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REHABILITATION SERVICES SOCIETY

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January 2012

The Headway Vancouver Chronicle

New Year's Resolutions

Is it 2012 already? Wow 2011 sure flew by quickly! In what seems like a flash we say goodbye to a ground-breaking year here at Headway Vancouver!

Just to re-cap some of the fantastic developments throughout the Headway Vancouver community that took place over this past year would consume more pages than this newsletter has! However, one very prominent change that has evolved throughout 2011 is the rapid growth of member collaboration, accountabil-

ity, and leadership!

Whether they are helping prepare lunch, plan parties, facilitate programs, or work towards promoting awareness of ABI's, the members of Headway Vancouver have stepped up to the plate this past year like no other and have taken unprecedented responsibility and pride for their community!

With this in mind, we are excited to carry this momentum forward into 2012 and kick member involvement in these areas up an-

other notch!

Therefore, in order to get all members on board with this goal, we would like to strongly encourage **ALL** participants in the Headway Vancouver community to make it their New Year's resolution to attend our **Annual General Meeting on Wednesday January 25th, 2012 from 1:00-4:00pm!** We look forward to seeing you there!!!

(For additional information please refer to page 5 of the newsletter)

MEMBER OF THE MONTH

The member of the month for the month of December is Mark!!!

Have you ever swung by Headway on the last Monday of the month? If you have, chances are that you have met Mark! Mark has been involved with Headway Vancouver for well over a year now, and during this time Mark has had a tre-

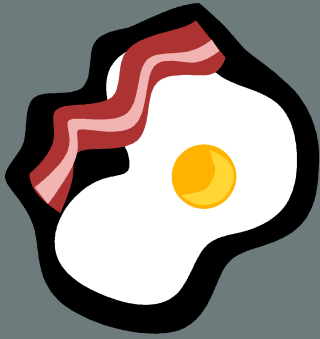
mendous impact on the Headway community. Over the past year Mark has inspired and facilitated Headway's first music program. In fact, Mark has been the driving force behind the creation and production of the HEADWAY SONG!!! Yes we have a song! If you would like to hear the song, just swing by on the last Monday of every month and join us for our monthly Headway Music Jam! Whether you would like to share your musical talent or just hum along to the tunes,

we would love to have you join us! On behalf of the Headway community, we would like to THANK YOU MARK for your countless contributions to Headway Center Vancouver!!!



Come Join us for the first Music Jam of 2012 on Monday January 30th from 1-4pm!!!

Holiday Casino Night Thank You's



So Simple Recipes

SmAshley McMuffins

Ingredients

1 Toasted English muffin
1 Scrambled Egg
1 Tbsp butter
2 Tbsp Grated Cheddar
Several Pieces of Bacon

Directions

Butter each half of toast-
ed English muffin

Eat a piece of bacon

Layer Egg, Cheese, and
Bacon between each half
of toasted English muffin

Eat a piece of bacon

Toast English muffin
with fixen's for 4
minutes on broil in oven

Eat a piece of bacon
while you wait

Remove English Muffin
from oven and serve with
a side of bacon

On Thursday December 15th 2011 Headway had its 2nd annual Holiday Casino Bash. This year we held the event at the beautiful Scandinavian Cultural Centre in Burnaby BC. The location was perfect for our party, lots of space, quite accessible and the stunning holiday decorations made the night an occasion to remember.

Being a non-profit organization we rely heavily on donations and volunteers to make events like this possible and this year we really lucked out on both ends. At this time the staff of Headway Vancouver would like to thank everyone who generously donated or who volunteered their time for the event. The ABI community is always in need of support such as yours to assist in our overall goal of helping to create meaningful lives for ABI survivors. Without the help of donators and volunteers events such as this one wouldn't exist.

One behalf of Headway Centre's staff and members ...



Donors

Kernels Popcorn
Salmon & Bannock
Vancouver Chamber Choir
VanDusen Botanical Garden
Starbucks
Universal Music Canada
The Old Spaghetti Factory
Red Robin Restaurants
Greens Diner
UBC Museum of Anthropology
XCalibur Bowling
Paddelwheer River Boat Tours
Purdy's Chocolate
Fat Burger

Volunteers

Tyler
Breanne
Stephanie
Lisa D.
Tagi
Rosemary
Jerry Larry
Ryland
Fabian
Alan
Tim
Mark
Sandy
Maureen



Monday, January 23, 2012

By Helen Chow

1916, 1928, 1940, 1952, 1966, 1976, 1988, 2000, **2012**

The Dragon is the fifth sign of the [Chinese Zodiac](#), which consists of 12 Animal signs. The Dragon is a creature of myth and legend. In ancient China, the celestial Dragon represents an emperor and power. Today, it is the ultimate auspicious symbol signifying success and happiness.

