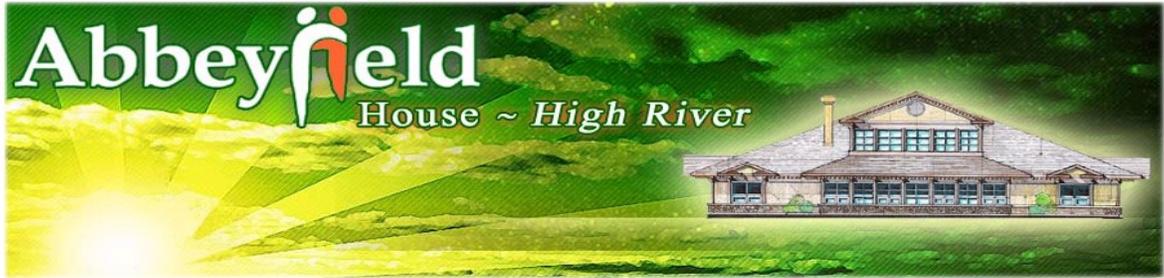


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*A Great Living Choice for Seniors*

### EVENTS AROUND TOWN High River Hospital Christmas Craft and Bake Sale

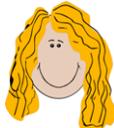
Hospital main floor  
Nov 20, 9:00 AM

### Windmill Theatre Players "Once More With Felling"

Highwood Memorial Centre  
Weekend of Nov 22–23

## HAIR HEALTH

Healthy looking hair is in general a sign of good health and good hair-care practices. Most healthy individuals have adequate nutrients in their diet; however, some people do not have access to good nutrition, others have medical illnesses that predispose them to nutritional deficiency which influence scalp / body hair.



Proper **nutrition** is important. The living part of hair is under the scalp skin where its root is housed within its follicle. It derives its nutrients from blood.

**Ageing Effects**—there is no solution for this. Even with outstanding nutrition, genetic blueprint is eventually going to take control and hair may change in colour, structure and density. Control of biological aging may be influenced by superfoods e.g. supergreen mixes, chlorella, spirulina, micro-algae extracts such as astaxanthin, broccoli sprouts fresh vegetables blueberries, raspberries, strawberries, blackberries etc. also garlic, ginger and other culinary and medicinal herbs.

Water – is important in general bodily health and potentially good hair health. Water quenches thirst and aids food digestion.

The 10 top foods that are the foundation of healthy hair diet Salmon, Dark Green Vegetables, Beans, Nuts, Poultry, Eggs, Whole Grains, Oysters, Low-Fat Dairy Products.

## 10 QUICK FACTS ON...



## REMEMBRANCE DAY

1. Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.
2. From 1921 to 1930, Armistice Day was held on the Monday of the week in which November 11 fell. In 1931, Alan Neill, Member of Parliament for Comox–Alberni, introduced a bill to observe Armistice Day only on November 11. The bill also changed the name to "Remembrance Day".
3. Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation's history and more than 118,000 who made the ultimate sacrifice.
4. The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.
5. Remembrance Day is a federal statutory holiday in Canada.
6. The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony.
7. In advance of the ceremony, long columns of Veterans, Canadian Armed Forces members, RCMP officers, and cadets march to the memorial lead by a pipe band and a colour guard.
8. Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day.
9. Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.
10. The United States used to commemorate Armistice Day on November 11. then in 1954 they changed the name to Veterans Day.

# Abbeyfield House

## CHUCKLE CORNER

### Passwords

A couple of elderly men were venting their frustrations about the woes of modern technology. "I just can't ever seem to remember my darn **passwords**," grumbled one of them.



The other one smiled. "Oh really? I can never forget mine!"

"How do you manage it?" asked the first guy curiously.

"Well, I simply set all my passwords to 'Incorrect' so that whenever I'm told that my password is incorrect, I'll remember it!"

### FUN FACTS

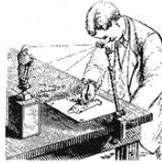
- The name Wendy was made up for the book "Peter Pan."
- The Neanderthal's brain was bigger than yours is.
- The cruise liner, Queen Elizabeth II, moves only six inches for each gallon of diesel that it burns.



## WILLIAM HENRY FOX TALBOT

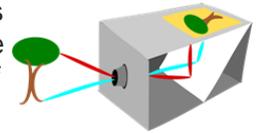
### PHOTOGRAPHIC PROCESS

A young English gentleman on his honeymoon sat sketching by the shore of Lake Como early in October 1833, one eye pressed close to a camera lucida. With this simple draftsman's aid, consisting of an adjustable metal arm fastened at one end to the artist's sketchbook or drawing board and supporting a glass prism at the other, the young man saw a refracted image of the Italian landscape superimposed as if by



magic on the pages of his sketchbook. It seemed a simple task to trace the features of the village buildings, lake, and distant mountains with his pencil. But alas, it only seemed simple, he later recalled, "for when the eye was removed from the prism—in which all looked beautiful—I found that the faithless pencil had only left traces on the paper melancholy to behold."

Talbot's frustration that day with the camera lucida led him to recollect his experiences ten years earlier with another drafting aid, the camera obscura—a small wooden box with a lens at one end that projected the scene before it onto a piece of frosted glass at the back, where the artist could trace the outlines on thin paper. He recalled with pleasure "the inimitable beauty of the pictures of nature's painting which the glass lens of the Camera throws upon the paper in its focus—fairy pictures, creations of a moment, and destined as rapidly to fade away." These thoughts in turn prompted Talbot to muse "how charming it would be if it were possible to cause these natural images to imprint themselves durably and remain fixed upon the paper." "And why should it not be possible?" he asked himself. Talbot jotted down thoughts about experiments he could conduct at home to see if Nature, through the action of light on material substances, might be brought to draw her own picture.



After returning home he started experimenting and soon found that a sheet of fine writing paper, coated with salt and brushed with a solution of silver nitrate, darkened in the sun, and that a second coating of salt impeded further darkening or fading.

In 1841 Talbot applied for a patent on his "Calotype Process". To produce a negative, the paper was first washed in nitrate of silver then with potassium iodide, forming silver iodide.

