

THE 3Y€ OPENER

Winter 2011



How can you help your contact lens patients through the dryness of winter?



ACUVUE® OASYS® Brand Contact Lenses with HYDRACLEAR® Plus Technology will provide exceptional comfort even in dry environments.

Ideal for patients who...

- ✓ are sensitive to dry environments
- ✓ experience long days
- ✓ want all day comfort



Exceptional all day comfort • Highest UV protection†

The revolutionary ACUVUE® OASYS® Brand with HYDRACLEAR® Plus Technology offers a high volume of moisture-rich wetting agent which provides exceptional all day comfort.

ACUVUE® Brand Contact Lenses are indicated for vision correction. As with any contact lens, eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the package insert for complete information. Complete information is also available from Johnson & Johnson Vision Care, Division of Johnson & Johnson, Inc., by calling 1-800-843-2020 or by visiting www.jnjvisioncare.ca.

† Helps protect against transmission of harmful UV radiation to the cornea and into the eye. WARNING: UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. NOTE: Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care professional for more information.

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ACUVUE®
BRAND CONTACT LENSES
SEE WHAT COULD BE™



Wishing You A Healthy, Happy and Prosperous New Year !

I hope you all enjoyed a wonderful holiday with family and friends 'cuz that's **what it's all about!** Savour the moments, the wee ones, playing games, the uninhibited laughter, (singing *Silver Bells*), the conversations, just catching up, and the great food . . . mmm those aromas. Life passes too quickly so cherish the time when you get together, make new memories along the way and treasure the old ones. In this issue, **a time for family**, I am sharing some special photos with you.

We have come a full year and this is the first edition for 2011, we hope you have enjoyed this past year's publications. We had a great time putting it all together and having the opportunity of speaking with many of you along the way. We feel that ***The Eye Opener*** is improving with age (as we all do - I think?). Please send us your feedback, we appreciate and value your input and Remember, if you want to see something special please let us know, our email address is listed below and we look forward to hearing from you.

I personally want to welcome to council, Carol Stobbe, who is joining Crystal Hilton as Co-Education Chair. With their expertise and tenacity these dedicated individuals will ensure that our students will gain insight and knowledge through their guidance, getting all the help they will need to succeed. *I remember way back when* as Carol helped me through my Contact Lens course. I always looked forward to her visits, she taught me all she knew (I think I even grasped some of it). Her easy going manner, always open to my questions, making me feel at ease made it a fun time. I think the students are lucky to have her as a mentor like I did.
Thanks Carol !

Last note, albeit I am not one to follow sports too much, but how about those terrific Junior Hockey Players, all was looking great for Canada - until the 3rd period hit - OMG the Russians came back with vengeance as our Canadian boys faltered but in this game, at this level, the teams were all excellent and the best team won that night. The jubilant faces was a sight to see. Well played boys and Good Luck in your future!

P.S. Remember to Hug Someone Today !

Chris Raqué, Editor
& Proud Grandma
raque@sasktel.net

FROM THE REGISTRAR'S DESK

First off I would like to wish everyone all the best for the New Year. Time goes by so quickly.

The bylaws unfortunately are still a work in progress and have not yet been approved by the Minister. However, the consultation process with the stakeholders has come to an end with a number of changes having been made to the bylaws as a result of the process.

No further changes are anticipated and barring any unforeseen circumstances, were very hopeful the bylaws can now be moved onto the committee and Minister for final approval. Once the Minister has approved the bylaws then the Act can be proclaimed and the members will officially become opticians.

Also, your legislative committee tabled a report to the Ministry of Health on Cosmetic Contact Lenses. Crystal Hilton wrote the report with input and support from Clarence Mott. Both Crystal and Clarence are members of your council.

The report is very detailed and speaks to the potential for harm that can occur to the public by allowing the distribution of these products without being properly regulated. The report includes among other things a number of case studies on individuals who have been injured through the use of these products without proper fitting, instruction, or care.

The report also requests that the Ministry consider an amendment to the regulatory bylaws to specifically provide a section dealing solely with cosmetic contact lenses. Copies of the report are also being shared with our stakeholders as we are asking them for their comments, input and support as well.

Please join with me in thanking both Crystal and Clarence for a job well done.

Copies of the report will be available to members only upon request beginning in February. If you would like a copy please contact Stephanie and she will either e-mail you a copy or send it by regular mail.

Ken Sorensen Registrar



Ken Sorensen, Registrar

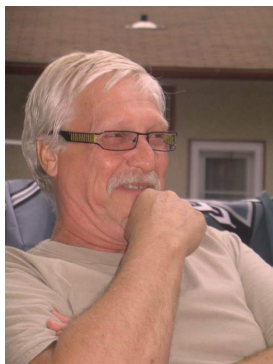
Curriculum Vitae

Mr. Sorensen studied law at Carleton University in Ottawa, and is a graduate of the St. Paul University Canadian Institute for Conflict Resolution in facilitation, mediation and negotiation. Prior to returning to Saskatchewan he resided in Ottawa, where he was the president and managing partner of Sorensen & Associates and Sorensen Investigations Inc.

Mr. Sorensen has over 35 years of experience in the interpretation, application and drafting of legislation, regulations and bylaws; and has represented numerous international and multinational firms, before various government agencies, Tribunals and the Federal Court of Canada. Being very experienced in government relations and lobbying he has represented numerous companies relating to such things as off shore drilling and lumber; he was co-council on several land mark cases one of which that led to the major reversal in the administration of Customs legislation in Canada. Lecturing extensively in Canada and the United States, he also co-authored a handbook on the North American Free Trade Agreement that is being used by colleges and Universities in their international trade courses.