Chinese around the world, proudly proclaim themselves "Lung Tik Chuan Ren" which may be translated as Descendants of the Dragon. Unlike the negative energies associated with Western Dragons, most Eastern Dragons are beautiful, friendly, and wise. They are the angels of the Orient. Instead of being hated, they are loved and worshipped.

Chinese dragons have a horse's head and a snake's body. Often they have four jaws. Chinese dragons are divided into Heavenly Dragons, Earthly Dragons and Dragons in water. The most well-known dragons are the Four Sea Dragon Kings governing the east, south, west, north side of the sea. These Four Sea Dragon Kings are in charge of creating clouds and rains for human world. Chinese people do not call a water faucet a tap, but a "Water Dragon Head".

The dragon is regarded as the symbol of the Chinese nation and can be seen everywhere in its culture: including literature, architecture, art, furniture and even clothing. Dragons are an important part of many Chinese festivals, including Chinese New Year. In ancient China, dragons did not breathe fire. Dragons were wise and caring. They guarded the wind, the rain, the rivers, precious metals and gems.

Many countries use dragons in their art, especially China, Korea and Japan. It's easy to tell the difference between Chinese, Korean and Japanese dragons. Just count the dragon's toes. Of course, you have to get really close. Sometimes it looks as if they have 3 toes, when they really have 5, because some are hidden from sight. But, for a quick rule of toe: Korean dragons have 4 toes; Japanese dragons have 3 toes and Chinese dragons have 5 toes.

Characteristics of the Dragon:

- Beautiful; colourful; flamboyant; innovative
Enterprising; imaginative; self-assured
Brave; passionate; charismatic; charming
Energy; gifted; irrepressible
Extreme ambitions; confident; fearless
Make it to the top; generous personalities
Solitary people at heart
Enjoy outdoor activities rather than staying at home
Are extroverts who have a deep love for nature
Self-sufficient; successful in one stroke
Generous; blessed with good health
True and sincere love from the depths of their hearts
Conceited; tactless; scrutinizing
Unanticipated; quick-tempered; stubborn
Like to spend money but are charitable themselves with others
Symptoms of their personalities often stem from emotional outbursts - range from tension headaches to depression to hypertension.

Dragons make excellent computer analysts, inventors, engineers, architects, lawyers, managers, etc.

Famous Dragon People: Calista Flockhart, Colin Farrell, Courtney Cox, Courtney Love, Dinah Shore, Isabella Rossellini, Julia Ormond, Juliette Binoche, Reese Witherspoon, Roseanne Barr, Sandra Bullock, and Wynonna Judd.



Korean dragon – 4 toes



Japanese dragon – 3 toes



Chinese dragon – 5 toes

(c:/ /Helen-Chinese New Year of the Dragon-jan issue-2012)



*Headway Centre
Vancouver's
Annual General Meeting
Wednesday, January,
25th, 1-4pm*



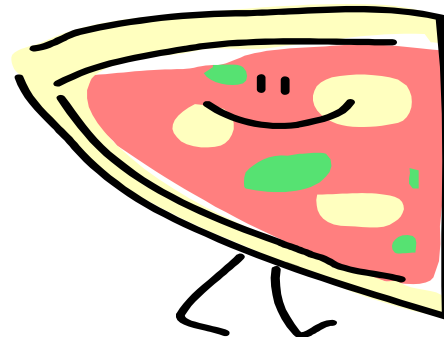
It's that time of year for Headway Centre's Annual General Meeting! What's an Annual General Meeting you ask? It's a meeting that we hold once a year to critique the Headway program, sign annual forms and get some much needed feedback from our members.

This year more than ever staff wants to hear member feedback about the program as well as your personal view on how you believe Headway Vancouver has assisted you in areas of rehabilitation, support, advocacy, and bringing awareness to the ABI community as a whole. We are really looking for your honest opinions and feedback on how we can support you better and continue to improve the Headway Vancouver program.

If you haven't been to a members meeting in a while, the Annual General Meeting is one you shouldn't miss. Family, care providers and other people in your support network are encouraged to attend.

And yes, there will be pizza.

Hope to see you there!





What are your New Year's Resolutions? By Helen Chow



My #1 New Years Resolution this year is to make sure that I tell the most important people in my life that:

1. I LOVE THEM.
2. I WILL ALWAYS BE THERE FOR THEM.
3. I REALLY APPRECIATE ALL THEY DO
4. I CONSIDER MYSELF SO FORTUNATE TO HAVE THEM IN MY LIFE.

