

Tuesday, April 16

Acton Horticultural Society meets 7:30 p.m. at Knox Church, 44 Main St. N. in Acton with speaker Paul Zammit from the Toronto Botanical Garden.

Wednesday, April 17

Georgetown Horticultural Society meets 7:30 p.m. St. George's Church, 60 Guelph St. with speaker Nancy Wilson talking about Perfect Pots.

Friday, April 19

Halton Hills Home & Leisure Show at Mold-Masters SportsPlex over two days, Friday, April 19, 1-9 p.m. and Saturday, April 20, 9 a.m. to 5 p.m. Local businesses including home renovators, landscapers, recreation and health services. Info: www.haltonhillschamber.on.ca or 905-877-7119.

Saturday, April 20

13th Annual 'Clean-Up Hornby'
Day: Meet at 9 a.m. in the Hornby Park car park. Come out, enjoy yourselves, meet friends and neighbours and help keep our Community clean! Free barbecue starts at 12 noon in the Park – everyone invited! Sponsored by Hornby Area Rate Payers (H.A.R.P.) Rain date April 27. Info: Erik, 905-876-1582.

Halton Hills Community Wide Clean Up: throughout Halton Hills. Groups, churches, families and individuals are encouraged to participate. Free bags and gloves are available from the Town

Home, Lawn & Garden Calendar

works yard or local McDonalds Restaurants. Please register with the town in order that collected litter can be picked up, 905-873-2601 ext. 2603.

Sunday, April 21

Antiques Anyone? Coningsby Women's Institute is hosting an afternoon of appraising small treasures, 1 p.m. at the Arc. building, 10 Thompson Cres. in Erin, behind Tim Hortons. Live auction. Cost: \$20 for each item. To register: 519-833-9503 or 519-833-2669.

Monday, April 22

22 Minute Makeover: Businesses, institutions and schools are all encouraged to participate in The Halton Hills 22 Minute Makeover. Free bags and gloves are available from the Town works yard or from local McDonalds Restaurants. Please register: 905-873-2601 ext. 2603.

Spring Craft Show: at the Georgetown Market Place, April 22-25.

Saturday, April 27

The 13th Annual Halton Hills Earth Day Event 8 a.m. to 2 p.m. at the Robert C. Austin Operations Centre, 11620 Trafalgar Rd. Residents can purchase trees for \$5, pick up free compost and wood chips, drop off household hazardous waste (HHW), and electronic waste.

Reflexology can help the gardener

Gardening season is here! For many individuals this means that those muscles in the body that have been sedentary all winter are now going to be feeling the repercussions of hard work.

Gardening causes much back, neck and shoulder pain for many. Reflexology is extremely effective for any type of back pain, whatever its origin. When the right areas of the feet or the hands are treated with the right amount of pressure, the results are truly amazing. Nerve flow to the area of the back, neck, or shoulders causing the pain is improved and, over several sessions can even be optimized. The same goes for the blood and the lymph, which flows to the problem areas of the body.

Many gardeners are also afflicted with plantar fasciitis. Plantar fasciitis is one of the most common foot ailments. Individuals experience a sharp pain, usually along the bottom of the heel. Reflexology is beneficial because it stretches and relieves heel pain caused by plantar fasciitis. During this treatment, ligaments and muscles of the foot

are relaxed and loosened, in addition to the calf muscles. The entire lower leg and foot experiences increased circulation, muscle relief and improved flexibility. Those who routinely go for a reflexology session experience less pain in the foot, heel and lower leg and are able to maintain full flexibility when doing daily activities.

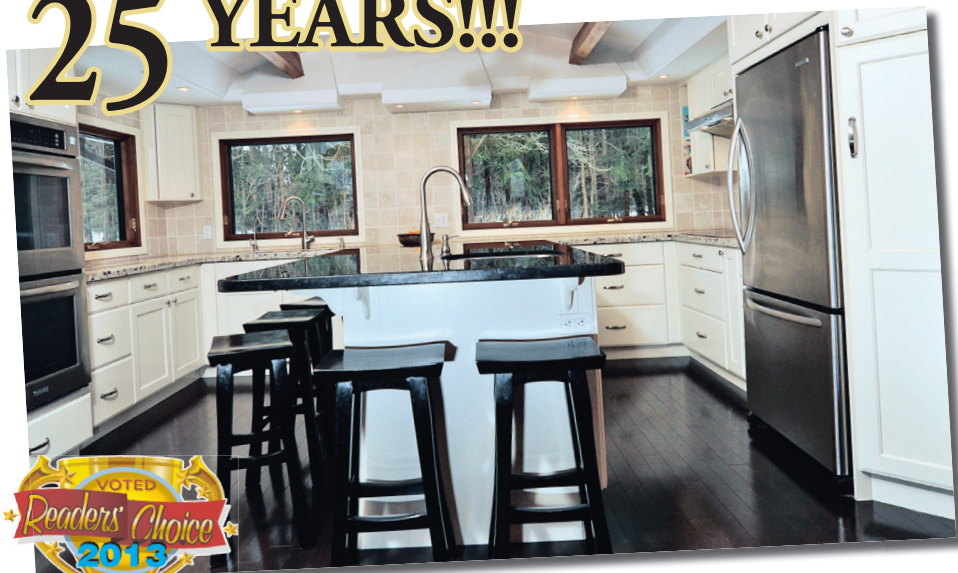
It is important to remember that Medical Reflexology is NOT a foot massage. The reflexologist may incorporate some massage techniques in the treatment to relax the patient but the bulk of the treatment is therapeutic. Reflexology is beneficial in pain reduction, improving circulation, and the normalization of all body functions, especially those of the problem

(painful) area(s). Reflexology can optimize blood, lymph, and nerve flow to that area, thus minimizing pain as well as muscle tension and facilitating the body's natural healing and detoxifying processes.

Submitted by Judy Longstreet CR., CH. of Georgetown, specializing in Reflexology, 905-702-7846



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