

# Education program on cancer being offered to the public

An education program for the public on cancer and its treatment is being presented by local units of the Canadian Cancer Society.

The "Living With Cancer Education Program" is a series of six presentations. Physicians, nurses and pharmacists and other local experts will talk on topics vital to people with cancer and their families or friends.

Volunteers of the Acton, Georgetown, Milton and Oakville Units of the Canadian Cancer Society have combined their efforts to bring this project to North Halton. The program was designed and made available by Ontario Division,

The program will run from April 4 to May 9, 1990 every Wednesday evening from 7 p.m. to 9 p.m. at the Milton Unit of the Canadian Cancer Society. The location is at 751 Main Street East, Milton, upstairs (next to

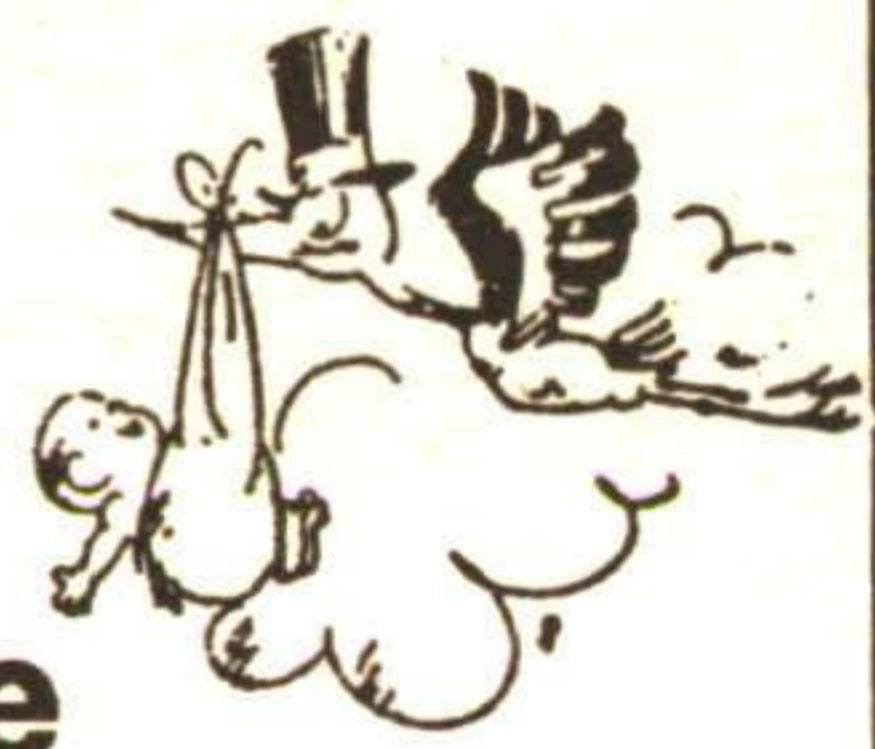
## Bridge winners

The winners for duplicate bridge at the Legion on Monday afternoon, March 5, were: Group 1, Blayne Hillock and Karol Tobiasz; Group 2, Rene March and Norman Maynard; Group 3, Judy Rivers and Mike Lorusso; Group 4, Alice Walker and Agnes McCarthy.

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the Bunsmaster building).

Pre-registration is requested by phoning 878-5228 or 877-1124 (if no one is available, leave a message and we will get back to you). The sessions are open to all and attendance may be at all six evenings or selected according to need or interest. Admission is free and refreshments will be served.

The following is a schedule of topics covered and speakers scheduled:

Session No. 1: *Cancer cause, prevention, prevalence and detection.* Speaker: Dr. Mary Rudyk, Internist, Milton. *Community Resources Home Care Program.* Speaker: Brenda Foster, Home Care Case Manager, Halton Home Care Program.

Session No. 2: *Cancer Treatment—Radiotherapy.* Speaker: Dr. Charles Cotton, Radiologist, Princess Margaret Hospital.

Session No. 3: *Cancer Treatment—Chemotherapy, Symptom*

*Control and Pain Management.* Speakers: Rosemary Bland, R.N., B.S.C.N., Oncology Nurse, Joseph Brant Memorial Hospital and Vivian Lucas, R.N., M.S.C.N., Sheridan College.

