



Nancy Jennings (right) shops for a unique gift from the "A day at the Beach" booth located at the Lower Onslow Community Centre during the Christmas Sale on Nov. 27th. Amanda Steeves and Parri Patton design one of kind beach glass jewelry pieces. (Harrington Photo)



Many small businesses owners had displays set up at the Lower Onslow Community Centre on Nov. 27th. Erica and Becky Brenton assisted customers who were interested in looking at some of their Avon products. (Harrington Photo)

## Being Physically Active in the New Year!

By Robin Norrie

Many people put on a few extra pounds over the holiday season, (the average being between 10-12 pounds) and many see the New Year as a new opportunity to lose weight. However, losing weight is not taking in the whole picture. What about simply being physically active? It is important regardless of your weight. So, instead of making a deal with your scale this New Year, how about making a deal with yourself to simply get active?

No matter what a person weighs, regular physical activity reduces the risk of over 25 chronic conditions, including coronary heart disease, stroke, hypertension, breast cancer, colon cancer, type 2 diabetes and osteoporosis. No matter how much you weigh, it is important to get 30, and preferably 60, minutes of physical activity a day.

So make increasing physical activity your New Year's resolution. Here are some ideas to help you stay on track.

Keep a diary or calendar of your physical activity, so you can track and measure your improvement

Make sure to add simple tasks like walking to the post office or shoveling the driveway or vacuuming the house

Do things you enjoy, like maybe dancing, swimming, yoga, stretching or zumba!

Focus on how good you feel when you stick to it!! You never say "Gee I wish I hadn't gone for that walk!" But you are always sorry when you skip your activity and even feel a little guilty.

Also, when you're setting a goal—which is what a New Year's resolution is—it's a great idea to make it a SMART goal:

**S is for specific** - Clearly define what you want to accomplish. Instead of setting a goal to "be active," set a specific goal to "walk 30 minutes, four times a week."

**M is for measurable** - If you can't measure your goal, you will

never know if you have reached it. Make your goal a specific number, like minutes walked or number of stairs taken, so you can see your progress.

**A is for attainable** - Setting a goal that is out of reach may discourage you. However, setting a goal that is a stretch, but within reach, will motivate you to make the commitment and help you find the strength to attain it.

**R is for relevant** - This means that the goal has to work within your lifestyle and your own interests. If you are not a morning person, don't try to reinvent yourself by planning to exercise before work. Make sure you choose an activity you enjoy.

**T is for time-bound** - Setting a timeframe for your goal will provide you with clear target to work towards and encourage you to get started right away.

Using SMART goals will help stay on track towards a healthier, more active lifestyle. And focusing on increasing physical activity instead of just losing weight means that your New Year can be less about a new body and more about a happier, healthier you!

**Robin Norrie is Fundy Active Community Coordinator and can be reached at: Robin.norrie@gov.ns.ca**

## MacCaull Villa Notes

By Hazel Hill

Mrs. Jordan, who was a patient in Colchester Regional Hospital for a few days has now arrived home. Some folks from Faith Baptist Church came on Sunday afternoon, November 21st for a time of music and songs. It was much enjoyed by all.

Helen Patriquin, folly Mountain, is spending the weekend with Darlene, Phyllis and Dorothy Jordan. Our Christmas tree is up and all decorated in the lounge. It's beautiful. We thank Bud and Linda Morrison, who came and decorated it. Others put on some decorations. We thanks all who helped.

Bill & Glenda Fisher came to visit Bill's mother on Sunday, December 13th and took her out to dinner. Art and Barb Muise spent Saturday, December 11th visiting Bernice Kaulback.

Harold Murray is enjoying his new scooter these days. He is getting around great with it and hoping for nice weather, so he can get outside more.

Those who knew the late George McCabe extend our sympathy to his sister, Ellen Layton, Halifax; and all his family members. The McCabe family were residents of Great village and well know here.

Lydia Fisher is recovering from eye surgery. Bernice Kaulback spent Sunday with Bud and Linda Morrison.

I wish everyone a Merry Christmas and a Happy New Year.

## Londonderry Community Council News

By Sally Richard

A well attended anniversary was held on Saturday, November 20 at the North River Elementary School to celebrate 50 years of marriage for Eric and Anna (MacKinnon) Lynds. Anna and Eric were married on November 25, 1960 in Acadia Mines United Church by Rev. William Pope. There was lots of food, great music and many old friends and family there to celebrate the happy occasion with Eric and Anna. Congratulations were read from all levels of governments with Karen Casey our MLA present to deliver her best wishes.

