



Central Lions Seniors News



Issue 1

Add Life to Your Years

February 2012

**Happy Birthday
to all our members born in
February**



Centre will be closed

Monday, February 20th

Happy Family Day!

A Friend

*A Friend is one to whom one may pour out all
the contents of one's heart,
chaff and grain together
knowing that the gentlest of hands
will take and sift it,
keep what is worth keeping and
with a breath of kindness
blow the rest away.*

Arabian Proverb.

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Welcome Tours @ Central Lions

For those who are new and want to learn more about our Centre and our programs, we have maps available at the front desk for self-guided tours.

Guided tours are available on Fridays at 1:30 pm with Volunteer tour guide Coral Davids-Fry.

If you would like a guided tour on Friday or at another time, please call 780-496-7369.

11113 - 113 Street, Edmonton, AB T5G 2V1 e-mail: newsletterclsa@yahoo.ca

Phone: 780-496-7369 Fax: 780-442-0946 Website: www.clsa2.com

Hours of operation: 8:30 am to 4:30 pm Office hours 8:30 to 4:00 p.m.

News from the Board

Greetings from the deep freeze in Edmonton...Is it any wonder we are such a healthy, hearty group of people here in Edmonton. -30 for a week and back up to -5/0 all within the span of a week to ten days.

Welcome back to the Centre for a New Year 2012. With a New Year comes the time when we look to those who enjoy challenges, look to lead, and in general just want to have a great time with similar minded people. Yes at the Annual Meeting for CLSA we will also be looking for NEW BOARD MEMBERS. As of our last board meeting, January 17, 2012, we have one new applicant for the board so we still need 2 ADDITIONAL NEW APPLICANTS. I know there are many high quality enthusiastic individuals who will enhance their experience at CLSA by becoming a board member.

We all come to CLSA for our own reasons and when you really get to the root of why people come here it is: the people, the activities, and the pure joy of being somewhere with like thinking seniors.

I trust if you do not see yourself as a board member you may know someone who would be well suited for the board. Let's give those quality people the nudge they need to step forward. As a board member you will never regret your decision for your time spent in the service of CLSA.

As the present Chair of the Board a major responsibility of mine is to ensure we keep you active both mentally and physically while providing an atmosphere that is exciting, inviting, and a joyful place to come and spend your time.

We need quality people on the board. Will you step forward and run for one of the vacant positions? We need you.

Don Smith , Chair

New Session, New Program Guides

Program Guides are filed in boxes alphabetically in the entrance

Please pick yours up as it saves the Association considerable money in mailing costs.



**CENTRAL LIONS
SENIORS ASSOCIATION**

Board of Directors

Executive

Don Smith, *Chair*
Dan Bablitz, *Vice Chair*
John Victor, *Treasurer*
Elsie Schnack, *Secretary*

Members

Jean Anderson, Janet Gagne
John Love, Dennis McDonald,
Vi Presley, Jim Ring, Denise Ryan

Next Board Meeting: Feb. 21, 2012, 1:00 pm

Upcoming Events



“Luck of the Irish”



St. Patrick’s Dinner and Dance

Thursday, March 15th, 5:30 to 9:00 pm
(doors open at 5:00 pm)

Enjoy a special dinner by Ela Euro Catering
Baked ham, meatballs with gravy, mashed potatoes
Salads, Irish bread pudding
Tea and coffee

Matteirin School of Irish Dancing



Music by the CLSA Seniors Big Band

Cash bar, 50/50, door prizes

Invite a friend, dress in green, and come celebrate with us!

Tickets go on sale February 14th,

CLSA and NESAs Members \$25.00, Non-Members \$30.00

Ticket deadline Friday, March 9th

Have fun away from the cold! Try out our February programs!

