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Serving the citizens of:

Armstrong, Carson,
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 Lipscomb, Moore,
 Ochiltree, Oldham, Potter,
 Randall, Roberts, Sherman,
 and Wheeler counties

Christmas Celebrations Around the World

Belgium: On the sixth of December Sinterklass or Saint Nicholas is celebrated, which is an entirely different holiday than Christmas. Santa Claus in Belgium is called Kerstman or le Pere Noel and comes around Christmas Day to bring children presents. Small family presents are given at Christmas and placed under the tree or in stockings. Christmas breakfast is a special sweet bread called 'cougrou' or 'cougroulle.'



Finland: Finnish people believe that Father Christmas (Santa Claus) lives in the north part of Finland called Korvatunturi, north of the Arctic Circle. Everyone cleans their houses in preparation for the three holy days of Christmas. Food traditions depend on which part of Finland people live. Christmas eve is very special, when rice porridge is eaten with dried fruits (plums, raisins, apples, pears, apricots and figs). At mid-day on Christmas, the peace declaration is broadcast on radio and TV from the Finnish city of Turku by its Mayor.

France: In France, Christmas is called Noel. Everyone has a Christmas tree, sometimes decorated the old way with red ribbons and real white wax candles. Father Christmas is called Pere Noel. The Christmas meal is an important family gathering with good meats and the best wines. Christmas lunch is a starter of foie gras (liver pate) followed by seafood, usually lobster and oysters.

Germany: Germans love to decorate their houses at Christmas. Often they have an 'Adventskranz' - a wreath of leaves with four candles representing Advent - meaning 'coming' - the four week period before Christmas. Father Christmas-'Der Weihnachtsmann' brings presents in the late afternoon of Christmas Eve after people have been to church. On Christmas Day, fish (carp) or goose is usually prepared.

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TPC Offices will be closed Friday, December 23rd and Monday, December 26th in honor of Christmas.

TPC Offices will also be closed on Monday, January 2nd in honor of New Years Day.

Happy Holidays!

2012 Holiday Schedule

Monday, January 2.....New Years Day Observed
Monday, January 16.....Martin Luther King Jr. Day
Monday, May 28Memorial Day
Wednesday, July 4.....Independence Day
Monday, September 3.....Labor Day
Thurs. & Fri., November 22 & 23.....Thanksgiving
Mon. & Tues., December 24 & 25.....Christmas Eve & Christmas Day



HOLIDAY DINNER KNOW-HOW



It's a season full of cookies, candies and fancy dishes. Here's how to get through the appetizers and the buffet line without gaining a pound or two that could stay with you forever.

The plan begins at home. Eat breakfast and another meal if the dinner is late in the day. Being famished when you arrive makes overeating a near certainty.

- ◆ If appetizers are served before dinner, look for the fruit and protein offerings. Avoid high calorie options.
- ◆ At a buffet-style dinner, check the foods over before getting in line. If there are 10 foods and you only really like a few, pick only your favorites.
- ◆ The same idea works for a sit-down dinner. Just because a dish is passed to you, doesn't mean you have to put it on your plate.
- ◆ Holiday desserts can be wonderful. It's OK to take a small serving of more than one, just keep them small.

First Day of Winter - December 21

*Hanukkah Begins
(at sundown the eve before)
December 21*

Kwanzaa Begins December 26

New Years Eve, December 31



Marlene DeAnda, ASCI Dumas, answered last month's questions correctly and was randomly selected to win a \$25 gift card from Amarillo National Bank.



To claim your card, contact Joyce Lopez at 806.351.3308 or email: joyce.lopez@txpan.org. Congratulations!

PARENTING CLASSES OFFERED

Janice James, UCAP Coordinator, STAR Program

Classes are offered at no charge. Seating is limited. No childcare provided.

Must attend full session for certificate/CEU.

Instructor: Janis James, MA, QMHP To register call 806.359.2005

Back in Control Parenting Workshop

Saturday, January 21, 2012

8:45am - 4:00pm

TPC Children's Services
1500 S Taylor Street
Amarillo, TX 79101

CEU's



Make Parenting a Pleasure Parent Training

For parents of children from birth
through age 6

Thursday evenings
beginning January 12, 2012
through March 22, 2012

6:00pm to 8:00pm

TPC Children's Services
1500 S Taylor Street
Amarillo, TX 79101



STAR (Services To At-Risk Youth and their Families. STAR is a DFPS funded Program

Welcome these New Employees...

