

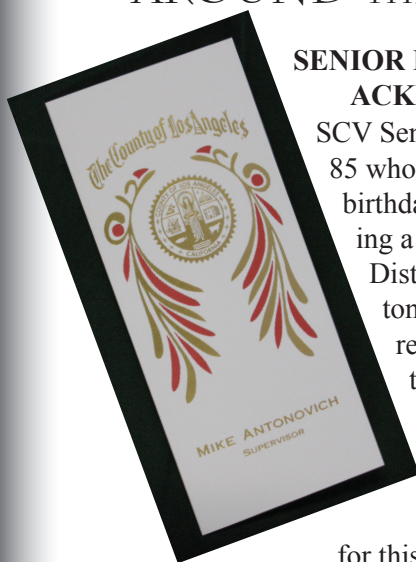


The Mighty Oak

Santa Clarita Valley Senior Center

January
2009

NEWS FROM AROUND THE CENTER



SENIOR BIRTHDAYS TO BE ACKNOWLEDGED

SCV Senior Center participants over 85 who are listed in our month birthday column will be receiving a birthday card from our 5th District Supervisor Michael Antonovich! He and his staff have recently initiated this courtesy to acknowledge the Seniors in our area. The card is a real beauty with gold imprints. Our thanks go out to Supervisor Antonovich for this kindness!!

Braille Institute's Mobile Solutions Van Visits SCV Senior Center

The Mobile Solutions Van from the Braille Institute will be available for the visually impaired at the Santa Clarita Valley Senior Center from 10:00 a.m. to 3:00 p.m. on the following up-coming date:

Tuesday, January 6, 2009

The Braille Institute Van offers a wide variety of services for the visually impaired without the time or trouble of visiting the Braille Institute in Los Angeles. Services include, for example, the sale of assistive devices, library services registration, resource referrals, and more. To meet with a low-vision consultant, you must make an appointment by calling John Taylor at the Senior Center, 259-9444, extension 125.

Winter Fitness Program to Begin in January

A new 50+ Fitness Program at Bouquet Canyon Seniors Apartment with ACE Certified Fitness Trainer Linda Bennett will commence on Tuesdays and Thursdays January 13th. As the "New Middle Age" active adults know the key to staying young and healthy is exercise.

On Tuesdays at 8:45 a.m., get your balance and memory in gear; Linda will teach EZ Line Dance, mixed with lots of fun!

Thursdays at 8:45 a.m., Chair Pilates will be taught in levels of difficulty, and it's great for people

that don't like to get on the floor. The purpose of the class is "Functional Fitness," strengthening the core, toning the body, and developing flexibility.

Come join us at 26705 Bouquet Canyon Road, Santa Clarita, 91350. Classes begin Tuesday January 13th at 8:45 a.m. \$5 per class/seniors 60 and over, and \$6 non-senior or \$35-\$45/month. For more information call Linda at 661-993-3969 or the SCV Senior Center at 661-259-9444.

Driver Safety Training 2009 Schedule

The AARP Driver Safety Program has announced their SCV Senior Center teaching schedule for the year 2009. Full-course classes run in "even" months, Fridays from 2-6 p.m. and Saturdays from 8:30 a.m.-12:30 p.m. by instructor Roger Oleson. This course covers the Rules of the Road as well as safety tips, and completion of this eight-hour class will earn each participant a three-year certificate, which for drivers 55 and over, can earn them an auto insurance credit.

Refresher classes run in "odd" numbered months, Saturdays from 8:30 a.m.-1:00 p.m. by instructor Glenn Grade. Participants are eligible for the Refresher class following the completion of a regular 8-hour class within the past four years.

Class fees are \$14 cash or check. AARP members, however, may take the class for \$12. AARP members must bring a valid membership card, or a copy of their most recent membership-fee check.

Dates for 2009 are: Jan. 10, Refresher, Grade; Feb. 20 & 21, Oleson; Mar. 14, Refresher, Grade; Apr. 3 & 4, Oleson; May 16, Refresher, Grade; June 12 & 13, Oleson; July 11, Refresher, Grade; Aug. 7 & 8, Oleson; Sept. 12, Refresher, Grade; Oct. 9 & 10, Oleson; Nov. 14, Refresher, Grade, and Dec. 4 & 5, Oleson.

SAVE THE DATE: ANNUAL MEETING JANUARY 23, 2009

The Committee on Aging and the SCV Senior Center Foundation will hold their annual stakeholders meet at 6 p.m. You are invited to attend, learn about the Center, and join in the festivities.

(Continued on page 3.)

January Birthdays

Best wishes to the following

Senior Center Members

celebrating birthdays of 85 and older!

1	Betty Lehosky		
	Tony Paye		
	Janet Peters		
	Helen Thomson		
2	Fay Dicker		
3	Marnee Thompson		
4	Betty Hartung		
	Virginia Sylvester		
5	Carmelina LaTorre		
	Esther Mariano		
6	Felipe Monserrat		
7	Mary Balogh	22	Jane Spathos
	Ruth Brazell	23	Keneth Slavin
8	Cynthia Haley	24	Virginia Esterle
	Marie Morfino		Cecelia Kard
9	Millie Ballace	26	Ray Acosta
	Anne Johansen	27	Myrtie Buzzell
	Bob Prather		Berdie Coe
	Kathleen Prey		Joyce Movius
	Murray Simon	28	Rosemary Brown
10	Jerry Heimann		Paulean Fluken
	Ned Shafer		Phil McAliste
12	Elisabeth Buquet	29	Anne Selmsler
	Charles Gibson		Eleanor Udkoff
	Ruth Johnston	30	Mary Johanson
13	Arthur Davidson	31	Paul Devlin
15	Barbara Day-Brown		Jack Faiman
	Guadalupe Loera		Betty Hawks
	Dorothea Newhart		
16	Virginia Elias		
	Dorothy Losier		
18	Edward Adams		
	Thelma Barrios		
	Glenn Bergen		
19	Sam Levine		
	Doris Silver		
21	Esther Kenefsky		
	Betty Planck		
	Paul Revere		

Please accept our apologies if we've missed any member's special day. If you don't want your birthday mentioned, please notify the Administration Office. If you have not yet joined the Center, please register today!

Staff birthdays this month:

3	Maria Vasquez
4	SuzAnn Nelsen
12	Norma Infante
	Kathy Mitchell
13	Patricia Epsetin
16	Robin Clough
19	Fabiana Guillen
22	Lucy Reynolds-Hockett
29	Karen Geller-Shinn

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The Mighty Oak is published monthly by the SCV Senior Center, Brad Berens, Executive Director.

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Visit our web page at www.scvscseniorcenter.org to see *The Mighty Oak* in color.

We thank all drivers who serve as our delivery network!

PHOTOS BY KAREN GELLER-SHINN EXCEPT AS INDICATED.

Hats Off!

Thanks for Lending a Hand..

- To extraordinary new volunteer, Jeanette Mena, for making creatively cute candy cane reindeer for our Home-Delivered Meal recipients.
- To Dorothy Katz, below, for entertainment, gifts, and festive decorations for our Friendly Valley lunch group.



- To Helen Johnson for raising over \$600 for the Center through the Alternative Christmas program at her church.
- To Helena Woodworth, Dana Montague, and the SCV Quilt Guild for making beautiful quilts and placemats for Supportive Services clients and Home-Delivered Meal recipients. Your kindness brought tears of gratitude to the homebound.
- To Clarice's craft class for beautifully decorating boxes for canned-good donations.
- To Dorothy Katz and Vickie Pierce for making and raffling the lovely quilt which they made. Toby Singer drew the lucky ticket, and the raffle raised \$210 for the Senior Center.
- To all of our volunteer musicians for bringing joy year round: Fiddlesticks & Ivory Plus, Morris Silver, Richard Roelofs, Dulce de Pala, Tess Carlos, Michael Lynn, and Mitch Mitchell.

NEWS FROM AROUND THE CENTER

(Continued from page 1.)

Advisory Council Openings:

The SCV Advisory Council is recruiting new members to help plan and execute activities for the Center. Meetings are held on the third Monday ten months a year at 9:30 a.m. You are welcome to visit our next meeting on January 19th.

Donna Yantis Retires

On December 29, Donna led her last line dance class. She's hangin' up her boots, and she and husband, Earl will do some traveling, and some kickin' back instead of side kickin'. Have fun, Donna!



We'll try Wii, *Oui?*

Don't miss the fun on January 7 at 2 p.m. in the dining room on the Big Screen! It's your chance to try out the new interactive Nintendo video game, Wii. It's good exercise and wheelchair friendly. Watch the Wii demo, then try it out. You can even try something you've never tried before...maybe golf or tennis, or ??

