

NOTICE OF PUBLIC MEETING

By-law to Change the Size and Composition of Halton Regional Council

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Dated at the Town of Oakville, July 21, 2016
Karyn Bennett, Regional Clerk,
Director of Council Services

Practise water conservation this summer

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Meetings at Halton Region - ;; 5; Bront R ., O v . st halton.ca/meetings or u s u .

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Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

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Local author wants to share mother's message to Love, Care and Share

By Nelia Raposo
Special to The IFP

Local author Tom Herstad is launching his new book Love, Care and Share on July 31 at Carter Farm in Norval.

The self-published book is mostly about Margie Herstad a Canadian mother of four who becomes a widow at 38 but it is also a guide to living a better life.

I wrote this book after realizing how much negativity and division there is in this world. I wanted to respect and honour my mother as well as shed some light, Herstad said.

He was 12 years old when his father died of a heart attack. His dad was 42.

Deep losses affected us all and Mom in particular like a phoenix rising from the ashes, Mom fought her demons through sheer will power, all the while with an open heart, helping others. Many readers have had a profound experience understanding the messages throughout the stories, he said.

He grew up in Mississauga but has lived in Halton Hills for 15 years. He also runs a lighting business in the area.

In my life when I am having a difficult time, it is then that I go and focus on others. By helping others we take the focus off ourselves. This book will do many things including helping others, Herstad said.

After his mom died, he and his sisters

talked about writing a book to share her story and her lessons. The result is a 142-page book that begs to be read in one sitting.

The book's title is a reflection of his mother's loving, caring and sharing nature; he wants to share her way with anyone and everyone who might listen.

It became clear that a book was destined to happen after finding himself on an airplane next to book editor Tanya Freedman not once but twice and then discovering that she shares his mother's birthday. This is what his mother would call a God-incidence instead of coincidence.

According to the publishers, Herstad shares his deepest feelings about his childhood, adolescence, his family, and his lessons learned in this book.

He humbly and lovingly shares how much his wonderful spiritual mother, Margie, has impacted him and his life. His uplifting, warm and easy to read writing style, invites the reader to look deeper inside, and at the world.

Enjoy Refreshments and a chance to win three prizes of \$50 Amazon/Indigo gift cards at the celebration of this new book on Sunday, July 31, from 2-4 p.m. at Carter Farm, 9880 Winston Churchill Blvd., Norval. For more information about the book, or to buy it, visit www.tomherstadbook.com



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Dr. Caroline Teske & Associates - Optometrists

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