

**HANCOCK, Catharine Elizabeth** (Poole)

Passed away suddenly January 16th, 2012 at Trillium Hospital in her 94th year. Wife of the late Herbert Hancock (June 2000). Loving mother of Dennis (and Riemke) of Georgetown, Terry (and Susan) of Georgetown and Ken (and Verna) of Mono. Loving grandmother of Timothy, Tanya, Michael, Kyle and Jonathan. Loving great grandmother of Jacob, Alayne, Carter, Adam, Colby and Anna. Also survived by sister Della (Norton) Restoule Ontario. Predeceased by brothers Tom Poole of Lambeth and Bernard Poole of Hamilton. Catharine was born and raised in Delaware twp, Middlesex and was a long time resident of Glen Williams till moving to Mississauga in 1979. In 2006 she returned to the seniors residence Durham Street, Georgetown. She was always interested in baseball and was the founder of the woman's Glen Williams baseball league and was a pioneer of the sport which is still expanding to all small towns as she envisioned it. Later she became an avid fan of the Toronto Blue Jays. Catharine had been an active member of the Rebekah Lodge since 1951 serving in Georgetown and Oakville as Noble Grand. She also served as District Deputy President of the Toronto District. Continuing in Fraternal Work and a Past President L.A.P.M. of Ontario. Interment at Meadowvale Cemetery 7732 Chinguacousy Road, Brampton. Memorial Service to be held at a later date.

EYRE, Bruce

Peacefully at University Hospital, London on Sunday January 8th, 2012 in his 71st year. Beloved husband of Pamela Eyre (nee Turnbull). Dear father of Darryl Eyre (Mary) of Mossley and Dean Eyre (Cathy) of Aylmer. Loving papa of Connor, Mason, Ethan and Kaitlynn. Beloved son of Stan and Muriel Eyre (deceased) of Norval. Brother of Murray (Elizabeth) of Simcoe, Tom (Terri) of Mississauga and Betty Anne East (Jim) of Williamsford. Loving son-in-law of Edna and the late Jim Turnbull of Georgetown. Bruce will be remembered for his contribution to his community as a Charter and Life member of Belmont Optimist Club and owner of Belmont T.V. for over 35 years. Special thanks to Dr. Paul Adams and Transplant Team, as well as Dr. Alex Bohdanowicz and staff of Dorchester for all their loving support and care for more than 20 years. Cremation has taken place. A celebration of Bruce's life will take place at Dorchester Legion 1227 Donneybrook Drive, Dorchester on Saturday January 21st from 1-4 (Eulogies at 2:00 pm). Donations to the Multi-Organ Transplant Program, University Campus would be appreciated, and may be made through London Cremation Services 519-672-0459 or online at www.londoncremation.com

EAGLES, Marilyn Marie

Longtime faithful employee of the Royal Bank

Peacefully at Bethell House Hospice in Inglewood on Friday, January 13th, 2012. Marilyn Watson of Orton, age 70 years. Beloved wife of Ron Eagles for 50 years. Loving mother of Lynn Wallace and her husband Stephen of Brampton and Karen Eagles and her fiancé Bob Collins of Hillsburgh. Cherished grandma and nana of Tim, Peter and Teagan. Dear sister of Wayne Watson (Myrtle Ann) of Ripley and Dennis Watson (Lynne) of Erin. Predeceased by sister Barb McKenzie and her parents Peter and Mary Watson. Marilyn will be sadly missed by her nieces, nephews, extended family and friends. A Memorial Service will take place at The Butcher Family Funeral Home, 5399 Main Street, South, Erin on Thursday, January 19th, 2012 at 2:00 pm with Rev. Wayne Maddock officiating. Visitation on Wednesday from 2-4 and 7-9 pm. If desired, donations to the Orton Community Association or the charity of your choice would be appreciated as expressions of sympathy.



Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.