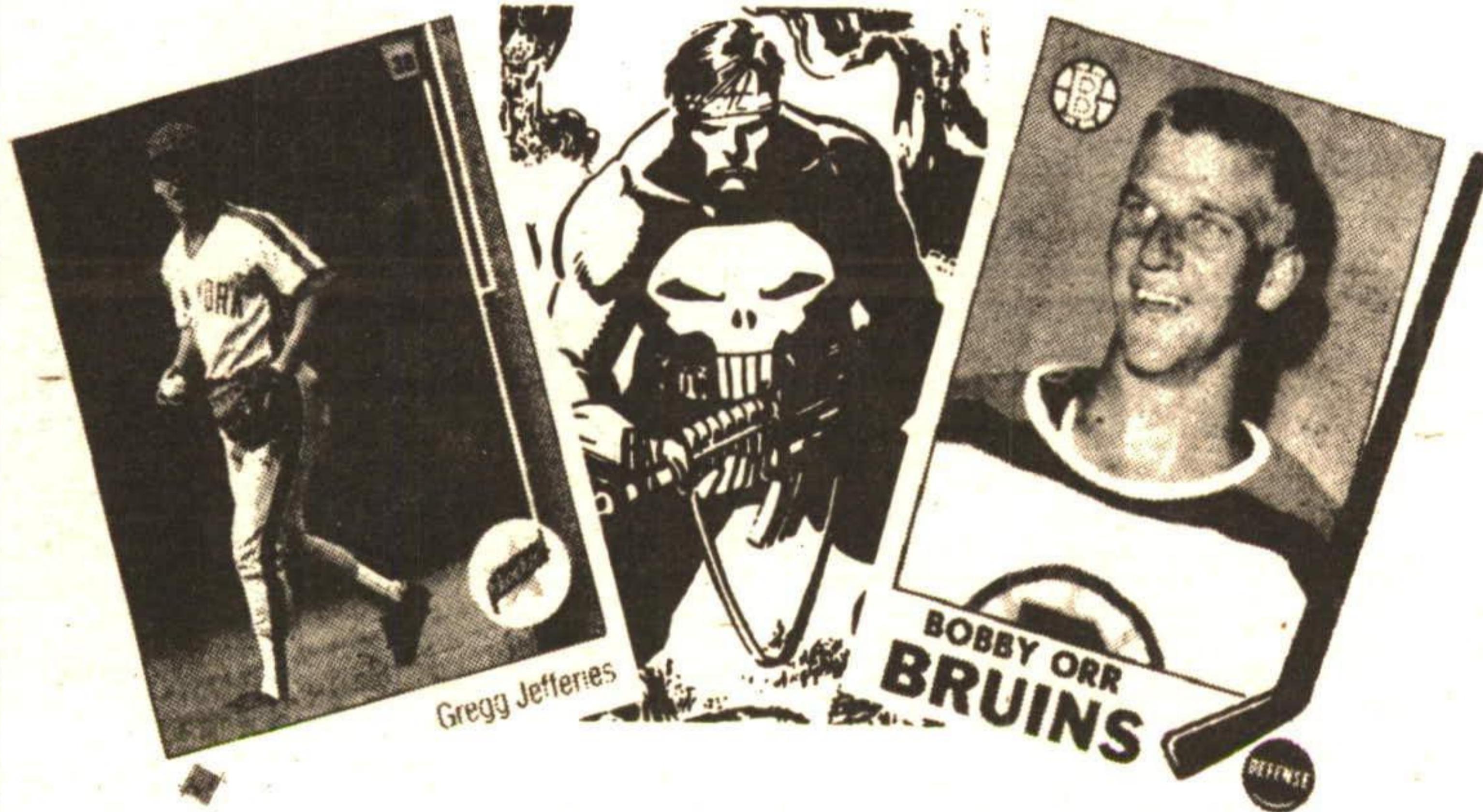
Session No. 4: *Cancer Prevention and Symptom Control.* Speakers: Valerie Poulous, Nutritionist, Canadian Cancer Society and Zak Patel, B.S.C., P.H.M., Pharmacist, Milton.

Session No. 5: *Legal Issues.* Speaker: Miss Sharon Presse, R.N., L.L.B., Barrister and Solicitor, Milton. *Counselling and Support Services, Stress Management.* Speaker: Anne Hampson, M. Ed., Counselor.

