

Fun in the sun is now a thing of the past

Thanks to my "overworked and underpaid" Stand-in Chuck Tutty for a job well done, and yes I did have fun in the sun while trying hard to lead the life of the rich and famous for a couple of weeks.

Community Affairs: Presentation to Georgetown Hospital on September 4, 1990. In attendance on behalf of the Royal Canadian Legion Branch 120 President Hank Russell. Community Affairs Chairman Norm Ward. Hospital Staff: Administrator Mark Rochon, General Surgeon Dr. Naresh Mohan, Director of Laboratory Debbie Cook, Lab Technologist Dianne Warrington.

This presentation was made on behalf of Branch 120 membership for the Georgetown Hospital and for the benefits of the Georgetown community as a whole, one of the many projects successfully concluded by the Community Affairs Executive of Branch 120. The hospital requested that the donation be in the form of equipment which was to replace a 25 year old machine, that had outlived its usefulness. It was with great pleasure that a new Cryostat, model Crycut 1800 of West German manufacture was made to the

hospital on this occasion. It has been in operation for approximately 4 weeks.

The Cryostat provides a sample of frozen tissue, which is converted to a rapid slide, an opportunity for immediate diagnosis, thereby saving a patient from undergoing unnecessary surgery. According to Laboratory staff and others using the machine its performance is excellent, and they are very appreciative of the efforts of the Royal Canadian Legion expressing their gratitude on behalf of the community.

The Legions 40th Car Club Draw came to a successful conclusion on Friday night September 7th with Ray McCartney no. 487 the 500th ticket out of the drum winning a new 1990 Oldsmobile Cutlass Ciera 4 door sedan, V6 automatic and power equipped from A. Murray Motors Georgetown. On Saturday morning with President Hank Russell and Car Club Chairman Marion Carney Ray McCartney exchanged a dollar for his new car. Congratulations to you Ray and the following winners:

\$50.00 - 005 Anne Marie Clarke, 424 Dick Krouse, 363 Bill Weir, 302 Ron Doernback, 399 Jamie Russell, 167 Sam Inglis, 087 Joyce



Legion Lines

M.G. TUTTY
Branch 120 PRO

Stuttard, 354 Brian Hill, 082 Heather Kent, 290 Peter Smith. \$100.00 - 006 Doug Sargent, 395 Don Latchford, 223 Paul Yates, 041 Trudy Paul. \$200.00 270 Marion Armstrong, 376 Murray Henley. \$300.00 - 031 Norm Ward. \$400.00 - 383 Gordon Shoebridge. \$500.00 - 049 Marion Carney. J and M. Carney were the sellers of the winning ticket. Marion thanks all members who helped in any way to make the event a success.

Euchre September 7th: Ladies 1st Myra Peasey, 2nd Isobel Landry, Most Lone Hands Lily Maybanks. Mens 1st Bob Darling, 2nd Phil Landry, Most Lone Hands Gord Harley.

Meat Draw September 8th: Early Bird Jan Milne, Early Bird Dick Appleyard, 4 o'clock draw Jean Cummins, P. Smith (three times a winner), K. Ewing, D. Bell, B. McNeilly, H. Diamond, B. Reid,

B.B. Phillips, P. McNeilly, P. Yates. The roast was won by B. Phillips. The Blue Jay tickets for the game on Sunday, September 9th was won by Doug McLean.

Entertainment: 15 September Arrow, 29 September Norm Eyre, Sunday 30th Sept. Blue Jay Final. 27 September Presidents Supper 7:00 p.m., General Meeting at 8:00 p.m.

Legion Week September 16-23, 1990. On Saturday afternoon a Birthday celebration was held in the club room for Trudy Paul in absentia. All had a good afternoon wishing you many happy returns of the day. We hope next time you'll be with us in person. We wish Nellie Bell Bon Voyage as she is on her way to Poland in search of her roots. We are looking forward to your return with some of the real Polish foods, such as pickles, perogies, etc. Have a great time Nellie.

SICK CHAIRMANS REPORT
I was in touch with James Col-

Legion Auxiliary

Birthday supper

By WENDI GOODHEW
Auxiliary P.R.O.

