



CHATTERBOX

Blind Center of Nevada



The Holiday Season

The holiday season has arrived and as we get ready to wrap up another great year let's take a little look into where some of the "holiday traditions" originated.

Have you ever wondered why is there a small evergreen tree in your living room? This is a German tradition, started as early as 700 A.D. In the 1800s the tradition of a Christmas Tree was widespread in Germany, then moved to England and then to America through Pennsylvanian German immigrants.

Why is mistletoe hanging over the front door? For Scandinavians, the goddess of love (**Frigga**) is strongly associated with mistletoe. This link to romance may be where our tradition of kissing under mistletoe comes from.



What, exactly, are the 12 days of Christmas? The 12 days of Christmas are the 12 days that separate Christmas day on December 25 from Epiphany, which is celebrated January 6. Depending on the church, January 6 may mark Christ's baptism (the Catholic tradition), or it may mark the day that the wise men visited the baby Jesus with their gifts.

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Holiday Traditions Continued:

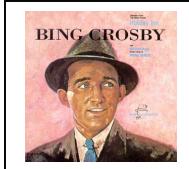
In the past, there was a tradition of giving gifts throughout the 12 days, rather than stacking them all up on the morning of December 25. That tradition, as you might imagine, has never really caught on in America! We just aren't that patient. The song, however, demonstrates that some people once stretched out their gifts (and gave some fairly elaborate gifts...) over the full 12 days.

And what about these fruitcakes? According to "The Joy of Cooking," by Irma Rombauer and Marion Becker, "Many people feel that these cakes improve greatly with age. When they are well saturated with alcoholic liquors, which raise the spirits and keep down mold, and are buried in powdered sugar in tightly closed tins, they have been enjoyed as long as 25 years after baking."

Why do so many people, even Floridians, dream of a white Christmas? The song "(I'm Dreaming of a) White Christmas," written by Irving Berlin for the movie "Holiday Inn" (1942) and sung by Bing Crosby, is one of the best-selling songs of all time.

Why are oversized socks hanging on your mantel? According to a very old tradition, the original Saint Nicholas left his very first gifts of gold coins in the stockings of three poor girls who needed the money for their wedding dowries. The girls had hung their stockings by the fire to dry.

And there you have it and that's why we do what we do every year. Whatever your "holiday traditions" may be we wish you health and happiness this Season.



NOVEMBER SCHEDULED EVENTS

COMPUTER LAB MONDAY-THURS 9:30AM-1:30PM

MONDAY **BRAILLE LESSONS** 10AM-11AM

MONDAY **SHOPPING TRIP** 9:30-10:30AM

BOWLING MONDAY 11:15AM

BAKERY GOODS EVERY MONDAY

CHAT & GAMES **KITCHEN CLUB** TUESDAY 9:30AM

SHOPPING TRIP TUESDAY 9:30AM

GUEST SPEAKER EVERY TUESDAY 12:30PM

VISITING PHARMACIST WEDNESDAY 10:30AM

ROUND TABLE **DISCUSSION** WEDNESDAY 12:00PM

WEDNESDAY **BRAILLE LESSONS** 10:30-11:30AM

EXERCISE, WATER AEROBICS, NUTRITION LESSONS

WEDNESDAY 10:00-11:30AM WITH CHRISTY

TAI CHI WEDNESDAY 12:30-1:30PM

PIANO & GUITAR LESSONS WEDNESDAY 12:00-2:00PM

DANCE LESSONS WEDNESDAY 3:30PM

COMPUTER MENTORING (INDIVIDUALIZED LESSONS)

WEDNESDAY 3:30-4:30PM

WEDNESDAY IS **\$1 TACO DAY!** PLACE YOUR ORDER
WITH DONNA BY TUESDAY.

MAIL READING ASSISTANCE AVAILABLE MON-THURS

BY APPOINTMENT, CONTACT PAULA.

WAL-MART **SHOPPING TRIP** THURSDAYS 9:30AM

NON-DENOMINATIONAL BIBLE STUDY 1PM

BAKERY EVERY THURSDAY

REMEMBER: BLINDNESS SUPPORT GROUP MEETS ON

THE 4TH WEDNESDAY OF THE MONTH AT 6375 W.

CHARLESTON BLVD (CROSS STREET IS TORREY PINES)

AT THE CCSN CAMPUS BLINDCONNECT OFFICE.)

FOR INFO CALL 631-9009.

December 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
					Bowling Sign-up Deadline	
11	12 Deadline To RSVP Holiday Dinner	13	14 Holiday Dinner Gala	15	16	17
18	19	20	21 No Ceramics Class	22 Holiday Hayride 3:30pm	23	24
25	26 CHRISTMAS CENTER CLOSED	27	28	29	30	31

Friends, Family & Every Breathing Body!



Get ready! We need volunteers to come down and help us make our fabulous Gourmet Holiday Gift Baskets.

**Monday-Friday 9am-7pm
Saturdays 10am-4pm**

Walgreens Pharmacy Is Low Vision Friendly

Take care of your prescription needs from the comfort and privacy of your home using your own computer

- Order Prescription
Home delivery also available
- View and Print Rx History
Check your refill history online from the convenience of your home
- Update Health History
Update your records from home
- E-mail Reminders
Get reminders via e-mail when it is time to refill

Log on at www.walgreens.com or call your local Walgreens for more details.