As the president of Sorensen Investigations Inc, Mr. Sorensen participated in and directed numerous investigations into matters of malfeasance, sexual harassment and abuse of authority. Mr. Sorensen has also directed investigations into the systemic causes of work place harassment that can be the precursor to work related personnel problems. While specializing in those areas Sorensen Investigations Inc were contracted extensively by various government agencies and departments across Canada.

COUNCIL MEMBERS



PAUL JOHNSON
President



Way, way back, when pterodactyls still controlled our airspace and dirt was brand new, I started my optical career grinding lenses in a glass lab for the then current industry giant, Imperial Optical.

Well I guess this is a slight exaggeration; however it has been a long time. For example my license numbers are both in the lower double digits!!!

Throughout my career, I have witnessed a lot of changes to our industry. The evolution of technology, the materials we use, and the privilege of learning new techniques is probably why some of us dedicate our whole working career to this profession.

As the Vice President of Operations for a small but growing Saskatchewan company I find my days now filled by more board room meetings, and out of province travelling than I do actual dispensing of eyewear. However I still get on the dispensing floor, or in the contact lens room occasionally.

This will be my third round as a council member for SODA. My first term was a very short time in 1989. I was pleased to be elected to council again in 1999 when I served three terms. I served as the OAC director for four years, and your president for three of them. I stepped down in 2005 and was re-elected for the third time in 2007. This fall will be the end of my second term as president. I expect my council position will be open for election at the fall meeting of 2011.

I have learned a lot about politics, accumulated numerous friends and colleagues across our great country. I will admit there are times when the work load has become onerous, but looking back, I would do it all over again.

Thank You for your support over the years, and let me take this opportunity to wish everyone a successful happy and prosperous year.



CLARENCE MOTT
Treasurer &
Convention Chair

I would like to thank the Saskatchewan opticians for the privilege and honour to represent them and as I was voted back to council, I will do my best to protect and further our profession.

I have been acting as your treasurer and convention chairman for the past 9 years. I encourage opticians to get involved with their council and conventions of course. You are a professional in the health care industry. Be proud of yourself !!! You have an opportunity to make a difference in peoples lives, as a group of opticians, we can change the way the general public views us.

A lot of you know me but for those who do not. I started in the laboratories when I was a teenager, then into dispensaries, that was 39 years ago? Previous to that I served on the Manitoba council for 5 years, as chairman of medicare and chairman of legislation. Again I thank you for this opportunity.



MYRNA MUIR
Public Rep

I joined the SODA in 1997. I have been on council except for one year since. I worked as a nurse at St Paul's Hospital in Saskatoon for over 30 years. I am now retired, and enjoying it.

I have 2 children and 2 grandchildren. I certainly enjoy being on this council and seeing all the progress your council has made over the years for the membership.

I wish everyone all the best in the years to come.



CRYSTAL HILTON
Education Chair

Hello everyone! Well I am BACK! Thank you to those who attended this year's AGM in Regina and re-elected me. I appreciate the opportunity to be on council again. I currently hold the Co-education chairs position and as such it is my responsibility to provide the highest level of education that we can to our students.

When I am not doing SODA business I have 2 wonderful little girls who occupy my time quite well! I have been in the optical industry now for 13 years and I must say it never gets boring, there is always an interesting person walking into the dispensary; I work on a casual basis at Superstore Eyewear here in Moose Jaw.

Thank you again for re-electing me to council! It will be a great 2 more years . . . and I hope many more to come after that. Being on council gives you a new prospective of our industry. It is a lot of fun and filled with wonderful challenges!



CAROL STOBBE
Co-Education Chair

I am very humbled and honoured to have been asked to accept a position on The Ophthalmic Dispenser's Association Council. I will work diligently to ensure that the future of Opticianry in Saskatchewan flourishes.

I have been employed in the Optical industry for many years. I started working in a hard contact lens manufacturing lab. I became very interested in the Science of Optics at that point and went on to write for both my Optician's and Contact Lens Licenses with the Provincial Licensing in 1978. I have been a member in good standing, holding both licenses since then.

I am currently employed at the Walmart Vision Centre at Blairmore in Saskatoon.



DARYL HYLAND
Public Rep

Daryl Hyland is one of the public representatives on the board of SODA. He was born and raised in Saskatoon. He obtained his Certified Management Accountant degree and is currently employed with the City of Saskatoon, Fire & Protective Services as the Support Services Coordinator. He is a volunteer on a number of boards such as: Curl Saskatoon Inc, United Way of Saskatoon, Area Community Campaign Cabinet, Leadership Saskatoon Inc and the Saskatoon Amateur Volleyball Association.



SANDRA WIEBE
COUNCIL MEMBER

Welcome Back

We are pleased to announce Sandra Wiebe has agreed to re-join Council to fill the empty chair.

She had previously been on Council for 7 years and brings with her many years of experience in education. She has agreed to share her expertise in this area with our present Education Chairs.

Sandra is presently employed with Vogue Optical and you can reach her at either the 2nd Ave or the 8th Street branch in Saskatoon.

Thank You & Farewell

*James Hollstein for all the hard work and time spent on Council.
We wish you all the best for the coming years.*



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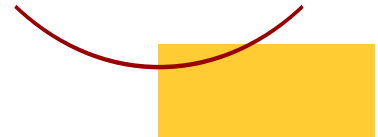


CONTACT LENS SEMINAR

ATTENDANCE IS ENCOURAGED FOR ALL
1ST & 2ND YEAR CL STUDENTS

March 19th & 20th 9:00 - 5:00

SODA Office
306 - 1114 - 22nd St. W.



