

MYRT ARMSTRONG RECOVERY CENTER

1419 1ST AVE. S. FARGO ND 58103

Volume 1/ issue 2

Valentines Party was a Succes!

Thank you to all who attended! We had around forty people show up For Pie, Cookies and Coffee. The Bingo games were a big hit. An anonymous donor sweetened the blackout game with a \$10.00 donation and gift card. Was a lot of fun to meet so many new people and see old friends. Hope you will all come back again for St. Patrick's Day Party, 11:00 am to 1:00 pm.



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NEXT CELEBRATION AT THE MARC. ST. PATTY'S DAY!

A little history first.... From Time Magazine.

Modern St. Patrick's Day [celebrations](#), at [least](#) in the [United States](#), are likely be to characterized by commercial lucky charms and green beer—all of which has very little to do with the historical figure of the saint. As it turns out, it took centuries for the holiday to accrue the elements that now seem crucial to its celebrations.

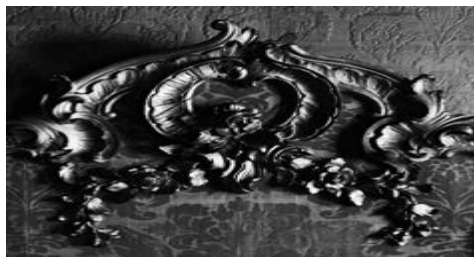
The March 17 celebration started in 1631 when the Church established a Feast Day honoring St. Patrick. He had been Patron Saint of Ireland who had died around the fifth century—a

whopping 12 centuries before the modern version of the holiday was first observed. But very little is known about who he actually was, according to Marion Casey, a clinical assistant professor of Irish Studies at New York University (and a regular marcher in the St. Patrick's Day Parade in Manhattan). "We know that he was a Roman citizen, because Britain was Roman then, and then he was enslaved and taken to Ireland, where he either escaped or was released," Casey says. "And then he became a priest and went back to Ireland, where he had a lot of luck converting the Druid culture into Christians." Modern-day celebrations and themes continued to take shape during the rest of the 1700s. In 1762, the first New York City parade took place. It wasn't until 1798, the year of the Irish Rebellion, that the color green became officially associated with the day, Casey says. Up until the rebellion, the color associated with St. Patrick was blue, as it was featured both in the royal court and on ancient Irish flags. But as the British wore red, the Irish chose to wear green, and they sang the song "The Wearing of the Green" during the rebellion, cementing the color's relevance in Irish history. [Legend says](#) St. Patrick was actually born Maewyn Succat, but that he changed his name to Patricius (or Patrick), which derives from the Latin term for "father figure," after he became a priest. And that supposed luck of his is the root of all the themed merchandise for modern St. Patrick's Day.

Member's meeting news: At the last Member's meeting a vote to keep the MARC open from the hours of 9:00am to 5:00pm Monday through Friday, was approved! Next Members will be held on March 1st 1pm to 3pm. Please attend and let your voice be heard.

Looking for writers, not a writer, just bring your creative ideas. All are welcome to join, to contribute, socialize and to be a part of your Newsletter! If you are interested, come to the MARC March 6, 2:00 pm until 4:00 pm for a planning meeting. There is so much would could do with the Newsletter. Attaching is a copy of the "[The Sound of Minds](#)" Newsletter found from December 1996. Amazing what we can do when we work together.

Blast From the Past!





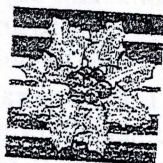
The Sound Of Minds



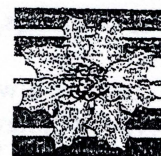
"Written For and By Our Members"

Volume 1, Issue 12

December, 1996



**Merry Christmas
and a
Happy New Year**



UPCOMING EVENTS AT THE SOCIAL CLUB

10th Annual Social Club Christmas Party

will be held on
Friday, December 13th
at The First Presbyterian Church
*details on p. 5

Wednesday December 11th

Fargo/Moorhead Community
Theater Presents

"Best Christmas Pageant Ever"

20 tickets available
Sign Up in Office With Staff
*details on p. 5

Social Club

New Year's Eve Party/Dance

Wednesday December 31st

*details on p. 5



The entire Social Club staff would all like to wish everybody a Happy Holiday season.

As a present to you this issue has 4 extra pages filled with holiday recipes, hints, games, wishes and holiday messages. Don't forget to come to the Social Club Christmas party on December 13th. If you haven't signed up for a Christmas present yet do so soon. And remember we will be open both Christmas Eve, and Christmas. So if your not doing anything special come help us celebrate the holidays.



-Gerard
-Janell
-Mary
-Cathy

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Opinion Page/Letters To The Editor

This page is your chance to voice your opinions, comments, ideas, or letters to the editor. Articles are subject to editing.

I grew up in Fargo and Grand Forks, ND. My parents were quite exceptional. They had strong beliefs and good humor. Little things meant a lot. Money was hard to come by, but we enjoyed what we had. I remember spending many hours cutting pictures out of catalogs, people, furnishings, etc. and playing house.

Christmas was always special and lush compared to the rest of the year. We all knew at that time, whether it had been a productive year or not. We were not asked what we wanted, as I do with my children now. Rather, we got what someone else wanted for us. To me, a lot of those gifts did not appeal to me at first, but after wearing something and getting a lot of approval, these gifts became my favorite of all.

And, now in my mid-forties, I fall trap to put our own follies forward, rather than, the holy events that happened on Christmas.

I have love for God, and try to remember to consciously thank Him for my many blessings, for a life worth living and the vision of a wonderful future. His promise of love, and acceptance is all we need to grasp happiness, not just at Christmas, but always.

Peace be with you,

Bev Barnstable D.B. H.

The following article is a reprint from last month, by editors mistake the wrong person got credit for writing it, Sorry Darlene

Gossiping by Darlene S.

Why must there be so much gossiping in the club?

The club is supposed to be place a person can come to and enjoy themselves and be happy, not a place to come and listen to other people gossip about other members of the club.

It hurts me to listen to people gossip about other members. I like being friends with everyone and do not listen to gossip. I feel like it puts me in the middle of all my friends.

It also will break up friendships of others.

So if you want to come to the club, remember this is not the place to gossip. It is a place to enjoy yourselves.

A lot of times gossip is not the truth, it is a lie, and it hurts the person that you are gossiping about.

So please remember we are suppose to enjoy ourselves at the club. So more members will like to come to the club to play cards or dice, revenge, and enjoy having someone to talk to.



Restore Me To Sanity by K.E.N. Fargo A.A.

As days come and days go
and my mind runs to and fro.
I think of how nice life would be
if I could find some sanity
So as I grumble and I grieve
I'm told I just need to believe,
That God of all humanity
Could restore my sanity.

So do I do as I am told?
No, because I am so bold,
to live my life day by day.
By my will, and my way.
So I continue to complain,
And I feel I must endure the pain.
I ask myself how could it be,
God should restore my sanity?

