



From the President

Happy New Year to all. We hope you enjoyed a happy time with your family and friends over the Christmas season.

As the new year begins, maybe it is time to try something new, a new game, a new exercise, a new food, or meet a new friend. We hope you will enhance your life a little by doing something you haven't tried or done before. It's surprising how much fun and pleasure something different can bring to you.

As 2019 starts, so also does our planning for the Far West Fun Fest start. We are always looking for new activities to try, and if you have a suggestion, please let Liz Tucker or myself know.

Our Board has always supported our community as best we can, and in that light, last December we sent a financial contribution to the Kanata Food Bank to help those impacted by the damage from the tornadoes this fall.

If you have any new ideas or concerns about your Council, please do not hesitate to contact us. We appreciate any feedback that is given to us.

Enjoy a great 2019 everyone

KAY



COUNCIL LAUNCHES NEW VENTURE

It's a brand-new year. The emphasis is on "new". The world of seniors is changing as more and more of Canada's older adults look not only for new activities and involvements, but also look forward to the resources that will be there to meet their advancing needs.

Vice President Peter Fedirchuk had that in mind when he asked Council to approve his proposal for a Fund Raiser.

"Our mandate is "seniors helping seniors", said Fedirchuk "We've all seen the growth in numbers of our seniors; and, indeed in their interests in terms of activities. If we are to meet the Council's mandate of "seniors helping seniors" we have to grow too. And to do that we have to find a way to strengthen our financial tool box to adapt to those interests.

The Kanata Seniors Council is a registered not-for-profit organization. To fund its various programs and events it relies heavily on the support of the many retirement facilities as well as internal groups such as the Kanata Ladies Craft Group, the Retirement Living Fair or the Travel Team.

"We're managing to keep our head above the water," comments Fedirchuk. "However," he added, "Mother Theresa said that in order to keep a lamp burning we have to feed it oil ... and it's in that spirit we're launching an entirely new event by way of the Council's first major Fund Raiser."

Scheduled for Wednesday, April 24th, at the Kanata Recreation Complex, the event will feature an international buffet, a jazz quartet and a silent auction. Individual tickets will cost \$50.00 but corporations and other organizations (such as the many retirement facilities in the area) will be encouraged to contribute by reserving tables or by becoming donors at a silver, gold or platinum level depending on their contribution.

"The Silent Auction represents a 'win-win' opportunity," says Fedirchuk. "It's a great place to donate those unwanted Christmas gifts! We'll be approaching local merchants as well for items such as fine art, dental examinations or automotive checkups.

So, mark your calendars now: keep watching the Newsletter for more updates, and be sure to get the younger generation involved in what promises to be a fun evening where they can contribute to the future wellbeing of the families and friends who fall into the category of "Older Adults".

TRAVEL

Thursday, JANUARY 24th

Arm Chair Cooking demonstration in Hall C of the Mlacak Centre. featuring the cooking skills of Chef Daryl of Chartwell Empress . Come and learn a few new ways of preparing some exciting recipes. Lunch is included. Cost is only \$ 5.00

Friday, FEBRUARY 8th

Annual trip to the International Cooking School at Algonquin College on Fri Feb 8. This is a gourmet treat that can not be missed. The cost is \$ 40.00.

Thursday, FEBRUARY 21st

Come join us for a Dine Around to celebrate the Chinese New Year on Thurs Feb 21st at the new Mandarin Restaurant. This is the year of the Dog according to the Chinese calendar. Traditional Chinese and Canadian dishes are featured. The cost is 10.00. Lunch is at your own expense.

REMEMBER

Trip tickets are on sale:

TUESDAY from 11:30 am until 1:00 pm
WEDNESDAY from 11:00 am until 1:10 pm

COUNCIL SPECIAL EVENTS

Planning is underway for a series of Council Special Events in 2019. **Watch for the flyers.**



The Travel Team will be conducting a brief Travel Survey so that our client's interests and needs are met on future trips. Please take the time to complete this survey. It can be found on the last page of our newsletter.

FAR WEST FUN FEST 2019

Well, it's that time of year again when we start to work on the program for the 2019 Far West Fun Fest. People have already been asking if we are continuing and as of this moment we are. Next year will be our 9th year and we are hoping to bring back some of the most popular activities plus maybe bring in some new ones.

For those of you who have not been involved before we run a series of activities for 2 weeks starting with our opening continental breakfast on Thursday, May 9th and ending with our closing luncheon and entertainment on Thursday, May 23rd. In between we will be organizing a host of different activities from card games, dancing, a tulip trip, mini putt, darts and a whole host of fun.

Thanks to a donation from the Kanata Ladies Craft Group we will be able to hold our registration fee at \$25.00. Look out for our registration booklets and registration dates in April 2019.

Watch the next newsletter for more information.



