

Get a little taste of summer in the middle of winter!

Beach Bum Snowman

Give your snowman a summery touch with this cool idea from www.familyfun.com.

Suggested Materials:

- Snow
- Beach Towel
- Plastic Sheet
- Carrot Stick (for nose)
- Apple slice or stones (for mouth)
- Sticks (for arms)
- Stones or buttons (for belly button)
- Sunglasses
- Sandals
- Any other summer-time props you want, like an umbrella, hat, boogie board, beach toys, etc.

Instructions

1. Lay a beach towel down on the ground (Tip: to keep it from freezing to the ground, put down a plastic sheet first)
2. Build your snowman lying on the towel. (You can sculpt arms out of snow or just use sticks like a traditional snowman. Legs are also optional)
3. Accessorize your beach bum with whatever summertime props you can find. Enjoy!



Have comments, questions or concerns about our newsletters?
Email them to us at CAN@walmart.com or call us toll free at 877-859-4555



Walmart

NEW ENGLAND

BE PREPARED. GET INFORMED. TAKE ACTION!

Customer Action Network Members,
Happy New Year!

As the snow piles up and it seems like the winter will never end, we've been looking for fun new ways to beat the winter blues this year. Check out some of our suggestions throughout this newsletter and enjoy the rest of your winter!

Sincerely,
Walmart Stores, Inc.



5 Ways to Beat the Winter Blues



① **Eat Healthy-** Try and replace sugary snacks that affect your mood with good foods like fresh vegetables and foods containing mood enhancers like bananas.

② **Get Outside-** We know it's cold out but it's important to keep active. Enjoy a sport or activity that you can only do in the winter like skiing, sledding or ice-skating. Even building a snowman can lift your spirits! Plus, it's important to get as much natural light and vitamin D as possible during the long winter.

③ Listen to uplifting music and dance!-



Create a playlist full of feel-good music and dance around your house!



④ **Resist the urge to sleep in-** the days are already short, there's no need to make them even shorter by sleeping the morning away!

⑤ **Exercise your Brain-** take a class at your local community college or see if your local library is offering any classes. It's a great way to meet new people and learn something new. You could also do something creative right in your own home like cooking, painting or even scrapbooking. You'll have fun making it and even more fun enjoying it afterwards!





Community Counts

Raynham, MA

Walmart and the Walmart Foundation donated \$5,000 to the Raynham Veterans Memorial Committee in November. The donation will go towards their fundraising efforts to build a monument to all Raynham service men and women at Borden Colony.

Waterboro, ME

The Waterborough Historical Society received a \$2,500 community grant from the Sanford Walmart and the Walmart Foundation. The grant will go towards the restoration of the 1817 Deering Schoolhouse which will be open for visits from local students once it is restored and furnished. The one-room schoolhouse was moved from its original site on Deering's Ridge to the grounds of the Taylor-Frey-Leavitt House in Waterboro Center.

Hopkinton, MA

Walmart and the Walmart Foundation donated \$100,000 to "Project Just Because" to buy backpacks and school supplies for returning students and interview clothes for those looking for jobs. "Project Just Because" runs 18 programs in the Hopkinton area along with the Hopkinton food pantry.



Boston, MA

Walmart and the Walmart Foundation donated a refrigerator truck to the Greater Boston Food Bank, which serves 600 kitchens around eastern Massachusetts. The truck, along with 12 pallets of Great Value branded products and fresh apples was valued at \$85,000 and arrived in time for Thanksgiving. "While Walmart is focused on providing affordable groceries in our stores, we're also focused on charitable giving that helps put food on dinner tables," said Maragaret McKenna, president of the Walmart Foundation.

Salvation Army Bell Ringing with Walmart

New Hampshire Governor John Lynch along with a local radio personality rang the Salvation Army bell on December 14 outside of the Portsmouth Walmart. Many donations were given during the hour long period, including a \$5,000 grant as well as toys for families in need from the Walmart and the Walmart Foundation. Representative Elizabeth Poirer volunteered as a bell ringer at the North Attleboro Walmart and Representative John Keenan rang the bell at the Salem store.



Real Estate Spotlight

North Adams, MA

On January 11, the North Adams Planning Board held a public hearing on the proposed Walmart relocation to the old city gravel pit on Route 8. The hearing has been continued to February 8, 2010. Supporters are encouraged to attend. If you would like more information on supporting the North Adams Walmart relocation, please email northadams@walmartsupport.com

Manchester, NH

On December 10, the City Planning Board approved the 183,000 square foot Supercenter on Gold Street in Manchester by a 5-4 vote. Walmart plans to close its nearby Keller Street store once the Supercenter is built at the site of the old Associated Grocers warehouse. A construction start date is to be determined.



Tired of the winter blues? Go Green with Walmart instead!

Sustainability is very important to Walmart and we see it as an opportunity for both the future of our business and the future of our world. On November 12, 2009 Walmart hosted a Global Sustainability Milestone Meeting in Bentonville, Arkansas. The purpose of the meeting was to understand how our commitment makes a difference to our customers and the communities where we operate and also to find new and innovative ways to make progress towards our sustainability goals. One of our primary sustainability goals is to create zero waste. To achieve this goal, we focus on the three "R's"- **Reduce, Reuse and Recycle**. We plan to reduce the amount of packing and waste, encourage our customers to use reusable bags and our suppliers

to integrate recycled materials into their products and increase the number of materials and plastic bags being recycled.



Use reusable bags

- We estimate that one of these bags, which are made from recycled materials and can be recycled themselves when they wear out, can eliminate 75 to 100 plastic bags over its lifetime.

Recycle your used plastic shopping bags

- If you do use plastic shopping bags, don't throw them out when you're done with them. You can take them back to Walmart to be properly recycled.

When possible, use products made from recycled materials