Yet if honestly I would look,
at what I read in the book,
and ask for help each new day,
from someone who has gone this way.
If I will leave my selfish strife,
to learn this new and happy life.
It then becomes so plain to see,
God will restore my sanity.

So now each day I must depend,
that God will help me to the end.
And if each day I do his will,
then my life He does fulfill.
So as I change my attitude,
Them from my old life, I'm set free,
God has restored my sanity.

Opinion by Ray M.

In my opinion, winter lasts to long,
spring and autumn not long enough,
while summer days are seldom just
right.

These articles/opinions do not necessarily reflect the view of the MHA Social Club, the SC staff and or other members. They are the opinion of the author only.

AA Meetings

A new AA meeting place has been born. The new meeting place is the F-M Social Club in the Consumer Office. Meetings will be on Tuesdays at 3:00 and will be for AA members only. There will be no open meetings unless otherwise stated in the future. We will eventually be having speakers for the meetings, but until we do we will be having step discussions and possible Big Book Studies. Thank You very much Gerard Kottenbrock for allowing us to have meetings at the Social Club.

Women's Group

"Talking and Caring about Each Other"

When: Every Monday from 1-3 pm

Where: MHA Board Room

For more information call 237-5871 or 232-7389

I want all the ladies who are members of the Social Club and Consumers to know that they are welcome to join us every Monday at 1pm (unless it's a holiday). I make a snack to bring for everybody that is served about 2 pm. There is also a free will offering for coffee. There are no dues. Come join us.

Jerry J.

I like to go ice fishing in the winter and also hunting year around. Holidays I like to cook turkey and ham. I also like to watch movies on TV and listen to country music on the TV. I also collect cans for money.

*-Don't Let Weeds
Grow Around Your
Dreams*

HELP-LINE

1-800-472-2911

24 hours a day

7 days a week

**For crisis intervention,
information, and
referral services, call
toll-free.**

**The HELP-LINE
can lead you to the
resources you need**

**Mental Health
Association in North
Dakota and NDSU
Extension Service**

FOR SALE: Tires and 1 rim size P-185x75x13 from Ford Escort, call eve. 235-2773.

FOR SALE: Ladies size 8 white dress shoes, nearly new- \$10.00, 2 white window shades, 34" x 7', good condition, \$5.00 apiece, 7,500 BTU Air Conditioner, excellent condition, \$150.00. 280- 2190 evenings

HELP WANTED- Wanted transportation to the grocery store. I don't live too far from a store, but after buying a lot of groceries it is very hard for me to walk home with the groceries. If anyone is willing to share their time, I am willing to pay that person \$2.00 for gas for each trip. You can leave a message at the club, 293-5118 for Val. P. or my home number, 298-9425.

If you have items you would like to sell or give away, let us know we'll advertise for FREE

My Christmas

by Mabel B.

I am going to ring bells for the Salvation army. I am also going to volunteer at the club, Indian center, St. John's hospital, and the Salvation Army.

**Interim Personnel
by Connie and Paul B.**

Interim Personnel is a company that locates part-time jobs for people who are mentally ill.

Interim Personnel is located at: 1450 25th Street South in Fargo. Their telephone number is 298-8303.

If you would like a job go to this location and ask for Debbie Korshus, she is the client service representative there.

Our first job experience was at Drayton Foods. We worked 5 p.m.- 1 am four days a week. Long hours but we worked with really nice people. It was a different kind of experience for us.

They also give training for the temporary jobs that they have.

If you have some job experience you may want to work in the same type of job.

I would recommend it to anyone who wants a job and experience.

When you are hooked up with them you need to periodically call in to have your name at the top of the list, otherwise your name will go to the bottom of the list. In this way they know you are still interested in working.

**Christmas
by Ray M.**

Caroling
Having fun
Rejoicing
Ice cream
Stockings
Tinsel
Miseltie
Anticipation
Salvation is born



Secret Word Find Game

Directions: Circle the first and last letter of each word you find from the list, then draw a line through the word and cross that word off of the list. There will be letters in the puzzle that have not been crossed off after all the words have been found. Put these letters together to spell a word or phrase. A brief definition of this word is given at the beginning of each puzzle. Good Luck (answer on p. 16)

GEESE

Word of 5 letters meaning:
"Air Traveler"

H S R A M S E M U L P P R S
Y R T L U O P O I L S E E W
C E I N T E L L I G E N T A
W H I T E S G N I W F S A N
S T I H U N T E D N O P W C
D A L N I N E D B M E O A E
N E B L E G O D T S D U T L
A F S A U S O I U N T Y A C
L O L A R M E O T I A D M A
G W R O E N L V O A A R E N
L D O S C U Y U I N M G B R
I L T N O K S A A R G R E A
O I S T S E N C R S D R O B
C W E B F O O T E D M R A F

BARNACLE
BARNYARD
BRANT
CANADA
CAUTIOUS
CHINESE
DOMESTIC
DOWN
DRIVE
EGGS
EMBDEN
FARM
FEATHERS
FLOCK
FORMATION
GOSLING
GUARD
HUNTED
INTELLIGENT

MARSH
NESTS
OIL GLANDS
OILS
PENS
PLUMES
POND
POULTRY
SNOW
SWAN
TAME
TOULOUSE
WATER
WEB FOOTED
WHITE
WILD
WINGS

*The spirit of
Christmas brings
memories drifting
down like
snowflakes*

-Dorothy Colgan

Membership Meeting Thursday November 14, 1996

We will set up 2 meetings in Jan. to discuss revising the rules.

The toilet needs fixing.

We talked about moving the smoke room into what is now the consumer affairs office. We would like to put a fan in that room and a glass door. We would like to put the computers in the pool room, move the library into what is now the smoke room and the pool table into what is now the library. Gerard needs to look into it more first.

Val. P. mentioned that she was interested in doing computer training.

Talked about getting new speakers. Maybe in the spring we will know if we have the money available. Jeff L. said he could loan us some speakers.

It was suggested that we have a fridge for members that do not have access to one.

It was suggested that we have a TV in the smoke room.

Outdoor Activities: Bonanzaville, movie outing, lights tour, craft show, broom ball, tubing at the dike, caroling, ice fishing, snowmobiling at Itasca (rent machines), skiing, Santa's village, roller skating (fair response), ice skating, Christmas play at FMCT, cross country skiing, Christmas shopping at East Ten mall, bargains, Wal-mart, Christmas card day, Christmas party at the Moose Lodge, Dakota Pride show on Dec. 1st, \$1.00, invite Jamestown to Christmas party, martial arts outing, pool party at the Y.

We will eat at Smokey's

Once around the kitchen meals will be pizza and omelets.

Indoor Activities: Baking, pinochle, whist, Bingo, 10,000 dice, pool, vengeance, spelling bee, Christmas pinata on the 24th, leather crafts, Christmas crafts, Christmas play, UNO tourney, Nintendo tourney for kids, family day.

We voted to have both turkey and ham for our Christmas dinner.

