

Campaign challenges people to be physically active during the winter

Take Heart Huron and the Huron County Health Unit have joined efforts with the Maitland Trail Association, Friends of Hullett, and the Maitland Valley and Ausable-Bayfield Conservation Authorities to encourage you to enjoy Huron County trails all year round, while adding some fun to your winter physical activities.

The Maitland Valley Conservation Authority (MVCA) hosted a hike to launch the "Be Winter-Active and Win" campaign on Nov. 7 at 2 p.m. at the Wawanosh Valley Conservation Area.

The MVCA provided some surprise 'gifts' and snacks for those who joined in the fun of the kick-off hike.

The "Be Winter-Active and Win" rules are quite simple; after one hour (or more) of physical activity on a trail, whether by foot, snowshoes, or skis, complete one ballot to enter a draw for prizes.

There is no limit to how many times you can enter, so long as each ballot records at least one hour's worth of outdoor activity on a local trail.

The ballots are available at the offices of participating organizations, your local library, and at

Huron County Tourism offices.

Prizes have been donated by Take Heart Huron, The Maitland Trail Association, Friends of Hullett, and the Ausable-Bayfield and Maitland Valley Conservation Authorities.

There will be a 'Snowbird Draw' halfway through the campaign on Jan. 2, and a final draw on April 5.

Exploring trails in the winter time is a great way to get active.

Regular physical activity reduces your risk of disease, strengthens muscles and bones,

improves posture, increases energy, and helps you maintain a healthy weight.

Physical activity during the winter season is a great way to beat the winter blues.

For more information about the Be Winter-Active and Win contest or the kick-off hike, contact Take Heart Huron by calling the Huron County Health Unit at 482-3416, or if calling long distance dial 1-877-837-6143.

Check out [<http://www.huroncounty.ca/healthunit>] www.huroncounty.ca/healthunit for contest details.

Correspondents

Staffa Spunky Sporters 4-H Club talks about health at first meeting

The first meeting of the Staffa Spunky Sporters was held on Oct. 11 at Daynard Hall.

We talked about different sports we enjoy playing and sorts we're interested in trying. We also talked about calories in food, what activities we do each day that burn calories and if we were eating enough for those activities.

The club looked at the Canadian Food Guide and was given handouts on healthy eating and fitness.

We then elected our officers. President is Heather Kerslake, vice-president is Sarah Butson, secretary is Becky Aikens, with Jennifer Aikens assisting, treasurer is Laura McKenzie and press reporter is Jennifer Aikens.

Youth leaders are Jennifer Aikens, Heather Kerslake and Laura McKenzie. Our leaders are Peggy Kerslake, Kathy Butson and Doris Jeffery.

The other club members include Jenna Chappel, Lynnette Kerslake, Emily McKenzie, Joanne Hutton and LeeAnn Quigley.

Our second meeting was held on Oct. 18 at Daynard Hall. We discussed the different important qualities that makes up a good coach and see if we were good coaches.

Kathy explained to us about the three different body types and we tried to place ourselves into a category. Next we were put to the test to see how

well we did in flexibility, balance, best jumping heights, landing abilities, vision, heart rates (resting and active) and lung capacity.

Our third meeting was held on Oct. 25 at the YMCA in Stratford, where we were able to try new sports like squash, tennis and show off our swimming abilities. We also got a tour of their activities centre.

Some activities that we're planning for future meetings included: first aid; equipment and safety; important muscles in our bodies; judges, referees and other officials; sports for people with disabilities; guest speakers on fitness and massage therapy;

debates on safety, exercise, drug abuse, careers and history of exercise.

by Jen Aikens

Staffa 4-H Club

United Church to host anniversary service

The Hensall shuffleboard scores for Nov. 2 are as follows: Catherine DeCorte 503, Lorraine Alexander 452, Alice Thiel 450, Dave Woodward 432, Helen McKay 418, Marj Reichert 369, Merle McLellan 364, Joe Van Dorren 342.

At Hensall United Church Bill Gibson was the organist with Ross Riley welcoming everyone. Pat and Doug Cook received the offering.

Pastor Fred Darke's message was "A Future

In Their Monument." This was the Remembrance Day Service. A complete account of this special service and other Legion news will be in this column next week.

Anniversary Service will be held on Nov. 21 at 10 a.m. at Hensall United Church.

Come out and enjoy the friendship of our November meal at the Hensall Drop-In on Nov.

18 at the Hensall United Church.

Following lunch at noon, we will be having a Penny Sale.

Village of Hensall residents are reminded that the last day for curbside pick-up of leaves will be Friday, Nov. 12.

The Hensall and Community Horticultural Society pot-luck supper will be held at Hensall United Church on Nov. 24 at 6:45 p.m.

By Liz Sangster

St. Patrick's to host annual bake sale

Tomorrow, Thursday, November 11, St. Patrick's C.W.L. is holding a Mother/Daughter Potluck Dinner in the parish hall. Entertainment will be provided. Please join us at 6 p.m. for a great get-together.

Don't forget Sun. Dec. 5th following the Mass, the C.W.L. will hold their annual Christmas bake

sale.

St. Vincent de Paul C.W.L. are holding a Christmas party on Dec. 7th at the church hall.

