



COLONY NEWS

A Weekly Newsletter for Members and Staff of Meredith Bay Colony Club

#63

December 9, 2011

THE VERY BEST CHRISTMAS PARTY EVER!!!

What a wonderful time this afternoon! Not only was there great food and fellowship --- but we were treated to the Premier performance by our own Diane Ruggiero of the new song that she just wrote: "*Christmas Time for Love*". We also had the opportunity to present to the Spaulding Youth Center our contributions of cash, clothing and toys. Laura Chaney, Vice-President of Development from Spaulding was here to receive our gifts. It was also touching that the 'Member's Tree' also included the addition of ornaments in memory of those who have left us this past year. Even our pets were remembered which I believe now include 5 dogs and 17 cats! Each had a treat on their own special tree. We were very fortunate to have two newspaper reporters/photographers covering the event and the donation and we can expect some wonderful publicity



in tomorrow's papers. Members made the cookies and Members made the baklava (Lee Sauramis!) and our Master of Ceremonies – Rudolph the White Nosed Reindeer – was none other than our own Max Jenness. These things don't happen by accident --- they happen because everyone helps!



THE SAP HOUSE MEADERY



This past Thursday our own Executive Chef Kurt Roessler and his Staff welcomed Ash Fischbein of Center Ossipee's Sap House Meadery to MBCC in order to present a wonderful four course Mead Dinner! The Dinner began with a presentation by Ask of what Mead is along with its history and Ash also shared the story of how he and his partner Matt Trahan came to create The Sap House Meadery. A great dinner was had by all! (More Photos are on Facebook)



'AGING WELL' ON THE RADIO

Each Wednesday at 8:35 on WEZS 1350 AM MBCC Sponsors 'Aging Well' a talk show that invites a special guest to talk about issues of special interest to Senior or that showcases the special of work of Seniors.

A HISTORY OF GUNSTOCK BY CAROL LEE ANDERSON



This past Wednesday Carol Lee Anderson was my guest and shared with us the challenges involved in writing the history of the now 75 year old Gunstock Mountain Resort – formerly known as the Belknap Recreation Area. Carol reports that the most difficult part was keeping the book to her Publisher's imposed limit of just 40,000 words that meant leaving out a great deal of

information that she would have preferred to be in!

A NOTE FROM CAROLYN SUTCLIFFE ABOUT TODAY'S CHRISTMAS FESTIVITIES.....

"I used the word 'magic' to explain MBCC --- and the word fits us all to a tee. There are so many 'Thank You's' especially to Diane who worked hand in hand with me. However, every single person who helped to make today's beginning of the Holidays deserves praise. Thank You All!"

"The Spaulding Youth Center is very happy with the presents, the money, but especially having been given an opportunity to get to know us as we have gotten to know them. They are so thankful for the outpouring of care."

"Thank You All! We are a special bunch!"

----- Carolyn

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Lu-Ann's Fitness Corner

This past week was a “*Baby It’s Cold Outside*” kind of week.



As we approach the cold weather a tip I was reminded of to help keep our body from hurting more during winter months with neck pain is to, wear a scarf around our neck and drop our shoulders down when we step out the door. An automatic reaction to the cold is to shrug the

shoulders to our ears and say “Ooooh it’s cold out”. This can create pain in our shoulders and neck, because our muscles get all crunched up and start talking very loud to us with neck pain, upper back pain and a feeling of discomfort all over.

To help strengthen our neck and shoulder muscles one of the exercises we practice in class is keeping our shoulders down and to stand or sit nice and tall. Next we bring our shoulders up to our ear lobes and down three times, then roll the shoulders very slowly backward in a circle motion three times. After those we do the Lemon Squeeze. In this case a little squeeze is more effective than a big one. With our shoulders down we squeeze our shoulder blades together, like squeezing a lemon get it, ha ha!! hold to a count of three then release and do two more times. These exercises can be done anywhere and as often as one thinks about it. Keep warm and enjoy the fresh, crisp air we are so lucky to live in.

The Tai Chi class is finishing up on December 15th now the practicing for Arthritis Tai Chi 2 for spring. It’s always good for our mind and body to learn something new.

Thank you to all my Tai Chi students, we had a great time and Tai Chi on!!!