Session No. 6: *Spirituality.* Speaker: Rev. Bob Hyde, St. Paul's United Church minister, Main Street, Milton. *Resources of the Cancer Society.* Speaker: Carol Kerr, Campaign Director, Canadian Cancer Society.

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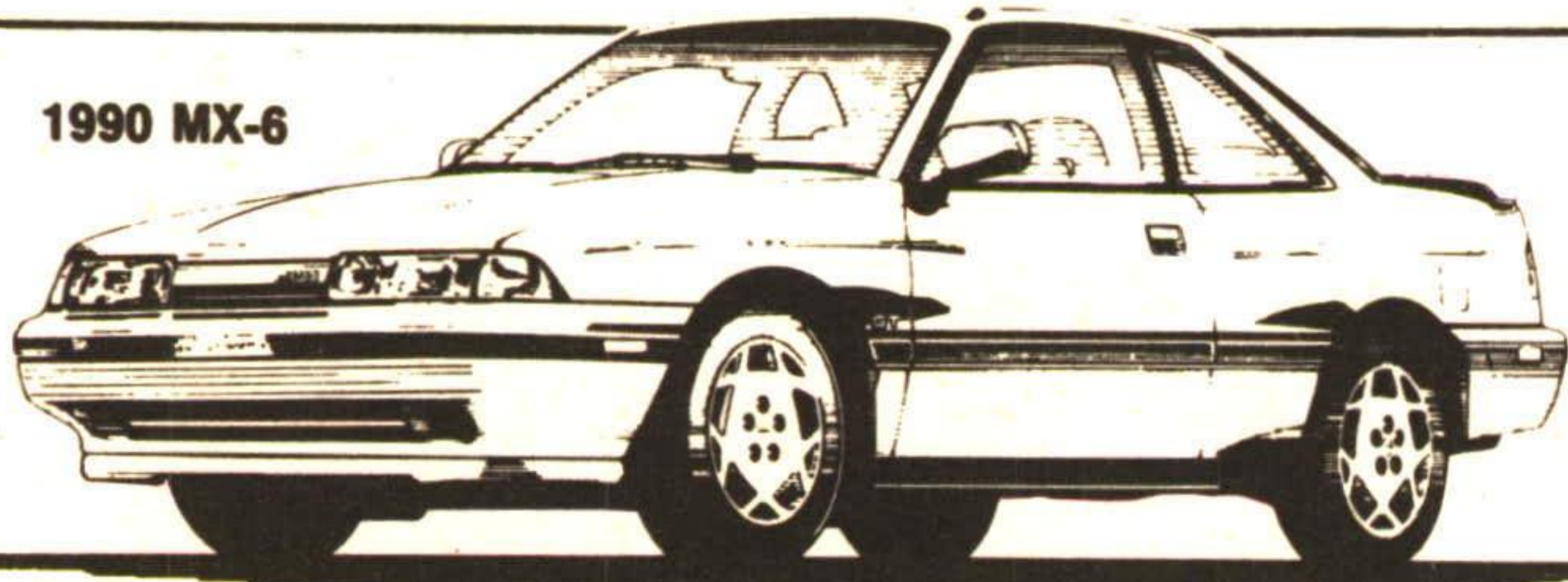
