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## COMMUNITY

# Acton's HALC sets date of its Annual General Meeting

By Julie Conroy

Hillsview Active Living Centre-Acton

Well it's nice to be home after a two-week stay in Cuba with 34 other members and friends. Fifteen were away for one week and the remainder away for two. We arrived home on the coldest night of the year, which was a reality check after the above normal weather we had experienced before going away.

Now everyone is saying Where are we going next year?

On Tuesday, Feb. 17 there was a Committee Information Tea, which was well attended. The reason for the Tea was to inform interested members on how the various Board chairs and committees work together. Hopefully it took away some of the mystery when taking on one of the Board chairs or committee positions involved. We offer mentoring and training for positions and all volunteer roles.

On April 5, we will be holding our Annual General Meeting and at this meeting we will be filling several board positions. We are currently seeking three positions for the Board: Travel, Social and Funding. Please plan to attend this meeting.

Watch for the agenda and nominating forms. If you are unable to attend, there will be proxy votes available. If a member

# HILLSVIEW Active Living Centre

of the nominating committee approaches you, please take time to consider their request.

On Tuesday, Feb. 17, there was another fun social evening 67 people enjoyed Swiss Chalet chicken and danced to Norm Mason.

Roberta Thompson had the only moon-er on Feb. 11.

The Men's Breakfast will be on Tuesday, Feb. 23 with a guest speaker Beth Paisley. Beth will be talking about her role with Acton's B.I.A.

On Tuesday, Feb. 23, the third nutrition session will be The Best and Worst Food to Eat for your Heart. Its focus is on the dietary approach to managing high blood pressure and high cholesterol.

Valentine's Day has passed but there is still time to purchase a ticket to win the lovely Romance basket. The winner's name will be drawn at the end of the month.

There was no 50/50 winner last Friday. The total next Friday should be around \$180.

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## Become Suicide Alert at Feb. 25 workshop

Suicide alertness is for everyone learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources at a special upcoming workshop.

SafeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth, teachers and law enforcement. Anyone, who

wants to be a suicide alert helper. This three-hour training can help you make a difference.

SafeTALK will be held on Thursday, Feb. 25, 7-10 p.m. in the Georgetown Police Station Community Room, 217 Guelph St. Cost: \$10 per person (for materials).

Please e-mail Gail at [dcnhalton@bellnet.ca](mailto:dcnhalton@bellnet.ca) to secure your spot.

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