RECIPE FROM THE KITCHEN OF: MABEL BRILL

Fry Bread

6 cups of flour

3 teaspoons baking powder

a pinch of salt

2 teaspoons sugar

*Mix above ingredients well and make a well in the middle of the ingredients. Add:

3 cups of water

*Heat oil to 425 degrees, pinch off, shape, and drop into hot oil, turn and fry until entirely golden brown. Serve hot.

IT'S THE 10TH ANNUAL SOCIAL CLUB CHRISTMAS PARTY

Season's Greeting everyone. I'd like to explain a little about this year's party. Perhaps this will answer any question you have.

The party takes place on **Friday, December 13th** at the First Presbyterian Church in Fargo. The address is **111 7th Street North**, and is located across the street from the post office.

This year's party will go something like this:

5:00 p.m.- **Doors open**, everyone is welcome, social hour.

6:00 p.m.- **Dinner is served**, turkey and all the trimmings

7:00 p.m.- Santa Claus arrives with **gifts for everyone.**

8:30- 11:30 p.m.- **Dance with**

The Jam Masters

Door prizes will be given away throughout the evening.

CHRISTMAS GIFT SIGN-UP

The club has a gift list and all members are eligible to sign up for a gift valued at about \$5.00. If you haven't signed up yet, there's still time.

RIDES TO AND FROM THE PARTY

Don't let transportation stop you from attending this year's party. If you need a ride to or from the party, please stop by the Social Club office or call 293-7716, **No later than December 12**, and we'll make arrangements.

WHO IS INVITED

All members, spouses, and children. Each can bring a guest if they choose. So please come and plan on a really great time. Merry Christmas!!!!

*-Worry makes for a hard pillow.
When something's troubling you,
before going to sleep,
jot down three things
you can do the next day
to help solve the
problem*

NEW AT THE SOCIAL CLUB

"THE SWEAR JAR"

Members caught swearing by staff and members pay .25 cents

Staff caught swearing by members and other staff pay \$1.00

-Must pay by the following day or can't return to club till it is paid

-Use of the proceeds from this jar will be determined at a future date.

**DON'T FORGET!!!
SOCIAL CLUB
NEW YEAR'S EVE PARTY**



This gala event will include food, games, door prizes, a dance with Dude Walker's Music On Wheels, and a whole lot more. This year's party is shaping up to be bigger and better than ever. The cost for this spectacular event is absolutely nothing. It is all on the house. Keep your eyes open for exciting details on the back of next month's calendar.

**F/M Community Theater Presents:
"The Best Christmas Pageant Ever:"**

20 tickets are available for a free showing of this wonderful Christmas play. It will be held on Dec. 11th. Sign-up in the office before these tickets are all gone. We will be leaving at 6:00 sharp.

The Sound Of Minds

"Written For And By Our Members"

*The Newsletter Written By Our Members
Published Monthly at 506 Roberts St., Fargo, ND
58102

EDITOR: Mary Schmitz

PUBLISHER: Gerard Kottenbrock

Article Deadline: All articles are due by the Friday after the second newsletter meeting of the month (Aug.) in order to be published in the following months (Sept.) edition. All Articles received after this day will be in the next months (Oct.) edition.

My Story Before Entering

St. Ansgar

by John P.

When I was 11 I sewed a corduroy coat together. I used to take good care of my feet and was sore from sunburn.

I was invited to many parties by invitation from some of my friends in Agassiz. I also played touch football, I could have been badly hurt but wasn't.

I also play alto saxophone in band. We played in front of an audience in the high school. I played loud.

I also ran the 100 yard dash in light blue and white stripe track shoes. I did the high jump in two track meets.

In the summer I went to the lakes in Minnesota to a cottage that we rented during our summer vacation.

I had some very special times at my neighbors lake cottage on Commorant lake. My neighbor was a boy of my age. We walked along the beach by the sloughs and ponds. There were also ponds that had poly-wogs on. There were marshes and reeds and large cliffs made out of clay and sand that were by the banks of the lake. Once I looked up the cliff for frogs and snakes and knocked a beehive down, then I burned it in the fire.

When I was just a boy I would drive the car sitting on my Dad's lap. I got my driver's license when I was 16 and drove to school in the our family's Skylark. It was penny colored and had a white roof. It also had cool hub caps, white striped tires, and bucket seats. I would park in the south parking lot of South High school.

I played tether ball, volleyball and basketball in phy-ed. I wore brown gym pants and a yellow T-shirt. I took a shower afterwards, there were lockers at both schools.

I played pinball at the bowler with Bob and some other friends.

I had a friend once that was so sad that I ran around with. I went to parties with them all the time and we would drink and smoke, and there was no end.

I went to the park in Lindenwood. Sometimes when it was dark and all the stars were out I would build a fire alongside the river. One time I got into a lot of trouble when I bought a bag of marijuana in the commons. That day I had a terrible time with my classes and couldn't read the letters in my history book.

I was always in a hurry to get to my classes when the bell rang. I would always have way too much to drink when I would go to special events like prom and homecoming.

I was also on the swim team for a couple of years, I would get so cold and could hardly wait to take a warm shower.

I would get sea sick from the music that was on the radio in those days.

I would look at all the girls when I was in school. I would play tag and study with my neighbor. I would pull pranks in study hall. My dad called the school once while I was in the office with the principal. He grabbed my arm real hard, then my dad came and got me.

Bruce my friend didn't like me too well, he was always getting me into trouble. I called my mother a week before I left school on the pay phone, I didn't say much.

Bazaarfest

by Co-chairs Ruby T. & Janell L.

Our participation in this years West Acres Bazaarfest was a success. Held at the end of Oct. The Monday's women's group and The Social Club made \$232.00.

A big Thank You to all of our volunteers. Mary DeWall, David and Kathy DeWall, Paul and Connie Backstrom, Pam Anderson, JoAnna Egan, Dorothy Peltier, Mary Artz, Diane and Brad Hauschild, Fred Spitzer, Darlene Schultes and Pam Ballard.

These people solicited donations, baked goodies, made crafts, sold items, knitted, crocheted, embroidered and helped organize the event. They did a wonderful job. We hope to be involved in the Bazaarfest again next fall. So for all you crafters now is the time to start designing next year's projects.

Letters to Santa cont. from p. 12

Dear Santa Claus,

I would like my Mom back if you could, I would be happy if you could bring her in a '52 Buick, that would be nice. But I will take a girl with blonde hair and big baby blue eyes.

-Mark B.

Dear Santa,

I think this year for Christmas all I really want is for things to change at the Social Club. There is way too much talking about other members, and running down of each other. The bickering and stealing has to stop, so I guess what I am really saying is in 1997 I would like things and people to start caring about each other instead of themselves so much.

-Carol R.



Club Events

by Fred S.



BIRTHDAYS-We celebrated the birthdays at the Social Club for members who were born in Oct. Mary S. hosted. We ate cake and ice cream and beef soup that The Cass County Extension service had donated.

