

# GRAPEVINE



## Black Belts

Congrats to Acton's Krystina Minicuci whose hard work and dedication earned her a Black Belt at a recent Grading held at Acton Jiu-Jitsu. The 17-year-old Christ the King student began training with Acton Sensei Linda Squires seven years ago, and helps teach children's classes at the Mill Street dojo. At that same Grading, Sensei Squires earned a 5th degree Black Belt.

## Youth focus groups

Consultants drafting a Youth Needs Study will talk with Acton teens today (Thursday) during a youth focus group at Acton High School, one of three such meetings in Acton and Georgetown as the Town's consultant finds out what youth need and want in the way of services, programs and centres. The consultant also held a service provider and parent focus group meeting last night at the Gellert Centre.

The consultant will set up a Youth Needs Study group of teens to attend community events to hand out information and encourage youths to complete the Facebook polls.

## Simple tech

Unsure how to operate an eReader or camcorder? The Halton Hills library can help with its Technology Made Simple series with hands-on experience at the Acton branch on June 10, from 2 to 4 p.m.

The computer workshop series is free, and meets monthly. For more information call 905-873-2681, ex. 2515.

## Celebrating seniors

June is Seniors Month – a chance to celebrate and support the 11,200 Halton Hills residents – that's 20 per cent of the population – who are 55 or older. Both the Acton and Georgetown Seniors Centres have special events slated this month – on June 30 the Acton Seniors Centre will host a seniors dinner and all are welcome – tickets are available at the Centre.

## Band offers Exotica

Wonder what you'd hear at an Exotica concert? Check out Bethel Church on Sunday when the Acton Citizens Band offers music, which meets the definition of Exotica – rare, foreign and sometimes historic and valuable. The acoustics of the Christian Reformed Church showcase the Band, under the baton of Bandmaster Dr. George Elliott.

The music will include *Bells Across the Meadows*, the most popular British light concert music, written by Albert Ketelby, the first musician to make a million dollars writing music. Also on the play list are *Panther in the Sky* to honour Chief Tecumseh, and *Crown Imperial*, a march

composed for the Coronation of George VI, and most recently heard in Westminster Abbey as the recessional music at Will and Kate's wedding.

The show, a fundraiser for Acton FoodShare begins at 2 p.m., and free will offerings of non-perishable food or cash would be gratefully accepted.

## Future focus

The Reverend Linda Corry will bring her grief recovery skills to Acton on Sunday as the guest speaker at an Acton Ministerial Association Service of Healing at St. Alban's Anglican Church. Reverend Corry, a life skills coach, will offer strategies to reclaim a positive future following a loss of any kind – loved one, job or health. Father Bob Bulbrook and the Reverend Brian Galligan will be available for prayer, laying-on of hands and anointing.

## Hockey trivia

The Guelph Biltmore Mad Hatters were a junior hockey team in the Ontario Hockey Association from 1940 to 1942, and after the war from 1947 to 1960. A farm team for the New York Rangers of the NHL, the team, known as the "Biltmores" was sponsored by the Guelph Biltmore Hat Company, and home ice was Guelph Memorial Gardens.

Biltmore would reward any player who scored three goals in a game the hat of their choice and some sources credit this tradition as the origin of the term hat trick. The team evolved into the Guelph Royals, and then moved to become the Kitchener Rangers, taking the name of the NHL parent club.

## Trunk Sale spinoff

The success of Acton's Trunk Sale prompted organizers of the graduation fundraiser at Holy Cross School to stage their own trunk sale on Saturday at the Georgetown school. Twenty-one vendors have registered to date, and one of the organizers, Ashley Mancuso of Acton, said they will also have a white elephant sale.

## KFC closes

Many were surprised with the sudden closure of the Acton KFC restaurant on Tuesday. Without apparent notice, the store did not re-open after close of business on Monday.

A sign on the door apologises for any inconvenience and tells people to head to the nearest KFC in Brampton. A person who answered the phone at that location but refused to identify himself, said that Prism Brand, which owned part of the KFC parent company, had been sold, including the Acton and Georgetown franchises which were closed because of poor sales.