WANT TO MAKE AN IMPACT?

The Charles Helmers Elementary School, 27300 Grandview Ave., in Valencia, is seeking volunteers to help their teachers and children in the classroom. Volunteers must be reliable and willing to commit to a specific schedule of at least one hour per day. The duration of the commitment is January 20—April 24 with a volunteer meeting to take place on January 13 at 3 p.m. Time slots are available for both school day and after-school hours. You can also indicate a grade level of choice. If you can lend a hand and want to make an impact on young lives, you can get a brochure with more information from Robin Clough.

YOU'RE INVITED...

What: To Saugus High School's musical production of "Alice: Tales of a Curious Girl." Transportation and tickets provided by SCV Senior Center.

When: Wednesday, January 28, bus departs at noon, performance is 12:30-2:00 p.m.; or Thursday, Jan. 29, bus departs at 6:30 p.m., performance is 7:00 -8:30 p.m.

Must Do: Please RSVP to Robin: 259-9444 x110

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The Villa View

by Marty Baxter

A Book with Many Chapters

Looking back through the years it seems that one's life is like a book, and too often we tend to rush through each chapter to get to the next one. When we were little tots, we couldn't wait to be old enough to go to school. Then we wanted to grow up fast, so we could wear high heels or drive a car and be able to do the things that grown-ups do.

In our teen years the important things were having boy friends or girl friends, graduating from high school and going off to college or a first job. Then came Romance, an engagement ring, and big plans for a wedding.

We were ecstatic when our first baby was born, and the years flew by as the family grew. They were happy, fulfilling years, and yet there were times when difficulties on the job or on the home front made you wish you could just take a nap, read a book without interruption, or go out to dinner or a movie without prearranging it with a baby sitter. It could make parents of your children dream of a vacation in a nice hotel without the kids along.

Even though we would not trade any of those years of fun and rewarding experiences when we were raising our children, there were moments when the future in an empty nest did not look completely bleak. So, from the time we were toddlers, we looked forward to the next stage of our lives. It was hard to just relish the moment, because the years ahead somehow looked more inviting.

Now, as Senior Citizens, we have come about as far as we can go. We have known the care-free, but impatient, years of babyhood and the "fenced-in" feeling of the teen years, when we wanted to do whatever we pleased—good or bad. We've experienced the rat race of the workplace, and the joys and concerns of parenthood, while all the time looking ahead to the next chapter.

Remember that dream about a nice vacation? It's not just a dream anymore. A retirement community like Summerhill Villa is a lovely, safe, work-free oasis where you no longer need to cook, wash dishes, clean, tend a garden, or do home repairs. There are no additional bills for electricity, water, telephone, or insurance, and gas for a car, and you don't have to take trash barrels out or pick up mail in the rain.

This is as good as it gets, and, if our memories are realistic, we would not really want to re-live some of the difficult times of the past. We've been there, done that, and now it's time to enjoy the present while being grateful for a lifetime of varied experiences and happy memories. We can finally take time to relax and "smell the roses!"—*Marty*



OUR VERY OWN BUCKET LIST

What a heartfelt response our seniors gave to the film "The Bucket List"! They also filled the "Bucket" with their own dreams and hopes in 25 words or less. Look for your "bucket dream" in *The Mighty Oak* in the next few months. May all of your dreams come true.

- I would like to 1. Make a trip of about 7,000 miles to see relatives and old friends. 2. Catch a swordfish off Cabo San Lucas.—*Lionel O'Rouke*
- I would like to have Monty wake me up with one of his jokes so I could stand up, cheer, and have a big laugh!
- I would like to spend a month in a French Villa.
- I would like to live long enough to have great grandchildren.



FROM THE EDITOR

Please accept our apologies! The December **Mighty Oak** printing was interrupted and incomplete as our copier was down for a week. The good news is: we got a new copier that's even faster than the old model. So, all should be well for 2009! Happy New Year—*Ed*.

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My New Year's Resolution

© by Terri Folbre

My 2009 resolution – This I pray
That God and freedom reign many a day
In God and America we trust
Let freedom ring for what is right
and just

We are a proud people who stand tall
Refusing to let our country fall
Asking God once again as we pray
That our enemies fear us - sent away

I will recite this prayer each day
As I watch the politicians play
Tearing our establishment asunder
While their satanic laughter thunders

Because of egotistical self-importance
There is a lust for the victory dance
I reach out to everyone to pray
For salvation from those led astray

God be with us at this hour of need
To help us understand each deed
Let my resolution be theirs as well
And free us from this potential hell

God and our forefathers gave us plenty
Precious freedoms to enjoy for eternity
We're the most privileged on earth
The slight of others question our worth

Now as my time is growing short
Seventy-one years yields a lot to report
I pray that human dignity be a must
Once again in God we will trust

Wintertime

by Ruth May

Now Winter is here,
Snowflakes will fall.
A cold time of the year,
It's fun for all.
Skating is so much fun,
On ice so smooth,
From Dawn to Set of Sun.
Snow's white forsooth,
Sliding down hill
So fast we'll go!
Not even a spill!
Fun on the snow!

Many skates and sleds we'll see
All for a real Winter Spree!

My Favorite Doll

© by Veronica Pinckard

It was black, the size of a newborn baby, though now when I think about it, it had the mature features of a three-month-old. Made of china with a head that moved, its curly hair was part of the molding rather than a wig. The cheeks were that of a bonnie baby with an appealing smile. The moveable arms and legs were fat and chubby with enough flexibility that it was comfortable to cuddle.

I was four years old when Father Christmas brought me that doll. It had always been a part of my life and because it was breakable, I took good care of it. Did I give it a name? I don't remember. Nor was its important whether it was a boy or a girl. It was my baby and I loved it. It slept with me every night. I even said my prayers with it, though where I'd learned to say prayers, heaven alone knows. But I had! Every night! I came from a very large family whose proud boast was that they attended church on the occasion of weddings, christenings, and funerals only.

The lady next door had given me a royal blue satin dress that her young son had outgrown. Mum had knitted a white jacket, bonnet and bootees. How I loved that doll!

Two Christmases later I had seen the exact replica, with one difference; it was white. It sat on the top shelf in a shop that my mother frequented. (It probably came from the same doll factory.) Years later, I learned that Mum had paid tuppence every week to ensure that I'd have a happy Christmas. Whenever we went into that shop, I'd run straight to where it sat, making sure that it was still there – I wanted it so much. In my childish mind, it was to be a twin for my black baby. I have a twin brother so why not a twin for my doll. My mother never pointed out that they couldn't be twins! But what does a child know – or care. If you can have twins that are girl and boy, why can't you have twins that are black and white?

Christmas Eve arrived – Father Christmas had laid that doll alongside me and I was thrilled when I woke up. My mother and married sister had stayed up most of the night knitting a white jacket with orange trim - bonnet and bootees to match. Those two dolls were alike in every way and I never noticed that their skin color was different. They sat

side by side on my bed and slept one on either side of me. My babies! They were truly beautiful and I was in Seventh Heaven. My maternal instincts were born that Christmas. Two babies! Black and white.

Alas, disaster struck! My sister was sent to a sanitorium for three months when she was diagnosed with tuberculosis. Her three little girls, Dorothy, Ruby and Christine, came to live with us. They were like the little sisters that I'd never had. We played very happily together, but they had been warned - within an inch of their lives - never to touch my babies. My nieces knew how precious those dolls were to me and they had their own toys. Sadly, they had disobeyed while I was at school and my black doll lay shattered on the floor by the time I got home. I was heartbroken and very angry. But my anger would not be tolerated. My mother took me to task, pointing out that it was an accident and I should forgive them – after all, their own mummy was ill in hospital. So I seethed – not even allowed to cry, lest it upset them. Silently, I wished them to “Kingdom Come” – for all Eternity! There was no sympathy for me or the beautiful black baby that I had lost so tragically that day. The white doll? Though she was a ‘twin’ and I had loved her, she never meant quite the same after the black one was smashed to smithereens.

Later, though still a child when I had been evacuated from London during World War II, I had returned for Christmas and the Easter holidays. Holland, Belgium, and France hadn't yet fallen under the Nazi heel and we were allowed to return to London for major holidays. Going to my bedroom, I discovered that my white doll had been given to another niece. I had not been asked whether I'd like to give it away. It had been given in my absence, almost like I was never expected to return. That was the last straw!

He's on Our Side

by Richard McNally

In Iraq or Afghanistan
Our generals say with pride,
“We'll win this war, we're sure we can
For God is on our side.”

The Saracens would shout with glee
As each Crusader died

(Continued on page 8.)