Just a reminder that our 62nd Birthday Supper is this Saturday at the Georgetown Legion.

Refreshments are at 6:30 p.m. and dinner is at 7 p.m. Tickets are available from Hazel Dumper, 877-9438 and Marion Carney 877-5764.

We hope to see everyone out for a great time.

Also don't forget our first meeting after summer holidays - the 2nd Tuesday in September.

lier's wife, and she informed me that the pace of his rehab had levelled off, hang in there Jim. Busters therapy and blood tests are continuing. Marge says he is in a good frame of mind, and that is half the battle. Roy Bradley, who must take things easy for at least another month, can't even have a dry run on the curling broom, good news for all his possible opponents.

Gordy Bottoms is much improved and throwing the odd arrow or two on Wednesday evenings, keep up the good shooting. Alec Goldie expects to be released to the tender and loving care of the Georgetown Hospital outpatients clinic by Sept. 19, 1990. He is really pleased with himself, and so are we.

Mary Doanes situation is stable, and she is still in Sunnybrook. Judy and her husband visit regularly, and our prayers and best wishes are with you all.

"Did you hear about the man with an insatiable appetite for earthworms. He has an office job in the city, but he often lunches underground at a nearby construction site."

COMING SOON...

Seerey-Lester's
"Dawn Majesty"



art effects

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Physicians should be consulted about menopause problems

On her 50th birthday, Ellen Taylor, head of a finance department in a large Canadian corporation, was satisfied with life.

Her career achievements were all she had hoped for, her two children were doing well at university and her marriage was sound. It didn't worry her that she was experiencing the first indications of menopause. Hot flashes and fatigue were symptoms she felt she could cope with.

"I believed that women who are healthy, happy and busy had no trouble with the change of life," she said, "and I saw no reason to consult my doctor."

But a few months later, in the midst of a meeting, Ellen had a severe hot flash. "I was absolutely drenched with sweat." She had also noticed that intercourse had become painful due to vaginal dryness. "I didn't understand what was happening to me - why things were getting worse. I phoned my

doctor for an appointment.

"The idea that active fulfilled women escape menopausal symptoms is out of date," said gynecologist Dr. Corinne Devlin. "Most women will have symptoms no matter how healthy and active they are."

As estrogen levels decline dramatically at menopause, women may be at risk for more serious conditions such as osteoporosis and "brittle bone disease". Osteoporosis or "brittle bone disease" can lead to hip fracture and even death. And heart attacks are the leading cause of death among women after menopause.

A program including estrogen replacement therapy can control troublesome symptoms such as hot flashes and vaginal dryness, by replacing the supply of estrogen. Conjugated estrogens have been shown to help prevent "brittle bones" and some researchers have shown that oral estrogens actually

reduce heart disease. Only certain estrogens on the market known as conjugated, can help prevent osteoporosis.

But estrogen is not a cure-all for every woman. Women who are candidates for therapy include those who are at risk for osteoporosis, and who cannot cope with symptoms of menopause and those who have no contraindications to estrogen.

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NOTICE OF PUBLIC MEETING
WARD 1/MILL STREET EAST/FREDERICK STREET

Subject Property
Plan 31, BLK 6, LOT 30

Council for the Town of Halton Hills will conduct a Public Meeting to examine and discuss proposed amendments to the Halton Hills Official Plan and Rezoning By-law 1358 in order to convert an existing residential dwelling to a restaurant.

The subject property is located at 109 Mill Street East in Acton, with the property being described as Lot 30 Block 6, Registered Plan 31, Town of Halton Hills (Acton).

Further information is available in the Planning Department.

TIME: 7:00 p.m.
DATE: Monday, October 15, 1990
LOCATION: Council Chambers
Halton Hills Civic Centre
1 Halton Hills Drive
Town of Halton Hills (Georgetown)

Ad. No. 1299

THANK YOU HALTON

I look forward to serving your community in the future

Sincerely,
Noel Duignan
Noel Duignan

NDP Halton North
Authorized by Halton North NDP