



Vista Mesa News 2010

Editor • Betty Duncan

Fashion & Style - Barbara

Artwork - Gloria Hayden - Johanna Bennett

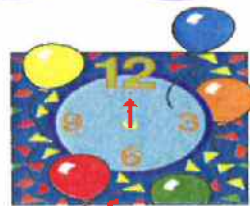
Ginny Toner

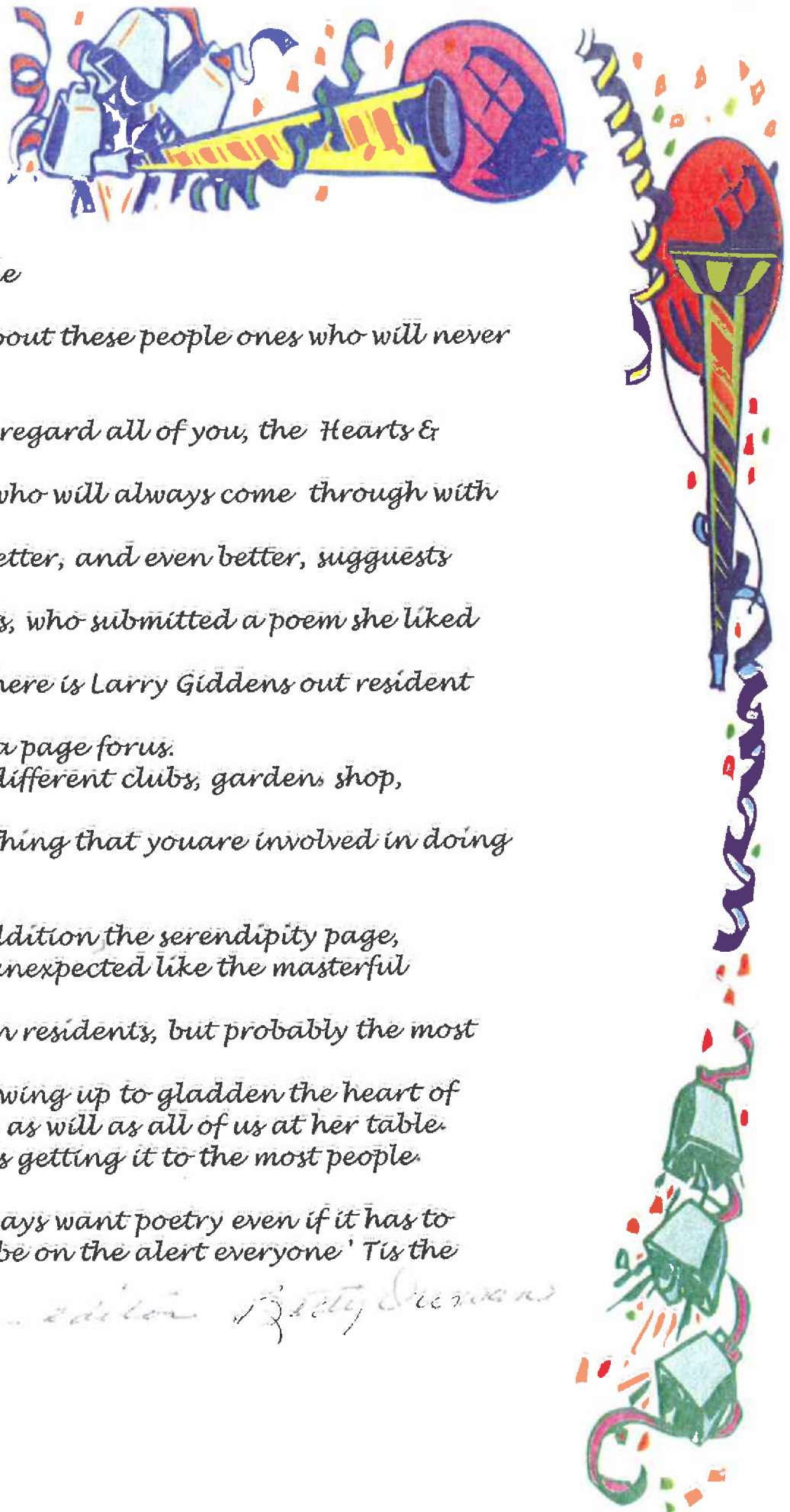
Special Art & Column - Larry Giddens

Recipes - Tea Party Ladies - Residents

Research, Jokes, Stories: Residents meet weekly on Tuesdays to contribute and review ideas.