HARVEST BOWL WITH THE BISON- On Saturday, Oct. 26 at the Social Club we ate pizza then we went to the Fargo Dome. We saw the Harvest Bowl game. The scores was NDSU Bison- 48, Mankato Mavericks- 27.

HALLOWEEN BINGO-Janell and Randy called the numbers for Halloween bingo on Mon. evening, Oct. 28. Instead of the numbers there were Halloween cartoons printed on paper. Pam K. won the Blackout prize, she picked a bucket of Rold Gold pretzels.

PUMPKINS- were decorated at the Social Club on Tues. Oct. 29, the winners were 1st place- Donnie P- \$5.00, 2nd place- Deb K.- \$3.00, 3rd place Ray- \$2.00. Honorable mention Ralph and Bev- \$1.00.

COOKIES- Mary helped members make chocolate chip cookies on Oct. 30.

PIZZA- party was on Friday Nov. 1, we saw "Tombstone" on the VCR.

COUNTRY HARVEST- On Sat. Nov. 2nd, 7 members ate at Country Harvest, all had the buffet.

BINGO- Mary hosted the BINGO game on Fri. Nov. 8, her son Albert said the numbers. 20 members attended.

TALENT SHOW- On Nov. 9th 8 members took part in a talent show. Donny P. played "Amazing Grace" and "The Old Rugged Cross" on the organ., Ed J. recited a poem about laughing hyenas, Fred S. recited "Shakespeare's Sonnet 73, and Connie B. read an essay about the little girl who saw Santa Clause. Jim S., Mabel B., Ed D., and Dorothy P. were judges. Donny P. won 1st place- \$5.00, Fred S. won 2nd place- \$2.00, and Connie B. took 3rd place- a can of peanuts.

VIKINGS- On Nov. 3 Gerard and Mary drove 16 members to the Metrodome in Minneapolis to see the Vikings play the Kansas City Chiefs. Cathy stayed at the Social Club and we watched the game on TV. Concordia College in Moorhead sang the Star Spangled Banner at the game. The Vikings lost the game 21-6.

EMPOWERMENT MEETING- Janell hosted this meeting on Nov. 6. Bill Iverson from The Lost and Found Ministry in Moorhead spoke about alcoholism. They have the most complete library on human behavior in North Dakota and Minnesota. They are located across from Trinity Lutheran Church in Moorhead.. The place was started when a lady from their church left all her money when she died to the church and requested that it be used to fight alcoholism. Every American over the age of 16 drinks an average of 2.54 gallons of pure alcohol a year. There are non-drinkers, social drinkers, controlled drinkers, and problem drinkers. Mr. Iverson knew of an 11 year old who is an alcoholic. Alcohol kills 300,000 Americans yearly. It fills 1/4 of our hospital beds. Alcohol is to blame for 60-80% of all domestic violence, 65% of all child abuse, 90% of all court cases, 80% of all suicides and divorces, 55% of all fire deaths, 75% of all murders, 40% of all drowning's, and 50% of all skiing accidents. In college alcohol plays a role in 90% of all rapes, 95% of all violence, 80% of vandalism and 40% of all car accidents. Sons of alcoholic fathers are 4 times more likely to become alcoholics than the rest of the population. Signs of an alcoholic are- secret drinking, loss of control, drinking alone, change of character, bender, and delirium tremens.

EXTENSION CLASS- On Nov. 6 Mary hosted, Kristi came and talked about Saving Money on Food. Our greatest food expense is meat, use dried beans instead to save money. Kristi gave us four handouts and served us some roast beef.

HALLOWEEN PARTY BY FRED S.

Halloween was celebrated at the Social Club on Oct. 31st with a party, which was attended by about 65 members despite the rain. Janell and Gerard hosted the party.

We ate hamburgers, potato salad, and a whole lot of good food. For the dance, Janell and 3 members decorated the MHA board room for the party. They used orange and black streamers with orange and black balloons.

Upstairs, Pam B., Darlene S., Kathy D., and Bob V. put on their original skit, "The Old Fogies and Their Daughter Part II." The actors hope to have Part III will be in the future. Saturday evening January 27, 1996 Pam B., Darlene S. and Bob V. put on Part I of this original play written by Darlene S.

We then guessed the number of candies in a jar, all 103 candies. Anna guessed 100 to win the contest. She won a box of Chips Ahoy cookies.

On the VCR, Janell played the video, "The Curse of Michael Myers."

We also had a costume contest.

First place went to Deb K who dressed as a vampire, she won \$5.00

Second place went to Darlene S. who dressed like an old lady, she won \$4.00

Third place went to Diane H., who dressed like a witch, she won \$2.00.

Fun was had by all.

Portland Peregrinations by Serge R. (Continued from Nov. issue)

To the tune of many friendly kudos, Old Joe was escorted to the back. I thought briefly that I should have knocked down a pint before coming to the hospital, but no, not really; I was after a phone call, not a bed.

My sports reporting paid one dividend. Without my asking him to do so, a little after eight, the clerk went into the back and told them that I had been waiting for seven hours.

At nine o'clock, Doctor Junior came out to the lobby. He began angrily raving and waving a piece of paper in his hand. "You were not in the lobby at 5:20. I have it here in writing. You were not in the lobby at 5:20. (Remember the first trip to the bathroom?) "We tried to find you to give you a bus ticket at 5:20." I said that I had gone to the bathroom for a couple of minutes at that time. "If you can't control your bladder, that's not our problem."

The lobby was now totally empty except for me. The guard had gone on his rounds and the clerk was back in his office, away from the front desk. Dr. Junior ceased shouting and said in a quiet voice, "I'll talk to you, but certainly not here." Only when I saw the set up in back did I understand that this was security. He escorted me into the mysterious back. Then the guards took over.

"You'll have to remove your pack."

"Why?"

"Dr. Sr. will feel more comfortable."

I then removed my pack and placed it on the table.

"You go in there," they said pointing to a room. I went in. "You'll have to sit down."

"Why?"

"Dr. Sr. will feel more comfortable."

I walked in and sat down in the first chair that I came to, a wooden chair next to the door, facing towards the back of the room, and on the door side of the table. "You can't sit there, you'll have to move to the chair on the other side of the table that's facing the door."

"Why?"

"Dr. Sr. will feel more comfortable."

At least, I could be sure that whatever I had done that day, I had made Dr. Sr. very comfortable. Evidently making the doctor comfortable was the primary mission of the Portland VA.

Just as evident was the fact that Dr. Sr. was very paranoid. Normally, the interviewer sits facing the door. In this instance Dr. Sr., was concerned about being trapped by a patient and left with no exit on the other side of the table for security.

Dr. Sr. was also an egomaniac. The outer chair, next to the door, was solid wood. The inner chair was of wood construction, also. However, on the seat was a large very, very soft cushion. Thus the interviewee would sink way down, and unless he was of Michael Jordan structure, he would be looking up at Dr. Sr. J. Edgar Hoover, and others, have used this same method when talking to someone across from their desks. Charles Manson accomplishes the same by sitting on the back of his chair.

