

Glooscap 4-H holds Christmas Party



Ian MacFarlane proudly displays the swag he made. Others in the photo include Sean Platneur, Brandon Vance, Victoria Sheepwash, Leo Sheepwash, Anna MacFarlane, John Henry Robinson and Maja Van den Hoek. (Prescott Photo)

By Emily Prescott

The Glooscap 4H club recently held a Christmas party which including making gingerbread houses, a gift exchange and some smoking hot pizza. The 4H pledge includes pledging our head,

heart, health, and hands to our club, community and our country. This Christmas season the members decided to put those words into action.

At the Christmas Party, Tammy Robinson graciously donated her time and materials

to show the members and parents how to make swags out of tree boughs. We then arranged a visiting time with seniors at the apartments in Great Village

and Bass River, provided a lunch and presented each resident with one of the swags for their doors. It was a very rewarding time for all.

Hope everyone has a good Holiday season and we will meet again on January 3rd.



Emily Prescott offers some refreshments to Irene Cooke of the Bass River Senior Home. (Prescott Photo)

Never Drink and Drive

By Chris Urquhart

New Year's Eve is coming up with its parties and festivities. Never drink and drive. Have a designated driver, use Operation Red Nose, or stay where the party is until the following day. Be sure to eat, not just drink, at the party, and remember that you can have as much fun without alcohol as with. Please think about

those police and firemen who are giving up their New Year's fun so that you can have yours. One accident brings out a lot of help, help which would rather you had stayed home so they could too.

Please be responsible this New Year's Eve (and on Christmas too.)



Great Village Notes



Oh, the willpower these kids had, using all this candy to decorate their gingerbread houses and not eating a bite! Great Village Elementary students Hunter John Adams, Michael Alexander, April Sharpe and Jenna Otterson were enjoying this festive craft thanks to the efforts of the Home and School, who provide all the materials and help with assembly. (Harrington photo)

Students enjoyed a fun and informative program provided by the Shubenacadie Wildlife Park. Through a variety of hands on and interactive activities, students devel-

oped an understanding of species at risk and how human behavior influences a species chance of survival. Thank you to Theresa Adams for arranging this spectacular



Claire Carol was doing a wonderful job decorating her gingerbread house on Dec. 6th. The houses were all on display at the annual Great Village Elementary Christmas Concert. (Harrington Photo)

presentation for students.

The Classroom Café has "opened" for the school year. Check the menu each month, printed on the school calendar.

Gingerbread houses were decorated by each student on Dec. 6th. Thank you to the Home and School for providing the materials and to the "building contractors"- Mike Burnett, Andrea Gould, Kathy Crossman, Mandi MacRae, Fern Vincent, Tammy Spencer, Lyndsay MacLean, Heather Boyd, Melissa Rector, Janine Smith, Angie MacLellan. Heather Leggate, Dawn Sprecher and Janet Dykstra.

A Food Handlers Course was offered on December 7th at the school, from 6:30-9:30. The cost of the course was covered by the Home & School.

The Christmas Concert was held on Dec. 8th. A special thank-you is extended to Mrs. Bruce, GVE music teacher. Donations for the food bank were collected at the door for a total donation of 56kg.

The Christmas Raffle raised \$740.00 to support programming and special activities at the school. Thank you to those who donated prizes and to anyone who purchased tickets.

Yum! A Turkey Dinner was held on Dec. 15th, in the gym-

nasium. Thank you to the volunteers - Head Cooks: Heather Leggate & Margaret Congdon; Kitchen Helpers: Dawn Sprecher, Patti Sharpe, Kathy Crossman, Sheri Lundie; Serve and Clean Up: Angie MacLellan, Janine Smith, Sarah Jollimore and anyone else who helped out. A special thank you to Mandi MacRae for organizing Classroom Café again this year. New ideas for menu items are always welcome.

The Christmas Bazaar on Dec. 16th provided an opportunity for students to buy Christmas gifts for family members. Through this activity \$210.00 was collected and will be donated to the IWK Telethon in the spring.

On January 21, from 10:00-3:00, CALA and the Great Village Community Assoc. invite all families to celebrate Family Literacy Day at the school gym. There will be games, prizes, and music, as well as authors Bruce Nunn and Herb Peppard to entertain the young and young at heart with their stories. There is no admission charge and a free lunch will be provided.

The SAC (6:30) and Home & School (7:00) will meet on January 19th.

Have a very Merry Christmas and a Happy New Year. Classes resume on January 3rd.

New Year NEW Activity!

By Robin Norrie

Many people put on a few extra pounds over the holiday season, (the average being between 10-12 pounds). It's not hard to do with so much food and so little activity! Therefore many see the New Year as an opportunity to lose weight.

However, losing weight is not taking in the whole picture. What about just being physically active? It is important regardless of your weight. So, why not focus on simply being more 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.

Why not make increasing physical activity your New Year's resolution. Here are some ideas to help you stay on track.

- Do not look at it as something you have to do. Rather, look at it as a meaningful part of who you are, a high energy, strong and positive person

- 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 snowshoe-

ing!

- 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.

- Make it part of your daily routine; add physical activity to things you are already doing!

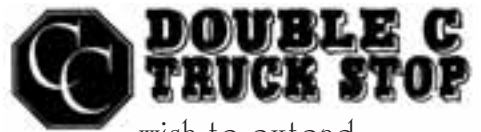
Remember that healthy, active people can be a variety of weights and body shapes. The point is to add movement to your day! Even small amounts of activity throughout the day add up. Every little bit counts! If you can add ten minutes three times a day, there is 30 minutes!

Include both outdoor and indoor activities in your winter physical activity routine will help you stay active and healthy throughout the year—whatever the weather! So enjoy the winter (it's going to come whether we like it or not) and use this as an opportunity to GET (and stay) ACTIVE! Season's Greetings to all.

Robin Norrie is Fundy Active Community Coordinator and can be reached at:
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