



**Tips:**

- 48 hours after your last cigarette, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve.
- One year after quitting smoking, the risk of heart attack is cut in half.
- 10 years after quitting smoking, the risk of lung cancer is cut in half.
- Smoking a pack of cigarettes a day costs over \$2000/year.

Looking for ways to get active and “trim that holiday turkey”? Haliburton County has some of the best cross-country ski trails in the province. Visit the Haliburton Highlands Nordic Trail & Ski Club Association website for more information [www.skihaliburton.com](http://www.skihaliburton.com). And if skiing isn't your thing, try snowshoeing. The Township of Algonquin Highlands Trails Department rents skis and snowshoes, so you can give both a try [www.algonquinhighlands.ca](http://www.algonquinhighlands.ca).  
Photography By: Peter Bower – Both Images



January 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Ski Club Chairman's New Year's Levee at Moosewoods. <i>New Year's Day</i>	2 Haliburton Highlands Trekkers Group Snowshoe, every Monday call Andy 705-455-9212 or Chris 705-447-2609	3	4	5	6 Shepherd's Table Community Supper Lakeside Baptist Church <a href="http://www.lakesidebaptistchurch.ca">www.lakesidebaptistchurch.ca</a>	7 Jackrabbit ski program for kids begin <a href="http://www.skihaliburton.com">www.skihaliburton.com</a>
8	9 Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	10	11	12 Good Food Box – order today! call Mary 705-488-1128	13	14
15 National Non-Smoking Week Jan. 15 – 21 <a href="http://nns.ca">http://nns.ca</a>	16 Martin Luther King Jr. Holiday Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	17	18 Give it up for Weedless Wednesday Smoker's Helpline: <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a> 1-877-513-3333	19 Good Food Box – pick up today!	20 Shepherd's Table Community Supper Lakeside Baptist Church <a href="http://www.lakesidebaptistchurch.ca">www.lakesidebaptistchurch.ca</a>	21
22	23 Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	24	25	26 Take a Sogo Challenge to get active or create one of your own. It's an event, activity or idea to get you off your great big... couch <a href="http://www.sogoactive.ca">www.sogoactive.ca</a>	27 Sir Sam's Men's Day 705-754-2298	28
29	30 Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	31			DECEMBER 2011 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29