I am going to try something new for that time frame, it will be "Call Lu-Ann for pool time". This means if you would like some pool exercise I will be available on Tuesday's & Thursday's (see schedule below as needed). I have not had many takers in the pool at 10:00- 10:30 lately and have been told that the earlier classes are more appreciated due to conflicting schedules and busy lives. If you have any questions please call me.



Very important announcement! If bad weather happens on our scheduled days. Please check if the Inter-Lakes School District is Closed or has a Delayed Opening as I will not be in. Thank you

Starting January 3rd the schedule will be:

Tuesday	8:15-9:00	Arthritis Foundation Aquatic	Pool
	9:30-10:00	Call Lu-Ann for Arthritis Aquatic	Pool
Wednesday	8:15-9:00	Take Control With Exercise	Fitness Room
Thursday	8:15-9:00	Arthritis Foundation Aquatic	Pool
	9:30-10:00	Call Lu-Ann for Arthritis Aquatic	Pool

Live, Love & Laugh Often
Lu-Ann



KURT'S KORNER.....



A FEW REMINDERS.....

Next Friday Evening December 16th the Terrace Dining Room will be closed in order allow our Staff to attend our Staff Christmas Party! This doesn't mean that you need to go hungry! A special menu will be available for 'In-Residence Dining' and no delivery charge will apply. Please make your arrangements ahead of time directly with Dining Services. We apologize for any inconvenience and

want to thank you for your understanding!

Pizza Night next Wednesday December 14th in the Bistro!

The Terrace Dining Room will be Closed Christmas Eve and Christmas Night and the Bistro will be closed on Christmas Day. Please know that we do not want you to go hungry. Our kitchen is of course open to serve our INN and GARDEN Members and we will be glad (with advance notice) to prepare 'In-Residence' dining for Club Members. Once again we apologize in advance for any inconvenience and thank you for your understanding.

Still Time for Christmas Day Dinner at 1:30 Reservations!

With a menu that offers Prime Rib, Baked Shrimp, Duck and Salmon --- how can you go wrong – especially at that price! We don't want to disappoint you – so please make your reservations as soon as possible but no later than the 20th. Give Kurt a call at 279-1504/1

Christmas Dinner
at



DECEMBER 25, 2011
AT 1:30PM

Only \$25.00
Per Person

Reservations Required
By
December 20

For Reservations
Call 279-1504



Oyster Stew

Or

Holiday Salad

Choice of

Slow Roasted Prime Rib Au Jus

Served with Baked Potato, Roasted Acorn Squash and
Horseradish Sauce

Baked Stuffed Enormous Shrimp

Stuffed with Maine Lobster and Crabmeat Stuffing
Served with Spinach Risotto
and Marinated Tomatoes

Duck, Duck No Goose

Seared Breast of Duck and Confit Duck Leg Hash with
Cranberry Demi Glace and Roasted Brussels Sprouts
and Chestnuts

Pan Seared Salmon Oscar

Seared Scottish Salmon Topped with Peekytoe Crab-
meat, Tender Asparagus and Dilled Hollandaise Sauce
Served with Rice Pilaf

Choice of

Molten Chocolate Cake

**Apple Turnover with House Made Vanilla
Bean Ice Cream**

Christmas Nativity Display



Over 80 creches
representing 30 nations

Many sets are handcrafted in native styles
by folk artists using native materials.

December 9-11
Friday 12-5 Saturday 9-5 Sunday 12-3
Free admission



Did we mention that is Display is all with thanks to our own John Eaton? Thank you John for sharing with the rest of us a truly remarkable collection of Crèche's! The Display is located in the Fireside Tavern. Who would have thought that there could be such a variety? Be sure to allow enough time to take it all in!

Community Room



1:30

Please join us on Tuesday, December 13th,
in the Community Room for a
showing of the Kite Runner.
It will be followed by a discussion
of the Book Club book for this month.

It is a wonderful book and the film is
superb. All are welcome to come and
see the film

MOVIE FRIDAY NIGHT: THE GLENN MILLER STORY

Friday at 7:30 p in the First Floor Community Room

Take another look at the Big Band Era. What instrument did Glenn play?

CLOSING NOTES.....

Voter Registration: Next Tuesday December 13th at 11a the Meredith Supervisor of the Check List will be here register you to vote if you are not already. Please let Naella know if you are interested. Note: I would rather you vote for someone I didn't like than for you not to vote at all. Don't forget to Register!

A Great Party Today ---- Special Thanks to Carolyn and Diane and all who made it happen!

Howie