*Something old; something new;
Something to try - just for YOU!*

Computer & Digital Devices

	<u>Start Date</u>
CW-009 Just Google It!	Feb. 06
CW-011 Spreadsheets (Excel)	Feb. 13
CW-018 Editing Your Digital Photos	Feb. 15
CW-032b Digital - Memory Manager	Feb. 17
CW-015 Where Did All the Buttons Go	Feb. 27
CW-001b Chat: Webcams & Skype	Feb. 27

Cards, Crafts & Hobbies

CW-042b Cards & Paper Crafts	Feb. 06
CW-045a Clay Jewellery with a Beaded Twist -	begins Feb. 09

Creative Writing

CW-054 Banish Writer's Block	begins Feb. 22
CW-056 Lyrics for a Song	begins Feb. 23

Dance

CW-063b Tango Gold: Tango Romantica -	begins Feb. 27
CW-059b Ballroom Dance: Intermediate/Adv.	Begins Feb. 28
CW-059d Ballroom Dance: Just for Fun (Beg.)	begins Mar. 02

Drawing & Painting

CW-071b Oil Painting: Level 2	begins Feb. 27
CW-072 Painting Four Seasons	begins Feb. 29
CW-076 Essence of Watercolour Pencils -	begins Feb. 29

Fitness

CW-085+ Gentle Move & Groove -	
<i>Note: New classes begin the week of Feb. 22</i>	
CW-097 (Thurs) Zumba Gold	begins Feb. 23
CW-093b Total Fitness	begins Feb. 28

General Interest

CW-105 Soups On: Winter Soups...	Feb. 13
CW-098 Don't Throw Away ...\$	Feb. 16
CW-101 Genealogy: Research Plans	Feb. 21
CW-100b Genealogy: Internet	Feb. 27
CW-107a Travel Talk: South America	Feb. 28

Music

CW-126 Classical Guitar	begins Feb. 21
CW-127b Electric Guitar	begins Feb. 28



HAVE FUN with HAND DRUMS!

One day workshops

Thurs., Feb. 23 or Mar. 22

Fee: \$12 each (\$42 non-members)

The Drum is an ancient musical instrument that comes from all cultures. Take a journey into the joyful, healing nature of making music in these FUN and easy one day workshops.

NO experience required.

Learn how to hold the drum, play different rhythms, create your own 'music', and even sing some 'drum' songs. Come smile, tap, shake and laugh to the rhythm of the beat. Everyone welcome!



With Winter programs underway, it is now time to start thinking about



Spring Program Guides will be available at the end of February and registration will begin in early March.

Planning for Fall is now underway. If you have any ideas for programs and presentations, let Carol know!

Winter 2012 Program Updates

FEBRUARY HEALTH TALKS

Come talk to the experts!

- CW-115 Jeepers Peepers: Not Seeing As Well As You Used To? Feb. 02
- CW-112 Dental Health Digest Feb. 07
- CW-120 Relax with Reflexology Feb. 07
- CW-114 Hypertension & Stroke: Be Heart Wise Feb. 09
- CW-119a Nutrition Made Clear: What's hot; what's not! Feb. 15

Feeling the Winter Blues! Needing help on how to deal with others.

Conflict without Tears

(\$46; \$76 non-members)

CW-110 Where there are people, conflict is inevitable. The key is to learn and reinforce tools within oneself to be able to deal with conflict calmly. Learn 'pathways through conflict' with mediator Trudianne Dolman.

- Feb. 08 Understand Conflict Style & Why Conflict Happens
- Feb. 29 Listen Up! And Help Others to Hear You
- Mar. 14 How to Stand Your Ground & When to Let Go

Falls are the leading cause of injury among older adults.



Steady As You Go

CW-121a

Thursday, Feb. 2 & 23
10 am - 12 pm

Fee: \$2 (you must pre-register)

*Presenter: Bonnie Wademan
Alberta Health Services*

One third of people over 65 have a fall each year and the risk of falling increases as age rises. Falls can result in ongoing disability, changes in living arrangement, reduced mobility and increased isolation, and even death. Falls also represent a considerable financial burden on the health care system.

This Falls Prevention program sponsored by Alberta Health Services, is designed to help Older Adults keep their independence and stay healthy longer. Topics include:

- * Awareness of trip hazards
- * How to maintain daily physical activity
- * Importance of good vision and of good nutrition in keeping bones strong.

Each person will receive a handbook and practical exercises to help improve balance, strength and flexibility. Join Bonnie for this important workshop. You will be glad you did!

**Central Lions
DRAMA CLUB!**
**Next production
May 2012**



Now calling for:

Actors and Actresses

Costume and Make Up Assistants

Backstage Helpers

Script Writers

Directors and Stage Managers

Prompters and Extras

Roles for Men and Women

No Experience necessary!

Next meeting:

Thursday, February 16 @ 1 pm

For info. call Maura @

780-460-9238 or

Irene @ 780-474-4439

Fitness and Wellness

Smiling is Good for You

Did you know that research has shown that smiling can affect your lifespan and change the world around you? Smiling is usually an expression of happiness, but not only does a smile come naturally from happiness, research proves that a smile can actually increase happiness.