Maira Argomaniz
James Hughes
Deborah Born
Teresa Osborn
Jami Wilmarth

IDD Service Coordination
50th Group Home
Med Clinic Adult
Respite Pool
ACT Team



Employee Recognition

At the November 17, 2011 Board of Trustees meeting, Dr. Sam Reeves, Vice Chair, recognized **Nancy Clemons**, HCS Nursing, for 35 years with the Center.

He also recognized **Jody Crabtree**, Specialized Services and **Tonda Gowdy**, Respite Services (not present). They were awarded a plaque, gift card and a day off.

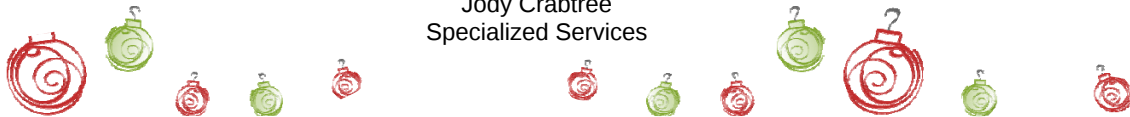
Congratulations!



Jody Crabtree
Specialized Services



Nancy Clemons, HCS Nursing



Trustee Recognized

Also recognized at the November Board meeting was Chairman, Judge Willis Smith. Executive Director, Bud Schertler, presented Judge Smith with a plaque and thanked him for twenty (20) years of volunteer service to Texas Panhandle Centers.



***Thank you Judge Smith
for 20 years of service!
We appreciate you!***

Articles, or suggestions for this publication may be submitted by the 1st of each month to:

Joyce Lopez • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

Shining Star Christmas Project

The annual Shining Star Christmas Tree Project is in full swing with paper ornaments listing the needs of clients at participating area bank locations. Visit any one of these local banks to pick up an ornament and help make someone's holiday a little brighter.



Wells Fargo Bank

3429 S. Bell
2000 S. Washington
4140 Coulter

Bank of America

1700 Coulter
3440 Bell St., Suite -
#328
3601 S. Washington
Polk Street

Herring Bank

2201 Civic Circle

First Bank of the Southwest

5701 SW 34th
2401 S. Georgia
4241 W. 45th
5725 W. Amarillo Blvd.
7420 SW 45th

Happy State Bank

3423 Soncy
3131 Bell-Suite 202
5050 S. Western
701 S. Taylor
500 Tascosa Road
2531 Paramount Blvd
5100 S. Coulter
4302 W. 45th
Downtown –Express Branch



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Answer the questions correctly and your name will be entered in a random drawing to be eligible to win a \$25 gift card.

- I. When is the next Back In Control Parenting Workshop?
- II. Who is the employee recognized through the Performance Enhancement Program?
- III. In what country was first Christmas tree decorated?



Submit your answers to joyce.lopez@txpan.org. Deadline for responses is the 5th of the following month. You must type "Monthly Drawing" in the email subject line to be eligible. For those that do not have a computer, entries may be submitted via interoffice mail. The same requirements apply for hard copy submissions.

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Hau'oli Lanui!

Latvia: Latvians believe that Father Christmas brings presents on each of the 12 days of Christmas starting on Christmas Eve. It was in Latvia that the first Christmas tree was decorated. Their meal consists of cooked brown peas with bacon, small pies, cabbage and sausage.



Joyeuses Fêtes!

Portugal: People adhere to the tradition that Christmas brings presents to children on Christmas Eve. The presents are left under the tree or in shoes by a fireplace. A special Christmas meal of salted dry cod-fish with boiled potatoes is eaten at midnight on Christmas Eve.

Buone Feste!

Romania: On the sixth of December St Nicholas comes and puts small gifts in children's shoes that have been polished and placed near the windows. If the children have been naughty they get a little stick. Christmas meal includes smoked pork or sausages. On Christmas Eve, children usually go around and sing carols and get fruit, sweets or money in exchange.

Prettige Feestdagen!

