



Mary Lui of Terra Cotta holds the reins of Tereen 'Nina' Cristella after a conditioning trail ride. Lui will be off to Alberta soon to participate in a fundraising ride for Alzheimer's Disease.

Local woman to raise funds for Alzheimer's in six-week trail ride

As Mary Lui of Terra Cotta read Rose Mary Axell's words, "I wish I could do something to help my Dad, but unfortunately there is nothing anyone can do", it triggered a flashback to her own father's final days.

Axell's father was diagnosed with Alzheimer's disease a couple of years ago. At present there is no cure. Alzheimer's disease is a progressive degenerative disease of the brain that causes brain cells to degenerate and die.

Axell took the initiative to try to "help others" by using her and her father's passion for trail riding horses to help raise awareness and research funds to fight Alzheimer's disease. The result was "Hoof Prints of Hope", a charity equestrian ride across Alberta, from Jasper to the border of Saskatchewan in September and October.

Axell sought riders to help her with this 700 km. journey, and Lui volunteered to participate as a rider and fundraiser.

Lui said, "(I'm) a gal that loved her father dearly and still carry with me his passion for horses every time I ride."

Lui leaves for Edmonton on Sept. 2 with the approximately six-week trail ride starting on Sept. 3 from Jasper, Alberta. The riders will be covering 15-20 miles each day.

The plan is to travel through over 30 different communities distributing Alzheimer literature. As well as collecting donations for the Alzheimer Society of Alberta and NWT (ASANT), which contributes all research donations to the Alzheimer Society of Canada Research Program.

Contributions to Lui's journey can be made through the www.hoofprintsofhope.com website via "Canada Helps".

What I did on my Summer Vacation...

PHOTO CONTEST

Look for details in the September Infocus

& the
THE INDEPENDENT
& FREE PRESS

SEPTEMBER 9TH

Sponsors inquire to Amy at
905-873-0301



ELECTION WORKERS

**Municipal Election 2010.....
Be Part of the Team**

**Municipal Election
Employment Opportunities**

A number of workers are required for the Town of Halton Hills to work in the 2010 Municipal Election, to be held on Monday, October 25, 2010.

Deputy Returning Officers

(Election Day Payment = \$175.00)

Responsible for confirming voter's identification, initialing and issuing ballots, administering required oaths and ensuring secrecy of the vote.

Revision Clerks

(Election Day Payment = \$175.00)

Responsible for confirming voter's identification, assisting voters to complete an application for additions/amendments to the voters list, administering required oaths and directing voters to appropriate voting station.

Greeters

(Election Day Payment = \$105.00)

Responsible for greeting and assisting voters, reminding voters to have their required identification ready and available, and ensuring voter traffic flows smoothly throughout the polling location.

Successful Applicants Must:

- provide their own transportation
- arrive at the voting location 30 minutes prior to opening of the polls (polls open at 10 a.m.) and remain at the voting location until approximately 8:30 p.m.
- attend mandatory training

To Apply:

- fill out an Election Official Application which can be found on-line at www.haltonhills.ca/2010 elections/employment opportunities or can be picked up at the Civic Centre, 1 Halton Hills Drive.

- Return your Election Official Application to the attention of:

Kelly Withers
Election Assistant
Corporate Services/Clerks Division
1 Halton Hills Drive
Halton Hills, ON L7G 5G2
e-mail: kellyw@haltonhills.ca

**Deadline for submission of application is
Friday, September 3, 2010**

89

1 Halton Hills Dr.,
Halton Hills, ON L7G 5G2
Tel.: 905-873-2601
Fax: 905-873-2347



Congratulations Bulldogs!

From the **the Cellar**

Steak and Seafood

www.cellarrestaurant.com

Join us this Friday for the Car Show!

CAR SHOW SPECIALS

Prime Rib Dinner

Lobster Mac & Cheese

* Ice Cold Beer

* Martini's

78 Main Street South - For Reservations 905-873-7402

READING IS GOOD FOR YOUR HEALTH

The Independent & Free Press is your healthy source for local news, regional news, upcoming events & sports. Delivered to every home every Tuesday and Thursday.

THE INDEPENDENT & FREE PRESS

For advertising information call
Ph: 905 873.0301 Fax: 905 873.0398

GEORGETOWN FITNESS BOOT CAMP

As low as
\$5.00 a class

Georgetown's ORIGINAL and
#1 fat loss program



Before



After

Expect these RESULTS:

- 3-5% Reduction in Body Fat
- Greatly Improved Posture
- Better Relaxation
- 5-12 Pounds of Weight Loss
- 1-3" decrease in your midsection (minimum)
- 25% improvement in Endurance & Strength
- 100% Gain in Energy + Self Confidence!**

*The most effective, fun & affordable
fitness 'Body Make-Over'
Fitness Solution ever crafted.*

No matter your age, size or fitness level, you can achieve great results. Whether you are a beginner, an avid fitness enthusiasts or just tired of the same old routine... you will achieve amazing results!

**You have nothing to lose except the pounds!!
No contracts - the most affordable boot camp program!!**



Before



After

***Now with a location in ACTON**

647-988-4237

www.georgetownfitnessbootcamp.com