Forever in our Hearts,
Lori, Jamie and Jenna

CARDS OF THANKS

THE family of the late Fred Nicholl would like to send a sincere thank you to the many people who helped in any way at this difficult time, special thank you to Jones Funeral Home for their wonderful care and Kelly Thomson for her special service. Thanks again.

Eleanor, Perry, Glenda, Mike and Michael

ACRI, Rosanna

The family of pianist, Rosanna Acri, sadly announces her passing at Georgetown Hospital with family at her side on January 13th, 2012, after a courageous battle with cancer, in her 55th year. Rosanna Mary Peluso, loving wife of Patrick Acri and dear mother of Andrea and William all of Acton. Daughter of Filomena and the late Giuseppe Peluso of Brampton. Sister of Maria Peluso and her husband Everett Price, Dominic and his wife Maria Peluso and sister-in-law, Maryellen Colucchio. Dear aunt of Sabrina, Joseph, John, Adam and Natalie. Rosanna will be remembered as an accomplished concert pianist, cantor, church organist, piano teacher and fine artist. Family will receive friends at the Blue Springs Funeral Home, Acton, Sunday and Monday from 2 to 4 and 7 to 9 pm with Parish Prayers at 9, Monday evening. Mass of Christian Burial will be held at St. Joseph, Patron of Canada, Roman Catholic Church, Acton, on Tuesday, January 17th, 2012, at 11 am followed by a reception in the parish hall. For those that may not be able to travel to the mass, a grave-side service will be held at Mount Hope Cemetery, Toronto, at 3 pm. In lieu of flowers, remembrances may be made to Saint Elizabeth Health Care Foundation at (905) 940-9655 ext. 6516 through Blue Springs Funeral Home.com, 12 Church Street, East, Acton, L7J1K4 519-853-2399.

BASSETT, Bernard Robb "Bernie"
1946 - 2012

Passed away peacefully, in Georgetown, on Friday January 13th, 2012. Loved father of Brandon and Krysta (David Bryce). Proud Granddad of Brooklynn. Beloved son of Bernard and Lavinia Bassett and brother of Kate Bassett (David Templeton) and Brian (Elizabeth). Bernie will be sadly missed by his nieces, nephews, extended family and friends. A special thank you to his dear friend Christine Kaczynski. Bernie was a dedicated elder of Knox Presbyterian Church in Georgetown. Cremation has taken place and a private family memorial will be held. In lieu of flowers, contributions to the Arthritis Society would be appreciated. Arrangements entrusted to the J.S. Jones & Son Funeral Home, Georgetown 905-877-3631. To send expressions of sympathy visit www.jsjonesandsonfuneralhome.com

IN MEMORIAM**EYRE, Bruce Stanley**

Beloved husband of Pamela (nee Turnbull) died January 8th, 2012 at London University Hospital. We love you very much Bruce and shall miss you.

Your other Mom, Edna
and Gloria, Glenn, Dale and Kim

In Memory of
Mark Anthony Mockler
January 16th, 2011

When those we love have left this earth,
we still can feel them near.
We'll see a picture, hear a song,
and it's just like they are here.
And when we call upon our faith,
when we believe and trust,
We know the ones we care about
are always close to us.

Williams Mill unveils Art Instructors' Showcase

Art Instructors Showcase, a new collection of pieces by resident Williams Mill artists and renowned professional artists, is now showing at the Williams Mill Gallery until Jan. 31.

The Opening Celebration will be held Saturday, Jan. 21, from 1-4 p.m. where residents can meet with the artists.

These talented artists form the roster of art instructors that will be teaching arts education programs for adults in the new Arts Education Centre, starting this month.

Come to the Williams Mill Gallery to see the

artworks of: Lori Cockburn, Gabrielle Fischer-Horvath, Laurie Lemelein, Marlene Madole, Carol-Ann Michaelson, Zsuzsa Monostory, Tina Newlove, Katie Newton, Marg Peter, Sheri Tena-glia and Gwen Tooth.