January Entrees

Thursday	1	Center Closed— Happy New Year
	2	Meatloaf with Gravy
Monday	5	Chili Egg Puff
	6	Sweet & Sour Chicken
	7	Salisbury Steak
	8	Creole Chicken
	9	Knockwurst or Crabby Cakes
Monday	12	Glazed Chicken
	13	Beef Enchilada
	14	Lemon Baked Fish
	15	Chicken Divan
	16	Spaghetti & Meatballs
Monday	19	Potato Crusted Fish
	20	Vegetable Lasagna
	21	Hamburger or BBQ Beef Sandwich
	22	Crispy Chicken
	23	Southwest Stew
Monday	26	Beef Taco or Chicken Burrito
	27	Pork Chop
	28	Hawaiian Chicken
	29	Swiss Steak
	30	Baked Fish

January Events SCV Senior Center

For Fun at the Center:

Wednesday, January 7: We Try Wii, 2 p.m., Dining Room

Wednesday, January 14: Senior Cinema: *Second Hand Lions*, 2:15 p.m., Dining Room

Friday, January 16, January Dance, 7:30–10:30 p.m.; music by 'N Motion, Dining Room

Friday, January 30: Birthday Cake presented by Fountain Glen during lunch time

Every Saturday: Bingo! You Can't Win if You Don't Play! 3:30–9:30 p.m., Dining Room

Free Lectures at the Center:

Wednesday, January 7: "An Hour with City Councilman Bob Kellar," the Councilman invites you to bring your questions for the City of Santa Clarita, 1–2 p.m.

Wednesday, January 14: "Diabetes: Prevention and Management," by Family Practice Dr. Dewey Pillai from Henry Mayo Newhall Memorial Hospital, in Activity Rooms 1 & 2.

Wednesday, January 21: "Hearing Issues & Coping with Hearing Loss," by Randy Bartlett of Audiology Services of Newhall and Denise Henderson in Activity Rooms 1 & 2.

Wednesday, January 28: "Hypertension: Diagnosis, Future, and Treatment," presented by Dr. Ana Lopez of Providence Holy Cross

Free Clinics at the Center (no appointment needed):

Wednesday, January 14: Free Diabetes Testing by Registered Dietitian Lori Robinson, 11 a.m.–noon, Respite Office

Wednesday, January 21: Hearing Clinic by Audiology Services of Newhall; 11 a.m.–noon in the Respite Office

Thursday, January 22: Free Foot Screening by Dr. Shane D. Rhodes of Canyon Foot Care, 11 a.m.–noon, Respite Office. (Note: treatments are not rendered at these clinic; but referrals are given as needed.)

Every Wednesday: Free Blood pressure checks, noon–1 p.m. in activity Room 3

Service Groups at the Center:

Saturday, January 10: AARP Driver Safety Refresher class; Saturday 8:30 a.m.–1:00 p.m.; Glen Grade; call 259-9444 to register.

Monday, January 12 & 26: Visually Impaired Assistance service group meets at 1 p.m. in room A 3

Monday, January 19: Advisory Council meets 9:30 a.m., A1

Friday, January 23: Committee on Aging and SCV Senior Center Foundation meet for Annual Meeting, Dining Room at 6 p.m.

Senior Center-Sponsored In-housing Programs:

At Bouquet Canyon Seniors:

First & Third Fridays: Live, Love & Laugh, 10:15 a.m. in the Pottery room, near Apt. #356

First, Second & Fourth Wednesday each month: Blood Pressure Clinic, 9 a.m., in the dining room

AROUND THE CORNER & DOWN THE ROAD WITH TRIPS & TOURS

Book Early! We're required to guarantee a minimum number of clients 30 days prior to a trip. If minimum isn't met by that date, trip must be cancelled.

Jan. 14: San Manuel Indian Bingo & Casino, \$30 (no refunds)

Need photo ID; \$10 meal voucher & free gift bag! Leave 8:30 a.m.; ret. approx. 7 p.m.

Jan. 27: California Science Center, \$25 (no refunds)

Exhibits, 2 IMAX shows (\$5 ea.), Leave 10 a.m.; return approx. 4 p.m.

Feb. 15: Santa Monica Playhouse Musical Revue, \$45 (no refunds past 1/14)

Buffet dinner, door prizes, musical revue. Lv. 4 p.m.; return approx 9:30 p.m.

Feb. 26: Pauma Casino, \$30 (no refunds)

Need photo ID; \$10 cash back. Leave 8 a.m.; return approx. 6 p.m.

Mar. 7-13: Collette's "Southern Charm," \$2829 to \$2229 per person 7 days, 10 meals

Incl. roundtrip air, hotel transfers, Savannah, Charleston, Jekyll & St. Simons Islands, Boone Hall Plantation, and more! \$100 deposit was due Oct. 6.

Mar. 17: Chumash Casino, \$30 (no refunds)

Must have photo ID, bus leaves 8:30 a.m., returns approx. 6:30 p.m.

Mar. 25: Whale Watching in Ventura Harbor, \$52 (no refunds past 2/24)

Half-day trip on the Island Adventure; bring your own box lunch—snacks available on board ship. Leave 11:30 a.m.; return approx. 6:30 p.m.

Apr. 7-9: Edgewater Hotel, Laughlin, \$99 Single, \$79 per person Double (No refunds after Mar. 6)

Coach, accommodations & baggage; one buffet meal. Leave 7 a.m.; return approx. 5:30 p.m. Note 20 doubles must be sold before singles go on sale.

Apr. 16: Santa Anita Races, \$15 (no refunds)

Lunch and program on your own; limited to 36 passengers; Senior Center bus departs 11 a.m. Returns after 7th race.

Apr. 29: Harrah's Casino, \$30 (no refunds)

Must have photo ID. Depart 8 a.m.; return approx. 6:30 p.m.

May 21: Pechanga Casino, \$30 (no refunds)

Must have photo ID. Depart 8 a.m.; return approx. 6:30 p.m.

May 30: Citrus Singers Revue, \$42 (no refunds past 3/20)

Citrus College, Glendora; depart 12:30 p.m.; return approx. 5:30 p.m.

Trips subject to change. Call Trips & Tours to verify availability.

Advance reservations required. \$10 cancellation fee applies (unless trip specifies "No Refunds") when refund request is received at least 30 days prior to departure. The Trips & Tours desk is staffed from 9:30 a.m.–1:30 p.m. Mon. through Fri. Call Trips & Tours, 661-259-9444, Ext. 111.

Additional vital services available from SCV Senior Center/Committee on Aging:

Home-Delivered Meals • E.N.H.A.N.C.E. (in-home nutritional evaluations) • Adult Day Care/Respite Care • Handyworker Services • Transportation Services (taxi coupons, Center busses, reduced-fare Dial-A-Ride for low-income seniors) • Affordable housing • Assessment & Care Management • Counseling Services • Peer Counseling • Telephone Reassurance • In-Home Registry • Caregiver Support • Support Groups (see Health & Wellness list at right) • Information & Assistance • Visually Impaired Assistance Services

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis. Most activities are for adults 18 and over. For more complete information, including costs or a detailed monthly calendar, please call the Center at 661-259-9444 or visit our web site at www.scvseniorcenter.org. Here is a brief rundown of classes and programs by category:

Recreation & Leisure:

Bingo, *Saturdays*, 3:30–9:30 p.m., Dining Room

Bridge, *Mondays, Tuesdays, and Thursdays*, 9:00 a.m., Rm. A1

Duplicate Bridge, *Tuesdays*, 6:45–10:00 p.m., Dining Room

Canasta, *Mondays*, 1:00–4:00 p.m., Rm. A2

Food Bingo, *Fridays*, 10:30–11:30 a.m., Rm. A1

Senior Cinema, *2nd Wed.*, 2:15 p.m., Dining Room

Respite Art Class: Mary Lou Carraher

Mondays, 10:30–11:15 a.m., Rm. A3

Arts & Crafts Classes:

Calligraphy, *Wednesdays*, 1–2:30 p.m., Rm. A3

Group Crafts, *Mondays*, 9:00 a.m., Rm. A2

Mixed Media, *Tuesdays*, 9 a.m.–2 p.m., Rm. A2

Thursdays, 9 a.m.–4:30 p.m., Rm. A2

Oil Painting, *Tuesdays*, 6:30–9:30 p.m., Rm. A3

Wednesdays, 9 a.m.–12 noon, Rm. A1

Watercolor, *Tuesdays*, 6:30–9:30 p.m., Rm. A3

Cultural Classes:

Ballroom Dance, *Wednesdays*, 7:30–8:30 p.m.

