



*Belvedere Heights View from the Hill - December, 2016*

**Residents' Bill of Rights - #13**

Every Resident has the right not to be restrained, except in the limited circumstances provided for under this Act and subject to the requirements provided for under this Act.

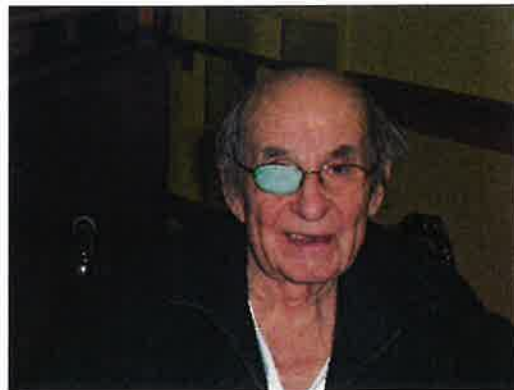
**Belvedere Heights extends a warm welcome to our new Residents:**



Help us welcome Clifford Campbell.



Welcome to Mildred Moyer.



Welcome to Hans Wiltmann.



**Health and Safety Reminder:**

**HOWEVER YOU CELEBRATE THE UPCOMING JOYOUS SEASON, DO IT SAFELY.  
WORK SAFELY IN THE WORKPLACE AND PLAY SAFELY AT HOME.  
HAPPY HOLIDAYS TO YOU AND YOURS!  
FROM YOUR JOINT HEALTH AND SAFETY COMMITTEE**

**Guardian Angel for the month of November was:**

Lauren White! Congratulation Lauren!



Whitney Tucci won a pink blanket in the raffle!

Betty Langford won a handmade tablecloth.

**On November 11, 2016 our veterans gathered together in a time of Remembrance**



*Our Deepest  
Sympathy*

**Heartfelt Sympathies are extended to the families of:**

**Allan Milne  
Ida Bryant**



## Residents' Activities



Meet Shadow. He is Teri's "grandson". He loves to visit with residents and staff and has captured the hearts of everyone he meets!

### Western Games - November 24, 2016



*Happy Holidays!*

## The Symbols of Christmas (and their origins)

**Christmas Bells** – Bells, especially church bells, have traditionally been associated with Christmas for a long time. In the Anglican and Catholic churches, the church day starts at sunset, so any service after that is the first service of the day. A service on Christmas Eve after sunset is traditionally the first service of Christmas day! In churches that have a Bell or Bells, they are often rung to signal the start of this service.

In Victorian times, it was very fashionable to go carol singing with small hand bells to play the tune of the carol. Sometimes there would only be the bells and no singing!

**Candy Canes** – The Christmas Candy Cane originated in Germany about 250 years ago. They started as straight white sugar sticks. Sometime around 1900 the red stripes were added and they were flavored with peppermint or wintergreen.

**Christmas Cards** – The custom of sending Christmas cards was started in the U.K. in 1843 by Sir Henry Cole. Sir Henry had the idea of Christmas cards with his friend John Horsley, who was an artist. They designed the first card and sold them for 1 shilling each (about 8 cents)! The card had three panels. The outer two panels showed people caring for the poor and in the centre panel was a family having a large Christmas dinner! Nowadays, cards have all sorts of pictures on them including winter pictures, Santa Claus or romantic scenes of life in past times.

**Christmas Carols** – Carols were first sung in Europe thousands of years ago, but these were not Christmas Carols. They were pagan songs, sung at the Winter Solstice celebrations as people danced around stone circles. The word Carol actually means dance or a song of praise and joy!

Before carol singing in public became popular, there were sometimes official carol singers called “Waits”. They were called “Waits” because they only sang on Christmas Eve (this was sometimes known as ‘watchnight’ or ‘waitnight’ because of the shepherds watching their sheep when the angels appeared to them).

**Colors of Christmas** – Most of the colours and their meanings come from the western/northern European traditions and customs, when Christmas is in the middle of winter and it’s dark and cold. Evergreen plants, like Holly, Ivy and Mistletoe have been used for thousands of years to decorate and brighten up buildings during the long dark winter. They also reminded people that spring would come and that winter wouldn’t last forever! An early use of red at Christmas represented the apples on the Tree of Paradise and the fall of Adam. Red is also the color of Holly berries.

**Mistletoe** – Mistletoe is a plant that grows on a range of trees including willow, apple and oak. The tradition of hanging it in the house goes back to the times of the ancient Druids. It is supposed to possess mystical powers which bring good luck to the household and ward off evil spirits. It was also used as a sign of love and friendship in Norse mythology and that’s where the custom of kissing under Mistletoe comes from. The original custom was that a berry was picked from the sprig of Mistletoe before the person could be kissed and when all the berries had gone, there could be no more kissing!

**Christmas Presents** – One of the main reasons we have the custom of giving and receiving presents at Christmas is to remind us of the presents given to Jesus by the Wise Men: Frankincense (a perfume used in Jewish worship), Gold (associated with Kings) and Myrrh (a perfume). All over the world, families and friends give presents to each other. Most children believe in a Christmas gift bringer, called Santa, St. Nicholas or Father Christmas.

## Christmas Thoughts for these Troubled Times

As Christmas dawns on the world again,  
We look on a world of restless men.  
Men who are driven by fear and greed  
And caught in a web of tension and speed.  
Driving themselves and the world as well  
Into a future no one can foretell.  
Oh, instead of these "driven men"  
Give us men with true "Drive" again.  
Spurred on by Faith in heaven above  
To make this a world of "brotherly love".

### The Top Ten Gifts

**Hugs**...to someone who is lonely  
**Love**...to someone who has nothing to give in return  
**Patience**...to someone who is struggling with life  
**Freedom**...to someone who needs to find his own destiny  
**Guidance**...to someone drifting in a sea of anxiety  
**Understanding**...to someone who is confused  
**Tolerance**...to someone who doesn't see things as you do  
**Kindness**...to someone in pain  
**Forgiveness**...to someone you feel has harmed you  
**Softness**...to someone who has not yet removed his/her hard shell.

### After Christmas

'Twas the day after Christmas and all through the house  
Was the clutter of wrappings of shirt and of blouse.  
The toys were all strewn 'neath table and chair  
You could see old St. Nicholas had surely been there.  
With Mom in her housecoat and Dad, poor old chap,  
Had just settled down for an afternoon's nap...  
When out on the veranda there arose such a clatter,  
I sprang to the window to see what was the matter.  
And there stood bill collectors from most every store,  
Each year they come earlier, each time they charge more!  
So Mom pawned her diamond and Dad sold his car,  
While muttering so glumly "This is going too far."  
Then parking their pencils behind each right ear,  
Those collectors smiled broadly, "We'll see you next year!"