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SUNDAY, JAN. 11

Bruce Trail Halton Hills Chapter Hike: Mono Cliffs Provincial Park, Southern Outlier. We will explore the southern outlier and tackle some elevation changes to visit lookouts. Dress for the weather, boots essential and icers/yak traxs helpful. Bring lunch and a hot drink as well as water. Medium pace, strenuous terrain, 10 km. 3 hours. Depart 9 a.m. Georgetown Market Place parking lot, south of Medical Building, east of Walmart. After the hike you may wish to enjoy refreshments at the local Mono Cliffs Inn. As with all winter hikes, weather conditions may make changes necessary. Leader: Rob Currie 905-877-0634 rob.currie@ sympatico.ca

COMMUNITY CALENDAR

Emotions Anonymous (EA): meets Sundays 7 p.m. at 39 John St. Acton. (beside St. Joseph Church parking lot enter in front door.) Info: Debbie. 519-853-8262.

Be Still & Know God Candlelight Church: 7:30 p.m. every Sunday at St. Alban's Church, 537 Main St., Glen Williams. This beautiful old church, lit only by candles, provides an atmosphere of reverence and peace and wonder. Scripture, chanted psalms, slow prayer. Nothing for the congregation to say or do or read - only to enter and receive and experience. Open to all.

Continued on page 29)



Let us help you regain your confidence



Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are common but NOT normal.

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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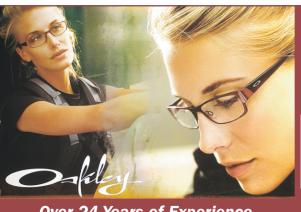


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