

Acton Legion to play winter horseshoes on Sunday

By **SHARON A. GRAHAM**
Acton Legion

If you are not doing anything on February 12th why not come to the branch. This is a great day of fun outdoors with the winter horseshoe players. It is played with oven mitts, so why not come out and cheer them on. Also they are looking for any donations of firewood for the pits if you can help them out. You can get hold of Keith Andrews at the branch and he will let you know where the firewood goes.

Last weekend there was a seminar for all Zone B7 legion members to attend. It was very good and filled with knowledge.

Are you planning a wedding this year? Why not have an outdoor wedding at the branch right by Fairy Lake then have

your reception in the Gord McCutcheon Hall? It seats 300 people. Also if you are planning a party, then you can come out and look into the games room. It is a good size for birthday parties as well as a stag and doe. If you are interested please call the Office and speak to Carl Fisker at 519-853-0910 for availability information or drop by the branch and complete and sign a printed application.

You will need to know the date of the intended function. A deposit is required with your application to ensure your booking.

Our next general meeting is on February 13 at 8 p.m. Please mark your calendar.

Recently held was the zone euchre and our branch had six teams playing. Our branch has

two teams that are moving on to district. Congratulations to all the members.

Remember if you have nothing to do on a Thursday why not come for a game of euchre. Meet new friends and even chat with old friends. It is a great afternoon. Cards start at 1:30 p.m. and end at 3:45 p.m. Hope to see you there.

Ladies Auxiliary notes
By **Peggy Harris, president**

Congratulations to Sherri Thompson, Marg Bromby, Carol Levy and Kim Young who came in third place and Susan Poulsen, Peggy Harris, Norma Titus and Gail Gibson who came in fourth place in the Qualifying Round of Darts this passed Saturday. Both teams will be going to Dundas in April.

Georgetown Legion Ladies to host Open Mixed Darts on Friday

By **JANET MALLOY**
Georgetown Legion Ladies Auxiliary

Great job done Comrade Michelle with the Elimination Night held recently. Full house and fun was had by all!

Our general meeting in February is Thursday, February 16th at 7:30 p.m. We have

a few new initiations so let us show them a warm welcome!

Friday, Feb. 10th is Open Mixed Darts upstairs in our banquet hall. Everyone is welcome, bring a team of four, cost is \$5/team. Register at 7 p.m.; play begins at 7:30 p.m.

Upcoming events

March 17: St. Patrick's Din-

ner & Dance with DJ Tony Hulme. Cost is \$20 per person

Gentle reminder Comrades that our upcoming Annual Elections will be on Thursday April 19th at 7 p.m.

To our Comrades who are under the weather and or our shut-ins, we think of you fondly and wish you well.

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• Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M.
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Meryl DaCosta B.Sc. (P.T.), B.Sc.(KIN)
Registered Physiotherapist, Clinic Manager
www.erosaphysio.com

Q: I have had some tingling in my hands, worse when I wake up in the morning, is it carpal tunnel syndrome?

A: The Carpal Tunnel is a narrow tunnel in the wrist which houses the median nerve and muscle tendons. The median nerve controls sensation to the palm side of the hand. Occasionally the tunnel can become narrow as a result of swelling of the tendons and irritation of the median nerve. This can result in pain, weakness and or numbness in the hand and the wrist.

The symptoms of carpal tunnel include burning, tingling and numbness in the palm of the hand, especially the thumb, index and middle fingers. The symptoms are felt mainly at night initially as most of us sleep with our wrists flexed and can progress to tingling and weakness during the day as well as a lack of grip strength. Muscle wasting or atrophy of the hand muscles can also be a result in more chronic and untreated cases.

Conservative treatment of carpal tunnel would include mobilization of any joints in the wrist and hand that may be stiff, stretching and massage of muscles that may be causing compression of the carpal tunnel and strengthening exercises to re-establish any strength losses may be utilized. Modalities such as a TENS or acupuncture can also be helpful for decreasing any pain. Your doctor or physiotherapist may also recommend the use of a night splints to decrease symptoms at night time and should also provide you with education on which activities you should avoid to decrease your symptoms. Diagnosis of carpal tunnel syndrome is made using a physical exam where sensation, strength and flexibility of the upper extremity is examined, other tests that can be utilized to aid in confirmation include

X-rays (especially if trauma is in the history) and Nerve Conduction studies.