



We make a living by what we get, we make a life by what we give.

— *Winston Churchill*

They who give have all things; they who withhold have nothing.

— *Hindu Prover*

Mighty of heart, mighty of mind, magnanimous – to be this is indeed to be great in life.

— *John Ruskin*

It is more blessed to give than to receive.

— *Acts 20:35*

Many men have been capable of doing a wise thing, more a cunning thing, but very few a generous thing.

— *Alexander Pope*

He who allows his day to pass without practicing generosity and enjoying life's pleasure is like a blacksmith's bellows – he breathes but does not live.

— *Sanskrit Proverb*

A man there was, and they called him mad; the more he gave, the more he had.

— *John Bunyan*

The heart of the giver makes the gift dear and precious.

— *Martin Luther*



## Generosity

**“Give naught, get same. Give much, get same.”** — Malcolm Forbes

With the holiday season in full swing, people are feeling the spirit of generosity. Giving, including gifts to loved ones, friends, neighbors, and to those less fortunate, abounds. Not only is this the most profitable time of year for retailers, but it is also the time when most charitable organizations receive the majority of their donations. This time of year spurs us to show our love, appreciation, gratitude, and fondness for others, as well as encouraging us to help those in need.

But why should our generosity only be shown during a few days out of the year? An ancient proverb states, “He who allows his day to pass by without

Continues on Page 3



### WHAT'S INSIDE

School Calendar

Enjoying the Holidays –  
But Staying Healthy

# Generosity

Continued from Page 1



practicing generosity and enjoying life's pleasure is like a blacksmith's bellows — he breathes but does not live." Generosity towards others helps us truly enjoy the life with which we have been blessed.

However, generosity is more than just spending a little money on a loved one, or giving a few dollars to a favored charity. In fact, meaningful generosity is often devoid of money. The martial arts instructor who is generous with his time to help students

achieve their best, the friend who is generous with encouraging words to one who is down, and the plumber who donates labor to help repair a sink drain in an elderly person's home, are all examples of generosity that can have an immense impact on others.

These seemingly ordinary acts of generosity allow us to have an impact on future generations. Our example then becomes a model for others to follow. This is why John Quincy Adams once said, "The influence of each human being on others in this life is a kind of immortality." Our generosity today will produce positive benefits now, and in the future.

As you celebrate the holidays with your friends and family, make a commitment to develop a generous attitude toward others every day of your life. Don't limit your ability

to truly enjoy life and to positively impact the lives of others — now and in the future — by saving your generosity for a few days in November and December of each year.

# Enjoying the Holidays – But Staying Healthy

The holiday season brings family and friends together to share love and friendship with one another. These gatherings regularly include a variety of holiday meals. In fact, food has been a catalyst for fellowship with others for thousands of years. Unfortunately, we often overindulge in the variety of choices during the holiday season. It is not uncommon to hear people discuss the amount of weight they gained as a result of their holiday eating.

Registered dietician, Gloria Tsang, offers some suggestions to enjoying the wonderful holiday foods without adding inches to your waistline. Below are several of her suggestions. You can see her entire list, along with her healthy recipe substitutions at: [www.healthcastle.com/holiday-eating-tips.shtml](http://www.healthcastle.com/holiday-eating-tips.shtml).

- **Don't go to a party hungry:** we often eat faster and more when we are hungry — therefore eat a wholesome breakfast and lunch on the day to avoid overeating at the party.
- **Watch your portion:** treat yourself a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods.
- **Try different versions of egg nog:** traditional egg nog is usually made with egg yolk and thick cream. Google “low fat egg nog” and you will find lots of low fat egg nog recipes. If you buy commercial egg nog, you will be delighted to find low-fat or fat-free egg nog out there — we can even find soy nog!
- **Drink plenty of water:** alcohol and coffee can dehydrate your body.
- **Physical activity:** take nice brisk walks with your loved ones and enjoy their company in the holiday season.

**Happy a happy holiday season!!!**

**Holiday Schedule**

**We will be closed**

**Dec 24th and reopen on Monday Jan 4th**