



# Canyon Lake Senior Center

*January 2010 Online Newsletter*

## **Prez Sez**

*By Marvin Espeland*

By the time you read this, we will be venturing into the year 2010. I'm never one to spend much time looking back, but it is necessary in order to better plan for the future. Financially, 2009 was not a good year for us but it showed the spunkiness of many of you who championed new and/or continued existing events to dampen our money shortfalls. To those of you who planned and participated in these events, a great big thank you!

Even though we have a balanced budget for 2010, it will be another tough financial year for our Center. I am confident that we will again rise to the need and before long we will not only be in the black but have financial stability that will not only permit us to continue as "A Place to Stay Young" but also to meet the challenges of tomorrow.

Happy New Year to all of you in the Canyon Lake Senior Center, the Minneluzahan Senior Center and to anyone else reading this article. Beverley joins me in this wish.

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## **Memorandum from Michael**

*By Michael LaBelle*

Happy New Year! We hope that you have had a wonderful Christmas and have a safe New Years Day.

With the start of 2010 we need to reflect on the successes of the past year. Funding for the Center is always tight, so the brainstorm of Challenge 2009 was a feather in our cap. There are members here who have great ideas for fund raising for the Center; Challenge 2009 was just one of them. So I want to express a word of thanks to all who participated in Challenge 2009.

Now on to 2010. Currently we are trying to raise \$23,000 toward replacing the inefficient windows in the Main Room and Annex. Some funds have been received but we need to continue fund raising to get the windows and reduce our electricity bills in 2010 and beyond. So donate what you can to help fund this program, as it will pay off in the future with utility savings.

Finally, 2010 is a census year and the Center will be providing space for a Questionnaire Assistance Center to help people in filling out the census questionnaire and ask questions about the process. The days and times will be posted in the Center and in the Senior Citizens News for February.

## **Make New Year Resolutions Now!**

*By Gordon Lease*

Your first resolution should be to do more exercise. Regular non-aerobic exercise can help you have a healthier and longer life and will help you to prevent frailty as you become older. The benefits begin as soon as you begin!

You can walk briskly for one hour each day (this could be a problem outside in the winter weather) or you could join Canyon Lake Senior Center's exercise class, at 8:30 a.m. every Monday, Wednesday and Friday in the Viking Hall.

People who exercise are happier, more independent, more sociable and stronger than those who are more sedentary. These things are true even if you are in your 70's or 80's when you start. The year 2010 would be a good year to begin!

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## **Book Corner**

*By Nila Boone*

How time flies. It is 2010 already and there are so many books to read and so little time.

The Canyon Lake Center's library has many books written by South Dakotans, as far as I can determine. There may be more, but I couldn't pick them out. I will list the names of those who have written fiction and have books shelved in the biography section. I haven't included those who have written other types of nonfiction.

Writers whose works are in the mystery section include: Arthur Abbott, Lori Armstrong, Nyla Griffith, J. A. Jance, Bill Johnson, Arthur Larson, and Bill Pearson.

Authors whose works are in the fiction section (novels) are Ella Cara Deloria, Elizabeth Cook-Lynn and Dan O'Brien.

There are autobiographies by James Abourezk, Tom Brokaw, Preston Hill, Ruben Hovland, Les Kirkham, Eleanor McGovern, George McGovern, George Reeves, A. C. Ross; Red Stangland, Laura Bower Van Nuys, and Laura Ingalls Wilder.

South Dakota writers have also written biographies. This list includes the South Dakota author and the person written about in parenthesis: A.C. Ross (Wihopa, Agnes Ross), Lyda Benkelman (H. W. "Will" Benkelman), Cathie Draine (George Phillip), K.C. Kellar (Seth Bullock), Ed McGaa (Crazy Horse), George McGovern (Terry McGovern), and Mabel Lange Swanson (G. H. Lange).

There are other autobiographies of persons associated with South Dakota, and even though we think of them as being South Dakotans, they were born out-of-state.

If you know that a person named is not a native South Dakotan, don't tell me. Just let me think I'm correct.

## **Cookie Sale A Huge Success!**

*By Millie Roland*

Our Holiday Cookie Sale held December 12 was once again successful thanks to the efforts of many members! We had such a wonderful array of beautiful and tasty cookies, bars, breads, and candies. They just get prettier and tastier each year.

Thanks go to those who baked and/or bought cookies and other goodies, served on the telephoning committee, helped set up and take down after the sale, served as greeters, weighers, cashiers, cookie trays fillers, helpers in the kitchen, and those who donated cash instead of baking. Without all of your help it never would have been such a great success.

Many buyers expressed that this service truly is a blessing to them as they are no longer able to bake or don't have the time to do so. Thanks to our members for being this blessing to our community.

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## **Dancing in the Viking Hall**

*By Gary Reynolds*

We will have our annual New Year's Eve Dance on Thursday, Dec. 31, 2009, starting at 8 p.m. and ending on January 1, 2010, at 12:15 a.m. The Easy Sounds Band with Sid Phelps will provide the dance music. There will be New Years Eve favors such as noisemakers plus a nice lunch. Cost will be \$10 per person.

Our regular Saturday night dance calendar will start on January 2 with Easy Sounds Band providing the music.

The second dance of the year will be January 9 with the Midnight Sun Band playing from 7:30 to 10:30 p.m., which is the time for all of our dances. Stringbean Svenson and his band will play January 16 and the Midnight Sun Band will return on the 23<sup>rd</sup>. The band for the 30<sup>th</sup> will be posted on the calendar on the bulletin board and in the Viking Hall.

Looking ahead, we will have the second annual Mardi Gras Dance on February 13 with the Easy Sound Band playing.

On November 16 the family of Stringbean Svenson had a surprise 70th birthday party in the Viking Hall. The photo is Stringbean and his wife, Sally, as they had just come into the hall to be surprised at the 250 people there to wish him well. Six different bands played for 30 minutes each during the afternoon. It was a great day and exposure for our facility. Stringbean and his band will play for us four times this winter and spring.

It was announced at the party that Stringbean will be inducted into the South Dakota Music Hall of Fame in Aberdeen this coming May.

The 2009 dances were very successful and we have new exciting things for the 2010 dances, so please plan to attend.

## **Birthday Party Schedule**

*By Programs and Planning Committee*

Birthdays will be celebrated quarterly. The birthday people will no longer be reminded by telephone. Schedule:

Tuesday, Feb. 16: January, February and March birthdays will be celebrated.

Tuesday, May 18: April, May and June birthdays will be celebrated.

Tuesday, Aug. 17: July, August and September birthdays will be celebrated.

Tuesday, Nov. 16: October, November and December birthdays will be celebrated.

All quarterly birthday parties will begin at 2 p.m. in the Main Room.

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