Dr. Sr. taking a leaf from Dr. Jr.'s book, began by raking me over the coals for having had the temerity to go to the bathroom at 5:20, thus missing my bus ticket. Next, he asked me why I had not taken care of my business in Vancouver. I explained that the two Legionnaires handled all of Vancouver VA's nonmedical matters.

He rolled his eyes and said, "That's strange,"

My response to Dr. Sr. was, "It's not strange, it's totally insane." That was the right reply. His look changed from one of total disbelief, to one of, "Maybe, just maybe, this guy's telling the truth."

He then asked me why I was there. I explained that I needed a phone call to Amtrak stating that everything I had tried to do had fallen through, that I was panicked, being in an area without resources for myself, and knowing no one; that I had a physical diagnosis of cancer, and finally that I had a mental diagnosis of clinical depression, all this in addition to being 62 years old. I was certain that if the doctor explained this to them, they would let me use my excursion ticket on Friday (the next train out), rather than making me wait a month for my reservation.

Dr. Sr. then said, "I can't do that, I need a diagnosis." Then he stated, "I know your problem; you need a place to stay for thirty days."

I did not need a place to stay. I needed to be home where I had all kinds of psychological support. If I had to sleep out in a blanket roll in Fargo, where I had tons of resources, that was preferable to a lonely one month stint in the Radisson in Portland, where I knew no one, except for with the one I was speaking to. Possibly he thought that I was angling for a room in the hospital for a few days. The mission in Vancouver was vastly preferable, because I had the freedom to go and come as I chose. Especially since the gut wrenching rejection by the Oregon monastery that morning, I was in need of psychological support. But, I was in no need of a bed. (cont. next month)

Signs & Symptoms

Taken from What Everyone Should Know About Schizophrenia A scriptographic Booklet by Channing L. Bete Co. Inc.

SCHIZOPHRENIA

WHO BECOMES SCHIZOPHRENIC?

It can affect anyone, at any age:

Children: True schizophrenia is rare in children. Autism, however, may be related to schizophrenia.

INFANTS AND CHILDREN with an autistic disorder don't speak or relate to other people, but they're not necessarily mentally retarded.

OTHER SIGNS of autism are bizarre actions—rocking, arm flapping, head banging, etc.

Adolescents: Teenagers experience rapid growth and major changes in their emotions, values, relationships etc. **FOR SOME**, these changes are accompanied by emergence of schizophrenic symptoms. **ACCURATE DIAGNOSIS** is extremely difficult due to the instability of the adolescent personality.

Adults: **PEOPLE UNDER 25** account for most episodes of schizophrenia. It rarely strikes for the first time in people over 45. **MEN** are thought to be most susceptible to schizophrenia during their twenties or thirties. **WOMEN** may be more vulnerable during pregnancy, childbirth, menopause.

CAUSES OF SCHIZOPHRENIA

There is no single cause. Authorities suspect that any of these factors may contribute to it's development.

Inheritance: Because children of parents with schizophrenia are more likely to develop schizophrenia, some investigators suspect faulty genes may be involved.

Biochemical Imbalance: Some people with schizophrenia have abnormal chemicals or levels of chemicals in their bodies, suggesting a defect in body chemistry is involved.

Infectious Disease: Some studies have found indications that a virus like infection may be a contributing factor.

Birth Defects: Certain complications during pregnancy or birth may increase the likelihood of a child becoming schizophrenic.

Other theories focus on nutrition, family environments, and reactions to stress.

Tidbits

Taken from "Tidbits of Fargo/Moorhead"

Donated by Mark B.

Hail To The Chiefs and Miscellaneous Facts:

* George Washington had lost all his teeth by age 57. To maintain his appearance, he used several sets of dentures, one made of ivory and wood, one of cow's teeth, and even one made of lead.

* The father of our country didn't cut down the cherry tree. The story was in invention of a man named Parson Weems. Weems was a historian who chronicled his personal hero, Washington. In the process, Wheems invented several stories to demonstrate Washington's sterling characteristics.

* Thomas Jefferson kept a mockingbird in his presidential office. He allowed the bird to fly freely and trained it to perch on his shoulder. The mockingbird would boldly pluck food from Jefferson's lips. Each night, the pet bird would follow his master to the presidential bedroom.

* James Madison was a slight man. He stood 5'4", and weighed only 100#. He was shy and quiet, with a small, low voice.

* Andrew Jackson carried a bullet in his chest throughout his presidential term. "Old Hickory" fought a duel against a man named Dickinson, in 1806. The bounder had insulted Andrew's wife. In the duel, Dickinson shot Jackson in the chest, and Jackson then shot Dickinson in the stomach. Dickinson died, but Jackson went on to become president. The bullet was never removed, as it was too close to the President's heart.

* Ulysses S. Grant was caught speeding in his horse and buggy. His carriage and animal were seized, and the President paid a fine of \$20.00 for the infraction. But that wasn't the first time. The President was cited three times for speeding.

* Rutherford Hayes was a teetotaler. He allowed no drink to be served at the White House during his term. His wife was of the same opinion. She was subsequently nicknamed, "Lemonade Lucy."

* During World War I, President Wilson ordered that a flock of sheep be grazed on the White House lawn. The sheep did the job of gardeners who had been drafted into war service. Mrs. Wilson sold the wool and made more than \$100,000. She gave the money to the Red Cross.

Kites: Kites were probably invented first in China, but they have been used all over the world. In twelfth century Korea, soldiers would fly burning kites over the villages of their enemies. The kites strings were then cut, and flames rained down on the houses below.

* In 1825, an English schoolteacher shocked his country village by lining several kites to his carriage. He reached speeds of 25 miles per hour, by wind power.

My Christmas's by Debbie D.

When I was a kid my Grandpa had a heart attack around Thanksgiving and we thought we wouldn't go there for Christmas. But we were surprised Grandpa got better. He called Dad up to ask him to bring the grandchildren because he said it would kill him more not to be able to see the children.

My Grandpa, Grandma, parents and all the grandchildren were all happy to be there, and we thank God for having taken care of Grandpa. Grandma was happy too.

He lived until I was twenty nine years old. We were happy to have them with us for that long. Grandpa and Grandma passed away a month apart. Grandpa lived to be 97 and Grandma lived to be 97 also.

That year the Christmas lights were especially beautiful. We all sang Christmas songs and had a wonderful time.

Christmas Parade by Fred S.

Since 1985 I like to begin the yule season by watching the Santa Clause parade down Broadway in Fargo.

Local high school bands, Channel 4 television, and local groups and stores take part.

Thanksgiving weekend, Saturday morning the marchers in costumes and on floats go past Broadway decorated for the Yule. Santa Claus and Mrs. Claus end the parade.

In a toyland in Island Park the Yule couple reside. They see area children until Christmas Eve.

We, who often feel isolated, now are celebrating Christmas with a happy community.