VOLUNTEERS NEEDED
EARN 4 CEC PER DAY

Please Contact Office by March 1st
652-0769

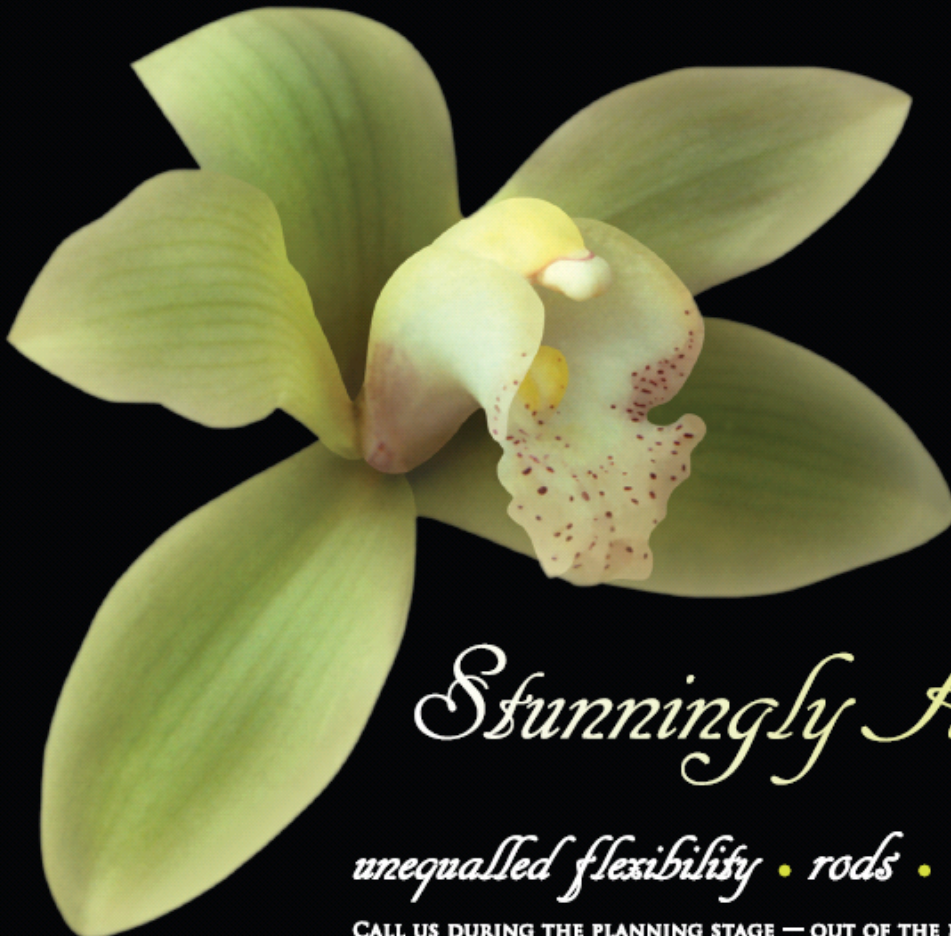
TELUS Health Solutions brings Canada's first national e-Claims solution for Opticians

Today, many people enjoy the convenience of the electronic point-of-sale claim service available for dental and drug services. This level of convenience has not been available for other extended healthcare benefits. Until now!

For the first time, the extended healthcare provider community, and more specifically Opticians, are able to submit electronic payment reimbursement requests directly to Great West Life right at their point of service, offering significantly increased convenience and flexibility for plan members.

The **e-Claims exchange service** is the first of its kind in Canada and will be made widely available to other benefit insurers, and over time, to a wide range of healthcare providers. This will enable the optician community to streamline the claims and reimbursement process for your services on behalf of patients. Using your own patient/practice management system or through the **TELUS Health e-Claims** portal solution, you are now able to submit electronic claims quickly and efficiently allowing you to better manage your billing and receivables activities, trim down the paperwork involved in manual preparation and submission of receipts or insurance forms, reduce costs and give you more time to take care of your patients.

For more information visit: www.telushealth.com/eclaims



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unequalled flexibility • rods • cabinets • mobiles

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EVENTS for 2011

SODA Dates

Council Meeting: (subject to change)	January 26 th September 26 th	March 26 th November 26 th	May 26 th
CL Seminar (1 st & 2 nd Yr)	March 19 th & 20 th	SODA Office	
2011 Convention: AGM	October 1 st & 2 nd October 2 nd	Parktown Hotel, Saskatoon Parktown Hotel, Saskatoon	

Students Welcome !

INTERNATIONAL Dates

International Vision Expo East	March 17 - 20	2011	New York, New York
International Vision Expo West	Sept. 22 - 24	2011	Las Vegas, Nevada

NACOR 2011

Practical Examination Dates

February	5 - 6	Edmonton, Alberta	NAIT, Main Campus
April	15 - 17	Barrie, Ontario	Georgian College
May	28 - 29	Coquitlam, B.C.	Douglas College
June	4 - 5	Saskatoon, Sask.	Kelsey College
June	11 - 12	Saint John, New Brunswick	TBA
June	11 - 12	Winnipeg, Manitoba	Red River Community College & Contact Lens Service, Winnipeg & Contact Lens Service Winnipeg
June	24 - 26	Edmonton, Alberta	NAIT, Main Campus
October	1 - 2	Coquitlam, B.C.	Douglas College
October	21 - 23	Barrie, Ontario	Georgian College
November	5 - 6	Halifax, Nova Scotia	TBA
November	12 - 13	Winnipeg, Manitoba	Red River Community College & Contact Lens Service, Winnipeg



Notice

It has come to the attention of council that unlicensed opticians have been practicing in the province and that members are reminded that all opticians practicing in Saskatchewan, no matter what the duration are required to be licensed in accordance with the Act.

