.

In memory of Anna Hoofdakker, donations made to Child Evangelism Fellowship would be appreciated by the family.

To [send flowers](#) to the family or [plant a tree](#) in memory of Anna Hoofdakker, please [visit our floral store](#).

A Memorial Tree was planted for Anna

We are deeply sorry for your loss - the staff at Swift Current Funeral Home & Crematorium

[Join in honoring their life - plant a memorial tree](#)



Three Realities of Heaven

BY RICK WARREN — SEPTEMBER 25, 2022

“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand.”

Colossians 3:1 (NLT)

People have many misconceptions about what heaven is like. You won’t be an angel. You won’t have wings. You’re not going to be a little chubby cherub, wear a white robe, or float on clouds.

You need a correct view of heaven. The Bible says in Colossians 3:1, *“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand”* (NLT).

So what does the Bible say about these “realities of heaven”?

Heaven is where God lives and rules. The Bible calls heaven “the dwelling place of God,” “the house of God,” and “the city of God.” As these phrases suggest, heaven is where God lives.

But Jesus also calls heaven “the Kingdom of God” or “the Kingdom of heaven” 31 times in Scripture. So heaven isn’t just where God lives; it’s also where he rules. Psalm 123:1 says, *“Lord, I look up to you, up to heaven, where you rule”* (GNT).

Heaven is a real place. Heaven isn’t a state of mind. It isn’t a state of being. And it isn’t a place where your essence floats around like a ghost. It’s a real place. In fact, the Bible says there will be streets, trees, water, and homes in heaven. Many Scripture passages allude to the fact that animals are there. You’ll have your physical body, renewed through your resurrection. And there will be a real place for your real body to live: *There are many rooms in my Father’s house. I wouldn’t tell you this, unless it was true. I am going there to prepare a place for each of you* (John 14:2 CEV).



Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you.

MATTHEW 25:34 NIV



And Jesus said in Matthew 6:20, *“Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal”* (NLT). You can’t store up treasures in a place that isn’t real.

Heaven is designed for you and me. God didn’t design heaven for himself.

He designed it for his followers. The Bible

says, *“Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you”* (Matthew 25:34 NIV).

When God started thinking about Earth, he started thinking about heaven. The Bible says God made the entire universe because he wanted a family to spend eternity with. Heaven is the place he’s designed for his family, and heaven is an amazing expression of his love.

People weren’t meant to live on Earth forever. You and I were made for

heaven! Hebrews 13:14 says, *“For this world is not our home; we are looking forward to our everlasting home in heaven”* (TLB). Once you’ve become a part of God’s family, there’s a whole lot more to life than just here and now. Really, this world is not your home; you’re just passing through!

When it comes to heaven, *“No eye has seen, no ear has heard, and no mind has imagined the things that God has prepared for those who love him”* (1

Corinthians 2:9 GW). No matter what you’ve dreamed up about heaven, the reality will far exceed it!

[PLAY today’s audio teaching from Pastor Rick](#)

Talk It Over

How has your understanding of heaven changed after reading this devotional?

- Consider how this statement from today’s Daily Hope devotional influences your thinking about God: “God didn’t design heaven for himself. He designed it for his children. When God started thinking about Earth, he started thinking about heaven.”
- What most surprised you about the three realities of heaven from this devotional?

You can be certain you’re going to heaven!

Many people fear death and judgment—but Jesus’ death and resurrection can free you from that fear.

The Bible says that every one of us sins and that the penalty of sin is death. But God loves you so much that he sent his Son, Jesus, to pay the penalty of your sins, to bring you into the family of God, and to save you from judgment.

If you're ready to join God's family, here's a prayer you can start with: "Dear God, I know that when I die, I'm going to give an account of my life to you directly. I confess I have ignored you. I know I have sinned against you, and I have lived by my plan, not yours. I want that to change, starting right now. I want to turn away from my sins and toward you.

"Thank you for sending Jesus to die for all I've done wrong so that I can have eternal life with you instead of judgment. I know I don't deserve your forgiveness. I know only your grace can save me, Lord.

"Jesus, thank you for loving me so much that you took all my guilt on yourself. You made me acceptable for heaven, and I humbly ask you to save me. I ask you to save me from my sins and from judgment. I believe in you, Jesus. And I believe that you will keep your promise to save me instantly, certainly, completely, and eternally. In Jesus' name I pray. Amen." If you just prayed to accept Jesus, please email me at Rick@PastorRick.com and let me know about it. I'd like to send you some free materials to help you start your journey with Jesus.



