

Community

Tips on avoiding loneliness

Loneliness. For centuries it has been a topic of books, poems, plays and songs. Activities which improve your physical and emotional health and are balanced with activities that improve your social life can help you live an active, involved and happier life.

1) Take care of your physical health by: eating regular, nutritious meals, adhering to a regular exercise program such as walking for 20 minutes, three times per week; get plenty of rest.

2) Take care of your emotional health by: living for today, planning for tomorrow; becoming involved in activities which encourage you to use and more fully develop your natural talents and abilities; giving yourself permission to feel good about yourself, your past achievements, the goals you set and achieve today, the accomplishments you plan to make tomorrow.

3) Improve your social well-being by: not waiting for others to call you. Contact a friend, relative or a person you know to chat, inviting the person to visit, share lunch or attend an event; not feeling rejected when the person you call is busy or has other plans. Instead, ask when the person is free and encourage him or her to suggest alternate plans; becoming involved in volunteer activities that provide services to people, who are in need of what you can offer.

We can offer a number of ac-

WI hosts holiday lunch

By BETTY SOJKA
Ballinafad News

The Women's Institute held their December meeting at the home of Don and Helen Brown. This meeting was special as the guest list included the husbands of the members, as well as a Christmas luncheon.

The ladies conducted a short business meeting where the previous meeting minutes were reviewed, current events recited, and plans made for the Christmas baskets for area shut ins.

In fact the meeting's roll call consisted of each member bringing an item that could be placed in the baskets. Each four quart basket will be decorated, and filled with various things including home baked cookies.

A wonderful potluck luncheon was served, followed by a few games of Euchre.

The next meeting is scheduled for Wednesday, January 8th, at the home of W.I. President Mrs. Margaret Jamieson.

The Jim Dandies arrived at the home of Coach Jim Bailey, this past Sunday for a bit of Christmas cheer, and to receive personal plaques.

These beautiful plaques featured a team picture, with engraving at the bottom stating "BALLINAFAD" JIM DANDIES 1991 ACTON LEAGUE CHAMPIONS, ACTON PLAYOFF CHAMPIONS, GEORGETOWN TOURNAMENT CHAMPIONS, UNDEFEATED LEAGUES PLAYOFFS 24/0".

Vera Longstreet received an additional plaque for "Most Valuable Player". This plaque had her picture, as well as the appropriate engraving.

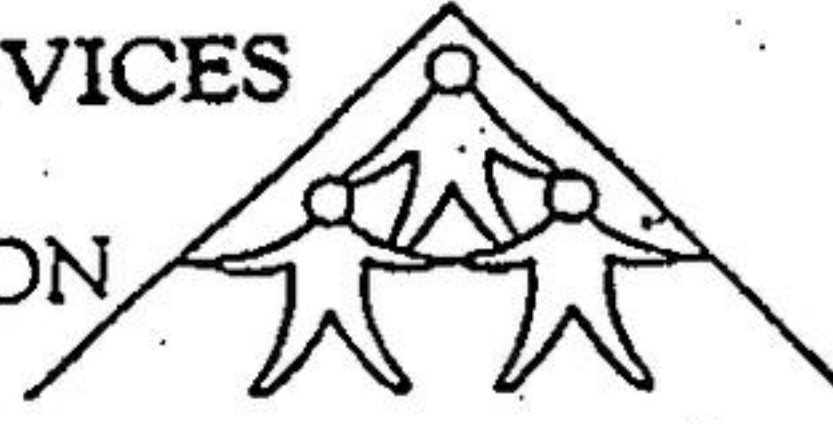
Coach Jim Bailey said that it was hard for him to choose the M.V.P. award, and based his decision on statistics. Vera led the team in RBI's, and was very intimidating as a fielder.

Congratulations Vera!

The Junior Choir delighted the congregations of Georgetown's St. Andrews, as well as their own village church this past Sunday.

The group put on a musical, THE LATE GREAT POTENTATE. Here was a story of a man on his way to visit Jesus, but was always getting sidetracked, and thus late for any planned meeting. At the end, it is revealed that it is never too late to meet Jesus.

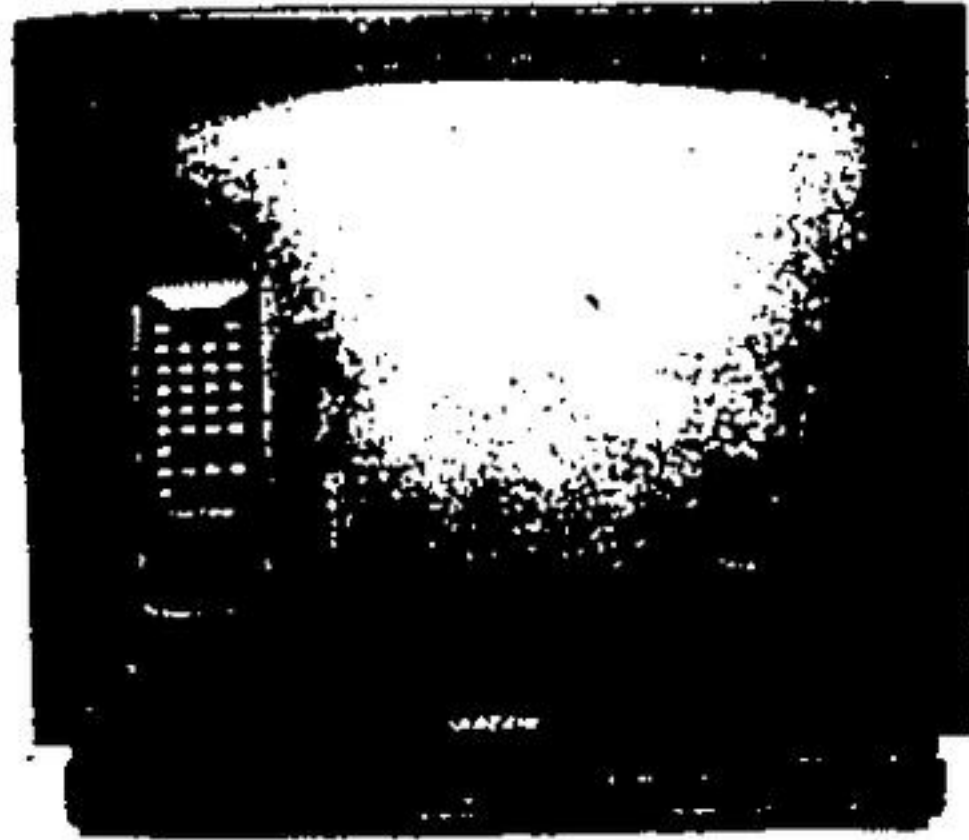
ACTON SOCIAL SERVICES AND INFORMATION CENTRE



activities to volunteers who wish to remain active and involved in the community. Call or drop in to see Sue at Acton Social Services and Information Centre, 19 Willow St., N., 853-3310.
Make this Christmas a joyous

and festive season, full of laughter, cheer and happiness. Remember that you may be lonely but you are not alone. Others in your community are lonely too. Take time to reach out. You may help another lonely person.

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