Research has shown that the very act of smiling releases serotonin, the so-called 'happy chemical' in the brain. So, even a smile that starts out fake, could lead to genuine happiness. A Subjective Well-Being study showed results that happy people live 9 years longer than depressed people, so it's well worth it!

So smiling is good for your health, but it is also infectious. A smile is one of the best gifts you can give someone, and it costs nothing at all.

More Interesting Facts About Smiling:

1. People are born with the smiling instinct; it is not a learned behaviour. Even blind babies smile.
2. Women smile more than men. (Could that be why they live longer?)

Fitness Centre Hours

Monday to Friday
8:30 am to 3:30 pm

Fees

Drop-in Fee: \$3.50

10 Visit Pass: \$30.00

Monthly Pass: \$35.00

Personal Training \$36.00/hr

Or 3 sessions for \$90.00

**Must be a member of CLSA
prior to joining the
Fitness Centre**



Winter Safety

With winter snow and ice there is a greater risk of falls. This winter:

Keep all steps and walkways clear of ice and snow.

Carry a small packet of grit (sand or kitty litter) in your purse or pocket to spread on ice.

Wear boots or overshoes that have a deep tread and fit properly.

Dress warmly and appropriately for the weather so you aren't rushing to get indoors.

Wear sunglasses to cut down on glare.

If you have to walk on ice, take small steps and walk slowly.

General Information

New Evening Hours at CLSA

Central Lions Recreation Centre will be extending its hours of operation from 5 to 9 pm starting January 2nd 2012. Access to the building for the evening hours will be through the North doors.

The facility will be expanding evening program offerings in both recreation and adult leisure classes. There will be drop-in opportunities in the gym as well as fitness centre availability for the general public.

The City will offer sales of the facility passes at the Central Lions Recreation Centre during those times at the north end entrance and during the day at the main reception area. Central Lions Senior Association members who have a fitness centre pass may drop-in at their discounted members' rate during the evening hours.

For more information or to register for City Programs, please call 311

Are you 65+?

Feeling a bit lonely, wanting to get out of your home?

Would you like to have some fun, meet new friends, get some exercise, enjoy socializing?

CONNECTIONS might be just what you are looking for! The folks there would love you to join them for coffee time, exercise and creative activities. They meet every Thursday morning from 10 am - 12 pm.

For more information about the start date and cost for the **WINTER** session, please call Carol at 780-496-7369.

We would love to have you join us!



CARDS! CARDS! CARDS!

If you know someone in your class, game or club who is sick at home or in hospital, or recovering, or having a hard time, let us send a card to cheer them!

Please call Sibylle at 780-454-0614. You can also leave a message; just give your first name and your telephone number and we'll call you back.

Let's bring a smile and hope to someone in need!



In Memoriam

CLSA Remembers Jessie Nicol

NICOL, Jessie
1906 - 2011

On December 24, 2011, less than a month short of her 106th birthday, Jessie Nicol passed away peacefully at the Edmonton General Hospital. Born Jessie Gray in Medicine Hat, where her father, James Gray was based as a CPR Locomotive Engineer. She met Alex Nicol at the tennis courts, and they married in June, 1930. The family moved to Edmonton on February 10, 1937. Jessie was predeceased by her husband Alex in 1978, after 48 years of marriage.

She is survived by daughter Eileen (Gerry) Harle; grandchildren, Brent (Christine), Neil (Alison) and Craig (Joanne) Harle and eight great grandchildren. Jessie was a devoted mother, grandmother, great grandmother and friend.

Jessie worked for the Medicine Hat News, and later, when Alex was transferred to Edmonton to take up the position of Chief Operator for CPR Telegraphs, she was a member of the inaugural staff at NAIT, where she taught typing and shorthand until her retirement. Jessie was an avid cribbage player and loved to travel. She was noted for acknowledging friends and relations birthdays and other special occasions. A non-driver herself, Jessie travelled the city mainly with ETS, who on her 100th birthday, honoured her dedication to public transport by awarding her a lifetime pass. She continued using ETS for some time after.



Jessie was our oldest member and the picture here is from when we celebrated her 104th birthday.

She was always very cheerful and came to the Centre to play cards every week.



