

Murphy's 'ambush' all part of Cogeco's lifestyle program

By Frances Niblock

As Acton resident Carol Murphy learned last week, sometimes being ambushed can be a good thing – if the people who are lying in wait are armed with makeup, hair colour and a gourmet lunch.

The sneak attack on Murphy began last Monday when she showed up at her gym, Staying Alive Fitness, expecting to be interviewed by Cogeco Cable TV about the importance of wearing a helmet for bicycle safety.

A helmet almost certainly saved Murphy's life three years ago when she was hit by a truck while riding her bicycle through the intersection of Queen Street and Churchill Road. Her recovery includes regular visits to the gym to regain strength and mobility.

Murphy had just started working up a sweat on a treadmill when the Cogeco camera crew showed up and told her she was being ambushed by Staying Alive fitness manager Leanne Monaghan who has a weekly show called "Your Health and Fitness," which is part of Cogeco's "Your Lifestyle" program.

Monthly Treat

Each month for the show a deserving person is ambushed and treated to a makeover at Blue Springs Salon and Spa on Mill Street.



AMBUSHED: Acton resident Carol Murphy (right) was "ambushed" last Monday by Cogeco Cable TV who wanted to capture her makeover for Staying Alive Fitness manager Leanne Monaghan's "Your Health and Fitness," show which is part of Cogeco's weekly "Your Lifestyle" program. – Submitted photo

After getting over her initial surprise, Murphy was whisked off by limousine,

first to the scene of her accident where Murphy talked about how it changed her

life and about helmets and bicycle safety.

Then it was off to Blue Springs where the pampering began in earnest, including a facial, pedicure, haircut and colour.

This was followed by a gourmet lunch and then Murphy's mother, sister and niece and two kids showed up bearing flowers.

"It was a real hoot. Carol had a real nice, fun pampering day," Monaghan said, adding that people at the gym are amazed at Murphy's progress since her accident and the fact that she gives "150 per cent" to every workout.

Murphy said the whole day was wonderful and that she was "just a little self conscious (about being) in a bathrobe on TV." Murphy's segment airs on Cogeco during the week of October 15



RUNNERS: Calgarian 3 time Olympian Decathlon gold medalist and CBC commentator Micheal Smith will be keeping Liberal Candidate Bruce Bowser running around the Halton-Wellington riding for the duration of this years campaign - Marie Shadlbolt photo

Chamber cranks up bid for fiscal fairness

Halton Hills Chamber of Commerce has joined with the Ontario Chamber of Commerce in a "grassroots campaign" to complain about perceived lack fairness in federal funding for Ontario.

The campaign, called Act Now for Ontario.com, is set up to give people in every community in the province, including Halton Hills, a chance to send a very strong and clear message that Ontario can no longer afford to subsidize services in other parts of the country at a

level higher than our own, says Jamie Shumaker, president of the Halton Hills Chamber of Commerce

The Chamber says that Act Now for Ontario.com provides "compelling testimony" to the unfair level of federal funding and federal representation for Ontario in videos highlighting five issues: healthcare,

unemployment insurance, immigration, representation and infrastructure. Each video ends with an invitation to endorse an email message to all the federal party leaders.

According to the videos, Ontario gets \$700 million less than its fair share in federal healthcare funding each year, funds which could hire 14,000

more full time nurses. It also maintains that federal infrastructure funding for Ontario falls \$1 billion short of fairness, funds which would build a 4-lane highway from Sudbury to Toronto.

"Federal funding for vital

services is not distributed fairly in this country," says Len Crispino, president and CEO of the Ontario Chamber. "As the economic engine of this country, it's simple. A strong Canada needs a strong Ontario."

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