Russia: In the days of the Soviet Union, Christmas was not celebrated very much. New Year was an important time, when Father Frost brought presents to the children. With the fall of Communism, Christmas can be openly celebrated either on December 25 or January 7. This unusual date is because the Russian Orthodox church uses the old Julian calendar for religious celebration days. Special foods include cakes, pies and meat dumplings.

Selamat Hari Raya!

Sweden: The most important day is Christmas Eve. A special meal is eaten on Christmas Eve which includes ham, herring fish, and brown peas. At Christmas Eve families give presents to each other and attend a church meeting early on Christmas Day.

United States: The USA is so multi-cultural that there are many different ways of celebrating Christmas. Those of Eastern European origin favor turkey with all the trimmings.

Happy Holidays!

Common traditions include: On Christmas Eve, stockings are hung on the mantle of fireplaces and the children go to bed early so that at midnight Santa and his reindeer will deliver toys that are placed under the tree. It is customary to leave milk and cookies for Santa and a carrot for Rudolph the reindeer. All year long children are told to behave, or they will get coal in their stocking. Types of trees decorated include anything from Pine trees to Fir or Spruce. Houses and businesses are also decorated with lights. Advent is celebrated in most all Roman Catholic and mainline Protestant churches.

Travelig Helg!

For many families in Mexico, Las Posadas has always been part of the celebration of La Navidad—the birth of Christ. As some of these families moved north to various parts of the US, they took their tradition with them. Las Posadas originated in the 16th century. What started as a novena (nine days of prayer) moved from the church to the community and was celebrated in people's homes. The procession is a reenactment of the story of Joseph and Mary and their difficult journey. From December 16-24, there are elegant preparations in homes. Posada events today are both traditional and modern.

Feliz Navidad!

Whatever tradition is celebrated in your home this time of year, let it be one of peace, joy and goodwill. **Happy Holidays, Happy Hanukah, Happy Kwanza, Merry Christmas, to you and yours!**

The National Alliance on Mental Illness (NAMI), Texas Panhandle is starting back up and we need you!

Monthly meetings will be at the AGAPE Center, 1515 S. Buchanan St. in Amarillo. We will be in the basement. Please come and join us for Caring and Sharing hour every fourth Saturday of the month at 2pm (no Dec. mtg.).

Exciting news! We have teamed up with the VA hospital and are going to have the Family to Family classes offered there. This course is open to anyone. The first class is March 29, 2012 @ 6pm. It is a free 12 week course for those who have loved ones that are living with schizophrenia, Schizo-affective Disorder, Bipolar Disorder, Major Depression, Borderline Personality Disorder, Panic Disorder, Obsessive-Compulsive Disorder, and Post Traumatic Stress Disorder. It is a great class and can really change lives. For more information about the Family to Family class, please call Angela Ellis at 806.354.9050.

Angela Ellis
Vice President, NAMI Texas Panhandle

White Hat Award



The IDD Service Coordination Department would like to present this Month's White Hat Award to **Frank Markham and Michael Ray in the IDD Records Department**. They have had many challenges and changes recently and through it all, they remain helpful, courteous and patient with each of us. In spite of all of the extra work Frank is currently responsible for, he continues to remain available for our needs. We appreciate Michael because he is professional in his interactions with the employees. Thank you for all you do.

Sharon Guinn for IDD Service Coordination



The following employee was recognized through the Performance Enhancement Program for one or more of the following: Core Competencies, Safety, Critical Thinking, Communication, Client Rights, Continuous Quality Improvement, Professional Behavior, Customer Service:

Barbara London
STAR Program



Rod Bowers Construction, Inc.

Presents the 2011

CAGE FREE TURKEY



A Christmas Gift \$100.00 Donation

You will receive a Texas fried turkey and 1 pound of homemade Texas size pecan fudge from Rod Bowers Construction, Inc.

Your order must be placed by Thursday, December 15, 2011
Your turkey will be ready for pick up on Thursday, December 24, 2011
9am - 1pm

All proceeds go to the Randall County Prisoner Re-Entry Program

Name: _____
Address: _____
Phone #: _____

Orders may be sent to: Rod Bowers Construction, Inc.
P.O. Box 7930
Amarillo, Texas 79114

You may also email your order to rod@rodbowersconst.com or call 806.463.5600
All payments must be received no later than 12-15-11. Make checks payable to:
P.R.E.P. *If you are unable to pick up your turkey, please call and we can have
someone deliver it.