Table Tennis Club

The Table Tennis Club which runs out of the Gymnasium is one of the most popular clubs operating within the Central Lions Seniors Centre.

The club currently has over seventy regular members plus about a dozen Life Members. Playing from 08.30 AM to Noon on Monday, Wednesday and Friday it can attract between forty and sixty participants on any given day. The skill range of play varies from complete beginner to the competition level. The club equipment is well maintained and we have just added two new tables plus a Robot Ball Server (pictured on right) that was made available thanks to a generous grant from the Alberta Sport, Recreation, Parks and Wildlife Foundation. The Robot has given us the opportunity to train players to a higher level of skill and fitness by teaching them how to respond to balls served with spin. Anyone interested in playing may come along during club hours for more information.

Singles and doubles format are played and everyone has an opportunity to find a game to suit their interest. Both scoring and rallying (practice) games are played so if you want just fun or a more serious game of competition, there's something here for you. Membership in the Table Tennis Club for the year 2012 is now available for anyone who already has a C.L.S.A. membership for this year. There is a yearly fee to join the Club plus User Fees are charged by C.L.S.A. Fees are moderate and affordable for most seniors.



Poetry and Fun Page

Two-Bits

The origin of two-bits as a quarter of a coin (specifically \$1.00) goes back to the Spanish occupation of the New World. The Spanish coin was the doubloon, worth approximately \$16.00. That was a great deal of money — far exceeding most requirements. The practical solution was to divide the coin; first cut in half (\$8.00), then each half cut to make quarters (\$4.00). That was still too much for common use, so each quarter was further cut in half — hence; two bits were one quarter of the original doubloon. At that time you could buy a night's lodging, or a good horse, for one bit.

When the dollar became the monetary unit of choice in Canada and the United States, the expression "two-bits" to identify a quarter was already ingrained in our vocabulary.

Coral A. Davids-Fry
Gold 101

I was on vacation, playing the slot machines. It was my first time in a casino, and I wasn't sure how the machines operated.

"Excuse Me," I said to a casino employee. "How does this work?"

The worker showed me how to insert a bill, hit the spin button, and operate the release handle.

"And where does the money come out?" I asked.

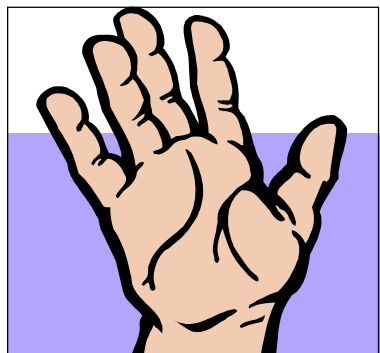
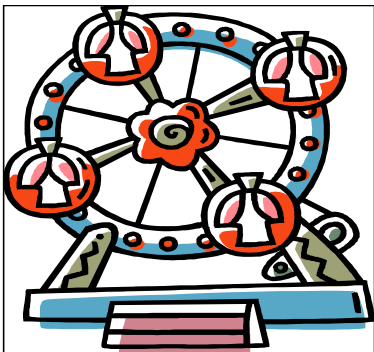
He smiled and motioned to a far wall before saying, "Usually at the ATM."

A person wrapped up in himself, usually makes a pretty small bundle.

I took my mother to the fair. She wanted to go on the Ferris wheel, but that's not my speed. So she went on the ride by herself. In the middle of her ride, the wheel malfunctioned. I watched as Mom was thrown out of the gondola and landed in a heap at my feet.

I said, "Are you hurt?"

"Of course I'm hurt!" she replied. "Three times around and you didn't wave once!"



When I got flowers from my husband on Valentine's Day, I quickly opened the card. All it said was "no".

What did that mean?

I called my husband. He said "I didn't attach any message. The florist asked if I had a message and I said "No".

This year, in 2012, there will be 3 Friday the 13th's and two Blue Moons.

Valentine's Day

Treats for your Valentine (or you)

Chocolate Covered Strawberries



16 oz milk chocolate chips
2 tablespoons shortening
1 pound fresh strawberries with leaves

1. Insert toothpicks into the tops of the strawberries.
2. In a double boiler, melt the chocolate and shortening, stirring occasionally until smooth. Holding them by the toothpicks, dip the strawberries into the chocolate mixture.
3. Turn the strawberries upside down and insert the toothpick into Styrofoam or up side down egg carton for the chocolate to cool.