Line Dance by Helen Walker, *Tuesdays & Thursdays*, 9:30–10:30 a.m., Dining Room

Line Dance by Maria Del Georgio, *Wednesdays*, 6:00–7:30 p.m.

Polynesian Dance by Winona Plantenberg, *Mondays*, 3:00–4:00 p.m.

Tap Dance by Mary Alvedrez, *Tuesdays*, 2–3 p.m., Dining Room

Educational & Technical Training:

Archeology & Anthropology, *Wednesdays*, 9:30–11:00 a.m., Rm. A3

Computer Training (Beginning, Intermediate, Advanced in Windows & Mac), *Fridays*, 9 a.m.–1 p.m., Rm. A1

Ham Radio, *Tuesdays*, 1–2 p.m., Rm. A2

Exercise Programs:

Aerobics, *Mondays, Wednesdays, Fridays*, 8:30–9:30 a.m., Dining Room

Aqua Fitness, *Tuesdays & Thursdays*, 8:45–9:45 a.m. at Bouquet Canyon Seniors pool June–September

Chair Exercise, *Mondays, Wednesdays, Fridays*, 9:45–10:15 a.m., Dining Room

Arthritis Foundation P.A.C.E. (People with Arthritis Can Exercise), *Wednesdays*, 10:20–10:50 a.m., Dining Room

T'ai Chi Ch'uan, *Tuesdays & Thursdays*, 8:30–9:30 a.m. and 3–4 p.m. and

Saturdays, 8:30–10:00 a.m., Dining Room

Personal Development:

AARP Drivers Safety, *Monthly*; call for dates

Creative Writing, *Tuesdays*, 1–2:30 p.m., A3

Live, Laugh, Love, *Fridays*, 1–2 p.m., A3

Meditation/Self Improvement, *Thursdays*, 2–3 p.m., A1&2

Health & Wellness Programs:

Blood Pressure Check, *Wednesdays*, 11:30 a.m.–12:30 p.m., Rm. A3

Caregiver Support, *Fridays*, 9:30–10:30 a.m., Modular Emotional Support, *Tuesdays*, 10–11 a.m., Modular

Hearing Check, *First or Second Tuesday Monthly*, 12–1 p.m., Respite Office

Grief Support, *Tuesdays*, 11 a.m.–noon, Modular

Fibromyalgia Support Group, *Second Saturday Monthly*, 10:30 a.m.–12 noon, Rm. A1 & 2

Parkinson's Disease Support Group, *Second Tuesday Monthly*, 2–4 p.m., Rm. A1&2

Support Group for the Visually Impaired, *Second & Fourth Mondays*, 1–2 p.m., Rm. A3

By Appointment, call 661-259-9444:

HICAP (Health Insurance Counseling & Advocacy Program), *First, Second & Fourth Mondays*, 10 a.m.–noon, Modular

DAV transportation to VA Hospitals, *Monday–Friday*; call Maria Linares in Administration at 661-259-9444

Forms, Budget & Referral Help, call 661-255-1588 to schedule an appointment with Ron

THE GOLDEN PEN

(Continued from page 5.)

Dismissing every Christian plea,
“Allah is on our side.”

At Concord and at Bunker Hill
The Redcoats bravely cried,
“We’ll whip these Whigs, we know we
will
For God is on our side.”

At Bull Run where the cannons roar
Two cavalries collide
Both yell with thrusts of knife and
sword
“Thank God He’s on our side.”

Across the Marne’s bare fields of strife
Each “No-Man’s Land” divide
The Germans’ battle cry was rife,
“Für Gott’s auf unser seit.”

In caves through Iwo Jima’s hills
The Japanese would hide
And shout as each gun racked up kills,
“Buddha is on our side.”

But does He choose a camp at all
Or does He stand aside
And condemn warriors as they fall
“These wars I won’t abide.”

Assignment: Write a French or English Sonnet

Chrysanthemums (November flowers)

An English sonnet
by Dena Miller

Bright flowers of saffron, gold and
yellow hue
Welcome me at my front door each fall.
They nod their shaggy heads as if to
view
Other blossoms fading; they stand tall,
Turn vivid faces toward the sun in
shade,
Reflect the orange light of sunset glow,
Light up deep greens in dark and leafy
glade.
Bowing heads when the Santa Anas
blow
Leaves from oak and ash. They’ll soon
be bare.
Chrysanthemums’ smiles sing in
autumn sun.
All nature shows that every plant’s
aware
That fall is here. Soon summer’s
warmth is gone.

Oh, frizzy flowers, I hope you
understand

The happiness you bring with your
blithe band.

Sonnet to One Gone

An English sonnet
by Dena Miller

Where was I when you left this mortal
earth
And no one thought to write to me,
or call?
How could I know you’d never share
your mirth
Again with me or others? That was all.
Long years had passed since we held
hands and kissed
Or looked into each other’s eyes and
knew.
Could no one guess how much you
would be missed?
My eyes were blinded thus with
misty dew.
Then when I learned how you had died
‘twas worse
Than knowing not where you had been
or done.
And so I ache. Across the years, I curse
The truth that fin’ly told me
you are gone.
The fate that once tore us so far apart
Has left you living deep within my
heart.

Football

*An English sonnet by Dena
Miller*

The sunshine’s bright, the air is crisp
today.
The stands are filled with eager fans
who cheer.
Down on the field two teams begin to
play –
It’s kick-off time! The last game of the
year.
The whistle blows! The ball is in the air.
Young men in blue and gold all watch
it soar
Into the arms of one, who says a prayer
And takes of running. Hear the home
crowd roar!
The field, deep green, is striped with
brilliant white.
He’s at forty, fifty; his legs churn
Across the goal line! What a wondrous
sight!
He’s made a touchdown on the kick
return.
No glory heretofore or later means
More than to be a hero in his teens!

Busybodies

A French sonnet

by Dena Miller

Her mother repeated, day after day
Those hated words, “What will the
neighbors say?”

In Autumn she played football with
the boys.
Said Mother, “What will the neighbors
think?”
But she didn’t care. Those words were
just noise.

The phrase she doesn’t want to hear
today:
“Why were you out roller skating
at dawn
For pity’s sake? What will the
neighbors say?”
She just went out and put her eight
wheels on.

She played marbles on her knees
in the dirt
With the boys. “Will the neighbors be
looking?
What will they think of you, crouched
in a skirt?”

Do they peer out windows?
Cease their labors
To look at me? The heck with the
neighbors.

This Love

A French sonnet
by Alexandra Tozzi ©

I can’t hide this love that fills me up
inside.
It heals all hurts and takes away all
pride.
It overflows with priceless feelings of
love,
Makes me fly through the sky on
angel’s wings,
Playing with Mars, singing with the
stars above.
I never dreamed I would have this great
romance
That takes away my breath and makes
me gasp.
Each night beneath the moon we share
love’s dance.
Only the present counts, we have no past.
We will treasure this together, you and I
And keep it safely tucked within our
hearts.
No other love will ever reach so high.

Our love will last through eternity.
It’s written in the stars, it’s destiny.

Assignment: Write Terse Verse

(that is 2 – 4 words per line)

Two Together

by Alexandra Tozzi

Two hearts –
Locked in love,
Blessed by angels,
Sent from above.

Two minds –
The same tune,
Two faces –
See the moon.

Two hands –
Clasped tightly.
Two lovers –
Meeting nightly.

Two souls –
Mates forever,
Two poets –
How clever!

40-word Challenge

(Write a paragraph using at least 6 of the 10 assigned words. If all 10 words are used, an 11th bonus word may also be used.)

Goodbye	clouds
festive	Wenceslaus
Brisk	Icy
Ski	frigid
Hallelujah	Misty

Bonus word: Sparkle

by Bill Tozzi

Hallelujah! Exclaimed King **Wenceslaus**, as he descended down **frigid** and **icy** inclines, skiing away from the **clouds** and **misty** fog. He said **goodbye** to that **brisk** mountaintop, **heading** towards those **festive events** that **sparkled** at the bottom of the slope.

by Alexandra Tozzi

Frigid winds blew **clouds** awry
While **misty** images filled the sky
Festive was the air despite an **icy**
ground

Hallelujahs were heard all around
King **Wenceslaus** bid them **goodbye**
Before **skiing** down the slopes so high
Everything **sparkled** in the **brisk** air

Like drops of dew a fairy put there.

by Ruth May

Wenceslas, the monarch, liked the **festive, icy, frigid** weather. **Hallelujah!** I do, too. **Goodbye** warm days! I'll **ski** through the **misty clouds**. The weather is **brisk** and the snow **sparkles** round about today. It lies deep and crisp and even.