On Sunday, November 28, 2010, several people gathered to witness the Service of Decommissioning for the Acadia Mines United Church after serving its congregation for 129 years. Kay Dean DM, a Truro Presbytery Representative and Rev. Dan Gunn conducted the service with organist Charlotte MacVicar and the choir from St. James in Great Village.

Reid MacVicar read some interesting notes he had researched on the church's history. Margaret Barnes read the final scriptures. Rev. Gunn spoke of his years as pastor to the congregation and how he enjoyed his service in the church but could see it was time for the closure reflecting on Ecclesiastes 3:1-4 and 11-14. After the farewell hymn "God Be With You Till We Meet Again" was sung the following items were passed on by Kay Dean to their new homes.

The Holy Bible was closed and accepted by Myles Rushton on behalf of the Masonic Lodge #72. Logan Spencer accepted the communion set on behalf of St. James United Church. The hymnals were passed to Evelyn Patriquin on behalf of the Londonderry Station Community Church and the children's books were accepted by Tracey Miller on behalf of St. James' Sunday School.

As Alma Vaughan blew out the church's candle for the last time, an emotional silence fell over those present. They witnessed the final moment in the church's long standing history. It was a very sad occasion for our community.

The hunter's breakfasts

were very successful this season. The last one broke all records with 129 attending. The 50/50 draw was won by Rose Gamble. Rose's share of the draw was \$183.00. Our Christmas Dinner was held on December 5 with attendance lower than normal but it was a busy day for other events in the area. Our sincerest thanks to all the workers, who sacrificed their Saturday mornings to help with the breakfasts as well as the turkey dinner. As volunteers you are the backbone of our community. A thank you to all, who supported our fundraisers. See you in the Spring for a pork dinner.

Whoops - last month we forgot to wish Phyllis MacLean a happy 80th birthday. Over the years Phyllis has cooked many turkeys and roasts for our dinners. We hope you enjoyed your special day, Phyllis. You never seem to age. Ruth Ripley, formerly of here, celebrated a birthday this month. Reid and Charlotte MacVicar took the train to Montreal to join the Ripley family in celebration of Ruth's 70th birthday.

The Christmas tree at the Centre is exceptionally beautiful this season. Thank you goes to Dan Richard from the community for supplying and putting up the tree for all to enjoy. The Council would like to send best wishes to Dennise Miller. Dennise had a bad fall at the Centre breaking

her right wrist and spraining the left. As a volunteer, she continued her shift at the last hunter's breakfast. Later that day, after a visit to outpatients, she found out the extend of her injuries from the fall.

Merry Christmas to all of our readers and best wishes for a happy and prosperous new year. This is the season when we try to connect with old friends and express our love by exchanging gifts among family and friends. It is one of two Christian events we celebrate. The birth of Christ and his death/resurrection. If it was not for Christmas we would not celebrate Easter. So rejoice and be glad, a Saviour was born into the world for all mankind.

As this year draws to an end, I would like to wish Maurice and Dorothy a Merry Christmas and thank them for their many hours of work to bring us this remarkable monthly newspaper. It is truly a communication link between communities and a benefit to all who live in the area.

The following is the schedule for the Londonderry Station Community Church - Christmas Eve Service at 7 pm. From January to March services will be held on the 1st and 4th Sunday of each month at 1:30 pm. St. Ambrose Roman Catholic Church will celebrate Christmas Eve Mass at 7 pm.

Our monthly meeting in January will be held on the second Sunday, January 9th at 7 pm. Everyone is welcome. Card parties are held on Monday nights at 7 pm. Tea, coffee, donuts and cheese are served. Contact Amanda Langille for hall rental inquiries at 668-2300.

During the evening of December 13, amidst a wild rain and wind storm, fire broke out at the huge wooden vacant warehouse in Londonderry Station. Several homes near the burning warehouse were evacuated because of high wind and heavy smoke. The three story structure was built in 1888 by the Bass River Furniture Company and used to store their products for shipping via the nearby railroad. Page Wilson managed the warehouse from 1922 to 1976. It was a well known landmark in Londonderry Station. The cause of the fire will no doubt be under investigation. Several fire brigades assisted Great Village and District Fire Department.

Remember our troops in prayer. It is very difficult and lonely for them to be separated from their families at Christmas especially those who have children. I am very thrilled to report that our son Jonathan returned home on Thursday, December 9 from his tour of duty in Afghanistan and that he and his family will be spending Christmas with us.

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