

BRANCH
No. 197



LEGION NEWS

By Sharon Graham
P.R.O.

The Branch mourns the loss of Barbara Lomax who passed away on June 12, and Wayne Mason, a long time member of the Branch who passed away on June 13th.

District horseshoes were played on June 13th at Oakland Branch. Here is the list of winners who will go forward:

1st place – Regular Keith Andrews and Theresa Uiterwyk

3rd place – Mark Newman and Amy Newman

1st place – Senior Bob Doyle and Dave Windsor

Singles 2nd place – Amy Newman

Senior 2nd place – Wes Kutasienski

Senior 3rd place – Bob Doyle

On June 19, District Golf was held by Acton Branch 197 at Acton

Meadows. Here are the results:

Regular winners – Jeff Scott and Ian McKee

Senior Winners – Jack Thibault, Jim Lowrie, Carl Fisker and Dave Thompson.

Branch 197 Ladies Auxiliary Notes

Acton hosted Qualifying Round for District Euchre this past Saturday, with 64 players and Oakville's Ethel Eastwood and Shirley Stacey won first place and will go on to District Euchre. Acton ladies had a fun day. Norma would like to thank all the ladies who made sandwiches, and thank you to Annamarie Lowin and Marg Bromby for cooking the lovely lunch. Thank you also to Helen VanOpstal and Peggy Harris for selling the sandwiches and

draw tickets.

Just to let you know, the lady from Port Credit who fell and was taken to the hospital was released Saturday evening and sent home with some staples in her forehead. She had no broken bones, but was badly bruised in several areas. I was told by her friends that the Georgetown Hospital and doctor took excellent care of her and they were happy with the care she was given. I would also like to thank the EMS paramedics who came to the Legion and took excellent care of Agnes.

Mark your calendars for September 17 Cribbage in Brampton.

Yours in Comradship,
Peggy Harris,
President
Branch 197 LA



TRINITY TREASURES: Trinity United Church member Arlene Bruce (seated) helped the Wenger family of Acton – Heinz (back), Kim, Kylie and Keegan – with their purchases at the church's plant and yard sale on Saturday. – Ted Tyler photo

Respect fireworks

Fireworks have become popular entertainment over the years for celebrating weddings, religious ceremonies, and other special days such as Dominion and Victoria Day. But Chief Brent Marshall cautions that, "As the popularity grows for their use, so do the number of injuries and mishaps." These incidents occur partially due to lack of user experience, knowledge, and respect for the products.

Here are safety tips to

celebrate safely with fireworks:

1. Read and understand all instructions enclosed with the product before using.

2. Store the fireworks in a cool, dry location. Keep them out of direct sunlight.

3. Never light or hold a burning firework.

4. Maintain adult supervision at all times, especially when children are present.

5. Always light the fireworks at the tip of the

fuse.

6. Have a pail of water nearby. Place fired devices and debris into the water when cleaning up.

7. If you have a product that does not discharge, do not try to reignite. Place in the pail of water.

8. Do not fire in windy conditions. Embers can cause serious damage to nearby homes, people and property.

9. Never discharge fireworks indoors.

10. Resist the temptation to take personal fireworks to commercial fireworks displays.

Healthy kids report card results shared

Yesterday (Wednesday) Yvette Munro, Vice-Chair of Active Healthy Kids Canada was to share results from the 2011 "Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth". Canadian children and youth are not active enough. That includes Halton children.

Schools out, do you know what your kids are doing? You may want to think again if you believe they are being physically active. The 2011 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth reports that during the after-school period, from approximately 3 to 6 p.m., Canadian children and youth are sitting idle indoors – getting a mere 14 minutes, out of a possible 180, of moderate-to-vigorous-intensity physical

activity. It is important to reverse this trend as research shows that children and youth who are physically active during this time improve their overall daily physical activity levels and health. The Report Card was released today by Active Healthy Kids Canada and its strategic partners, ParticipACTION and the Children's Hospital of Eastern Ontario (CHEO) Research Institute – Healthy Active Living and Obesity Research Group (HALO).

"The take home message from this event is send your kids outside to play, research has shown that this one act will increase your child's physical activity levels. Halton is the safest community in the G.T.A., it is time to fill all the beautiful outdoor spaces in Halton with children playing" said Ryan Luyk, Co-Chair of Active Halton. "To promote active play we have provided skipping ropes

to each student at Chris Hadfield Public School." "Ten minutes of skipping is equivalent to 30 minutes of jogging, give it a try, you might enjoy it."

Active Halton is a group of organizations and individuals who are committed to working together to increase the number of Halton residents who are active on a regular basis. This is accomplished through advocacy, coordinated promotional activities, and development of physical activity tools and resources for the Halton community. Active Halton has an ambitious plan to increase the physical activity levels of Halton residents by 20 per cent by 2012. Active Halton works together with the community to accomplish their goal by facilitating workshops, sharing information and resources, networking, and educating the community about the benefits of physical activity.

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Sue Hilton

is 50

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