"AULD LANG SYNE"





Dear Hearts & Gentle People

Remember the old song about these people ones who will never ever let you down?

Well that just the way I regard all of you, the Hearts & Gentle People of Vista Meaa!!! The ones who will always come through with a contribution to our newsletter, and even better, suggests from residents like Audrey Dotts, who submitted a poem she liked and asked if it could be published. There is Larry Giddens out resident cartoonist, promised always to have a page for us.

We welcome news from different clubs, garden, shop, bookclub, cooking, crafts, and anything that you are involved in doing in groups, or alone.

I plan to have a new addition, the serendipity page, something pleasant and unexpected like the masterful Christmas trivia by Mike and Karen Welch, not even residents, but probably the most faithful visitors we have daily, showing up to gladden the heart of their mother Marge Welch, as well as all of us at her table.

Our only problem now is getting it to the most people. Suggestions anyone? Of course, we always want poetry even if it has to come from yours truly. So be on the alert everyone 'Tis the season, you know!

your editor Betty Stevens

It has been a year since we started our Vista Mesa News. What a special activity for Residents to participate in. We have had countless stories, laughs, and debates. The words I put into print for them are all from the source. All contributions from outside sources are always approved by our Editor and chief, Betty Duncan. We are excited to keep publishing our ideas and wisdom in 2010. We hope you enjoy our efforts. If you have contributions to our news contact our Editor or Activities Director Rayna Hale.

Thanks to all for great news and great year.

Rayna

Assistant and computer wiz, typist to your Editor, and all Residents



*Our Bennett
09*



0-555-0



The Camel Caravan

*'Tis Christmas eve. I stand alone beside my window sill.
Pure flakes of snow drift gently down. It is so white, so still,
That I am reverent. Almost
As slowly, surely, like some ghost
The velvet snowflakes softly fall
And quietly envelop all*

*And as I watch, a Caravan, a panoramic camel train
Treks forward through my vision from a vast and snowy
plain*

*The host moves on, now burden free
Each camel left its load with me,
In shape of memory, deed or thought
That I had counted as forgot.*

*I see myself impassioned for success and wealth and fame;
I see a ruthless struggle, and then my famous name.*

*A hungry child is sent elsewhere,
A fellow man in cold despair
Pushed from the ladder, see him drop...
And I so very near the top!*

*I close my eyes, but still the endless pictures marched
And suddenly my heart is chilled; my throat is dry and
parched.*

*I look again into the night,
Which now is everywhere alight
With beams from that same guiding star*



*That led the wise men from afar.
Suddenly and eagerly I lean toward the light.
The warming Yuletide spirit I never knew aright.*

*But sadly then I turn away.
I am shut out and I must pay
By never knowing pure delight,
The joy and peace I glimpsed tonight.*



*Merry, Merry Christmas shouts are wafted o'er the snow
And then, oh yes, 'tis "Silent Night" caroled clear and low
When dies the lingering melody
My poor starved heart seems dead to me.
I have been long, so long away.
Oh God! I humbly kneel to pray.*

*'Tis Christmas eve, I am alone beside my window sill.
Pure flakes of snow sift gently down. It is so white, so still.
I hear the carol, "Noel, Noel;"
A lovely peace pervades my soul.
"Joy to the World," good will to men,
And softly, "Silent Night" again.*

By Betty Rutherford

*Written by Betty at age 16 and printed in the Toadlena,
New Mexico newspaper.*

NEW YEAR TRADITIONS AND LORE

Phyllis Doyle Burns, Author

New Year's Day is one of the oldest holidays known to recorded history. The first known observance of this day was in ancient Babylon over 4000 years ago. It was, at that time, celebrated in March—signifying spring as the new beginning. Until 46 B.C., the Romans also celebrated New Year's in March. In that year, Julius Caesar designated New Year's Day as January 1st to make sure the days were back in touch with changes that the sun went through. After many changes of the Roman calendar, the days were so out of sync with the sun that order had to be restored, thus the January 1st date remained the first day of the New Year on the Roman calendar. The tradition was picked up and continued by Egyptian and Celtic cultures.