If I could reach up and hold a star for every time you've made me smile, the entire evening sky would be in the palm of my hand.

Life has taught us that love does not consist in gazing at each other but in looking outwards together in the same direction.
Saint Exupery

Love cures people. Both the ones that give it and the ones that receive it.
Dr. Karl Menninger

The Eskimos have 52 words for snow because it is so special to them; there ought to be as many for love.
Margaret Atwood

Love is like playing the piano. First you must play by the rules, then you must forget the rules and play from your heart.
Unknown.

Love is not love that alters when it alteration finds.
Shakespeare

You don't marry someone you can live with—you marry the person you cannot live without.
Unknown

A kiss is a lovely trick designed by nature to stop speech when words become superfluous.
Ingrid Bergman

True love is like ghosts, which everybody talks about and few have seen.
La Rochefoucauld

Information

Don't worry, be happy — and live longer

Today's lesson: be happy, live longer. Now science seems to back the glass half-full approach.

A review of more than 160 studies on the connection between a positive state of mind and overall health and longevity has found "clear and compelling evidence" that happier people enjoy better health and longer lives. In fact, evidence linking an upbeat outlook and enjoyment of life to better health and longer life was stronger even than that linking obesity to reduced longevity, according to the review published in the journal *Applied Psychology Health and Well-Being*.

"I was almost shocked, and certainly surprised, to see the consistency of the data," said Ed Diener, the University of Illinois psychology professor emeritus, who led the review. While he said a few studies he reviewed found the opposite, the overwhelming majority...support the conclusion that happiness is associated with health and longevity."

The review looked at eight different types of long-term studies and experimental trials of both human and animal populations. For example, 5,000 university students for more than 40 years provided evidence that the most pessimistic students tended to die younger.

In the laboratory, positive moods were found to reduce stress-related hormones, increase immune function and help the heart recover following exertion.

Diener noted that while current health edicts focus on obesity, smoking, eating habits and exercise, "it may be time to add 'be happy and avoid chronic anger and depression' to the list."

Edmonton Journal

Year End Donations

At the year end it is time to think about our tax returns, and perhaps making donations which will be eligible for tax credits.

When you are selecting charities remember the Centre — we can always use funds and you will receive a tax receipt in plenty of time to prepare your income tax return!

I would like to make a donation to the
Central Lions Seniors Association

Amount: \$ _____

Please send my tax receipt to:

Name: _____

Address: _____

City: _____ Prov. _____

Postal Code _____

Phone: _____

Please make cheque payable to:
Central Lions Seniors Association

Memorial donations may also be made in the same way by adding the words: "In Memory Of" and the name of the person in whose name you are making the donation.

Next of kin information should also be provided.

Volunteers – the of Our Centre

URGENTLY NEEDED

Tuesday March 27 and Wednesday March 28

Baccarat Casino workers

Chip runners—4 hour shifts

Count Room workers—late night

Contact Don Champion (780)719-4118

Thank you to all the phoners for the calls you made to encourage members to attend the Christmas functions. They were very successful as a result. Special thanks to the Decorating Divas for the beautiful décor for Christmas!

ABILITY

Ability is what you're capable of doing

Motivation determines what you do.

Attitude determines how well you do it.

Jigsaw puzzles

Donations of jigsaw puzzles are very welcome. Please ensure all the pieces are in a ziploc plastic bag when they are brought to the centre.

Ann Lorian

A man walked into a busy doctor's office and stated, "Doctor! I think I'm shrinking!"

The doctor calmly responded, "Now, settle down. You'll just have to be a little patient".



Volunteer Hours

The Centre receives grant money based on volunteer hours recorded, so please enter volunteer hours in the binder at the front office. Your efforts are valuable and appreciated by all.

Evidence has been found that William Tell and his family were avid bowlers. Unfortunately all the Swiss League records were destroyed in a fire . . .

And so we'll never know for whom the Tells Bowled.


Happy Valentine's Day

Wellness Information

Let's Get Physical!

So you want to get physically fit in the coming year. We can all be enthusiastic in the beginning but often take a fade after a few weeks, sometimes because we aren't prepared for the challenge. Here are a few tips to help you launch a successful, enjoyable and lasting fitness program.

First tip: If you are at high risk for any chronic diseases such as heart disease or diabetes, or if you smoke or are carrying some extra pounds, you should FIRST check with your doctor before becoming more physically active.

