

# HEALTHY LIVING

## Region has a new emergency notification service

A new emergency notification service launched in Halton recently will help officials to better notify households and businesses in the event of an emergency situation.

The Region now has access to a more complete database that includes contact information for more than 95 per cent of Halton residents and businesses with traditional landline telephone service.

In the case of an incident, such as a flood or chemical spill, the Community Emergency Notification Service (CENS) will telephone the affected homes.

Regional Chair Gary Carr said Halton is one of the first Canadian municipalities to have access to the data to use in an emergency situation.

"At Halton Region, we take our

emergency management responsibilities very seriously and are committed to working with our partners to ensure we are ready to respond to any emergency situation and able to reach as many people as possible," Carr said in a media release.

Information on CENS and Halton Region's emergency preparedness can be found at [www.halton.ca/beprepared](http://www.halton.ca/beprepared) or by dialing 311.



## First baby of 2014

It took more than a week, but the Obstetrics Ward at Georgetown Hospital finally delivered a New Year's Baby January 8 as mom Tashmim Salman gave birth to a little girl, Jasmine Saeed, delivered by C-section Wednesday morning at 8:45 am. Little Jasmine weighed in at 7 lbs, 0.5 ounces. Jasmine is Tashmim's second child, as she has a two and a half year old son at home in Brampton.

Photo by Ted Brown

## Bratin Automotive donates \$5,000 to Hospital Foundation

Georgetown Hospital Foundation recently received a shot in the arm as Bratin Automotive recently donated \$5,000 to the fundraising campaign. On hand for the presentation were (from left) Foundation Executive Director KC Caruthers, and board member Marc Henein, Bratin staff Jacquie Quinn, Neil Duck, co-owners Cheryl and Tino Scanferla and Larry Dickson.

Photo by Ted Brown




**healthEnut™** café & juice bar



# HEALTH & WELLNESS FAIR

**SATURDAY, JANUARY 25, 2014 • 1:30 PM - 5 PM**  
**GELLERT COMMUNITY CENTER**  
 10241 8th Line • Georgetown, ON

natural beauty products  
**AMAZING RAW FOOD**  
 ORGANIC CLOTHING  
 SPROUTS  
 WHEATGRASS  
 ORGANIC PRODUCE  
 supplements  
**BOOKS**  
 door prizes **YOGA**  
 naturopaths  
 fitness trainer  
 plus much more!

### GUEST SPEAKERS



**DR. BRIAN CLEMENT:**  
 Author of *Let Food be Thy Medicine*,  
 Director of the renowned Hippocrates  
 Health Institute  
 Speaking on longevity and  
 the keys to sexual vitality



**LARI LAURIKKALA**  
 Product Manager and  
 Partner in Four Sigma Foods,  
 Chef and Health Food Expert  
 Discussing medicinal mushrooms  
 and adaptogenic herbs



**DR. MARIANNA SWITCHUK:**  
 Specializing in bio-identical  
 hormone and women's  
 health issues

**\$10**  
 PER TICKET

Limited seating  
 and tickets available.  
 Purchase tickets at [healthEnut™](http://healthEnut.ca)  
 café locations:  
 20 Martin St. • Milton or  
 71 Main St. • Georgetown

## A Tribute TO A DEDICATED LEADER, EDUCATOR & PHILANTHROPIST

### Dear Friends,

Our beloved Klaus unexpectedly passed away this past December due to a recent illness.

We are all in shock and mourning not only a great friend and mentor, but an amazing man that sacrificed so much of him to make others healthier. Klaus will be greatly missed. He was a dedicated teacher and philanthropist who was on a mission to help Canada get fitter. He loved spreading the word about the importance of better fitness.

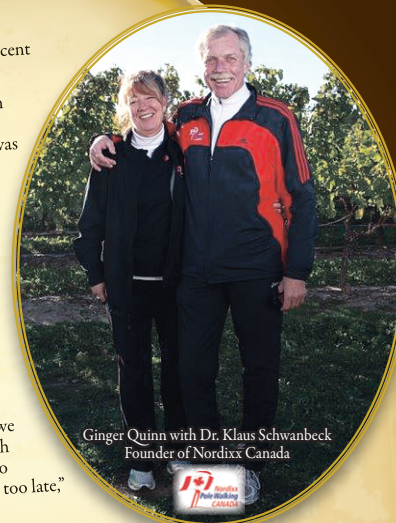
He will be remembered as a man who could motivate and help people achieve a healthier lifestyle. Since coming to Canada from Germany, he has trained thousands of men and women to use Nordic Pole Walking as a way to a healthier and happier life.

Klaus had a passion for his "Sticks" and a love of people so deep that he gave of himself over and above. There was never a venue too small, or a distance too far for him to grab his poles and his projector. His amazing ability to educate and reach his audience was only surpassed by his ability to have everyone show up for demo days later!!!

He always worried about his "German English" but along with his smile we all knew it was one of his greatest assets ☺. I am reminded of "To Sir With Love," How do you thank someone who has taken you from Sedentary to Action! Klaus gave of Himself so we can live a more vital life; "It is never too late," to improve the quality of life we live."

Canadians coast to coast have heard and benefited from his words of wisdom and it is up to each of us to continue his legacy and mission to see Canadians Nordic Pole Walking in every community across Canada. Klaus will live on through each of us and I am confident that we will do him proud.

In memory of Klaus please pick up your Nordixx poles and head out into our Community!



Ginger Quinn with Dr. Klaus Schwanbeck  
 Founder of Nordixx Canada

*Yours in health,*  
**Ginger Quinn**

Nordixx Distributor/Master Instructor  
[Ginger.quinn@sympatico.ca](mailto:Ginger.quinn@sympatico.ca)

Nordic Pole Walking Canada | 905-691-9122 | [www.nordixx.com](http://www.nordixx.com)

You TOO can LEARN to Nordic Pole Walk in ACTON & GEORGETOWN  
**Monday, Wednesday and Fridays indoors** from 10 am - 11 am at the Agricultural Building, Prospect Park, Acton  
**Saturday Morning outdoors** from 9 am - 10 am we meet at Creature Comfort Co. • 92 Main St. S Downtown Georgetown.

[www.nordixx.com](http://www.nordixx.com)