

Fremont Fountain View

A program of Baruch Senior Ministries 501(c)



Management at your service

“Baruch Senior Ministries seeks to honor God by serving people as they age.”

Administrator
Shelley McDonald

Resident care Manager
Katrina Huffman

Activity Director
Terri Eitniew

Director of Food Service
Lorraine Wellman

Director of
Housekeeping
Sue Cotton

Director of Maintenance
David McDonald

Pastor
Joan Cornelison

Mission ImPASTable

In 1995, pasta producers from all over the world convened in Rome for the first World Pasta Congress. It was decided that October 25 would be designated World Pasta Day, a day to celebrate the versatility and sheer deliciousness of this global food.

In 2005, archaeologists unearthed 4,000-year-old noodles from a site in China, confirming the belief that the Chinese likely invented the first pastas made of grain and water. These noodles were not like the dried, flour-based pastas we find at grocery stores today, but were made of millet, a grain more like rice than wheat. Does this discovery prove that the Italian merchant Marco Polo brought pasta from China to Italy in 1295? Not quite. While it is very likely that Marco Polo brought Chinese noodles and all kinds of Chinese artifacts back to Italy, pasta was already a common staple in and around the Mediterranean long before Marco Polo's travels east.

Historians think it is far more likely that Italy's famous pastas originated in the Middle East. Written records show that by the fifth century, Arabs were eating *itriyah*, a dough made of flour and water that could be rolled thin, cut into strips, dried, and reconstituted with water. Arab traders traveling the famed Silk Road could easily pack and store this nutritious staple. As the Arabs expanded westward into the Mediterranean, going so far as to conquer Sicily and southern Italy around the year 900, they likely introduced their version of pasta to the region.

In Italy, pasta became both a mass-produced food staple and an art form. Southern Italy's dry, sunny climate was conducive to the growing of hard durum wheat and allowed for the proper drying of long strands of pasta. Tomatoes, another southern Italian staple, would provide the base for many delectable pasta sauces. Innovative pasta makers would devise over 350 unique pasta shapes, each designed to hold and enhance its own sauce. Over centuries of culinary perfectionism, pasta would become a beloved food consumed on every continent of the globe, worthy of its own holiday.

Music-Music-Music.



Birthdays for October

Janice10/10
Stephanie M.....10/29
Katrina.....10/12



Resident Anniversary for October

3 yearsLinda G.



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Bigfoot's Big Moment

In 1958, a northern California newspaper published a letter in which local loggers described their discovery of massive 16-inch-long footprints in the California wilderness. The loggers called the unknown creature who had left the prints "Big Foot," and readers of the newspaper became instantly fascinated with the story. That local story, originally published as a fun, Sunday morning entertainment piece, spread to newspapers across the country. Quite suddenly, the legend of Bigfoot was born. It wasn't until October 20, 1967, that the Bigfoot legend reached a fever pitch.

Two rodeo cowboys from Yakima, Washington, Roger Patterson and Bob Gimlin, ventured into the northern California wilderness in the hopes of capturing hard evidence of the creature. Patterson had long held a fascination with the mysterious Bigfoot. He had spent much of the previous decade interviewing Bigfoot believers, compiling their stories, and exploring and mapping the creature's supposed territories. Despite Patterson's earnest belief in Bigfoot's existence, no one was more shocked than he when he and Gimlin stumbled upon a large, hairy, bipedal, apelike figure stomping through northern California's remote forests.



Patterson was able to dismount his horse and film Bigfoot for about a minute, capturing the now-famous shot of Bigfoot midstride. He and Gimlin tracked the creature for a few miles and made plaster casts of its massive footprints before losing it. The men believed that they had struck Bigfoot gold, that they possessed the evidence needed to prove Bigfoot's existence. The scientific community, however, was not impressed with the footage. Many believed the film had been a hoax and Bigfoot just a man in a costume. Yet other scientists have trouble debunking the film and dismissing its veracity. For the rest of their lives, Patterson and Gimlin argued that their experience and the film were genuine, giving hope to the many Bigfoot believers worldwide.

Who's New at Fountain View

Fremont Fountain View would like to welcome Ray to our community. He is already making himself to home by playing bingo and visiting with the men at his table.



Working together



Let's get creative



Residents are showing their creative side. Good job Shirley, Vivian and Luke.



Staff October Anniversaries

13 yearsShelley

13 yearsJanice



Way to go teams!!!!!!



Resident of the Month

Congratulation Georgie! You have been chosen as Resident of the month for October. Georgie has such a positive attitude with others and is very caring with her table mates. She keeps them company until the last one leaves.



Thank you to the other teams.

The Wing Dreamers

The Fire eaters

Nothing but Da Bones



Team Fountain View did very well with the chicken wing eating contest. The Wing Dings won for most chicken wings ate. And we won the traveling trophy for having the most donations raised way to go teams.