

**The Catholic Women's League of Canada  
Alberta Mackenzie Provincial Council**

**Education & Health Standing Committee  
Communiqué # 3**

November 24, 2010

My dear Sisters in the League:

The first Sunday of Advent fast approaches and with it comes the cold weather and busyness of the season's preparations. However in the midst of all the busyness is the need to slow down, to regroup, to take the time to refresh, to contemplate the wonderful Gift that we received so long ago.

Set aside the shopping, baking, cleaning for at least one day. Find a quiet place to relax with a good spiritual book, warm fire and a cup of tea. When we are peaceful, our families are peaceful, our homes are peaceful.

Things to help with the long winter days:

- 1) Make sure that you have prepared and carry in your car an emergency kit in case you have problems on the road.
- 2) Take time to do short warm-ups before going out to shovel the snow piles.
- 3) Continue to exercise. Use your time in the malls to get your cardio exercise.
- 4) If you suffer from the winter blues get a sun lamp... you can rent them. It is the lack of sunshine that reduces our serotonin levels and therefore we feel listless and down.
- 5) If you know of a friend who is alone... visit... this will give an up-lift to you and to your friend.
- 6) Dress appropriately for the weather... even for those short jaunts to the mall.
- 7) Wear secure and comfortable foot wear. Slipping on ice is one of the leading causes of broken bones in the winter months.
- 8) Eat well. Lot of fruits & vegetables especially green vegetables. Avoid too many starches and sweets. Good nutrition is an excellent way to keep the blues of winter away.

I wish you all a very peaceful Advent season. May God continue to bless you with good health and happiness this Christmas and in the New Year to come.

Your Sister in the League,

*Pam De L.*

Education & Health Standing Committee Chairperson  
Alberta Mackenzie Provincial Council  
The Catholic Women's League of Canada