

Character Community



E-News



A Town of Richmond Hill initiative.

A Town of Richmond Hill Character Community monthly e-letter

December is Humour

I will share a sense of humour and fun that is respectful of my colleagues and customers.

December 2006

Town of Richmond Hill Character Community Organizations

- Arts Richmond Hill Inc.
- The Curtain Club
- Girl Guides of Canada York South Division
- Helpmate Community Information
- Hills House Hospice
- Ja'fari Islamic Housing
- Learning Disabilities Association of York Region
- Lions Club of Richmond Hill
- Music For Young Children
- Music to Care for Your Life
- My Canada! Integration Settlement Services
- Optimist Club of Richmond Hill
- Richmond Hill Aquatic Club
- Richmond Hill Canoe Club
- Richmond Hill Chamber of Commerce
- Richmond Hill Community Food Bank
- Richmond Hill Rams Hockey Club
- Richmond Hill Social & Bocce Club
- Richmond Hill Training Centre
- Richmond Hill Winter Carnival
- Royal Canadian Legion Branch #375
- Spiritual Assembly of the Bahai's of Richmond Hill
- St. Matthew's United Church Health Cabinet
- Stroke Recovery Network
The Amici Centre
- Wilderness Lifeskills of Youth Inc.

Go For It!

By: Andi Puntoriero, Source Unknown

While watching the Olympics the other night, I came across an incredible sight. It was not a gold medal, or a world record broken, but a show of sheer determination and guts.

The event was swimming and started with only three men on the blocks. For one reason or another, two of them false started, so they were disqualified. That left only one to compete.

That would have been difficult enough, not having anyone to race against, even though the time on the clock is what's important.

I watched the man dive off the blocks and knew right away that something was wrong. Now I'm not an expert swimmer but I do know a good dive from a poor one, and this was not exactly medal quality. When he resurfaced, it was evident that the man was not out for gold – his arms were flailing in an attempt at freestyle. The crowd started to titter. Clearly this man was not a medal contender.

I listened to the crowd begin to laugh at his poor man that was clearly having a hard time. Finally he made his turn to start back. It was pitiful. He made a few desperate strokes and you could tell he was exhausted.

But in those few awkward strokes, the crowd had changed.

No longer were they laughing, but beginning to cheer. Some even began to stand and yell things like, "Come on, you can do it!" and, "Go for it!" He did.

A clear minute past the average swimmer, this young man finally finished his race. The crowd went wild. You would have thought that he had won

the gold, and he should have. Even though he recorded one of the slowest times in Olympic history, this man gave more heart than any of the other competitors.

Just a short year ago, he had never even swam, let alone raced. His country

had been asked to Sydney as a courtesy.

In a competition where athletes remove their silver medals feeling they have somehow been cheated out of gold, or when they act so

arrogantly in front of their rivals, it is nice to watch an underdog.

A man that gave his all – knowing that he had no chance, but competed because of the spirit of the games.

Source:

<http://www.inspirationalstories.com/8/862.html>



Photo: www.redbeemedia.com

Tune Your Life In

New group joins C.C. Organizations

The Town welcomes "Music to Care for Your Life" as the newest group to become a Character Community Organization.

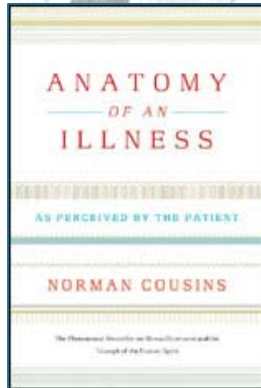
Amid the hustle and bustle of modern life, with all its excitement, intensity and demands, one thing that's often missing is time to care. Taking care, especially of ourselves, is considered a luxury. Yet care is essential for full enjoyment and satisfaction of life. Often it can make a challenging situation bearable or a good experience even better.

Music to Care is beautiful, unique and original instrumental music designed to evoke physical and emotional response from relaxation to motivation. To hear, see and learn more about "Music to Care for Your Life" visit www.musictocare.com.

"Anatomy of an Illness"

Is laughter the best medicine?

Diagnosed with the crippling and incurable degenerative disease of ankylosing spondylitis in 1964, Norman Cousins decided that he was going to take control of his own illness and treatment. He discovered that laughter gave him some relief from the pain that kept him in agony and unable to sleep. He soon checked himself out of the hospital and into a hotel room where he could watch comedy films whenever he wanted to. Away from the clinical environment his condition started to improve. He was also lucky enough to win the support of his doctor, who helped him to start taking megadoses of vitamin C, against conventional wisdom (then and now).



Told that he had little chance of surviving, Cousins developed a recovery program incorporating the vitamin C, along with a positive attitude, love, faith, hope, and laughter induced by Marx Brothers films. "I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep," he reported. "When the pain-killing effect of the laughter wore off, we would switch on the motion picture projector again and not infrequently, it would lead to another pain-free interval."

What Cousins did, as he so ably describes, is to tap into his body's powers to heal itself. In this he was very much a pioneer in our modern Western society. It's no wonder that he, and his story, are quoted so approvingly by so many.

Cousins received the Albert Schweitzer Prize in 1990. He died of heart failure on November 30, 1990 in Los Angeles, California, having survived years longer than his doctors predicted: 10 years after his first heart attack, 16 years after his collagen illness, and 26 years after his doctors first diagnosed his heart disease.

Sources: BlackStarReview.com & Wikipedia.org

Humour "Quotes"



"Every survival kit should include a sense of humour."
~Author Unknown



"I think the next best thing to solving a problem is finding some humour in it."
~Frank A. Clark"

Next Month's Attribute:
January is Optimism

Benefits of Humour

Physically

- Improved respiration and circulation
- Oxygenates the blood
- Lowers blood pressure
- Heart beats stronger
- Stimulates the nervous system
- Boosts the immune system
- Healing chemicals are released



Mentally

- Powerful stress reducer
- Encourages adaptability
- Creativity is boosted
- Increases productivity
- Enhances mental flexibility

Emotionally

- Courage to deal with adverse situations
- Boosts playfulness and spontaneity
- Builds morale
- Relationship builder



Spiritually

- Positive energy is surging through every cell of your body
- More open communication to the spirit world

Source:

<http://www.heavenlyideas.com/realityontheroad/humour-benefits.html>



Errol Lee and his dance team were an instant hit at Hillcrest as part of Character Day held on October 18, 2006. They attracted crowds young and old to the many tables of Character Community organizations in attendance.

Character Community E-News is a monthly e-mail newsletter to share information about upcoming events within our organization and beyond. If you would like to contribute upcoming Character Community event information, story ideas or photos, please forward it to the Editor, Michelle Lipkus, at milipkus@richmondhill.ca.