Credit Card Scam Alert: Criminals at Work

This one is pretty slick, since they provide YOU with all the information, except the one piece they want. So, please note, the callers do not ask for your card number; they already have it. This information is worth reading. By understanding how the VISA and MasterCard Telephone Credit Card Scam works, you'll be better prepared to protect yourself!

One of our employees was called on Wednesday from 'VISA', and I was called on Thursday from 'Master Card'. The scam works like this:

"Caller: 'This is (name), and I'm calling from the Security and Fraud Department at VISA. My Badge number is 12460. Your card has been flagged for an unusual purchase pattern, and I'm calling to verify. This would be on your VISA card, which was issued by (name of bank). Did you purchase an Anti-Telemarketing Device for \$497.99 from a Marketing company based in Arizona ?'

When you say 'No', the caller continues with, 'Then we will be issuing a credit to your account. This is a company we have been watching and the charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address), is that correct?'

You say 'yes'. The caller continues - 'I will be starting a Fraud investigation. If you have any questions, you should call the 1- 800 number listed on the back of your card (1-800-VISA) and ask for Security.'

You will need to refer to this Control Number. The caller then gives you a 6 digit number. 'Do you need me to read it again?'

Here's the IMPORTANT part on how the scam works. The caller then says, 'I need to verify you are in possession of your card'. He'll ask you to 'turn your card over and look for some numbers'. There are seven numbers; the first four are part of your card number, the next three are the security numbers that verify you are the possessor of the card. These are the numbers you sometimes use to make Internet purchases to prove you have the

card. The caller will ask you to read the three numbers to him. After you tell the caller the three numbers, he'll say, 'That is correct, I just needed to verify that the card has not been lost or stolen, and that you still have your card. Do you have any other questions?' After you say "No," the caller then thanks you and states, 'Don't hesitate to call back if you do, and hangs up.

You actually say very little, and they never ask for or tell you the Card number. But after we were called on Wednesday, we called back within 20 minutes to ask a question. Are we glad we did! The REAL VISA Security Department told us it was a scam and in the last 15 minutes a new purchase of \$497.99 was charged to our card.

Long story – short, we made a real fraud report and closed the VISA account. VISA is reissuing us a new number. *What the scammers want is the 3-digit PIN number on the back of the card. Don't give it to them.*

Instead, tell them you'll call VISA (or MasterCard) directly for verification of their conversation. The real VISA told us that they will never ask for anything on the card as they already know the information since they issued the card! If you give the scammers your 3 Digit PIN Number, you think you're receiving a credit. However, by the time you get your statement you'll see charges for purchases you didn't make, and by then it's almost too late and/or more difficult to actually file a fraud report.

What makes this more remarkable is that on Thursday, I got a call from a 'Jason Richardson of MasterCard' with a word-for-word repeat of the VISA scam. This time I didn't let him finish. I hung up! We filed a police report, as instructed by VISA. The police said they are taking several of these reports daily! They also urged us to tell everybody we know that this scam is happening.

The short version is that they are trying to get the 3 digit number on the back of your card -they already have your card number! Very clever and believable how they go about it.

Thanks to Mary Ann Griffin of Canyon Country Seniors. For verification, see <http://www.snopes.com/crime/warnings/creditcard.asp> —Submitted by Bob Canham

Volunteer of the Month: CC Chang

This month's "SPECIAL PERSON" is a gentleman that has lived in Friendly Valley since 1981, but his life started in 1927 in China. And what a pathway "up" has been lead by his life and family achievements. He has two older sisters and a younger brother. The oldest sister is our own Ming Ming. Ming Ming Chang is well known for being a willing volunteer both in Friendly Valley and our Senior Center. Ming Ming was born in New York City in 1922, the same year I was born. The family, father, mother, and Ming Ming decided to move back to China at that time. The younger sister, CC, and younger brother were born in China.

Their father made the decision to migrate to New York City with his two sons. The purpose was to give them the opportunity to have the best education possible, following the old Chinese tradition of educating the males in the family. As a female, Ming Ming went to school in China where she was trained as a domestic. The father, CC, and his brother arrived in the United States in 1944. Their father was at that time a Chinese diplomat to Turkey, and then to Chile. CC and his brother traveled with their father to the various countries, receiving exposure to the customs of the land where they traveled. And that added to the education

of the two brothers. One of the goals CC's father had, was to have his sons get the most and best education possible. What happened was exactly that!

CC attended a long list of colleges, and also has a long list of colleges where he taught math. Four years of college at Harvard. Six years of graduate work at Berkeley for a Ph.D. in math in 1955. In 1955/56, CC taught math at Cornell University. In 1956/58, he taught math at USC University, and in 1958/90, CC taught math at UCLA University, and wrote their text book.

After much consideration, CC decided to retire in 1990. Both CC and Ming Ming inherited the special gene of the father's capacity in math. I have no knowledge of the other sister or brother's math capacity.

I believe understanding a mind that exceeds in mathematics is a special gift of discipline. And so when CC retired from the discipline of the mind, he turned to the discipline of the physical. And that was achieved by practicing T'ai Chi Ch'uan, which I believe is a discipline of the mind and the body.

CC teaches T'ai Chi Ch'uan at the Senior Center Tuesdays and Thursdays, 3-4 p.m. in the Dining Room. Friendly Valley also has the benefit of a class of T'ai Chi Ch'uan by CC on Friday's at 2 p.m. in our auditorium. [CC's wife Sharon also teaches moring classes at the Center on Tuesdays, Thursdays and Saturdays.]

I wanted a perfect ending. ...Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle and end. Life is about not knowing, having to change, taking the moment, and not knowing what's going to happen next. Delicious ambiguity!—*Grace, Joy is an inside Job!*

Grace had been reporting on the dedicated Senior Center volunteers living in Friendly Valley since the August, 2007 issue of *The Mighty Oak*. She has acknowledged the volunteerism of Robert & Armida Brooks, Ming Ming Chang, Jackie Cortez, Bob & Jeanne Danis, Louis Hamos, Lilly Hendricks, Dorothy Katz, Dorothy Kazel, Helen Laidig, Gladys Laney, Amy Lee, Pat & Angie Palmer, Joan Peterson, Judith Pinto, Morris Silver, and this past September wrote about how much it meant to her to be a part of our Senior Center community—which she has been since 1986 when she and her husband first moved to Friendly Valley.

She passed away on December 16 from a heart attack. Grace began volunteering at the Center following the death of her husband in 1990. She was a Peer Counselor, and later became a long-time member of the Telephone Reasurance volunteers.

Even at 86, Grace was what many people call a "self starter," and once she had an idea was eager to get moving on it. This was true of her Senior Center fundraiser greeting card campaign, too. Her enthusiasm was infectious, her outlook always upbeat, and her zest for living quite obvious to all.

Grace, we'll miss you, young lady!—*Ed.*

HAIR STYLIST MARJAN

FOR APPOINTMENTS, CALL
661-600-5707

Profiles Hair Salon, 23942 Lyons Ave., Newhall

Shampoo/Cut	\$25	Color Tint, Virgin	\$50
Shampoo/Cut/Style	\$35	Color Touch Up	\$40
Shampoo Set	\$25	Full Highlight	\$80
Perm	\$50 & up	Partial Highlight	\$50

(\$15 more for blow dry.)



MARJAN'S FRIENDS & FAMILY SPECIAL
Bring a friend and save 50% off
your combined bill!

Transportation problems?
If there are more than 2—I'll come to you!

Valid Monday through Thursday.

▶ **MORE STYLE!** ▶ **MORE FUN!**
 ▶ **MORE SAVINGS!**

Out & About with Mina

by Mina Langlois

2009

Here we are starting a new year! Facing all our problems with a new president to lead us, and the world in such a mess--we have a large task ahead! We must all try to pull together and do the best we can to solve our problems. Our country has many problems to face and solve. We individually also have things to face and solve, since I believe we are going to see hard times, which means changes in our lifestyle. Every little thing counts, like turning off a light when not in use, or buying only necessary items, and doing anything we can to help our country get back to normal. We can do it, and we will, because we're Americans.

Here's to a great 2009—a year to remember!

“Be Careful”

I guess we all feel wiser as we get older. We feel we have learned along the way, but we're never too old to learn!

I know from experience. I wanted to be as independent as I could, and I sure tried! I refused to use my walker. Walked only a minimum amount and went up and down stairs like a ten-year-old. In other words, I

was a real pain in the neck for my daughter, Del and her husband, Mike, who take care of me. I really thought I was going well. Then the bomb fell!