Reminder Please advise SODA office of any changes to your employment, addresses etc.

STUDENTS Bursaries & Scholarships etal.

Bursaries & Scholarships

- ♦ **WAL-MART \$ 3000.00**
Top overall written mark in **2nd year Contact Lenses**
- ♦ **LASIK MD \$ 750.00**
High academic achievement - Highest overall class average in **Eyeglasses Program**
High academic achievement - Highest overall class average in **Contact Lens Program.**
- ♦ **S.O.D.A. \$ 200.00**
Top overall written mark in **2nd Year Dispensing**
Top overall written mark in **2nd Year Contact Lenses**

Carpe Diem !

EXAM DATES

Feb 13th	1st & 2nd Year Lab Exam
Mar 19th - 20th	CL Seminar Years 1 & 2
April 1st	Year 2 Eyeglass & Contact Lens Practicum Due
April 17th	Final @ Kelsey in Saskatoon
May 1st	Prep for Eyeglass Licensing
May 15th	Prep for Contact Lens Licensing
June 1st	Year 1 Eyeglass & Contact Lens Practicum Due
June 4th	NACOR Eyeglass Licensing
June 5th	NACOR Contact Lens Licensing

Student Attendance is Encouraged for All Seminars

(dates subject to change without notice)

Student Enrollment 2011

18	1st. Year Eyeglass
12	2nd. Year Eyeglass
1	1st. Year Contact Lens
4	2nd. Year Contact Lens

**All The Best In Your
Studies !**

2011 Transitions Optical Students of Vision Scholarship Program

Supported by the Transitions Healthy Sight for Life Fund, the Transitions Students of Vision scholarship program supports the next generation of opticians, optometrists and paraoptometric.

Enter Now

Develop a project – any format – demonstrating your **Multicultural Vision**. Projects can be creative, educational or engaging and should explore your role in patient care relative to ethnically diverse patients.

Multi-media



Activity/Event



Other



For more information on culturally diverse patients, visit the multicultural section of Transitions.com/Pro.

Rewarding the Next Generation of Eyecare Professionals

Projects will be judged in three categories: Activity/Event, Multi-media and Other. Top category winners receive **\$1,000**; additional winners receive **\$500**. The top five Opticianry students will also win a trip to the **ABO-NCLE National Educational Conference** to be featured in the poster session.

Submit Your Project To

education@transitions.com

or

Students of Vision Scholarship
c/o Euro RSCG Worldwide PR
4 PPG Place, 2nd Floor
Pittsburgh, PA 15222

Include

1. Name
2. Phone Number
3. E-mail
4. Mailing Address
5. School
6. Category Being Entered

Projects must be submitted by **March 10, 2011**. Winners announced **April 15, 2011**.

Contact Brittney Gillison at: Brittney.Gillison@eurorscg.com for additional information.



Students of Vision

Transitions

Healthy Sight
for Life



For Immediate Release

**TRANSITIONS OPTICAL ACCEPTING APPLICATIONS FOR 2011
STUDENTS OF VISION SCHOLARSHIP PROGRAM**

Optical Students can Submit Projects Demonstrating “Multicultural Vision”

PINELLAS PARK, Fla., Nov. 15, 2010 – Transitions Optical, Inc. is accepting applications for its 2011 Students of Vision Scholarship program, supported by the Transitions Healthy Sight for Life Fund™. Optometry, opticianry and paraoptometric students from across North America can submit projects demonstrating their multicultural vision.

Students are encouraged to be creative as they explore their role in care for ethnically diverse patients. Projects can include, but are not limited to, research papers, presentations, videos, posters and community outreach and are accepted in three categories: Activity/Event, Multi-media and Other.

Submissions are judged by a group of Transitions Optical representatives, eyecare professionals and marketing specialists. Category winners will receive \$1,000 and also have their entries featured on Transitions Optical’s website for eyecare professionals, Transitions.com/Pro; other winners will receive \$500. Additionally, the top five opticianry students will receive a trip to the 2011 ABO-NCLE National Education Conference in Cincinnati. While there, students can attend continuing education courses, and present their projects during the poster session.

For entry instructions and additional details please view the scholarship section of Transitions.com/Pro. Applications must be postmarked by March 10; winners will be announced April 15.

About Transitions

As the leading provider of photochromics to optical manufacturers, Transitions Optical, headquartered in Pinellas Park, Fla., offers the most advanced photochromic technology in the widest selection of lens designs and materials. As part of its corporate mission to promote healthy sight, Transitions is committed to educating consumers and elevating the importance of eyewear, and to providing its partners the tools and programs their businesses need to thrive.

Transitions Optical’s core product line, Transitions® lenses, are the #1-recommended photochromic lenses worldwide. As higher-performing everyday clear lenses, Transitions lenses change from clear indoors and at night to sunglass dark outdoors in proportion to the intensity of UV light. Transitions® SOLFX™ sun lenses use the same advanced photochromic technology, but are designed specifically for visually demanding outdoor activities. They adjust their level of darkness and color according to the intensity of sunlight to help wearers look great, see better and perform at their best.

