



Office of the Mayor

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PROCLAMATION ELECTRICAL MONTH OCTOBER, 1999

WHEREAS we use this clean energy source from early morning to late at night; it is such a big part of our lives that we do not want to forget how greatly it has improved our lives and our living conditions;

AND WHEREAS our whole day revolves around the use of electricity; from early morning, when the alarm clock awakens us, throughout the day at work and at play, to the night light in the hall to guide us through the dark of night, electricity makes life enjoyable, safe, and productive;

AND WHEREAS ELECTRICAL MONTH is being proclaimed to recognize the value and benefits electricity provides for us today and, as electricity is such an important aspect of our lives, it makes sense to use it wisely;

NOW THEREFORE I, Ann Mulvale, Mayor of the Town of Oakville, DO HEREBY PROCLAIM October, 1999, as **ELECTRICAL MONTH** in the Town of Oakville.

"Electricity... Making Every Day Better"

Ann Mulvale,
MAYOR,
TOWN OF OAKVILLE



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Herbs for Health at RBG

International experts in the field of herbal medicine will help solve the puzzle of Nature's pharmacy at a day-long forum, called Herbs & Your Health, Oct. 31st, from 9:30 a.m. to 4 p.m. at Royal Botanical Gardens (RBG) Centre.

The use of herbal medicine is a hot topic in the fields of healthcare and wellness. The proliferation of herbal products for myriad ailments has caused confusion for many people who want more natural solutions to health problems.

Seminars for separated

Recently Separated? The Canadian Mental Health Association - CMHA-Halton, is offering Seminars for the Separated, a 10-week lecture series and self-help group for people going through separation and divorce.

Guest speakers will address such topics as: stages of separation, communication with your ex, parenting through and after separation, legal aspects of separation, rebuilding self-esteem, and life after divorce.

There is a presentation every week, given by a guest speaker, usually a therapist specializing in separation issues, followed by small group discussion. The groups often meet socially after the sessions.

This program runs Tuesdays from Oct. 19th to Dec. 21st, at the Oakville Parent Child Centre, 341 Kerr St., from 7 to 10 p.m.

This public event is designed to be understandable, so participants can apply knowledge gained during the day to their personal use of herbal remedies.

Experts from Canadian and American universities, as well as the Canadian College of Naturopathic Medicine, will present a full range of topics designed to help the general public understand the history and uses of plant-based drugs. Topics, such as Searching the Plant World for New Drugs and A Survival Guide to Herbal Medicines, help put the world of herbal remedies into perspective.

In addition to the main topics, alternate seminars on A Natural Approach to Menopause and the Best Medicine for Men will provide approaches to specific age-related syndromes.

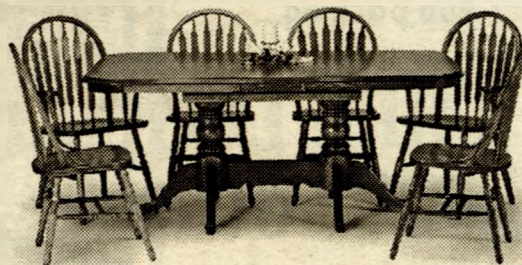
Registration for the entire day is \$32 for the general public and \$27.50 for RBG members. A lunch bar will be available.

On Oct. 30th, an in-depth symposium for healthcare professionals, called Herbal Remedies in a Modern World, will provide insight into a broad range of important topics, from general concerns about uses of herbal medicines to the treatment of ailments through herbs.

RBG Centre is located at 680 Plains Road West, Burlington. For more information or to register, call 527-1158, ext. 270. Information also can be found on RBG's website at www.rbg.ca.

The Woodcraft Fall Sale

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Solid Oak Anniversary Pedestal Table
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Table with 4 Windsor side chairs.
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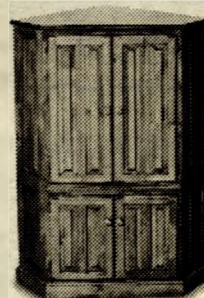
Deluxe Pine Computer Workstation
60W x 24D • pull-out for keyboard and mouse • choice of finishes • available with return • Sale Price \$1095



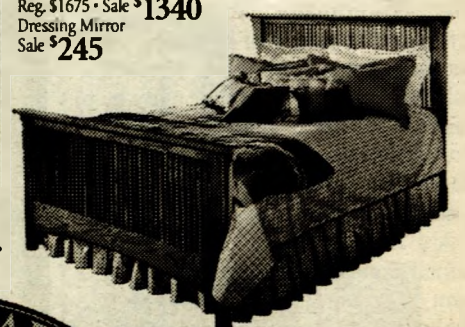
Deluxe Pine Harvest Table
Deluxe-size legs and top. All sizes available - in solid pine or oak. No-Mar finish on all tables. 6' pine table with 4 Juliana side chairs • Sale Price \$1825



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61" tall, 33" from corner along back edges • 28" wide opening with 2 adjustable shelves • Sale Price \$995
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