Rudolph the Red Nosed Reindeer Candy Cane Ornaments

Materials:

- Candy canes
- Pipe Cleaners- 2 per reindeer
- Plastic wiggle eyes, size to scale- 2 per reindeer
- Small red pom poms, to scale with candy cane- 1 per reindeer
- Narrow red ribbon
- Scissors and tacky craft glue
- *Twist one pipe cleaner around the curve of the candy cane.
- *Cut the other pipe cleaner in half. Twist the short pieces of the pipe cleaner around the end of the long pipe cleaner. Turn up the ends of the stems and bend to look like antlers.
- *With white glue, attach 2 small wiggle eyes and a small red pom pom nose to the end of the curved candy cane
- *To hang Rudolph from the tree, tie a thin red ribbon around the curve of the candy cane.



RECIPE FROM THE KITCHEN OF: JANELL LUNDE

SANTA CLAUS COOKIES

- 1 C. sugar
- 1/2 C. shortening
- 2 Tbs. milk
- 1 tsp. grated lemon peel
- 1 egg
- 2 C. flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt



Mix sugar, shortening, milk, lemon peel, and egg. Stir in flour, baking powder, baking soda, and salt. Heat oven to 400 degrees. Shape dough into 1 1/4" balls. Place about 2" apart on ungreased cookie sheet. Flatten to about 2 1/2" diameter with the greased bottom of a glass dipped in sugar. Bake until edges are light brown, about 8-10 min. Cool. Spread with a small amount of frosting that is tinted to a very light pink. Press on mini marshmallows for tassel and cap. Sprinkle top third of the cookie with red sugar for a cap. Press 2 mini choc. chips for eyes and a red cinnamon candy for a nose. Sprinkle bottom third with coconut for a beard. Frost and decorate each cookie before going on to the next.

Frosting:

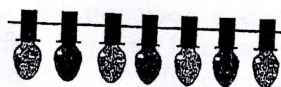
- 1 1/2 C powdered sugar
 - 1/2 tsp. vanilla
 - 1 1/2 tbs.. water
 - 1 drop of red food coloring.
- Stir together. Can double both recipes.

*Christmas is Coming!
Christmas ... the season of gifts
great and small
when joy is the nicest
gift of
them all.*



On some of the pages in newsletter you will find quotes, Christmas messages, ideas, etc. about Christmas. They were taken from a special little book that I got from Janell for Christmas last year called, "Christmas Treasures of the Heart" it is written by Cheri Fuller. Hope you enjoy this material as much as I have.

-Editor



Letter to Santa.....



Dear Santa,

My deepest regrets are that I haven't written to you since my B'day. It's hard to get home much lately when a person is lost in humanity. How's Rudolph doing. I heard his nose was a Coleman lantern. Personally I recommend corn oil. It burns clean and it's healthy and low-fat.

I would like snow shoes, sheep's wool, and a partridge in a pare tree for Christmas, and please tell father winter to be easy on me this January.

Your faithful food fixer Brad E.

PS Please don't forget the pedestrians, they are saving our earth by not burning gasoline.

Dear Santa,

I would like a new car, a computer, leather outfit, entertainment center, VCR, trailer house, dogs, a million bucks, plane ticket so I can move to Texas, also a plane ticket to Florida for a vacation (Miami), last but not least A Very Good looking professional wrestler, Razor Ramone and Bret Hart, possibly Shaun Michael.

- Cam P.

Dear Santa,

One thing I would like is a new davenport, and a lazyboy rocking chair, and a new stereo, and a chest of drawers.

-Dennis H.

Dear Santa,

I want to improve myself for X-mas, please give me: Bill Clinton's morals, Governor Schaefer's business ability, Newt Gingrich's compassion, Rush Limbaugh's humility, Don Quayle's brain, Mother Tereasa's wealth, Ross Perot's sanity, and Gerard's ability to cook.

-Serge R.

Dear Santa Claus,

Old 1996 was a happy year at the Social Club. Although no new jobs opened for the members, the public is less blaming.

Under my Yule tree, I would like to find an early Spring 1997.

Our record snow in November 1996 is enough snow for all of us.

-Happy New Year Fred S.

Dear Santa,

All I want for Christmas is, a good job, happiness in my family, good friends, groceries, and for my boyfriend Joe and I to have a great relationship after he gets out of treatment.

-Val P.

Dear Santa Claus,

This is my Christmas list for you, I want to come home when I am all well to see you. The joy of being with you, the hard work around the house, all the hard work going to school, and the Christmas spirit of sleeping next to you all through the night. I like the very special days when the house is decorated with Christmas stockings that are hanging from the mantle, and the fire is going in the fire place. There are Christmas balls on the tree, and all the different lights and Christmas presents are under the tree. There is a special comfort to be at home, where it's all so nice and warm.

- John P.

Dear Santa,

I love your gray hair and big beard. I will put out some cookies and some egg nog for you to eat. I'm looking for you to bring me a new carburetor for my pick-up. I have a good truck, but it's froze up and I might have to bring it in to get it running.

-Don M.

Dear Santa,

I'd like a two week vacation to the Caribbean Island. When I arrive please have a nice pretty lady to greet me and welcome me to the island. I'd like for her and me to be good friends. She should be thin and smiling. When I'm there please have a hidden treasure in the ocean ready for me to discover it. This treasure should be worth one million dollars. Also Santa please give me a years pass to Pizza Hut in Fargo, and I'd like my own private over stuffed easy chair at the Social Club. It would be nice if the Social Club would offer free soda. Oh Yea and tell the guy who lives over me to quit making so much noise after ten o'clock.

Dear Santa,

Flying in the north will be colder than flying in the south this year. Be sure to equip Rudolph. with anti-freeze, and snow and fog lights. Help me get my truck fixed, please, so I can haul hay to my reindeer, too.

- Merry Easter Rudy Tootie

Dear Santa,

I want a new motorcycle for Christmas, I want my truck out of storage, I want a new stereo for our apartment.

- Kevin G.

Dear Santa,

I want a big Santa Bear and some Coca-Cola Classic playing cards, a big Chicago Bulls blanket, and World Peace on Earth.

- Angie R.

cont. on p. 6

Christmas Coupons

Each family member give a coupon to the others with a promised service (like cleaning, vacuuming, snow shoveling) or a time to look forward to spending together (A day at the military museum with Dad or a day at the zoo and picnic with Mom).

For parents, a special coupon gift is lessons, teaching your child something new that you're an "expert" in. One dad gave his teenage son lessons in computer programming. A mom gave her daughter a promised twelve hours of sewing lessons. In any case, the fun of doing or learning something together lasts long after the holiday.

You could give a friend a coupon saying: "I'll make and deliver a dessert next time you have company" or "I'll keep your children for one weekend while you have a break or little trip."

Make the Christmas coupons on blank white index cards, and decorate with stickers or colorful marker-art. Put them in an envelope and place in the recipients' Christmas stockings. As the gifts are "redeemed" and enjoyed, Christmas lasts all year.

