

AGAIN IT'S CHRISTMAS

by Jack Cameron

Once again the festive season is fast approaching and it will be time to bring the coloured lights out of their long storage and erect them about our homes to add colour and light during this happy time. Soon inside it will be a bedlam of preparation, the tree well-lighted, a goodly pile of gifts beneath its branches awaiting the hectic arrival of the family, home for Christmas. In the kitchen the delicious aroma of goodies in the baking, and a huge turkey receiving its last touches of garnish before it's placed in the oven. It's a wonderful time for everyone, a time of joy, of peace, and of love. Everywhere we see the homes brilliantly lighted, the crowds of last minute shoppers, the music, carols, and the sound of laughter. Once again the children are starry-eyed, everyone wears a smile and is eager to be friendly, handshakes are hearty, and the spirit of Christmas fills every heart.

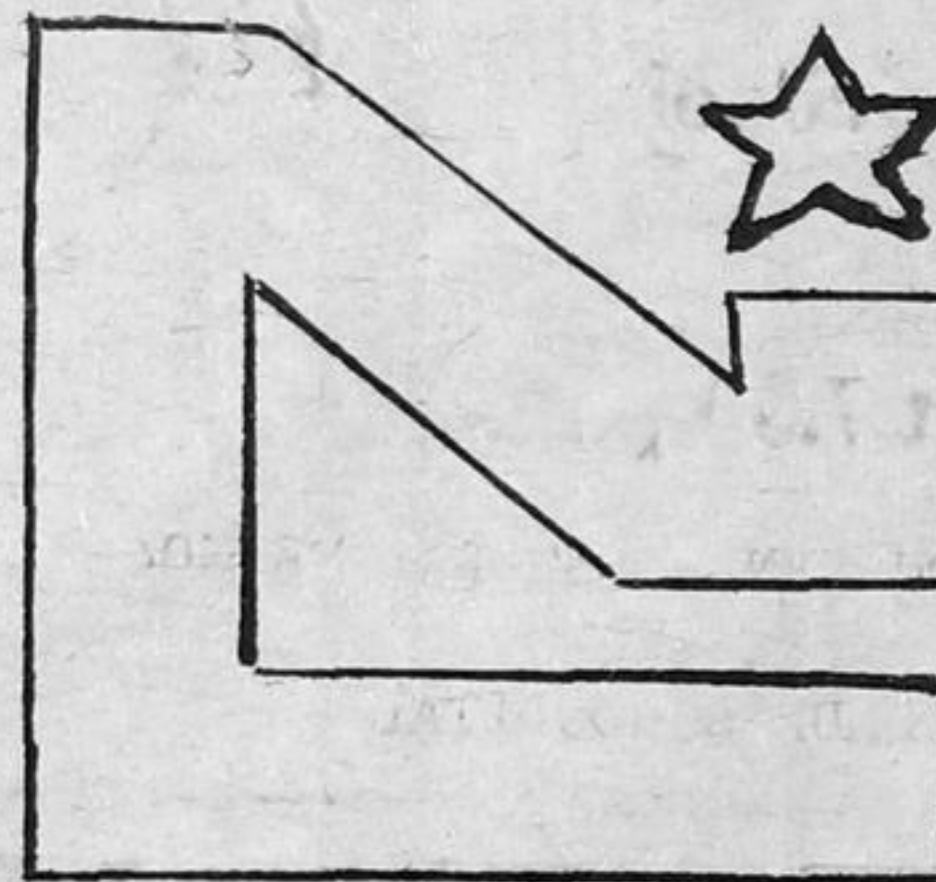
Why all the commotion? Why do we all look forward to this one day of the year so much? Perhaps to some it is the renewal of old friendships, to others the re-uniting of families, and to the children the magic of Santa Claus. But how often do we hear from many that because it has become so commercialized Christmas has lost its real meaning? Perhaps, but to me it's all worthwhile, and I still believe we can realize we are celebrating in our own way, the Birthday of the Son of Man. He started it all by bringing joy in its purest form, into the world, and we are endeavouring to try and do the same. Not only for our own kin, but also for the poor and lonely, and those who are confined through illness. Sharing is the greatest joy of Christmas, nothing can compare to the happiness of giving to those who need it most. Long ago the heavens were filled with the songs of the Angels, today our hearts can be filled with the same music by helping those who cannot help themselves. This to me is the exciting context of Christmas.

In a certain town a few years ago a teacher asked her class of school children to write their version of Christmas. One little boy in Grade four, on his own initiative wrote the following:

"At Christmas most everybody thinks of presents and gifts but I know the real meaning of Christmas is when Jesus Christ was born. All the donkeys, and sheep and Joseph and Mary were kneeling down to worship Him because He was the Son of God. We celebrate Christmas by giving gifts, singing carols, having Christmas trees decorated, and candles. All pre-school kids think that Christmas is Santa and a few other things too, but it's much more than that."

Thus wrote a dear little boy, one of whom I am very, very proud - My Grandson.

NORTH LEEDS



RIDEAUS JR. B HOCKEY TEAM

- 2 DEC RIDEAUS AT MORRISBURG
- 7 DEC KEMPTVILLE AT RIDEAUS
- 9 DEC RIDEAUS AT ATHENS
- 14 DEC SPENCERVILLE AT RIDEAUS
- 18 DEC RIDEAUS AT BROCKVILLE
- 21 DEC WILLIAMSTOWN AT RIDEAUS
- 23 DEC RIDEAUS AT WINCHESTER
- 28 DEC RIDEAUS AT SMITHS FALLS
- 30 DEC WINCHESTER AT RIDEAUS

CANCER SOCIETY

The Canadian Cancer Society's youth education program is being widely accepted in schools across Canada. Although smoking is the focus of the program, it is only part of a total health awareness plan. The learning experience starts in kindergarten with the "Celly" kit, featuring a healthy, happy cell named Celly and his friends, who avoid sickly, smoking cells. Designed to train children from kindergarten to Grade 3 in decision making, the kit includes a four-colour flip chart, a poster, "Celly" buttons, and a teacher's guide. A bilingual kit, designed for Grades 4-6, continues the educational package. Red and blue inflatable balloon "lungs" demonstrate principles that can be incorporated into the teacher's lesson plans. Over 30 lesson ideas on such topics as the respiratory system, the circulatory system and physical fitness are also included.

Now a teaching-learning kit on smoking and health for students in Grades 7 & 8 is available. Called "The Kit" A Guide to Decision Making and Health for Grades 7 & 8, it is a bilingual supplement to the other youth education programs. The Kit deals not only with smoking, but also the effects of peer group pressure and its impact on decision making. Also included are sections on physiology, cancer and a teacher's guide. This complete school program was produced with the aid of teachers, students and Canadian Cancer Society volunteers. The latest educational venture is an ambitious one, a program for use in senior secondary schools. Now being given trial tests and evaluation in classrooms across the country, the units have been planned to suit existing biology & social studies curricula. The program comes complete with a series of student activities, reading materials, displays, background info, source books for teachers and a videotape.

Two anti-smoking publications distributed by the Society, "Tobacco Road" for Grades 8 and under, and "Fresh Air" for Grades 9 to 13 complement this effort in secondary health education. For further information contact Mrs. Chris Landon, Education Chairman at 272-2653.



Some scenes from the Rideau Crafts "best yet" Christmas Market: Mr. Bolduc with one of his hand decorated goose eggs, Kathryn Lean and her pottery display, a gymnasium full of crafts, with the Wild Plants group in the foreground.