Sympathy is extended to Kathy Rowland on the death of her father, Glen Sykes, and to Anne Marie Bos on the death of her aunt, Rita McDonnell.

Anyone who wishes to join the choir for Confirmation (Wed. Dec. 1st) is invited to join the practice on Nov. 17th and 24th at 7:30 p.m. at St. Patrick's Church.

THOUGHT FOR TODAY
Sign in the window of a tie shop - "Come in if you want to tie one on."

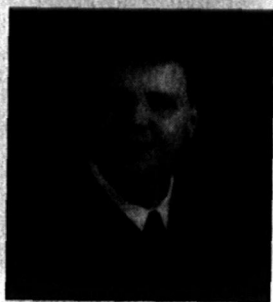
By Dorothy Dillon

PROB'S GYM
38 Railway St. Seaforth
EVERY 6 MONTH and 1 YEAR MEMBERSHIP INCLUDES

- 3 personal training sessions
- A client centered 6 week program
- Free consultations regarding:
 - The fitness training energy systems
 - Proper form and technique
 - Post therapy re-hab
 - Loosing body fat
 - Sport specific training
 - Nutritional guidance support

527-0419

GRADUATION



On October 29, 2004, Brad Dillon graduated from Wilfrid Laurier University with an honours degree in Business. Brad is presently employed as an analyst with IDC in Toronto.
Way to go Brad!
Love Mom, Dad, Michelle & Brandy

Clinton Raceway
THE HEART OF HARNESS RACING

has your ticket to see **SOLD OUT**
THE TRAGICALLY HIP
Live at the John Labatt Centre in London on Sat. Nov. 27

Visit the Raceway Cafe at the Slots at Clinton Raceway
SATURDAY NOVEMBER 13, 2004
6:00-7:30PM
For your chance to win **4 TICKETS**
Bring in this ad and receive an additional ballot

FREE PIZZA AFTER THE DRAW!
visit www.clintonraceway.com for another ballot
Draw time 8:00pm, must be 19 years of age or older and be present to claim prize.

Seaforth Optimist Club
"TRAVEL THE WORLD and CASH LOTTERY"
Tickets are on sale now for the **YEAR 2005**

Available at:
Nifty Korners,
Bob's Barbershop,
or any Optimist club member

Proceeds to Optimist Park Youth Projects & Activities

Christmas Bazaar & Tea
at **Maplewood Manor** ORCA

Featuring: bake table, knit and crocheted items, embroidery work, Christmas decorations and much more!

Join us on **Saturday, November 27**
10am - 3pm
Tea Room 1-3pm

Proceeds to the Residents Fund.
13 Church St. Seaforth

Winemaker Shop
Make Your Own Beer, Wine, Coolers and Fruit Wine (Bring hops or at home!)

84 Kingston St., GODERICH
524-2323

How long has it been... since your last family picture was taken?

FAMILY PICTURE DAY
Sat., November 13
11 a.m. - 4 p.m.
Lions Park, Seaforth
\$25 per family - includes sitting and 5"x7" photo
Proceeds to Seaforth Co-operative Children's Centre.

For info, call Angela Smith Photography.
519-345-0209.

Stratford Cinemas
551 Huron St. 273-6780

Show Schedule for November 12 - 18

- The Polar Express Nightly at 7 & 9:15 Sat/Sun Matinee at 2 pm
- Shark Tale Nightly at 7 & 9:15 Sat/Sun Matinee at 2 pm
- The Incredibles Nightly at 7 & 9:15 Sat/Sun Matinee at 2 pm
- The Grudge Nightly at 7 & 9:15 Sat/Sun Matinee at 2 pm
- Saw Nightly at 7 & 9:15

\$5.00 Tuesdays
www.stratfordcinemas.com

Cozyn's Christmas Wonderland
This Saturday (9:00 a.m. - 6:00 p.m.) and Sunday (10:00 a.m. - 5:00 p.m.)

Cozyn's Garden Gallery
4224 Huron St., W., Stratford
(519) 393-6661

PARK THEATRE
GODERICH 524-7811

Nov. 12 - 18
EXPECT THE INCREDIBLE

Fri & Sat 6:45 & 9:15
Sun - Thur 8:00
Sat & Sun Mat 2:00

THE INCREDIBLES

Fri & Sat 6:45 & 9:15
Sun - Wed 8:00

Livery Filmfest
Thursday 18th
7:00 Only

www.movielinks.ca 1-800-265-3438

Glitter & Gifts Gala Christmas Event
Saturday, November 13, 2004
at the Seaforth Agriplex

6:00pm Dinner and Auction (Grace Campbell Catering)
• \$40 a person (only 100 tickets)
• Call 522-1629 or 522-0399

7:30pm Public Admission @ \$5 per person
Which includes hors d'oeuvres, punch, door prizes and auction
• Viewing of silent and live auction display
• Featuring decorated trees, wreaths and swags
• Grand showing of other donated items

8:00pm Mini Live Auction (Jim Campbell, Auctioneer)

Proceeds to Northside United Church, Seaforth
Gifts and fun for one and all!

ad sponsored by: **McKillop Mutual Insurance Company**
519-527-0400