Do you like to cook? Do you want to have fun with a great group of volunteers? Do you have 4 hours free once a week? If so, then we need YOU in the Council Cafe. We are looking for a few more volunteers to join our team: cooks, helpers, and sandwich makers. All we ask for is one 4-hour shift per week. If you are interested, please speak to Rachel or Frank in the cafe.

WHAT'S COOKING

CAFÉ CHATTER

First and foremost, a happy New Year to all our friends, clients and drop ins! It's a whole New Year ahead of us and, as usual, your Café team will be doing its best to keep you all well fed and happy!

We'd hoped to have our Café Cook Book out for Christmas. We did our best, but production provided us with some challenges. Most of them of the dollar variety! We're out looking for sponsors to help us out with the cost of publication and, hopefully, our recipes from the café, and those that were the treasured family favorites of many of our friends and clients (who sent in some mouth-watering recipes) will be available in 2019.

Despite all the reassurances that our national economy is doing well, the sad fact is that the cost of ingredients has gone up. As you may know, we have the smartest shopper in Canada on our team, but the bottom line keeps on shifting upwards. So, the sad news is that in January the price for our sandwiches will go up to \$3.00 – an increase which after much discussion, was approved by the Board.

Once again, we're out on a search for cooks. Our wonderful Tuesday chef, Feroza, has had to return to Pakistan on a personal matter and when she comes back to Kanata she will have to care for her son for an extended period. She's been a marvel (like the rest of the café crew); we'll miss her and thank her for all her hard work.

Which leaves us looking for replacements which includes finding someone to fill our Friday slot. It's just four hours a week working with some really great, fun people – which includes our clients who we think of more as friends.

So, if you're interested, please apply. Check out the ad and don't hesitate to get in touch.

As a last reminder, our popular "Lunch and a Movie" is back this month.

Frank n' Sense

Today at the bank, an old lady asked me to help check her balance. So I pushed her over

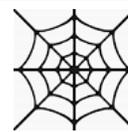
Did you hear about the Italian chef that died? He pasta way.

Why wouldn't the shrimp share his treasure? Because he was a little shell-fish.

My New Year's resolution is to help all my friends gain ten pounds so I look skinnier. !

Cheers,

Frank Zeithofer



NEW KSC WEBMASTER

Some of you may have noticed that the Kanata Seniors Council's website is in dire need of being brought up-to-date. This will introduce Brian Jeffrey who recently joined the Council's Board, and has taken on the task of being KSC's new web master, replacing Yvonne Parlour who, sadly, passed away last month after serving the Council faithfully as web master and Technology Instructor for many years.

Brian is an inadvertent serial entrepreneur having started (and sold) several businesses primarily in the sales, sales training, and sales management consulting fields and he continues to do sales management consulting for a select number of clients. His other activities involve social volunteering where he is a Crisis Line Responder and Crisis Team Leader at the Ottawa Distress Centre. He is also a volunteer guide at the Diefenbunker, Canada's Cold War Museum.

While Brian feels he's had an interesting life, he considers his most interesting time the 3 years he spent in Canada's far Arctic as a radar technician on the Distant Early Warning Line (DEWLine). He recently published his mini-autobiography about that time titled, "Adventures from the Coldest Part of the Cold War." The book is available in both printed and e-book versions from Amazon.



Brian continues to dabble in amateur (Ham) radio (VE3UU), and he, and the love-of-his-life Lorraine, live in the country outside Carp where you can see the end of the world from their back yard.

KANATA SENIORS COUNCIL
"Seniors Helping Seniors"

Contact us
Phone: 613-254-7164
Email: Council@KanataSeniors.ca
Web: www.KanataSeniors.ca

**TRAVEL SURVEY FOR
KANATA SENIORS COUNCIL TRIPS**

We're in the process of developing our trip programs for 2019. To ensure that we do everything we can to meet your interests and needs, would you please take a few moments to complete the following Travel Survey?

1) DO YOU PREFER?

Day trips in and around Ottawa? _____

Multi-day trips further out of Ottawa? _____

2) WHAT IS YOUR OPINION ON THE COST OF OUR TRIPS? Please rate the cost from 1 to 5 with 1 being good value and 5 being too expensive.

3) WOULD YOU AGREE TO PAY MORE FOR TRIPS IF WE USED LARGER HIGHWAY COACHES WITH MORE COMOFRTABLE SEATS AND WASHROOMS?

YES _____ NO _____

4) WHAT LOCAL, NATIONAL, OR INTERNATIONAL DESTINATIONS ARE YOU MOST INTERESTED IN?

THANK YOU FOR COMPLETING THIS SURVEY

Please return the completed survey and return it to:

The Kanata Seniors' Centre Front Desk:

attention Dagmar Van Beselaere

by *Feb 15, 2019.*