Friendship Tablecloth

This is fun to do when friends come to visit. A tablecloth made of simple muslin or other solid fabric. After the meal, sketch around your guest's handprint on the tablecloth. Later, sew in bright embroidery thread around the handprint, and stitch the persons name and date beside it. This can be enjoyed later at holiday events. Start this with a child. Have them trace their hand every year to see how their hands grow.

*-A Friend is a present
you give to yourself*

De-stressing the Holiday

For many women, the holidays are the most stressful, exhausting time of the year. Here are some ways to prevent holiday stress:

- *Avoid getting so busy that you stop exercising. If you walk or exercise daily, keep it up and you'll have the energy and cheerful attitude to enjoy the holidays!
- *Avoid perfectionism, especially wishful fantasies about having the "perfect" house or decorations and unrealistic expectations about how it will be when the kids are back from college or the extended family arrives from out of town.
- *Quick clean before company descends on your house and save the thorough housecleaning for after Christmas when the tree has been taken down and company has left.
- *Trade off for the help you need. Swap baby-sitting chores with a friend while each of you do Christmas errands. Ask your teenager or one in the neighborhood to help you cook, serve, and clean up after a party.
- *If you have to force the majority of the family to observe a tradition, reevaluate and ask: "does this activity bring real pleasure, or is it just something we feel like we have to do?" Be willing to open your hand and let a tradition go, and often a new one will evolve in it's place.
- *Take fifteen to twenty minutes to focus on the reason for the season of Christmas. Sit down by a real tree and read an inspirational Christmas story.

Christmas Placemats

Cut pieces of Christmas fabric into 12' x 20' rectangles. Hem the edge if uneven or ragged. Then laminate the fabric by placing clear contact paper on each side and you have an easy, inexpensive holiday placemat.

Gifts That Money Can't Buy

- *Ask your relatives to make a "memory map", a little sketch of the floor plan of the earliest house he or she remembers living in. Then ask questions about events that happened there, like, "Who were the people who lived there with you?", "What were your pastimes?", "How did you spend Christmas as a family?"
- *Look around the room or the attic and bring in a special object from the past, an old rifle or sewing machine that belonged to the great grandparent, an article of clothing, or an award, and have your relative talk about it's meaning and memories.
- *With the stories that are generated, write a short booklet of, "Heritage History", about your family. You can video or audio tape the oral history as the relative share it, and make copies of the tape for members of the family.



Santa Apples

- Take one apple, shined with Crisco, for Santa's body. Place it upside down on waxed paper.
- Stick 3 or 4 cranberries on toothpicks for the legs and arms. (Allow the arms to angle in a slight "V" and the legs to come a bit forward.)
- Place one toothpick in the back as a prop to help Santa stand.
- Use whole, fresh cloves for Santa's eyes, nose, mouth and the buttons down the front of his suit.
- Attach cotton with glue for Santa's beard, coming to a point.
- Create Santa's head from one large marshmallow, and his hat from one cranberry.

CROSS OUT

Cross out all the A,F, N,P,W letters. Write the remaining letter, in the order that they appear, to read the message at the bottom.

N L E P F
 T P F S T
 A R A W N
 I M N T A
 P W H E A
 F T R W N
 E A P F E

ans. on p. 16

In a survey, thousands of school children were asked what they thought makes a happy family. The kids didn't answer a big house, designer jeans, or CD players. The most mentioned key to happiness was
DOING THINGS TOGETHER

Holiday Clearing Bureau

If you or someone you know is in need any assistance this holiday season we can make a referral to the Holiday Clearing Bureau. They offer assistance with food, clothing, toys for kids, etc. Please let a staff person know of anyone in need. The sooner the better.

The Social Club will be open Christmas Eve and Christmas Day, below is a list of other agencies that will also be open and serving dinners Christmas Eve/Christmas Day.

Salvation Army- Located at 504 Roberts Street will serve a Christmas dinner from 11:30 to 12:30 on Christmas Day.

Nativity Catholic Church- Located at 1825 11th St. S and **Olivet Lutheran Church**- Located at 1330 University Dr.S. in Fargo will be having a Christmas Eve meal that will be followed by BINGO and dancing. The meal is turkey with all the trimming and starts at 6:00. Everyone who attends will receive a free gift, fruit, and candy. Volunteers will provide transportation, there is also delivery to shut-ins. Call Sister Ruth at 232-2414 or Ila Larson at 235-6603 to arrange for pick-up.

Other events you can participate in to help you enjoy the holidays:

SENIOR CITIZEN/ DISABLED SHOPPING EVENT:

Target Store -in both Fargo and Moorhead will have a special day for you to shop their store. On Tuesday Dec. 3rd from 8 am - 10 am the doors will be closed to the public and the disabled and elderly are the only ones who can shop. You will receive a 10% discount on all purchases at this time. Coffee, rolls will be served and fun activities and entertainment will also be available.

CHILDREN'S FUN DAY

St. Mary's Catholic Church- On December 14th children have breakfast at the north Moorhead Hardee's, go holiday shopping at the Moorhead KMART, and have lunch at Pizza Hut. Contact: Jamie Herbold at 282-8645 if you know of any kids that would enjoy this event.

CHRISTMAS FROM THE HEART

Moorhead Parks and Recreation- A special holiday event for children. Children can come and meet the talking Christmas Tree, and meet Santa Claus, decorate christmas cookies, play SANTA Bingo. (Cont. on p. 15)

CHRISTMAS WINDOWS ON THE WORLD

taken from Woman's Day 12/22/81

Donated by Janell L.

While we're roasting holiday chestnuts over an open fire, people in Wales are busy making taffy. Romanian children carol as they follow a large decorated wooden star dramatically held aloft by their leader.

Around the world Christmas is celebrated in a wide variety of ways. Including some of these charming customs in your own family or community festivities can make this merry season even merrier.

AUSTRIA:

from Austria's picturesque mountain villages come the Christmas Eve "caroling chain." The family living farthest from the church or town hall sets out first, carrying torches and caroling heartily. Along the way family after family joins in, swelling the sound of music to a grand finale of chorale splendor and play-acting on the steps of the church or town hall.

DENMARK: Danes wouldn't be without their *risengord* (rice pudding) at Christmas Eve supper. It's not only delicious, with its cinnamon topping and dollop of butter in the center, but it has built-in suspense as everyone watches to see who gets the portion with the lucky almond baked inside-that means he or she also wins a small prize. Youngsters have an additional routine: They each set aside some of their pudding for Julenisse, the four-thousand-year-old gnome who metes out good (or bad) fortune in the coming year to the "deserving," and who, with his whimsical lopsided red cap, was part of Danish Christmases long before Juleman (their Santa) came on the scene less than a hundred years ago.

GREECE: Greeks traditionally forgo gifts on Christmas day, saving them instead for distribution on St. Basil's day (January 1), when the special treat is *Vasilopita*, an orange-flavored cake named for that same fourth-century Father of the Orthodox Church). Again a lucky charm or coin wrapped in foil is concealed inside the cake to bring good fortune to whoever gets it.