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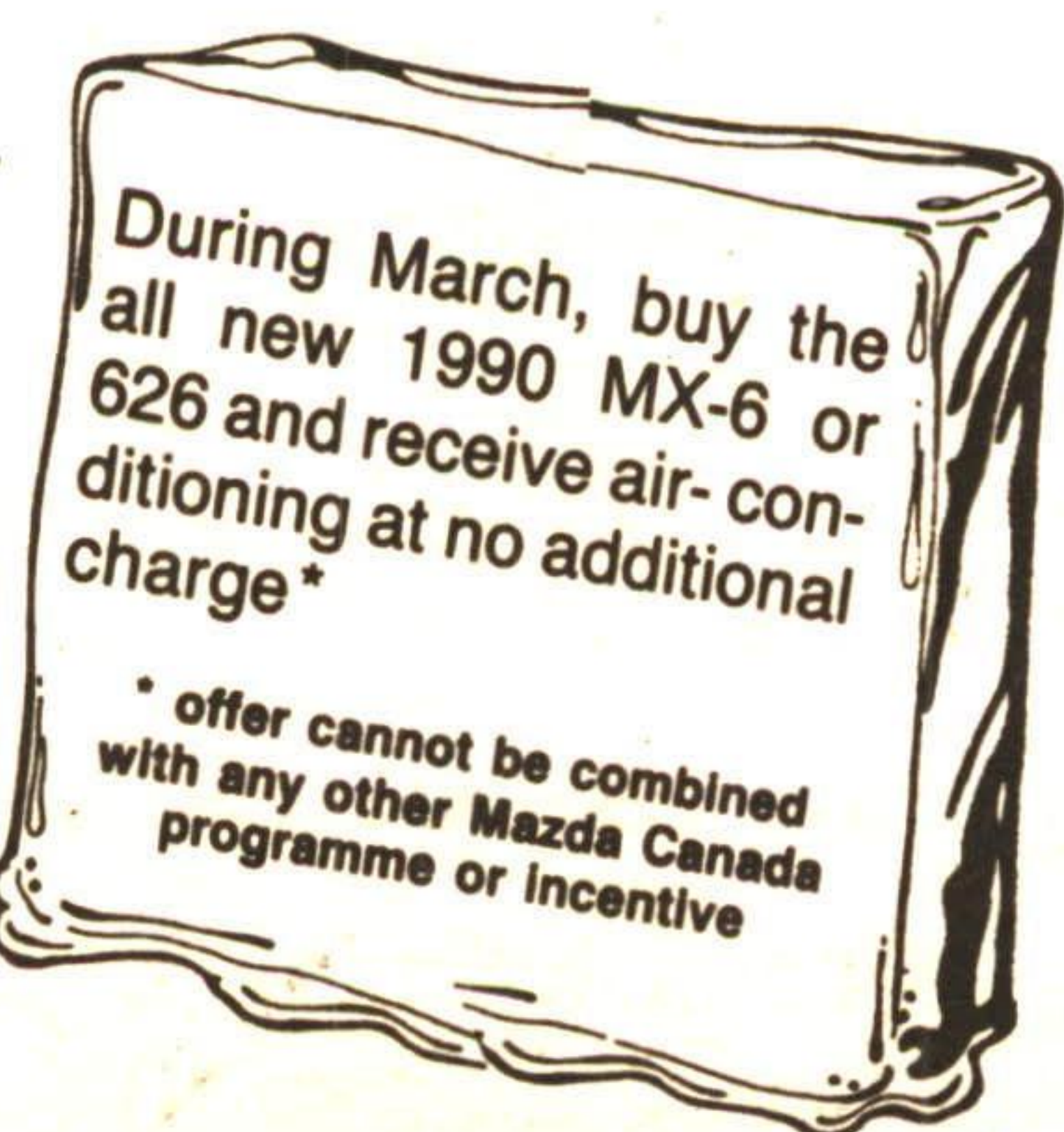
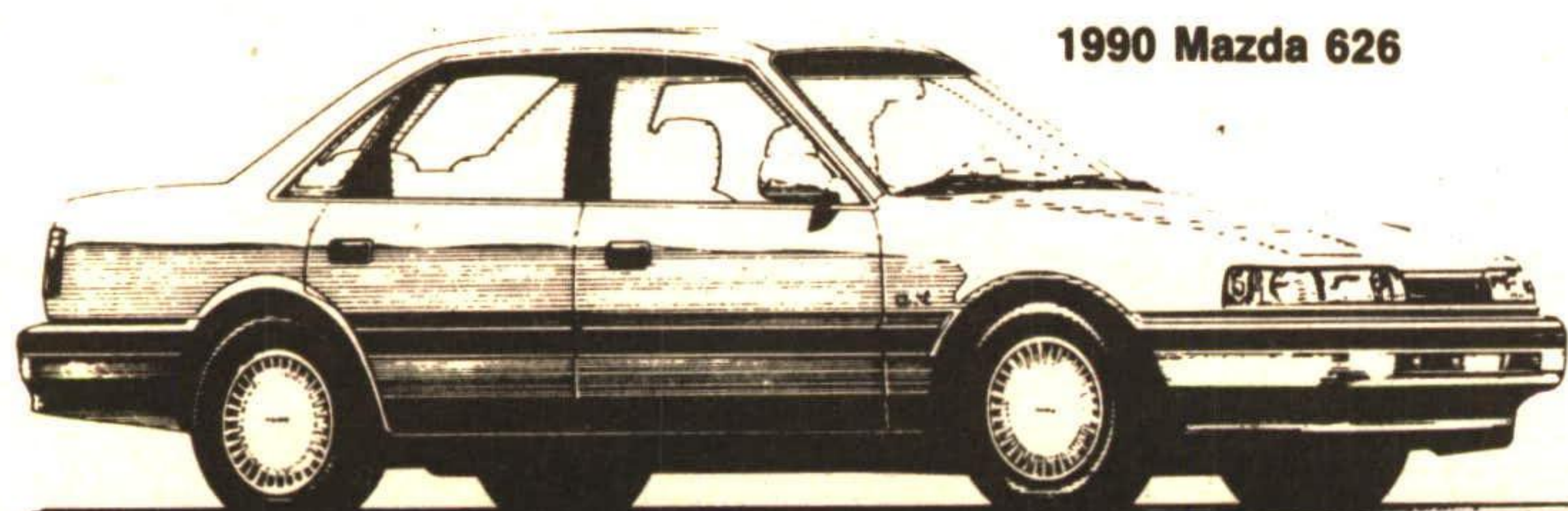
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## LEN TUITMAN AND STAFF PRESENT FERNS