I had been away from home, visiting my two granddaughters and then spent a few days at my grandson's. And then, a couple of days with my friend, Thelma. Finally, Sunday I came home. It was so nice to see everyone, but it was so good to be home, too. But, it was not to be!

I don't really know how it all happened. I fell, hitting my hip very hard. Luckily, Del and Mike were home to help me. I had broken my hip and leg. It has been very painful and scary to have to go through this. I'm going to write each month about my experience and try to inform seniors how important it is to be wise and careful, and to avoid this if possible. In other words, be careful! It's not an easy thing to go through.

I'm still hopping on one foot with the walker. It takes all your energy. I am so fortunate to have Del and Mike to take care of me. I'll have my first installment ready for next month.

I wish to thank all those who were so kind and thoughtful to call or ask about me during my stay in the hospital! It is good to be home, but I have a long way to limp yet. Thank you again, and Happy New Year to you all—*Mina*

Canyon Country Seniors Celebrate with Neighbors

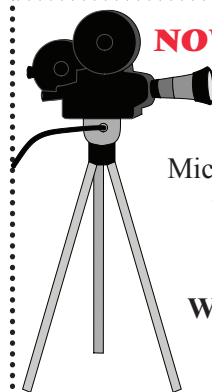


More than 80 CCS residents gathered for their Tuesday, December 23rd champagne brunch to enjoy that delightful way to celebrate the holidays. Prepared by the staff, the meal of sausage, scrambled eggs, bagels, pancakes, mixed fruit, cinnamon rolls, and beverages, topped off with champagne Mimosas provided the opportunity for neighbors to share their plans for the holidays with each other and extend good wishes for 2009. *Text by Bob Canham*



Kudos to the Crew

Thanks to our volunteer movie crew: Eric Roa, Ruth Way, Gretta Buntrock, Toni Gochuico! More Kudos to the unseen and anonymous angels who contribute money and prizes.—*Mary Gallant, Advisory Council Movie Manager*



NOW PLAYING:
January 14

Second Hand Lions

Michael Caine and Robert Duval star as two crazy uncles in a movie that will make you smile.

Wednesday, January 14, 2:15 p.m.

\$1 suggested donation; 25-cent popcorn
Free parking & prizes!

Presented by the Advisory Council.

3rd Friday Community Dance, 7:30-10:30 p.m., at the Center Live music with "N'Motion"



- All types of music
- All styles of dance
- All ages 18+

\$7/dancer or save—
Bring a friend for \$10

January 16

Call Barbara for info
at (562) 438-1131



Flying Tiger Country

News from
Canyon Country Seniors
by Bob Canham

Flying Tigers: After the War

It's 1945. Post WWII Flying Tigers, looking at the options for their future, organize an airfreight line to operate in the US-- first of its kind. Fast-forward to 1953 and the appearance on the scene of a 19 yr. old who has known since his boyhood that flying is the life passion he's ready to follow. In a recent interview, George Kocisko and his wife Janelle, today residents of Thousand Oaks, told how his two dreams about flying fared in the late 50's.

I was a flight instructor at the Central Airport in Glendale where I had built up the flight time I needed to go to work at the airlines. I had made friends with some of the pilots at Flying Tigers. As they told about the aircraft they flew and their experiences with the FT, I knew I

wanted to fly with them and their airline and applied to do so—as well as several other airlines. But I had not received any response from them.

One day late in 1955, a Burbank doctor student of mine called to say that, if possible, he would like a flying lesson the next morning at 8am. These were the days before freeways, so I got up the next morning at 4am to get to the airport in time to prepare the plane. But the doctor never showed. And another student for cross-country-flight training failed to keep his appointment that same morning.

Wondering what I could do to make best use of this unexpected time, the thought came: contact Flying Tigers. It was only a 10-min drive from the airport where I was. There the chief pilot told me they were hiring 15 co-pilots for flights based out of the Detroit and Newark Airports. If I was interested, the position was mine. (Interested? This was my dream, coming true.)(BC: isn't it curious how circumstances "seem to fall into place" to bring about something we deeply wish for?) I updated my application with the 1300 flying hours I had logged. I needed only the commercial instrument, so I started training with the check pilot, passed after a one-day flight in the C-46 and went back to ground school.

That day the instructor told me the Captain wanted to see me in his office. On my way there, I tried to think where I had gone wrong, wondering if my dream was about to be shattered. At the office he asked how old I was. When I answered "20", the boss informed me that they had made a mistake and should not have hired

anyone under 21. I told him I had my correct birth date on the app and hadn't tried to deceive anyone. I hoped we could work something out because I really wanted to work for the Flying Tigers Line.

I didn't have to wait long. The next day the chief told me I could stay on under two conditions:
* I would not be able to fly any international flights before my 21st birthday and I needed to have a notarized paper, signed by my parents, giving their approval for me to fly. This was the real challenge! They had not been very keen on this goal of mine from the time I had announced it as a young boy.

* But I went to them and told them with passion how much I loved flying and now that my dream of flying with Flying Tigers was reality, I could realize two goals.

They signed and I returned to my training with a great feeling about my future and my blessing to have such parents.

At this point I was at the bottom of the pack—about 254th (that's how many pilots FTL had on the payroll). But out



of my class of 15, I graduated 3rd so that put me 12th from the bottom. So, that's how my career started with FTL: as a co-pilot flying C-46s out of Detroit and other US airports in the first part of 1956. In April I was able to transfer to San Francisco where I lived in a rooming house with the other pilots based in SF. We were all 1st year co-pilots and didn't make much money so we shared a '36 Chevy to get back and forth to the airport. Flying continued until Aug '57 when the Line changed its name to Flying Tigers, obtained the certificates to fly internationally and hired on many additional pilots. But, for whatever reason—whether seasonal or lost contracts—they later made drastic cuts in their pilots and I was furloughed (an airline word for laid off.) I found positions with several other charter lines, flying groups to different cities in the U.S. out of California airports.

About four years after leaving, I was recalled to FT. At first, I flew domestic [US] out of Burbank but within two years—in 1964—I began flights to Europe and the Orient. It was here that I met some of the pilots who had flown in China in WWII: such legends as Dick Rossi, Duke Hedman and Bob "Catfish" Raines—aces in the original action in China.

One unique "twist" to our transport was that the plane's outbound upper cargo bay carried freight and dismantled seats. Upon arrival—after emptying the freight- the seats were installed for the return passengers, with full services, including meals, hostesses, etc. I flew jets for seven years, then was asked to be Chief Pilot for the next two years during

which time it was my responsibility to check out the pilots. For co-pilots this was required every 12 months; for pilots every two years.

I missed the enjoyment and romance of flying that didn't come with a desk job so I resigned to go back to flying. Captain's seniority made it possible for me to choose the routes I wished and I flew many to Australia, Hong Kong, Japan, Taiwan and other Far East destinations.

I retired in 1996 with 39½ years of flying on my record (the ½ due to my starting age of 20½ instead of 21.) It had been a satisfying fulfillment of my dream. During these years, Janelle and I raised a family of two sons—both of whom became pilots—and a daughter who is an airline hostess. We had no problem with their choice of professions!

Willa

Recently we visited with Willa, a five-year resident of CCS, placing her among the first here. In an interview vocally punctuated with samplings of the wide variety of music she has brought to stage and dinner clubs, she "sprinted," bright-eyed, through a satisfying lifetime of musical entertainment. It all started where she grew up in New Orleans when two-year-old Willa Mercier showed a grasp of music and rhythm beyond her years. In the ensuing years she sang in church choirs and was a soloist in the All-90s Sacred Music Concert. A highlight was singing "Let there be Peace on Earth" at the ceremony unveiling the statue of JFK at the San Diego Naval Base where Pierre Salinger was principal dedication speaker.



Over the years, she trained with voice teachers associated with Metropolitan and other Operas. Her coloratura voice beautifully renders German and Italian opera selections by Mozart ("Queen of the Night" from "Magic Flute") and Puccini (e.g., "Un Belle Dia") on a sampler recording of her years of performing.

As a versatile singer she sang pop in many local clubs and at the 1982 World's Fair in Nashville. In a nostalgic touch she has recently sung at a local showing of silent era films with Bob Mitchell, organ player for the production and her accompanist for many years. She has been a frequent soloist at LA county women's clubs. Her acquaintances describe her voice as amazing in range and beautiful to the ear. Willa's is a splendid example of a wide range of talents and life experiences here at CCSA.

Paul & Sylvia

Paul and Sylvia became part of the CCS family in early November. They have recently celebrated their 48th anniversary, staunch believers that marriage is a work-in-process and proof that constant effort makes

for success. They have two grandchildren and put an RV vacation with their two sons--to many of the US's favorite parks—as a high point in their family history.