For more information visit Transitions.com or TransitionsSOLFX.com, or contact Transitions Optical Customer Service at (800) 848-1506 (United States) or (877) 254-2590 (Canada).



A Transitions® lens for every lifestyle.

From everyday to performance lenses, offer your patients the lens that's the best for them.

Transitions® VI

- Remain clear indoors and at night
- Automatically adapt to changing light conditions, darkening outdoors to provide comfort, convenience and protection

Transitions® XTRActive™

- Slight tint indoors
- Our darkest everyday photochromic lenses become very dark outdoors, even in the warmest weather

Transitions® SOLFX™

- Different types of adaptive performance sunwear specifically designed for outdoor activities
- Automatically adapt to outdoor light conditions, enhancing visual performance and optimizing colour and darkness

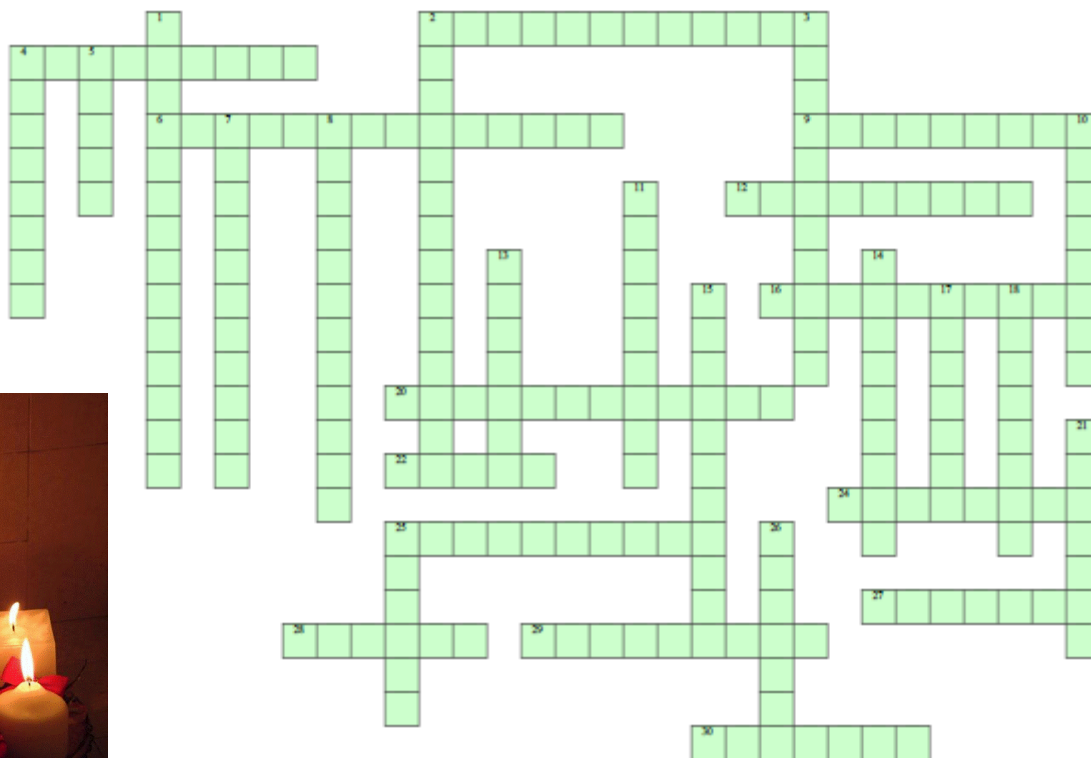
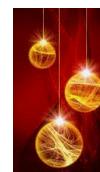
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Transitions®



CHRISTMAS WORLD



Across

2. Mythical *Czech* golden rope rappeller, *aka St. Nik*.
4. You better be good *this Nihonjin* has eyes in the back of his head.
6. *Cantonese* revelers *cheer*.
9. *Apres* Midnight Mass *repast*.
12. *Banned in Scotland* for 400 years.
16. *Russian woman* fails to host 3 wise guys but makes up for it later.
20. *Stern companion* of *Pere Noel* who reports on *enfants* behaviour.
22. *Old English carol singers*.
24. A *vecchia* fails to host and is doomed to search the earth.
25. A little *ninito* *picked this* enroute to church.
27. *Seven day celebration* based on the 7 Principles (*Nguzo Saba*).
28. *The 3 braided bread rings* of Trinity and Eternity.
29. *Julemandens'* lofty *helpers*
30. A *store* hearth required (*Scandinavian* root).

Down

1. *Dobry* 10th Century *Bohemian King*.
2. *The Holy Supper* of the *Ukraine*.
3. On Dec. 5 *kinderen* fill their shoes with hay and sugar for his horse (*name the rider*)
4. *Fearghas'* biggest bash of the year.
5. On Christmas Eve *this gnome* emerges from underneath the *golvrador* to bring gifts for all.
7. *The night before Nihons'* biggest day, clean up, dress up, and watch dad rid the house of evil spirits by throwing beans in corners.
8. *Caroling in Wales* often accompanied by a *Crwth*.
10. *An Oprah AH HA! moment. The feast*.
11. *Druids lock lips under this*.
13. *Handcrafted clay figures* since the 7th siecle
14. *When the cry of "Alms for the Poor" is Heard*.
15. *Mischievous Goblins* rise from the centre of the earth to come down *Greek chimneys*.
17. *Bah! Go to the Dickens*.
18. *The 8 day Festival of Lights* beginning on the 25th day of *Kislev*.
21. *Aussie gifter ?*
25. When *ninitos* break *this*, everybody's happy.
26. *Mulled Ale* containing curdled cream and other goodies.