Graceful and elegant ferns are considered one of the oldest houseplants. They have a long and interesting history. They were at one time a rare, exotic and expensive plant. The reason: in Victorian times they were not able to reproduce them in large quantities and they were a difficult plant to grow as a houseplant. However, the introduction of the Wardian case which is a small indoor greenhouse or terrarium, solved many of these problems. Since then ferns have continued to adorn homes with their graceful fronds.

Today, we do not tend to grow such houseplants in terrariums. We like to enjoy them sitting on a plant stand or hanging from the ceiling. Ferns can be grown successfully this way when special attention is given to its cultural requirements. Ferns thrive in bright light with little or no direct sunlight, an east window is ideal. Keep the plant moist at all times but not "soggy" wet and high humidity around the plant. Failing to meet these requirements usually leads to the fronds turning yellow, then brown and dropping off. Dry air, too much light, and water on the foliage are the most common causes of brown fronds. When grown in the proper environment, ferns grow fairly quickly and will require transplanting into a larger pot or divided and potted up to make new plants. To divide a fern - remove it from its pot and pry it into many smaller parts with each part having some roots and soil attached to it. Repot each section in a smaller pot, water well and set in a shaded area until new growth develops.

Each week Christine Cole of Tuitman's Garden Centre and Landscaping, Highway 25, 1 mile south of Acton, 853-2480, will be presenting helpful tips and information to assist you in creating your garden showplace!

## Your Week Ahead Horoscope

- ARIES**  
Mar. 21-Apr. 19  
Aggressive activity in organizational affairs puts you in the role of leader. Friends encourage you to reach farther.
- TAURUS**  
Apr. 20-May 20  
A professional power struggle seems to put a sharp edge in relationships. Evaluate these minor disruptions to determine their true importance.
- GEMINI**  
May 21-June 20  
Be considerate of the needs of those close to you. There may be some travel in pursuit of a "cause".
- CANCER**  
June 21-July 22  
Be alert to the possibility of a long term investment rather than an overnight gain. The risk element is there.
- LEO**  
July 23-Aug. 22  
Aspects indicate a stimulating period in partnership affairs. Resist the tendency to reach too far for the coveted prize.
- VIRGO**  
Aug. 23-Sept. 22  
The friendly camaraderie at work goes a long way in getting through some difficult assignments. Handle with care.
- LIBRA**  
Sept. 23-Oct. 22  
Your emotional nature is apt to guide you through some pleasurable experiences. A romantic overture is much to your liking.
- SCORPIO**  
Oct. 23-Nov. 21  
Now is the time to consider making necessary improvements in domestic surroundings. A major decision must be made.
- SAGITTARIUS**  
Nov. 22-Dec. 21  
While the financial picture may seem very restrictive, your positive mental approach to pesky problems puts you in the driver's seat.
- CAPRICORN**  
Dec. 22-Jan. 19  
Beauty is in the eye of the beholder. If it pleases you, make it your own. Assets are increased.
- AQUARIUS**  
Jan. 20-Feb. 18  
Be aware that you do have a dominant personality. Adopt a softer attitude in dealing with others, or you'll scare everyone away.
- PISCES**  
Feb. 19-Mar. 20  
Be discreet in confronting one who comes forth from out of the past. This could be the start of something wonderful.



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