Tip Two: Choose the right level of activity for yourself. If you haven't been active for a long time, it's important to start out at a low level of intensity (beginner) and work your way up slowly. The intensity of specific classes is often indicated as being appropriate for beginners, intermediate or advanced participants.

Third tip: Find something you believe you will enjoy. Slugging it out on your own in the gym may not be the ideal solution for you. What about partnering up with a friend, or trying a variety of classes.

Fourth tip: The great thing is most older adults, regardless of age or condition, will do fine increasing their physical activity to a moderate level over a period of time. Many studies have proven that fitness is an important aspect of healthy aging. Once you get started continue to challenge yourself to find new things to try.

Tip Five: Understand the components of total fitness so they are all addressed in your fitness regime. There's muscle and bone strength, achieved when you work with resistance or weights. There's the aerobic part or "cardiovascular conditioning", best achieved through exercises that maintain an elevated heart rate for at least 20 minutes. The added bonus to cardiovascular work is that it burns calories, making you slimmer. Then there's the exercises for flexibility to maintain and increase your range of motion. Each of these components are necessary and important in a 'total' fitness routine.

In conclusion you may ask how can you get all these components into your routine? Often a class can be your simplest answer. Instructors are trained to offer a complete workout, inclusive of all the components. There are also fun activities that include some of the components too...racket sports are great cardio workouts for example. Yoga for seniors, and other specialized courses (many offered here at the center) are ideal ways to newly experience or renew interest in activities. Think outside the 'box' and you might find that some of the things you've always wanted to try are ideal for one or more of the components in your total fitness regime. Variety can be the spice of life...so let's get physical!

Marilee Barry,
Fitness Centre

I woke up, I lifted my arms. I moved my knees, I turned my neck.
Everything made the same noise: Crrrrraaaaaaccccccaaaaaacccccck!
I came to the conclusion:
I am not old, I am crispy!



Notices

Art Show Help December 9th, 2011

A Big "THANK-YOU" goes out to all the participating artists who displayed their artwork at the recent "Art Show and Sale" held in the Central Lions Seniors Centre. There were a great many art pieces highlighting various mediums and it was great to meet the artists from both Northgate and Central Lions. I would also like to thank those that helped put up the signs in your particular place, and a special thank you to Marg and Gene Brenda who changed the sign on 111th Avenue to highlight the event. Also to the staff of Central Lions who did an excellent job in making our show possible. Hopefully next year it will be on a more suitable date and time so that many more people can attend.

We need to advertise earlier and more widely, so if you have any suggestions I really would appreciate hearing from you. As we do not have any finances to cover advertising, this would of course have to be free. This year because of the late date, it was not possible to get the advertising into the papers soon enough. Although I had submitted the event into a few other papers, besides the Edmonton Journal, (which did show it), it was not put in. A local TV station was also notified.

I was pleased that this first effort for a combined Art Show came together, and look forward to a bigger and better show in the years to follow.

Isabelle Kleparchuk

Respect for People and Property

The City of Edmonton and the Central Lions Seniors Association value the safety and security of visitors, volunteers and staff, and the protection of personal and public property at
City Recreation Facilities

City Staff, The CLSA Board of Directors and the Edmonton Police Service work together to prevent, monitor and react to any potential risk

Inappropriate, abusive, undesirable, dangerous or criminal behaviour will not be tolerated. Anyone not following facility guidelines will be asked to leave and may have facility privileges suspended or terminated through the Abusive Patron Policy. Individuals may be charged by the Edmonton Police Service under the Canadian Criminal Code.

Please do your part by showing respect for people and property at the Central Lions Seniors Recreation Centre, and reporting any suspicious persons or activities to staff immediately.



Volunteer Recognition

Our Lapidary Club is the driving force it is mainly because of the two volunteers that keep us all on our toes and the machines in perfect working order.

Aldo Grezbaz with his verbal enthusiasm takes each member through all the motions on all the machines.

From cutting slabs to the fine finish polish Aldo will be there to tell you what to do next. From the sawing out a shape to "getting the gloss" on a piece, Aldo will explain what your options are and what your best bet for a successful completion will be. He's always there and he always has an answer for you.

Ron Deacon will be there to show you how to take any of the machines apart to recharge it and just how to go about the recharging. He has had nearly every machine in the lab apart and replaced some part on it. He looks after ordering new blades and belts and the installation. He just keeps going and going and going.