Happy 2011

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

NEW YEARS RESOLUTIONS - HANGOVER - GOOD LUCK

HOPE - QUIT SMOKING - DRINK LESS

LOSE WEIGHT - PAY OFF BILLS

REDUCE STRESS - DAILY WALK

YOGA - SMILE - LAUGH

HUG MORE - PLAY WITH KIDS

LOVE - SING - DANCE - PLAY

LISTEN MORE - FITNESS - SKI - SLED

HIKE - HIT THE GYM - TREADMILL - JOG - RUN

SWIM - LEARN NEW STUFF - HEALTH + HAPPINESS

4					7	2		6
		2	3					
	1					4	7	
	7		2	9				
	6						5	
				1	8		3	
	5	6					9	
					9	5		
9		1	5					4

Christmas



defined:

What's conjured up
what comes to mind
from Christmas pasts
left far behind
Memories, traditions
old and new
Was it perfect
Was it blue
A joyful gathering
of family and friends
A time for giving, make amends

Or Did the press of shopping
people pushing,
shoving
scrambling,
for that perfect gift
leave you mad and hopping
from store to store
Their open late
For Your Convenience
Isn't that just great

That last minute quest
leaves you tired, stressed
No time to walk that yellow dog
hit the gym, go for a jog

Sooo many things to do
cooking, baking, wrapping
No time for napping
No time to whine
Still have to find
that just right
Spruce or Pine

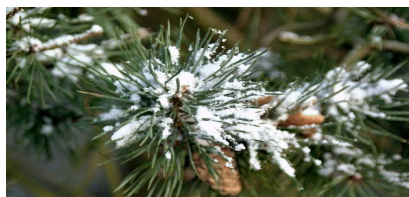
And decorate.
It's late
The wind is blowing
getting cold
as frozen Christmas lights
and fingers, try unfold
while on the shaky ladder
you think of other places
you'd be rather



But Bleary eyes
anticipating
eagerly awaiting
Santa, Christmas eve or morn
And the moment they can start
digging in that shiny pile
to rip that wrap apart
to find their doll or toy
Huge smiles
on every girl and boy
Contagious
In the ribbons, the kitten
Outrageous

You watch content
the time you spent
Worthwhile
You're Done
You take another sip of
Coffee, Baileys, Rum ?
And sit back
to watch the fun

Remember when
Mom or Gramma
Got up real early
So that little boy or girly
Could wake to that Smell
That wondrous smell
Of Roast turkey
Ambrosia
That Was Swell



But Not For All

**There are
Alternate Christmases
from yours and mine**

It's clear to see
and hear on radio and t.v.
stories, sad but true
of poverty and misery
of lives
not what they should or wish to be

What
Does That Mean
to you and me

The elderly, alone
The single moms
With hungry ones at home
The unemployed,
Pink slips at Christmas
can't say they're overjoyed

Caring employers saving a buck
At what cost Good Luck!

When homeless ones
you chance to meet
You hide your eyes
walk down the street

BUT WAIT!

Let's Celebrate
This time
What can we do?

Be Charitable Be Fair
Not so quick
to judge
others in their despair

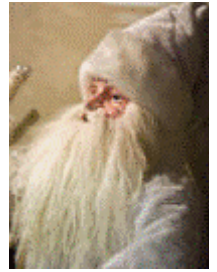
Raise downcast hearts and eyes
with Kindness
Let Humanity, arise

Just take a stand
with Compassion and Respect
Reach out your hand
And give or do what e'er you can

Bring some Happiness
Allow some Hope
to shine in the Spirits
of all our Folk

**Merry Christmas One And All
May Peace, Joy and
Tolerance Live Forever
in Your Heart**

Poem by Ragnar



Happy New Year

2011



Kudus to the bright, caring people of
for partnering with **Vitamin Angels**.

JONES
SODA CO.

An organization founded in 1994 by Howard Schiffer dedicated to helping undernourished children in extreme poverty survive by giving them sight saving vitamin A through programs such as **Operation 20/20**

Check out (www.VitaminAngels.org) and
the news video of founder at myFoxla.com

AMAZING STUFF !