*Blind Center of Nevada
Presents*

Holiday Dinner Gala 2005

Hosted by the

Monte Cristo Ward

Wednesday December 14th

Seating begins at 3:30pm

Blind Center recital 4:00pm

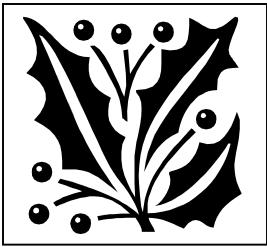
Dinner served at 5:00pm

Henderson Bell Choir 6:30pm

*****To reserve a ticket for
you and one guest call 642-
6000 by 5:00pm Monday
December 12, 2005.**

This will be a very special
evening of spectacular dinner,
cheerful holiday entertainment
and melodious splendor!





A Cup of Cheer

By Jerice Ney

Well, I'm depressed. Yes, it's time to just fall apart. I've cleaned, I've cooked, and I've put a smile on my face and then cleaned again.

I guess you may have done the same thing for years. You've cried and you've laughed. We all do the same thing for a holiday, but no one wants to admit it. I think holidays were especially made to get all of the tears out of your system and into a Kleenex. After all isn't that what those little paper things are made for.

Every year it's the same old story. You start buying gifts as soon as the stores open the day after Christmas. You think you'll have that job all covered well before the big day is here; but here you are on Christmas Eve with a list a mile long and not a thought about what you will buy.

Next comes the gift-wrapping and this job is for the good fairies. Oh how I wish they would show up at my house. Why is the paper always an inch too short and why does the tape always stick together at the worst possible time?

So here we go with the gourmet dinner. Every thing has to be just right. Everyone has a favorite dish. Everyone wants to bring a dish, and what do you end up with, fourteen different varieties of green bean casserole. I had my own tragedy. We had cream of potato soup this year instead of mashed potatoes with cheese. I just put them at the beginning of the buffet with some bowls and said, "Help yourself to some soup".

Now all I have left in my house are the lasting memories. After all if you have 10 grandkids and 8 parents what else could you expect? They did leave me with a beautiful addition to my living room carpet however. It's called cherry Kool-Aid stain. And Oxy Clean has not helped one little bit.

Well, I'm going to have my little cry now, and I'll use that hanky little piece of paper because, it's all over with. There's no more Christmas tree, no smell of spices in the house. All of the paper and tape have been used and all of the relatives have gone home. The groceries have been eaten and so has the turkey soup. And guess what? I'm off to Wal-Mart for the day after Christmas sale.



WELCOME TO THE BLIND CENTER OF NEVADA

NEW MEMBERS NOVEMBER 2005

ANITA PALLAY

MARIA BROWN

DOROTHY LUMANTA

MARILYN GREEN

CHRISTINA POLLOCK

STEPHANIE POLLOCK

LARRY HILL

NORMA JEAN MOORE

RUDY PEREZ



T.H.I.N.K. BEFORE YOU SPEAK

By Alan Redpath

“T.H.I.N.K. before you speak.” Ask yourself a series of five questions before you speak about someone:

Is it True?
Is it Helpful?
Is it Inspiring?
Is it Necessary?
Is it Kind?

Is it TRUE? That's a simple question. But is it true? Is it the whole truth or just part of the truth? Can you prove it?

Is it HELPFUL? Does your speaking about it bring about a solution to a problem, or add to the problem?

Is it INSPIRING? Sometimes even how we address an issue when it's true and helpful is wrong. We should be inspiring as well.

Is it NECESSARY? Sometimes our words and our concerns aren't really necessary. We don't need to get involved.

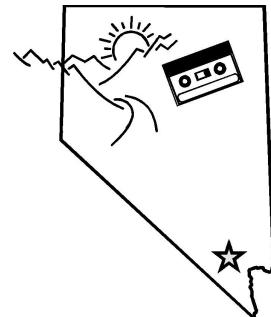
Is it KIND? That's pretty simple. What's the motive behind the words? Will it build up or tear down?

If what I am about to say does not pass these tests,
I will re-think what I am about to say.

Before you speak, ask yourself: Is it true, is it helpful, does it inspire, is it necessary and is it kind.



Talking Books Open House



Friday, December 9
10:00AM – 4:00 PM

Visit Southern Nevada's Library
for the Blind and Physically Handicapped

2960 Sunridge Heights Pkwy, Suite 110
Henderson, NV 89052

Tour the Talking Books Library

Talking Books is a lending library with more than 50,000 cassette books and magazines for all ages and interests, recorded by the National Library Service of the Library of Congress, circulated free through the mail to Nevada residents unable to hold or read standard printed material due to vision impairment or disability.

Welcome reception hosted by the Nevada Council of the Blind

Hands-On Demonstrations of Assistive Technology for
Blind
and Low Vision Readers, courtesy of Southern Nevada
Easter Seals

Learn about Library services for blind, low vision, homebound, and disabled readers from Henderson Public Libraries/Las Vegas-Clark County Libraries

For more information and driving directions
call the library at 702-733-1925

THIS COULD CHANGE YOUR LIFE!

Do you or a loved one find it increasingly difficult to complete what once were simple everyday tasks? Are you looking for something to help you read the newspaper, look up a phone number, read your prescription bottle or a menu at a restaurant? The Blind Center offers a wonderful low vision program. There is no fee to attend this "hands-on" learning experience. You will gain a wealth of knowledge about low vision and non-visual aids. You shouldn't go another day without this valuable information that can change your life for the good. Call 642-6000 to reserve a seat at our next demonstration.

BLIND CENTER OF NEVADA
1001 N. BRUCE STREET
LAS VEGAS, NV 89101

FREE MATTER FOR
THE BLIND



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