HALLOWEEN WORD SEARCH



B H F I G E A N S A M O I C P L J E K D
R S T A B F R A N K E N S T E I N V S U
S W E S P O O K Y A E Y K E B C N O P B
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T I E H A L L O W E E N B L W C E C T Y
A T Z H A Y L L A X O W E E N A D C R T

Ghost

Costume

Broom

Spider

Spooky

Boo

Frankenstein

Bat

Black Cat

Potion

Witch

Skeleton

Mummy

Halloween

Haunted

Pumpkin

Candy

Vampire

Fall

Zombie

Name: _____ Date: _____



A Thanksgiving Feast

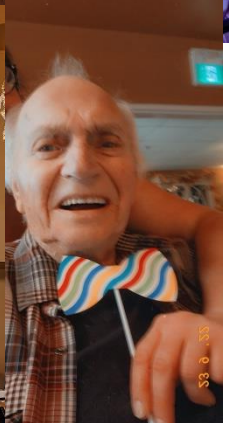
DIRECTIONS: Find and circle the delicious Thanksgiving food in the grid. Look for the words in all directions including backwards and diagonally. What's your favorite Thanksgiving food?



- GREEN BEANS
- MAC AND CHEESE
- MASHED POTATOES
- MINCEMEAT
- PEAS
- PECAN PIE
- PUMPKIN PIE
- ROLLS
- SQUASH
- STUFFING
- SWEET POTATOES
- TURKEY
- YAMS

- APPLE PIE
- BISCUITS
- BRUSSEL SPROUTS
- CASSEROLE
- CHESTNUTS
- COLLARD GREENS
- CORNBREAD
- CRANBERRY SAUCE
- DRESSING
- GRAVY







She's so proud!



*We would love to
invite you to our
Annual Halloween Party!*

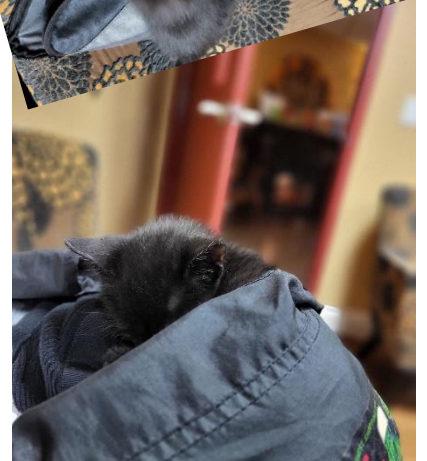
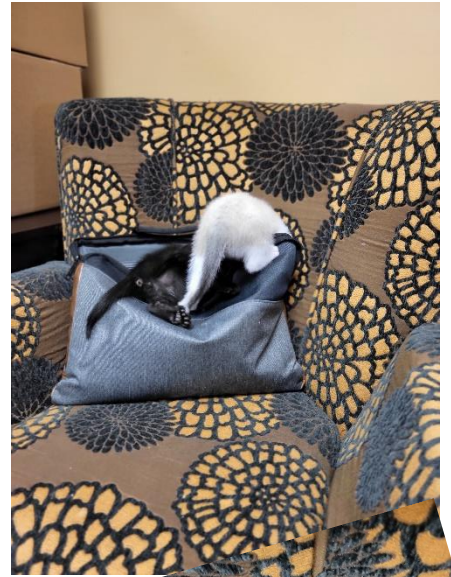
When? October 31st

Where? Grand Room

*Theme? I put a spell on
you!*



Ggeu



A Gentle Reminder to Families: if you have any questions regarding your loved one's Medications or Care Plans, Please call the office to arrange an appointment with The Nurse. Thank You!



Please remove all muddy Outdoor footwear For the safety of our Residents. Thank You



**DRAW BOX IS LOCATED ON THE SIDE BOARD CUPBOARD
ACROSS FROM THE PUBLIC WASHROOM**

Clip out your entry form to win. Place your name in the draw.

Entry Form

Residents Name

October 2022 Draw Entry Form

Open to Residents of Cypress House only.

box to win our monthly prize.

***Please join us to enter your name
into our monthly snack basket
draw***



***Congrats to Aurthur Kraus For the month
Of September.***