So next time you reach f or a Soda think of the kids

GONG HEI FAT CHOY





on the World

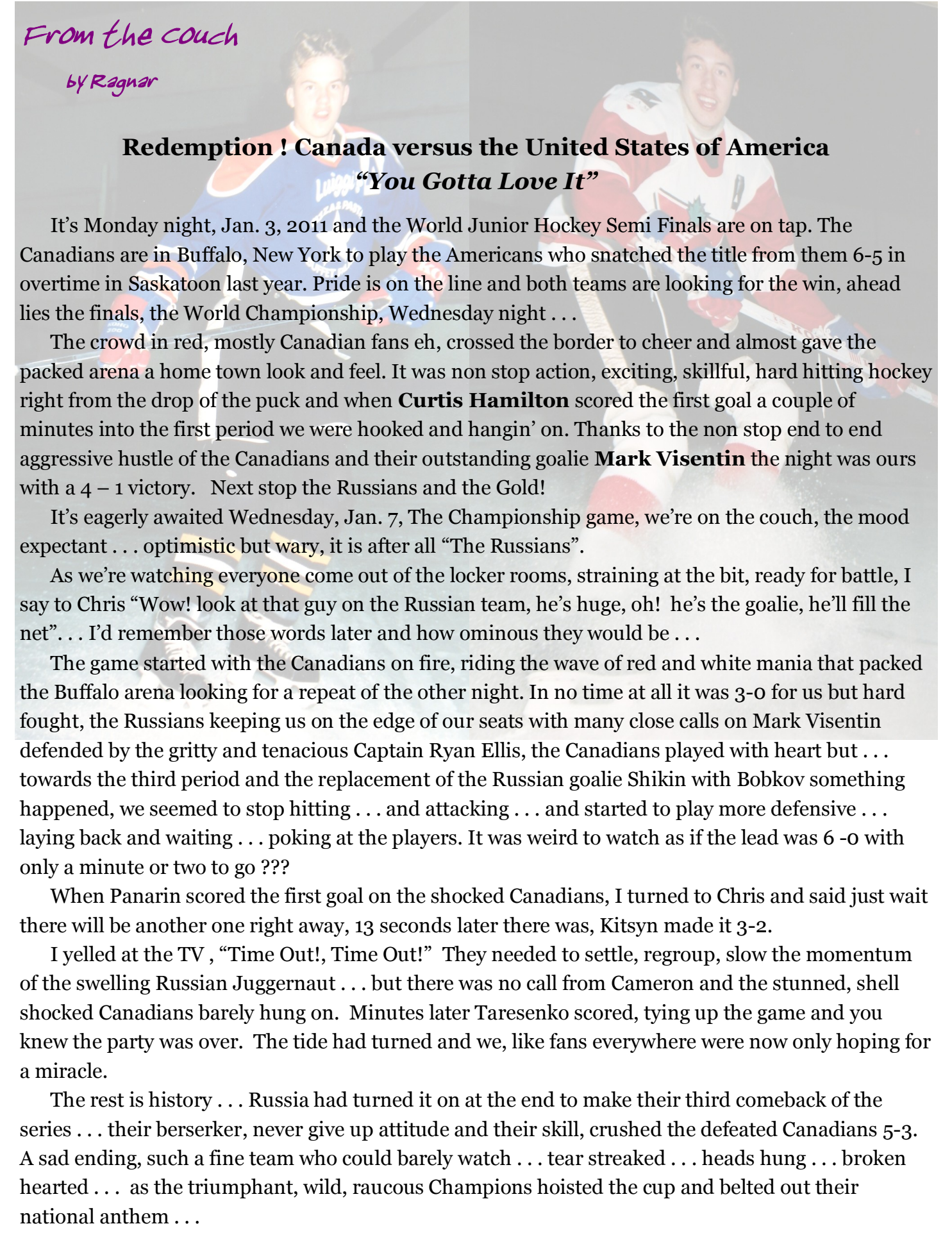
November 30, 2010 - Unlicensed optician jailed for flouting court orders

An unlicensed optician who undercut the competition and illegally prescribed eyeglasses to unsuspecting people has been sentenced to jail for civil contempt . . . to read more go to:
www.thestar.com/news/article/896780--unlicensed-optician-jailed-for-flouting-court-orders



off to the Humanitarian Foundations that are changing world vision !

- ✦ **One Sight** (www.onesight.org/na) a Luxottica Group Foundation is a family of charitable programs dedicated to improving vision for those in need through outreach, research and education. **OneSight** combines more than 20 years of innovation from three former charitable programs, Give the Gift of Sight and The Pearle Vision Foundation in North America as well as Community I-Care in Australia - into one, new global foundation. **OneSight** volunteers and doctors travel to developing countries worldwide to hand-deliver free vision care and eyewear to thousands of impoverished adults. In a two week period, a temporary optical Clinic is staffed by 35 employee volunteers and doctors. **Regionally** in North America, Australia and China, **Vision Van Clinics**, a mobile Optical lab equipped with everything, hits the road, giving recipients a thorough eye health check and eyewear. **OneSight** also seeks partnerships with local eye surgeons to provide free surgeries.
- ✦ **The Lions Club International** (www.lionsclub.org) collect, clean, repair then send refurbished eyewear to those in need. Their incredible **Sight First** and **Opening Eyes** programs benefit the vision impaired worldwide. Donation centers exist internationally and online.
- ✦ **The Giving Sight** (www.givingsight.org) is a charity that sends optometrists to underdeveloped countries giving people eye exams and eyewear so they can get jobs and improve the quality of their lives. A child in a country without steady eye care could go from being technically blind, to having a chance at an education with the right eyewear.
- ✦ **The Scojo Foundation** (www.visionspring.org) is an innovative social enterprise dedicated to reducing poverty and generating opportunity in the developing world by training locals in basic optometry skills and selling eyewear at low cost.
- ✦ **Orbis International** (www.orbis.org) runs **The Flying Eye Hospital**, where doctors donate their time and fly to underprivileged areas giving proper eye exams, and care. They also operate on patients while training local doctors at the same time.
- ✦ **The Fred Hollows Foundation** (www.hollows.org.au) believes that indigenous Australians deserve the same healthcare and life expectancy as other Australians, they run a vision program helping the needlessly blind of the Outback.



From the couch

by Ragnar

Redemption ! Canada versus the United States of America

“You Gotta Love It”

It's Monday night, Jan. 3, 2011 and the World Junior Hockey Semi Finals are on tap. The Canadians are in Buffalo, New York to play the Americans who snatched the title from them 6-5 in overtime in Saskatoon last year. Pride is on the line and both teams are looking for the win, ahead lies the finals, the World Championship, Wednesday night . . .

