



Photo by Ron Kuzyk

CELEBRATION AND DONATION: Holding an \$8,000 cheque from the Trafalgar Lodge Masons for the Masonic Foundation of Ontario in aid of the HELP-2-HEAR campaign for the Hospital for Sick Children, are from left, Paraag Suchak, Phil Sidwa, Mayor Ann Mulvale, Raymond D. Bush, District Deputy Grand Master; and Jim Stott. In addition to presenting the cheque, the Trafalgar Lodge Masons also celebrated Jim Stott's 70th birthday by appointing him an Honorary Member, only the seventh such appointment since Trafalgar Lodge was founded in 1964. Stott was one of its charter members. The Masonic Foundation of Ontario, representing 640 Lodges, is raising \$2 million to develop a Universal Neonatal Hearing Screening System to test neonates and infants.

Freedom Village speakers at AGM

Halton Family Services annual meeting will take place tonight, June 27, at 7:30 pm in the auditorium of the Oakville Central Library. The speaker for the evening will be Ken Quiggan, director of the Canadian office of Freedom Village and Jevon Smith, a graduate of Freedom Village. Jevon will his story about the impact of Freedom Village on his life. Before Freedom Village, Jevon's thrill was to joyride cars he had stolen.

For over 20 years, Freedom Village has provided hope for teenagers in Canada and United States who are suffering from drug, alcohol and sexual abuse.

Two years ago, Freedom Village opened a Canadian office in Burlington. It handles over 100 calls per month from parents desperate to find help for their teenagers.

For 47 years, Halton Family Services (HFS) has been providing a variety of services to clients in Oakville, Burlington, Halton Hills and Milton. Last year, over 2,200 cases were handled by the 26 counselors in more than 9,300 interviews. The services offered by HFS include counseling for marital problems, credit and debt counseling, grief counseling, play therapy for young children, counseling for abused women and for children who have witnessed abuse.

Approximately \$452,000 or 34% of HFS' revenue comes from United Way donations in Halton, while \$322,000 come from services and \$326,000 from provincial grants.

Adam's barbecue

Adam's Family and Friends are holding a fundraising barbecue for Epilepsy Mississauga on Saturday, June 30, at Dietrich's Meat Warehouse, 1260 Speers Rd., Unit 13, from 11 a.m. to 5 p.m. Dietrich's owner Mike Smolka has known Adam since he was a baby and has followed the boy's progress in dealing with epilepsy. Smolka has donated a selection of his famous sausages for the barbecue.

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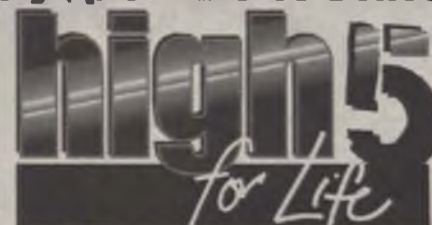
OAKVILLE 1029 Speers Rd (at 4th Line next to Tim Hortons)	BURLINGTON 518 Plains Rd (1km West of IKEA on the South Side)	MISSISSAUGA 780 Burnhamthorpe Rd West (at Mavis)
BRAMPTON 1119 Derry Rd E (North side between Dixie & Tomken)	PICKERING 1477 Bayly St (S of 401 between Liverpool & Brock)	MARKHAM 420 Denison St (East of Woodbine, North of Steeles)

HOURS:
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Saturday 9-6pm
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July 4th

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July 25th

Featuring...
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River Oaks Community Ctr.
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All events begin at 7:30 p.m. to 9:00 p.m.

For more information and a list of other event dates call.

1-888-823-3319 ext. 669.

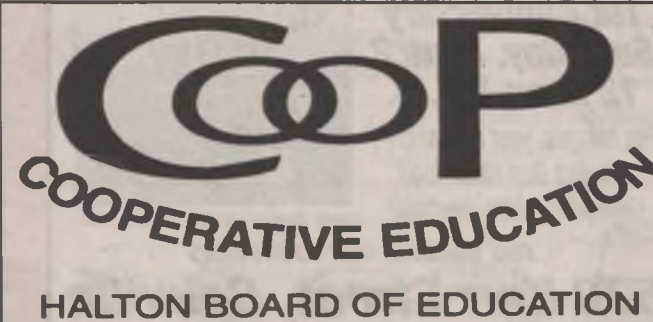
or web...www.high5forlife.com

Must be at an event to win high5 For Life Get Active prizes and be eligible for the GRAND PRIZE DRAW valued at \$1,000 retail (to be held September 27, 2001).

Presented by:



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The Co-op Staff and Students of
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wish to thank these employers
for providing co-op placements
during our second semester

Alternatives
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Ferrone Fitness Centre
Glen Abbey Golf Club
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Life Mark Health Centre
Maple Grove Public School
McMaster University Medical Centre
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Navigation Canada
Perspective Marketing
Queen's Park - Gov't Members' Services
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Seniors ...the time of your life!

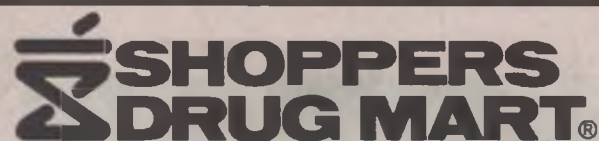


Turn back the clock with low-impact fitness

Research shows that a regular water exercise program can slow down and even turn back the aging clock, allowing physically active adults to perform like someone much younger than their years. Aquajogging is low-impact, easy to learn and offers a multitude of health benefits.

- **Total body conditioning** — Deep-water workouts offer the cardiovascular conditioning of aerobics, the strength training of lifting weights and the stretching benefits of yoga — all in one 30-minute workout.
- **Tune up** — Joint-friendly aquatic workouts improve flexibility, balance and response time, reducing the risk of injury and making everyday activities faster and easier.
- **Heart-healthy** — Water exercise has been proven to help normalize blood pressure and aid in the prevention of heart disease.
- **Boost brain power** — Water workouts sharpen a person's mental focus, helping seniors maintain and, in some cases, even improve memory.
- **Supercharge immune system** — Aquajogging can bolster a person's immune system, resulting in fewer medical problems and faster recovery times. Many participants sleep and manage stress better after workouts.

AquaJogger manufactures a complete line of equipment for a variety of water fitness activities. For more information, call (800) 922-9544 or visit www.aquajogger.com.



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Bronte
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Rexall

NIVEA Body Firming Lotion **\$7.99**

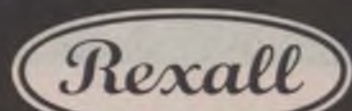
Jergens Replenishing Vitamin E Lotion **\$6.99**

Body Care Extra Strength Lotion **\$2.99**

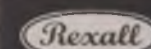
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