If I sent this to you, then you are one of the most important people in my life so

Please consider yourself told!

jucoolimages.com



New Years Resolutions

- ★ STOP smoking!
- ★ Find a job
- ★ Lose 15 pounds
- ★ Pay credit card debt
- ★ Volunteer
- ★ Eat healthy
- ★ Drink Less



(c://Helen-Headway-New Year's resolutions-jan issue-2012)



History of Chinese New Year *By Helen Chow*



The legend goes back thousands of years ago in a village in China. On one winter's eve the village was ravaged by an evil monster. The villagers devised a plan to scare the monster away. Red banners were hung everywhere; the colour red has long been believed to protect against evil. Firecrackers, drums, gongs were used to create loud noises to scare the beast away. The plan worked and the celebration lasted several days which people visited each other, exchanged gifts, danced and ate tasty treats.

It is a time to welcome longevity, wealth and prosperity (*Kung Hey Fat Choy*) and to eliminate any negative chi from the past. Typically, red packets with money tucked inside are given out as a symbol of good luck. The amount is usually an even number, as odd numbers are regarded as unlucky.

Foods during the holiday hold symbolism as well. Red meat is not served and one is careful not to serve or eat from a chipped or cracked plate. Fish is eaten to ensure long life and good fortune. Red dates bring the hope for prosperity, melon seeds and lotus seeds for proliferation, oranges and tangerines symbolize wealth and good fortune.

The Chinese New Year does not fall on the same date each year, although it is always either in January or February. The (CNY) calendar below shows which of 12 animals you are! Naturally the animal depends on the year in which you were born. Note: if you were born in January or February you need to check if your birthday was before or after the date of that Chinese New Year. (If it was before this day your animal is the one shown for the previous year)

The fact that the date of Chinese New Year varies within about a month is a clue that it's linked to the new moon. A rough and almost infallible guide is that the Chinese New Year falls on the second new moon after the winter solstice; which always falls on December 22nd, the next new moon is on December 24th, and the second new moon is on January 23rd 2012 - the year of the **DRAGON!**

Rat	1912	1924	1936	1948	1960	1972	1984	1996	2008
Ox	1913	1925	1937	1949	1961	1973	1985	1997	2009
Tiger	1914	1926	1938	1950	1962	1974	1986	1998	2010
Rabbit	1915	1927	1939	1951	1963	1975	1987	1999	2011
Dragon	1916	1928	1940	1952	1964	1976	1988	2000	2012
Snake	1917	1929	1941	1953	1965	1977	1989	2001	2013
Horse	1918	1930	1942	1954	1966	1978	1990	2002	2014
Sheep	1919	1931	1943	1955	1967	1979	1991	2003	2015
Monkey	1920	1932	1944	1956	1968	1980	1992	2004	2016
Rooster	1921	1933	1945	1957	1969	1981	1993	2005	2017
Dog	1922	1934	1946	1958	1970	1982	1994	2006	2018
Pig	1923	1935	1947	1959	1971	1983	1995	2007	2019





Events and Activities in January



IN HOUSE PROGRAMS AND EVENTS

- * Tuesday, January 3rd 12-4pm - Community Luncheon
- * Friday, January 6th & 20th 1-3pm - Baking Class
- * Friday, January 13th 1-2pm - Adaptive Fitness
- * Friday, January 13th 2-3pm - Bingo Tournament (with Ashley prizes)
- * Wednesday, January 18th, 2:30-3:30pm - Nail Painting
- * **Wednesday, January 25th, 1-4pm Annual General Meeting**
- * Friday, January 27th 1-4pm - Nostalgic New Year's Potluck Party
- * Monday, January 30th 1-4pm - Headway Vancouver
- * Tuesday, January 31st 12-4pm - Brainwaves (& Ashley's Birthday)

COMMUNITY OUTINGS/EVENTS

- * Tuesday, January 17th, 12- 4pm Movie Matinee (Location & Motion Picture TBA)

(We Will Be Taking Public Transit)

- * Tuesday, January 24th, 12- 4pm Chinatown Walking Tour

(We Will Be Taking Public Transit)

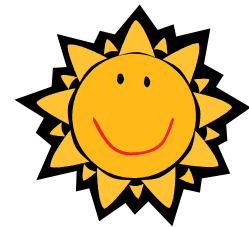
!!! HAPPY 2012 !!!

A HAPPY NEW YEAR

To all members, families, care providers, and friends of Headway Vancouver Happy 2012!!
From Headway Vancouver staff

January, Oh January

January, oh January, you bring dark and dismal days. January, oh January you bring bills I cannot pay. January, oh January, how I wish you were June. January, oh January, the spring can't come too soon. January, oh January, you better be bright this year. January, oh January, on the 31st I'll cheer.



Newsletter Submissions

The Headway Newsletter is a popular read...we value member input, so send us your newsletter ideas and submissions for next month's newsletter either directly to staff or via email to:

clubhouse2@howesound.net

Thanks to Helen for this month's article contributions!