The crowd in red, mostly Canadian fans eh, crossed the border to cheer and almost gave the packed arena a home town look and feel. It was non stop action, exciting, skillful, hard hitting hockey right from the drop of the puck and when **Curtis Hamilton** scored the first goal a couple of minutes into the first period we were hooked and hangin' on. Thanks to the non stop end to end aggressive hustle of the Canadians and their outstanding goalie **Mark Visentin** the night was ours with a 4 – 1 victory. Next stop the Russians and the Gold!

It's eagerly awaited Wednesday, Jan. 7, The Championship game, we're on the couch, the mood expectant . . . optimistic but wary, it is after all “The Russians”.

As we're watching everyone come out of the locker rooms, straining at the bit, ready for battle, I say to Chris “Wow! look at that guy on the Russian team, he's huge, oh! he's the goalie, he'll fill the net” . . . I'd remember those words later and how ominous they would be . . .

The game started with the Canadians on fire, riding the wave of red and white mania that packed the Buffalo arena looking for a repeat of the other night. In no time at all it was 3-0 for us but hard fought, the Russians keeping us on the edge of our seats with many close calls on Mark Visentin defended by the gritty and tenacious Captain Ryan Ellis, the Canadians played with heart but . . . towards the third period and the replacement of the Russian goalie Shikin with Bobkov something happened, we seemed to stop hitting . . . and attacking . . . and started to play more defensive . . . laying back and waiting . . . poking at the players. It was weird to watch as if the lead was 6 -0 with only a minute or two to go ???

When Panarin scored the first goal on the shocked Canadians, I turned to Chris and said just wait there will be another one right away, 13 seconds later there was, Kitsyn made it 3-2.

I yelled at the TV , “Time Out!, Time Out!” They needed to settle, regroup, slow the momentum of the swelling Russian Juggernaut . . . but there was no call from Cameron and the stunned, shell shocked Canadians barely hung on. Minutes later Taresenko scored, tying up the game and you knew the party was over. The tide had turned and we, like fans everywhere were now only hoping for a miracle.

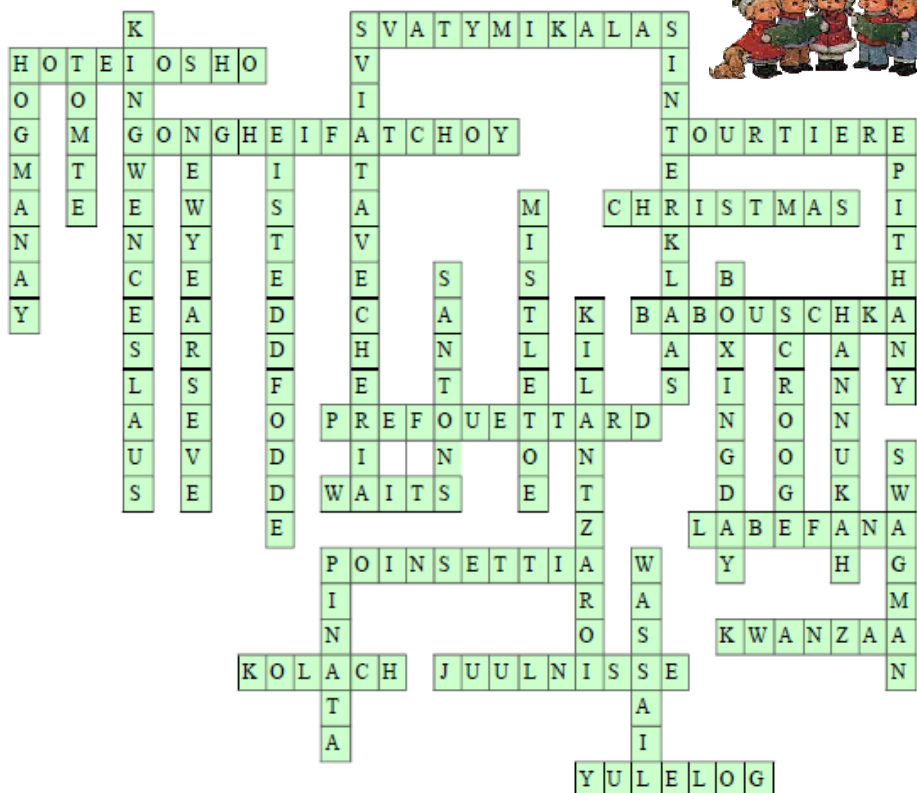
The rest is history . . . Russia had turned it on at the end to make their third comeback of the series . . . their berserker, never give up attitude and their skill, crushed the defeated Canadians 5-3. A sad ending, such a fine team who could barely watch . . . tear streaked . . . heads hung . . . broken hearted . . . as the triumphant, wild, raucous Champions hoisted the cup and belted out their national anthem . . .

CHRISTMAS WORLD



Answers

4	3	9	1	5	7	2	8	6
7	8	2	3	4	6	9	1	5
6	1	5	9	8	2	4	7	3
1	7	3	2	9	5	6	4	8
2	6	8	7	3	4	1	5	9
5	9	4	6	1	8	7	3	2
8	5	6	4	2	1	3	9	7
3	4	7	8	6	9	5	2	1
9	2	1	5	7	3	8	6	4



Puzzle Trivia

The First Worldwide Crossword was Published by The New York World Dec. 21st 1913 and later coined Crossword Puzzle by British Journalist Arthur Wynne. Today there are over 1500 different types of puzzles.



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sk.opticians@sasktel.net

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. *I won the lottery !!*"

The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?"

"Doesn't matter," she said. "Just get out."

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7.5 in x 3 in	\$ 50	\$60

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