**HERITAGE GOLF:** The 11th annual Mayor's Heritage Golf Tournament raised approximately \$25,000 for the Heritage Foundation of Halton Hills. At Blue Springs Golf Club last Thursday, Scotiabank volunteers Tammy Scott (right) and Ann Stevenson, registered Dr. Dana Selby, one of 120 golfers, with Mayor Rick Bonnette and Foundation volunteer Kathy Sanford.

– Frances Niblock photo

# Burn calories, not gas

By David Suzuki

## Science Matters

By David Suzuki



A U.K. man recently built a bicycle entirely out of wood, with no plastic or metal parts. Everything, including the wheels, gears, and seat, are wood. Inventor Michael Thompson, who made the "SplinterBike" on a bet with a friend, says it can travel up to 50 kilometres an hour.

What's amazing is that, almost 200 years after the first two-wheeler was made, people are still able to come up with innovative ideas for one of the simplest and most practical and efficient transportation devices ever invented. Even though I'm impressed by Thompson's wooden bike, and by those with bamboo or wood frames, I'll stick with my old metal-frame bike. I'm just happy that cycling is becoming more popular all the time, and that the city where I live, Vancouver, is making life easier for cyclists.

After all, riding a bike is good for your health and the environment. As the Vancouver Area Cycling Coalition points out in its promotion of Bike to Work Week (May 30 – June 5 in several Canadian cities), cycling to work is enjoyable, helps you get and stay in shape, and burns off stress. And when you consider gridlock and traffic, it's often as fast as or faster than driving. It's also way more efficient than car travel. According to the WorldWatch Institute, a bicycle needs 35 calories per passenger mile, while a car uses 1,860.

Reducing your need to stop at the gas pump is both good for the environment and for your pocketbook, especially as gas prices continue to rise. Private automobiles create about 12 per cent of Canada's greenhouse gas emissions, and road transportation in general creates as much as one quarter. Riding a bike doesn't create any emissions. And it's not just gas that costs money. Buying, insuring, and maintaining a car, not to mention paying for parking, costs thousands of dollars a year.

Of course, cycling isn't practical for everyone, and it's not always possible to ride – although I've seen my share of die-hard cyclists even on rare Vancouver snow days. But with proper clothing and gear, many people can ride for most of the year in urban centres. And the money saved from not driving is often enough to pay for pub-

lic transit or taxis on days when cycling isn't possible.

Our cities will become more livable and our environment cleaner when more

people get out of their cars and onto their bikes. But we still have a long way to go in Canada. Only about one per cent of trips are made by bike here (although Vancouver is higher, at about four per cent), whereas in many parts of Europe, the number is more than 30 per cent. In Amsterdam, 38 per cent of trips are made by bike, thanks to pro-cycling policies adopted since the 1970s.

Resistance to change is inevitable, and in Vancouver we've seen some backlash against the expanding network of bike lanes. Many people still believe we should be shelling out loads of money for pavement and parking lots so that individual people can propel themselves to work and shopping in a two-tonne emissions-spewing machine. Others have complained that, because the bike lanes were not immediately crammed with cyclists, they're a waste of money and get in the way of cars and business. But as Amsterdam shows, investing in cycling and pedestrian infrastructure eventually pays off in many ways.

As more people take up cycling, it also becomes safer. Although, those who worry about the safety of cycling might be interested in a British Medical Association study that found the health risks of inactivity are 20 times greater than the risks from cycling.

For employers, the benefits of encouraging cycling are numerous. A Dutch study found that people who cycle to work take fewer sick days, and research has shown they are generally happier and less stressed. Cyclists can also avoid traffic jams and are not as likely to be late for work. And bike lock-ups cost far less than car-parking facilities.

Whether your bike has a state-of-the-art bamboo frame or is a clunky old off-roader, why not try riding it to work, and not just during Bike to Work week? You'll be happy you did.

Written with contributions from David Suzuki Foundation editorial and communications specialist Ian Hanington.

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