Both Ron and Aldo have a wealth of knowledge of rocks, how they come to be formed and where they can be found. Their expertise and help, given so freely, keeps the club strong and busy.



Aldo Grezbaz



Ron Deacon

Correction

Pickle Ball meets Tuesdays and Thursdays from 8:30—12:00 noon and Friday from 12:15 to 3:30 PM.



Contest No. 10 Answers

NAME THESE CAKES

1. A day we celebrate _____ *Christmas Cake* _____
2. Oranges _____ *Fruit Cake* _____
3. Goes with Pork _____ *Applesauce Cake* _____
4. Jack-O-Lantern _____ *Pumpkin Cake* _____
5. What Satan eats _____ *Devil's Food Cake* _____
6. Opposite of black _____ *White Cake* _____
7. Tired Flower _____ *Lazy Daisy Cake* _____
8. Candy _____ *Gum Drop Cake* _____
9. Nutmeg _____ *Spice Cake* _____
10. Type of Material _____ *Chiffon Cake* _____
11. City in B.C. _____ *Nanimo Cake* _____
12. Little Boys game but girls play it too _____ *Marble Cake* _____
13. A cake not long _____ *Short Cake* _____
14. A wedding _____ *Matrimonial Cake* _____
16. Topsy Turvy _____ *Upside Down Cake* _____
17. Feels like rubber _____ *Sponge Cake* _____
18. Reminds me of heaven _____ *Angel Food Cake* _____

The Winner is **Dot MacNaughton**. She is one of many entrants but the only one with all the correct answers. Thank you all for your support. Do not give up if you did not win, you may get it this month. Your entries are anticipated and greatly appreciated.

Contest No. 1

The Answers to the following are found using the letters in the word
STOCKING

1. A small bed _____
2. Part of a wheel _____
3. A royal personage _____
4. Something to spend _____
5. A useful metal _____
6. For a foot _____
7. Outfit for a sailor _____
8. Poem set to Music _____
9. What birds do _____
10. To do wrong _____
11. Where dishes are washed _____
12. Above a store door _____
13. Another name for a notch _____
14. A heavyweight _____
15. Used in a fireplace _____
16. Something a Bee Does _____
17. Covering for a body _____

Submit by February 15th. The prize is a \$5.00 gift certificate for the Cafeteria

Name _____

Telephone _____ Date Submitted _____

The Board Needs Your Help – 2012 AGM

At the end of March, we will have several vacancies on the Board of the Central Lions Seniors Association. If you have a few hours to volunteer each month and are looking for a worthwhile cause in an upbeat organization that provides valuable programs for seniors, you may be the right candidate for this position.

If you have previous experience working on Committees and/or Board, we consider them to be great assets. However, if you do not have the experience but are willing to learn, we are still interested in you. As a Board Member you are expected to fulfill the following requirements:

- Be a member of CLSA in good standing
- Attend monthly meetings (Board does not meet in July)
- Dedicate time to serve on one or more CLSA Committees
- If you miss three consecutive meetings, the Board will ask for your resignation

We need people with the ability to analyze, think clearly and creatively, work well with individual members and/or groups. You must be prepared to actively participate at Board Meetings, review CLSA financial records and minutes, and understand various programs and services offered by CLSA to its membership.

Please complete the application on the reverse side of the page, provide us a brief bio of your relevant qualifications and state why the organization may benefit with your participation.

The CLSA Board functions as a hard working, dynamic and cohesive group that keeps the organization current and progressive. We would love to have you join the Board at Central Lions Seniors Association.

John Love
Chair of Nominating Committee

If not you, WHO? If not now, WHEN?



Central Lions Seniors Association

Board Nominee Form

We hereby nominate _____ CLSA Membership # _____

To stand for election to the Board of Directors of the Central Lions Seniors Association

Signed: _____ Membership # _____

Signed: _____ Membership # _____

Signed: _____ Membership # _____

Signature of Nominee

Telephone Number

Interest Group

All nominees must be current members of the Central Lions Seniors Association and must be chosen by at least two other members.

The elected member may be subject to a criminal check.

I agree to allow my name to stand for nomination to the Board of Directors for the Central Lions Seniors Association. I understand this is a two-year commitment with Committee responsibilities. I certify that I have no conflict of interest that will prevent me from performing my duties objectively.

Signature

Date