HOLLAND: Sineteklaas, on his gift-delivering rounds, rides in bishop's attire atop a white horse, accompanied by a little rascal named Black Pete- at least so say Dutch boys and girls, who put out straw for the steed and water for Klaas and Pet, in the hope that their waiting wooden shoes will soon be brimming with wondrous delights. For the older set, there are St. Nicholas parties on St. Nicholas Eve (Dec. 5) with amusing gifts deceptively wrapped and often accompanied by a few lines of home spun verse. Special sweets called *letterbankket* (cakes or chocolate in the shape of guests' initials) are served at a small feast, which might also include hot punch and boiled chestnuts tenderized with butter and salt.

(cont. from p. 14) Admission for the event is to bring one canned food item. The event will be on December 14 from 1:00-3:00 pm at Moorhead Junior High. Call 299-5340 to register before Dec. 13th.

SANTA VILLAGE

Island Park 7th St. and 2nd Ave. S.

This offers a noncommercial environment to see Santa and Mrs. Santa for your children. Admission is canned food, or toys. It is open Nov. 30 - Dec. 23. Wed-Fri. from 4-7 pm and Sat-Sun from 1-7 pm.

CHRISTMAS BASKETS

St. Andrew's Lutheran Church

1005 1st St. West Fargo

Call 282-4195 if you live in West Fargo

Salvation Army

304 Roberts St.

Fargo residents call 232-5565

Moorhead residents call 233-7347

Emergency Food Pantry

1438 10th St. N.

Call 237-9337 (we must refer you)

How Many Time Does The Word**SANTA** Appear?

Circle and Count Each One

S	A	N	T	A
T	A	T	A	S
A	S	N	A	A
T	A	N	T	S
N	T	N	N	A
A	A	S	A	N
S	N	T	S	A

Answer on p. 16

"I will honour
Christmas
in my heart, and try
to keep it all the year.

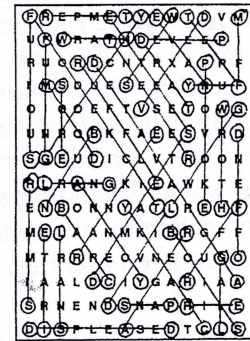
-Ebenezer Schroege



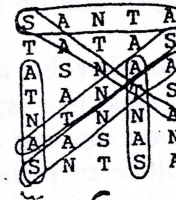
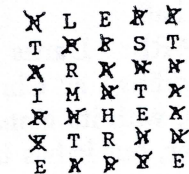
December 1996 Social Club Calendar of Events Word Find Answers:

December 1996

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 HOT PARK PARTY SANDWICHES WITH MASHED SPUDS AND GRAVY COST \$1.00	2 3:00 RECOGNITE CLUB FOR CHRISTMAS! PIZZA PARTY FOR HELPERS	3 6:00 NEWSPAPER MEETING 7:00 FISH SUPPLIES & STUFF	4 FOOD BANK DISTRIBUTION 1:30 TO 5:00	5 6:00 CHRISTMAS SHOPPING EAST TEN MILE STOP AT TRUCK HILL CLUB PAYS \$1	6 SUPPER CUTTING AT SMOKEYS STEAK HOUSE CLUB PAYS LEAVE AT 5:30 SHARP	7 HORSE CLUB CHRISTMAS PARTY FOODS DOOR PRIZES DUFFY FOR ALL MAX \$1.32 7:00 BANANA SPLITS
8 2:30 BUFFETS & BURGER BARBER COST \$1.00	9 6:30 DINNER AT CHURCHES UNITED FOR THE HOMELESS CHRISTMAS GIFT SUPPLIES FOR ALL PARTICIPANTS	10 6:00 CONSUMER MEETING 7:00 CHEESE BURGER DINNER	11 2:00 CHRISTMAS CARD BUY!! CARD-STAMPS etc. etc. etc. 6:15 CHRISTMAS PLAY BY FMCT-FREE!!	12 RECOGNITE CHURCH FOR CHRISTMAS PARTY MEET AT CLUB 4:00 PIZZA FOR HELPERS	13 SOCIAL CLUB CHRISTMAS PARTY SEE BACK FOR DETAILS GIFTS FOOD DANCE	14 2:00 BICE TRUNK 3:00 HOLIDAY PHONE MARKETING 6:00 DANCE KITCHEN PAIDS D BLIZZARDS
15 2:30 FISH BANNER AND ALL THE DELICIOUS TRIMMINGS COST \$1.00	16 2:30 CHRISTMAS CRAFTS WITH JANEL 6:30 ONCE AROUND THE KITCHEN PIZZA	17 6:00 NEWSPAPER MEETING 7:00 BUDHON SUNDRIES WITH HOT & YUMMY SOUP	18 6:00 MEMBER MTG. JANUARY PLANNING 7:00 ALL U CAN EAT CHILE FEST	19 MOVIE OUTTING COST .50 VAN LEAVES AT 6:30	20 CHRISTMAS LIGHTS CITY TOUR LEAVE 6:00 BACK TO CLUB FOR HOT CHOCOLATE & ICE CREAM SUNDRIES	21 2:00 WHIST AND PINOCLE TOLSON 5:30 ITALIAN SHRIMP COST \$1.00
22 2:00 REC. B-BY CELEBRATION CAKE AND ICE CREAM	23 3:00 BAKE CHRISTMAS SANDWICHES 6:30 ONCE AROUND THE KITCHEN BIMBLETS	24 CHRISTMAS EVE GATHERING HOLIDAY BINGO MOVIES-TREATS OPEN UNTILL 11:00 PM	25 MERRY CHRISTMAS DINNER SERVED 3:00 SHARP 11:11 CLUB OPEN 11-7	26 2:00 NINTENDO TOURNAMENT PRIZES 6:00 PUB TOURNAMENT PRIZES	27 6:30 SPAGHETTI FEAST WITH BUBBLE BREAD COST \$2.00 IN ADVANCE \$3.00 DAY OF	28 2:00 BENGENCE TOURNAY PRIZES HOT SHAKES 6:30 BINGO
29 2:30 CHILE BUNS AND TATER TOTS COST \$1.00	30 PREPARE AND DECORATE FOR NEW YEAR'S PARTY BIRTHDAY DINNER FOR HELPERS	31 NEW YEAR'S EVE PARTY CLUB OPEN UNTILL 1:00 AM	MENTAL HEALTH ASSOCIATION SOCIAL CLUB 506 ROBERTS ST FARGO ND. 58102 CLUB HOURS MONDAY - SATURDAY..... 1:00 - 9:00 PM SUNDAY..... 1:00 - 5:00 PM FARGO SOCIAL CLUB OFFICE... (701) 293-7716 MEMBER LINE..... (701) 293-5118			



VIOLENT

6
TOTALLET'S TRIM
THE TREE!

The Sound Of Minds

North Dakota
Mental Health Association
Social Club
506 Roberts Street
Fargo ND, 58102
701-293-7716