They are both veterans. Sylvia attributes her two years in the WACs in Alabama as a 'rite of passage' from her years as an only child. She was in a G-2 unit dealing with such classified info she can't even talk about it. Paul was in the Navy for ten years and "found out first-hand how the Navy kept large ship decks so clean" as a boatman's mate. He started with Emery Air Freight in 1973 where he worked for 30 years here in California, starting as a driver and working his way up to operations supervisor.

Before that, he worked with a company that catered, among other lines, Flying Tiger [FT] Freight Line for their European and Asian charter flights. On an interesting note he told how the upper deck on FT flights, used for freight on the way to Asia was cleaned and converted there, after unloading, to passenger accommodations for the return trip. (See story above on Flying Tigers' post-WWII operations.) After their children were in school, Sylvia worked several years as office manager for a real estate and brokerage firm. Her versatile abilities found her, among other things, teaching line dancing.

Both enjoy traveling and have returned to Vegas and Hawaii several times. They are walkers so expect to see them on the outside circuit. For a pleasant experience, make the acquaintance of these new neighbors of ours.

Dan

New neighbor Dan was born in Mountaintop in the Pocono Mountains of Pennsylvania. He's a Vietnam veteran with four years in the Navy on the aircraft carrier USS Oriskany. There he was liaison officer between his squadron and the carrier in arranging flights, landings and quartermaster duties including fueling, ammunition, etc. He also served 18 months in Manila.



He worked for 20 years in California in the insurance business as well as four years in Oregon where his 2 daughters now live. Today he works with Eternal Valley located in the hills near Newhall. He deals with all aspects of final mortuary services: chapel services, embalment, cremation and interment.

His interests include wilderness camping, hiking, boating, fishing and skiing. It's well worth seeking him out to make the acquaintance of this very personable gentleman.

The Lone Leaf

by Bob Canham

Near the top of the aspen grove,
you dance there.
You gyrate, wildly, wonderfully,
abandonedly.

While all around you doze, passively.
Why only you amongst a host
of leaves?
Whyand how?

No breeze apparent, no force inherent;
Yet you vibrate as if driven, by no drive.

Is it love of creator which inspires you
Or joy of life which fires you??

Your wondrous dance
Awakens wonder in me.

NEW RESIDENTS:

- * CARMELINA JIMENEZ
- * JUDITH GILBERT
- * DONALD DELFAVERO
- * JOSEPHINA MENDOZA
- * HERNANDO & ARACELI LABRO
- * DOROTHY HUDSON
- * LOIS LEBRATO
- * PAUL & SYLVIA PERRY
- * EDGARDO & HELVI MONTALBAN

HOSPITALIZED: JOE TOTH

EVENTS:

* All classes to resume in Spring February 9th. We will no longer be offering Tai Chi or Global events here at CCS.

* Every Monday morning, 9 a.m.: Bagels, donuts or muffins offered in the social room.--Bob



2008-09 Annual Campaign: "10 Bucks to a Better Future" Up-date

As of the end of December we have reached just over \$14,000 toward our \$35,000 goal. Still a long way to go, so please spread the word to everyone in your circle of acquaintances! Also, it has come to our attention that some Center participants are dropping off donations to the office in the main building without designating "Annual Campaign." This means two things: 1. Our progress toward the goal is too low, and 2. You will not receive the acknowledgement letter for your tax return. So, please indicate your contributions as indicated at the end of this update.

Your SCV Senior Center provided one or multiple services of an on-going nature to more than 8,500 seniors

last year. Participation in our programs typically increases in double-digit figures each year demonstrating that truly the need for "a better future for our seniors" IS now.

As in the past few years, the SCV Senior Center is seeking the community's assistance in our Annual Campaign called "10 Bucks for a Better Future." With our community's help, we can bridge the gap to ensure these vital services are there each time a senior makes a call to 661-259-9444 to ask for assistance.

This is a modest but essential campaign, and we request only a modest amount--to contribute \$10 during our December-February campaign period. Indeed, if every single person in this Valley were to contribute this small amount, we could address the future that is with us today. If we could achieve full participation in our "10 Bucks to a Better Future" campaign, that would be \$1,840,000! Please do your part by talking to everyone you know.

What your donation will provide for:

- \$5 buys a senior's transportation to and from the Center for five days.
- \$10 buys one senior's lunch at the Center for a week.
- \$15 buys a senior's Home-Delivered Meals for a week.
- \$20 buys a day in daycare including lunch for one senior.
- \$50 buys one shower grab bar and pays for installation in the home of a frail elder.
- \$100 buys one day of emergency Personal Care service.

Please help us be here for your elders today and to meet your future needs by putting aside \$10 yearly. Checks should be made payable to "SCVSC Annual Campaign," 22900 Market Street, Santa Clarita, CA 91321-3608. Call Maria Linares, at the SCV Senior Center, 661-259-9444 for further details.



**Bouquet Canyon
Banter
by Clarice Shute**

Computers at Bouquet Canyon

There is a Computer Room/Lab available to residents living here who might not have their own computer, but could benefit from the use and convenience of one. It's one of those "amenities" of which many of our residents are unaware. The information this month has been provided by Gary Sphar, resident volunteer computer room attendant, who is very knowledgeable about computers and the policies of the use of the lab here at BCS.

There are 11 computers that are internet, email, and game-board accessible. If you are not trained in basic computer use, but would like to be, classes are available Thursday afternoons from 1:15-2:30 p.m. Judy Taylour Aguino, a qualified instructor, is present in the lab to assist those who have special questions.

The computers installed at BCS have been donated from various providers and are maintained by qualified technicians whenever necessary. There is no charge for the use of the computer equipment and lab,

but there are rules, regulations, policies, and the usual expectation of courteous and patient behavior by those who use the room. Also, the room and equipment are not to be used by visitors or other non-residents.

As I noted, this amenity room is annexed to the SCVC as another courtesy to Seniors by the Property Management of Bouquet Canyon Senior apartments. The room is located on the second floor, around the corner from storage room #236, and identified as "Computer Room." The door is usually locked but entrance can be gained by using your personal key. For more information, call Gary at 296-1937.

There will be an interruption of future articles from me because—Guess What! My computer "crashed" on me just as I was about to start this article, and I will be out-of-service until I get a new one as early as possible this year. Happy keyboarding—Clarice



Dear Readers—I know I am a month late on this, but I feel I must share this with you as our military men and women love the holidays as we do, and we must realize how much they sacrifice for us. They are our heroes and may God bless them always.

'Twas the night before Christmas, he lived all alone,
in a one bedroom house made of plaster and stone.
I had come down the chimney with presents to give,
and to see just who in this home did live.

I looked all about, a strange sight I did see,
no tinsel, no presents, not even a tree.

No stocking by mantel, just boots filled with sand,
on the wall hung pictures of far distant lands.

With medals and badges, awards of all kinds,
a sober thought came through my mind.

For this house was different, it was dark and dreary,
I found the home of a soldier, once I could see clearly.

The soldier lay sleeping, silent, alone,
curled up on the floor in this one bedroom home.

The face was so gentle, the room in such disorder,
not how I pictured a United States soldier.

Was his the hero of whom I'd just read?

Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night,
owed their lives to these soldiers who were willing to fight.

Soon round the world, the children would play,
and grownups would celebrate a bright Christmas day.

They all enjoyed freedom each month of the year,
because of the soldiers, like the one lying here.

I couldn't help wonder how many lay alone,
on a cold Christmas Eve in a land far from home.

The very thought brought a tear to my eye,

I dropped to my knees and started to cry.

The soldier awakened and I heard a rough voice,

"Santa don't cry, this life is my choice;

I fight for freedom, I don't ask for more,
my life is my God, my Country, my Corps."

The soldier rolled over and drifted to sleep,

I couldn't control it, I continued to weep.

I kept watch for hours, so silent and still
and we both shivered from the cold night's chill.

I didn't want to leave on that cold, dark, night,
this guardian of honor so willing to fight.

Then the soldier rolled over, with a voice soft and pure,
whispered, "Carry on Santa, it's Christmas day, all is secure."

One look at my watch, and I know he was right.

"Merry Christmas my friend, and to all a good night."

—Anonymous

Happy New Year, and be thankful for all we
have. God bless America. Peace & Love—Gladys



Artist of the Month: Paul O'Connell



Paul O'Connell's mixed media work is highly personal, visually exciting, and often intellectually intriguing. This collage owes its power to pattern, texture, and vibrant color in his choice of fabrics. His craftsmanship is immediately apparent in the trimming of the intricately flowered background cloth.