The tradition of making resolutions on New Year's Eve began with the ancient Babylonians. This, they felt, was an excellent way to begin the New Year with a clear conscience, by returning items borrowed from each other. Over many centuries, this tradition has remained an important part of the celebration.

The image of "Father Time" is often used to personify the old year and the "Baby" usually shown with him is to depict the New Year. Father Time is a personification of time. He is usually depicted as an elderly bearded man, dressed in a robe, carrying a scythe and an hourglass or other timekeeping device. Father Time was adapted from Cronus, the father of Zeus, and he belonged to the people known as the Titans ancient mythology. Cronus existed before the Greek gods far back in the earliest stages of mythology.

The common image of Baby New Year is a mythical figure of a baby wearing nothing more than a diaper, a top hat and a sash across his torso that shows the year he is representing. J.C. Leyendecker's December 28, 1907 cover of the Saturday Evening Post depicted a stork and Baby New Year. The myth associated with him is that he is a baby at the beginning of his year, but Baby New Year quickly grows up until he is an elderly bearded man like Father Time at the end of his year. At this point, he hands over his duties to the next Baby New Year. This custom of using a Baby to represent the New year began in Greece in 600 B.C. and is now a popular tradition with many countries.

On December 31, 1907, a ball signifying New Year's Day was first dropped at Times Square, and the Square has held the main New Years' celebration in New York City ever since. On this night hundreds of thousands of people congregate to watch the crystal ball being lowered on a pole atop the building marking the new year. Traditionally, a couple will give each other a kiss (first kiss of the New Year to the beloved), but, usually everyone now gives out kisses to all who are near.

Then the song, "Auld Lang Syne" is sung by all. The song was written by Robert Burns and published after his death in 1795. In Scotland, the birthplace of Robert Burns, Hogmanay, the rousing Scottish New Year celebration, is an all night street party. The old lore of "First Footers" is still in practice. Shortly after midnight on New Year's Eve, neighbors pay visits to each other and impart New Year's wishes. Traditionally, First Footers used to bring along a gift of coal for the fire, or shortbread. It is considered especially lucky if a tall, dark, and handsome man is the first to enter your house after the new year is rung in.

Auld Lang Syne

Should auld acquaintance be forgot and never brought to mind?

Should auld acquaintance be forgot and days of auld lang syne?

For auld lang syne, my dear, for auld lang syne.

We'll tak' a cup o' kindness yet, for auld lang syne.

Should auld acquaintance be forgot and never brought to mind?

Should auld acquaintance be forgot and days of auld lang syne?

And here's a hand, my trusty friend, and gie's a hand o' thine

We'll tak' a cup o' kindness yet, for auld lang syne. - Robert Burns, 1759-1796

Name; Larry Giddens A.A.BA.BS.

December 21,2009

Announcement: Vista Mesa News
Christmas Issue Present Report

Theme for this month: What are you doing for the next year?

You know it's not a funny question for us here at Vista Mesa to be playing around with . Just you think about it for a minute. Three hundred an sixty five days til 2011. We need to be thinking about what are the activities we should be busy thinking about. One step further I'm very, very thankful I am. We are taken care of very well. When we need something they're at our door.

Yes we always have assistance in the best kind of way. They're all good.

I like the way my life has been going. I like the way my new responsibilities are going. I like producing a page for our monthly news letter. My new responsibilities are most important, the opportunities placed in front of me. I now notice a great improvement in my art work. I will be able to say yes I am an artist.

Your art columnist,
and many thanks to
all of you.

Larry Giddens A.A. BA. BS.





The Friday 1:00 art class with Lynn Decker is going well. We will paint and draw our way into 2010 focusing on some 3D (three dimensional items this Spring. The Angels that we did on Dec 18th turned out surprisingly beautiful. Gloria H. was in charge of the glitter and Ginny Toner applied tinsel glitter pipe cleaners . We are looking forward to continuing our creativeness. All Residents are welcome to join art class at anytime. Lynn is always available to help you with any art projects you may be interested in.