The exhibit features artwork in a variety of mediums including pottery, ceramics, watercolour, pastel, abstract, collage and acrylic paintings, body casting, embroidery and jewellery.

The Williams Mill Gallery is open from 12-5 p.m. Friday, Saturday and Sunday. Visitors to the Williams Mill Gallery may register for art classes and work-



shops. The Williams Mill Visual Arts Centre is offering a broad range of arts education including classes and workshops on: pottery, body casting, art therapy, ceramics, watercolour, collage, acrylics, pastel, life drawing, embroidery, jewellery, abstraction, drawing fundamentals, on location painting and drawing, and printmaking. Registration is now open for adults ages 18 and older, and anyone interested may register online at www.williamsmill.com or in person at the Williams Mill Gallery.

HHAAC experience has impact on columnist

One concern I had when I joined the HHAAC (Halton Hills Accessibility Advisory Committee) was whether I could step outside my personal experiences with vision loss and look at issues from the perspective of a person with a different disability.

I don't know what daily challenges I'd face if I were in a wheelchair, for instance. What social barriers does a person with mental or developmental disabilities face? What issues are important to someone who has to have kidney dialysis?

Being involved with the HHAAC has opened my eyes, so to speak, about my fellow citizens within the disabled community. It strengthened my ability to be empathetic and allowed me to see things from other people's



perspective more readily. It helps me to deal with my own disability by realizing that not only am I not alone in my struggles, but rather, that there are thousands of people in Ontario and across Canada, living with disability.

It is not that I intellectually did not already realize this, but a group like the HHAAC, with a cross-section of the disabled community forming its membership, acted to solidify this notion.

It is one thing to be a member of the CNIB, The Canadian Hearing Society, The Canadian Paraplegic Association, or other groups which focuses on specific disabilities and related issues, but there is much to be gained when all these diverse interests intersect in one group and focus on the issue of equality of access.

Another by product of this has made me more receptive to news and issues that do not specifically affect me. Naturally I gravitate to my safe zone of vision loss, but more often my ears perk up and my interest is captured by news of issues impacting other disabilities. Next month I will highlight a recent example of this.

Andrew Tutty is a member of the Halton Hills Accessibility Advisory Committee

TOPS hosts January Open Houses to aid those seeking weight loss

New Year's resolutions are often made with good intentions, but they can be difficult to maintain. But TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, offers some "Ps & Qs".

The "Ps"

- Plan. Create a plan. Will you eat fewer sweets or consume more whole grains? It's important to understand, in advance, how you will reach your healthy goals.

- Portions. It's essential to be aware of portion sizes. A cup of food is approximately the size of a cupped hand, a half cup is about the size of a fist, and a serving of meat is roughly the size of a deck of cards.

- Push and Pass. Try to leave a small amount of food on your plate as you "push away" from the table at the end of a meal. Stand up, put



the food in the trash, and leave the table. Pass on potato chips, pastries, and more.

- Partners. Having a fitness partner can help you stay on track. Consider attending a local TOPS chapter meeting in your area, where support abounds.

The "Qs"

- Quick. There is no quick fix when it comes to weight loss. Work slowly and make lifestyle changes as you go along.

- Quiz. Quiz yourself frequently. Am I exercising on a regular

basis? Do I keep a food journal to track what I am eating? This will keep you accountable and mindful of the choices you make.

- Quit. Quit knocking yourself down. There are times when you may overindulge, but it shouldn't be discouraging. Stay motivated and continue with your plan.

- Quiet. Make time for some peace and quiet in a busy schedule. It's important to spend a few minutes alone periodically. This will give you time to recharge.

Don't miss the January TOPS Open Houses:

- Georgetown: Tuesday, January 17, 7:30 p.m. at St. Andrews United Church, 89 Mountainview Rd. S. Info: 905-877-6737.

- Acton: Monday, January 23, 6:30 p.m. at St. Joseph Church, 64 Church St. Info: 519-853-1019.