Paul's work has previously appeared in *The Mighty Oak* in the January, 2005 issue. In addition, one of his collages appeared on the cover of the September, 2008, issue of *Schizophrenia Bulletin*. We heartily congratulate him on this achievement!

Paul says, "I have been coming to the Senior Center Art Class for six years off and on. I have felt at home here with my friends and classmates. Because of my illness, I have been unable to work, but doing art has given me something constructive and enjoyable to do. This art piece is done mostly with fabric and a little copper; it portrays a happy alien holding a moon in a field of flowers."

Year-End Parties & Celebrations



Michael Holt's Thursday afternoon Self-Improvement group surprised Michael with a thank you holiday party to show their appreciation for all the help he has given them in the past three months. He was honored with a card and a money tree. Holt committed to only six classes initially, but now says he will continue indefinitely! The class has been very well received and enjoyed by everyone. Thanks, Michael. And thanks to Dorothy Katz for her expertise in organizing the party.—Text and photo by Mary Gallant



Chip Johnson's Silvertone Singers performed during lunch on December 22. Here they are doing "Me & My Shadow" with black and white sock hand puppets. Photo by Robin Clough.



One of the unique events of our holiday was the multilanguage singing of Silent Night. Zandra Cousins sang in German, Bob Danis and Robin Clough sang in Mandarin Chinese, Monina Javelona, in Spanish, Tess Carlos, and Jan Micu sang in Tagalog, Mandy de Pala sang in Estonian, Adebola Sogbein sang in Nigerian; Dulce de Pala accompanied on piano.



The Respite Daycare festivities featured good food and great fun. Photo by Diana Sevanian.



"Santa" Claudia Rodriguez and Zenaida Gonzaga.



Fabiana Guillen and Oakler Boston.



Maria Linares and Brad Berens.



The helpful elves of Lockheed Federal Credit Union stopped by to serve holiday pies with their cheer—and presented the Center with a most welcome gift of over \$5000. *Photos by Wayne Burns.*



The Live Love & Laugh group led by Lucy Reynolds-Hockett held a holiday party and celebrated together. *Photo by Diana Sevanian.*

Words from The Willows by Fran Schaeffer

It is always a pleasure to receive an unexpected gift from an unknown donor and its mystery adds to its charm. We here at the Willows were treated to these surprise gifts one Saturday at the beginning of September. The decorated shoe box contained all sorts of goodies—some candy, sample cosmetics and perfumes, handy gadgets, all beautifully wrapped with a happy note from the donors. These all came from a group of young people living in Santa Clarita who belong to an organization called “The Grands Project” for the purpose of “Giving Respect and Nurturing Deserving Seniors” and containing the message that “we have been hugged by the Santa Clarita Valley” and titled “Grands.” Every person living in our apartment complex found the surprises at our individual doors—what a kind and caring effort for many of us whose families live far away, making us feel most wanted by our community. I wish to publicly thank these young people who have spent their time in an effort to make us feel wanted. They can be contacted by mail at the address “Grands,” 27943 Seco Canyon Rd., Suite 529, Santa Clarita, CA 91350. Consider this my personal thanks and appreciation.

As always in our family, Thanksgiving is a special event. My daughter-in-law and my son are both fabulous cooks and with the use and convenience of their marvelous kitchen, the dinner was spectacular. But how can you attend this feast without one’s own contribution and so, after requesting an OK from “the kids” (they are grandparents, but to me they’re still kids), I suggested baking my famous cheesecake, which they said would perfectly finish a perfect dinner. I do make pretty good cheesecake, and so bright and early on the morning before Thanksgiving I prepared my “galley” kitchen (it’s about the same size as the kitchen on a cabin cruiser), so that everything would go like clockwork. And it really did. I started at 6:30 a.m. and removed everything from the oven

by 12:30 even after cleaning up the kitchen. And the cakes looked so good! (I made two—one for myself.) Early on Thursday morning—Thanksgiving Day—I organized my packages and the cheesecake and took everything out to my car. Unfortunately, the day before had been very rainy and the parking lot was a muddy mess and so before I could put my roller-walker into my care, I had to clean the wheels. After gathering up all the packages into the care, I started up to Quartz Hill.

The weather had cleared and I had a fairly easy trip until I was passing Acton about three-quarters of my trip when suddenly I realized that I could not remember putting the cake package into my car. Stopping at a mini-mall close to my children’s home, I confirmed that the package of cheesecake was not in the car. It must still be in the parking lot. Too late to go back, I managed a call to my neighbors, explained my dilemma and was assured by them that they would retrieve the cake and keep them for me until the next day. Fortunately, my daughter-in-law had made a great pumpkin pie so we did have dessert!

As soon as I got home the next day, I contacted my kind neighbor who said that when she went down to the parking lot the day before, the cake was not there! Nobody seemed to know what had happened to the cake, but when I reached my apartment the bag of cheesecake was in front of my door. Nobody seemed to know who had rescued the cake but two days later my next “car” neighbor in the parking lot rightly assumed that I had made the cakes and had simply forgotten to load them into the car. Mystery solved thanks to a wonderful neighbor. This was the perfect excuse for another party which we had—a cheesecake and wine party around the fireplace in our great community room.

Needless to say, my family who all have crazy and wild senses of humor will never let me (and the world) forget the saga of the mystery cheese cake. I only hope that when I take that “long walk” (years from now I hope) they will at least admit everyone once in a while makes a real boner. At least mine was delicious! Fondly—*Fran (Betty Crocker) Schaeffer*

Postscript

by Rita Roth

THE CHANGING OF THE BED LINENS

For some the changing of the seasons is signified by the leaves on the trees, leaves that change from bright green to amber and to rust. For others it might be when they turn back the clocks. For me the biggest indicator is when I dress my bed for winter.

Off with the cotton sheets. They were fine when the nights were hot; sliding into a bed that felt cool and crisp was a pleasure. But now, as the temperature plunges and the Frazier Park air becomes frigid, I want all the warmth and comfort that I can get. The cotton sheets have been washed, folded and relegated to the back of the linen closet. In their stead I have brought out the lovely warm and cozy flannel sheets. They will welcome me and my hot water bottle to bed; no matter how chilly the night is I know that I will be snug and warm.

I have also brought out the big, fluffy, down comforter. This is a snugly, cuddly, piece of bedding. When it's placed on the bed, it looks so inviting that one is tempted to get back within its folds even having just got up.

John is quite indifferent to how the bed is dressed. He sleeps in sweats that he purchases from Calabasas, the outdoor store. He also wears several other articles of clothing to bed, including thick, wool

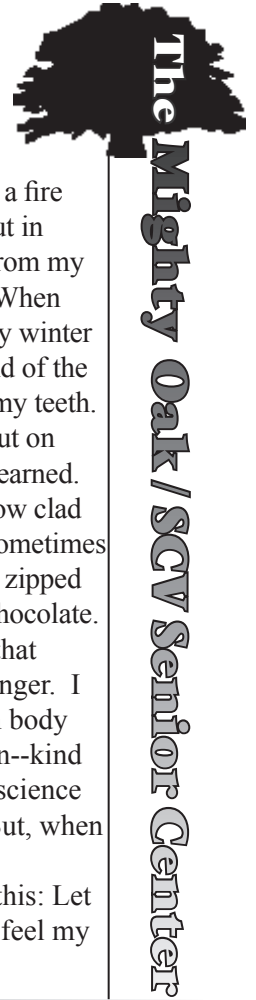
socks. A draft of cold air could never find him no matter how hard it tried.

Our house is not warm and cozy. For one thing we have no carpeting, just tile floors. We also do not have central heating, there is only a wall heater in the main room and a fire place which, when hosting a fire, looks warm but in reality puts out very little heat. I have learned from my husband how to combat the chill of the house. When we first moved to Frazier Park I would spend my winter evenings shivering on the couch where the sound of the TV would be drowned out by the chattering of my teeth.

"I'm cold" I would moan piteously. "Put on warmer clothes," he would respond. Finally, I learned. Taking a page from my husband's book, I am now clad in warm sweats, a woolen hat and a scarf, and sometimes when the temperature dips below freezing, I am zipped into a blanket-like garment while I sip my hot chocolate.

One thought cheers me. I have heard that people in colder climates age better and live longer. I am not sure why this should be. Perhaps when body temperature is low, it helps to preserve a person--kind of like being in a freezer. I am not sure of the science behind this thesis, so please don't quote me. But, when you think about it, does sound quite plausible.

So following this line of reason, I say this: Let the snow fall. Let the wind howl. I can totally feel my wrinkles fading into oblivion.—*Rita*



SCV Senior Center

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www.scvseniorcenter.org