

La Sirena



diciembre décembre December 2007

Fresh catch of the month!



Tel: 604-535-5565
www.ladiesonthego.ca

An Adventurous New Year!

The Governor of Oregon has sent a big thank you to the **ladies on the go** for helping to boost their economy!

The shop-till-you-drop weekend was marathon shopping for some, and a girly get away for others. With thirty-two ladies on a bus sharing stories, snacks and wine – how could there be anything but fun and laughter? Watch for it to happen again November 28/08.

Now, the Ladies on the Go are getting ready for Egypt in February, New York in April and Italy in May – and that is just the beginning of an adventurous new year!

Play Cleopatra in Egypt! Sail seven days on the Nile with four leisurely nights in Cairo. Departing on February 18/08 this is a great way to break up the winter cold if you can book fast enough – space is filling fast.

Spring Time in New York! What can't we say about a tour with three Broadway shows, sightseeing and a great time? Come to a Ladies on the Go meeting on December 13/07 – 7PM, at Elgin Hall, 14250 Crescent Road to hear more about this great trip leaving April 10th or just give us a call at 604-535-5565 and let us know you are coming.

Can't make Egypt or New York – don't miss Italy! A group of 8 lucky ladies will spend fourteen nights visiting Rome, Siena, Cinque Terre, Florence and Venice. Sightseeing, wine tasting, olive oil sampling, more sightseeing and more wine tasting! Book your spots quickly to be ready for the May 3/08 vacation.

Are you looking for someone to travel with? Maybe the "Ladies on the Go" is for you. We are a group of ladies who like to travel and have fun! Check out the web site www.ladiesonthego.ca

Check out the other side for a French and Spanish Crossword puzzle!

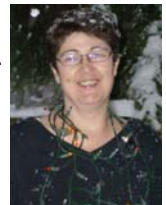
Count-down to Christmas!

'Twere the weeks before Christmas,
when all 'cross this city;
People were rushing, my, it didn't look pretty!
Hearts were a-pounding, blood pressure was rising;
The panic had set in, and it wasn't surprising.

Some wise ones were seen, amidst the crowded rush,
They appeared very calm and not at all flushed.
With a few deep breaths and a feeling of care,
They were certain that the holidays,
could be handled with flair.

Developing feelings of gratitude,
I'm sure you'd agree;
It's about sharing this holiday,
'round the Christmas tree.

Marianna Paulson, BEd, BPE-OR
Licensed HeartMath® Provider
Programs for adults, children & teens.
604-507-9970



Give thanks for your shelter, warm clothing and food;
All of this will go far, to lighten your mood.

In four one-hour sessions, I'm a phone call away;
You can feel better, it's quite simple, I say!
So, I wish you good health, happiness and no fear;
And, a Merry Christmas to all, and to all a good year!

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Marianna Paulson,
"Auntie Stress"

Change of Heart
Stress Solutions
...for a better life!





¡Feliz Navidad!

¡Prospero Año Nuevo!

Joyeux Noël et Bonne Année!

Add a little **cultura** to your Christmas this year!

- ♪ Don't put the kids to bed on Christmas Eve! Stay up with them until after midnight singing and opening presents like many do in Québec.
- ♪ Get your neighbours together for nine parties during the nine days before Christmas like in Mexico. These parties celebrate good friends and traditionally honored Mary's long journey to the inn.
- ♪ Make a Christmas Piñata for **los niños** and fill it with oranges (**naranjas**), candy canes (**cañas de azúcar**) and candies (**caramelos**.) A day or so prior, make the piñata with your children as a new Christmas craft. It could be in the shape of a star, angel, Santa, reindeer etc. **La estrella** (the star) is the traditional piñata for Christmas in Mexico.
- ♪ Learn a Christmas carol in French or Spanish!
- ♪ For a free Christmas vocabulary handout, stop by Finally Fluent on Saturday, December 15th from 9-4pm. You can also join us for a free French or Spanish Christmas vocabulary lesson:
- ♪ Schedule at www.finallyfluent.ca
info@finallyfluent.ca 778-552-3232
#201 1561 George Street, White Rock.

I like Christmas Eve
the snow
the neighbourhood
the Christmas tree

Me gusta... la Noche Buena
la nieve
el barrio
el árbol de Navidad

I like presents
inns
candles
carols
decorations

Me gustan... los regalos
las posadas
las velitas
los villancicos
las decoraciones

Eg. I like the snow. Ej.. **Me gusta la nieve.**

f
r
a
n
c
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i
s

I like Santa Clause
reindeer
Christmas cards
Christmas tree
Christmas lights
the presents
the snow
snow flakes
snow balls
snow men

J'aime bien... Père-Noël
les rennes
les cartes de Noël
le sapin de Noël
les lumières de Noël
les cadeaux
la neige
les flocons de Neige
les boules de neige
les bonhommes de neige

- Down
1. snow
 3. Christmas Cards
 4. inns

Across

1. Christmas lights
2. Christmas Tree
4. reindeer
5. candles
6. the neighbourhood
7. snow men
8. Christmas tree
9. presents
10. carols
11. decorations