

GRAPEVINE

FREE FALL PREVENTION

A series of free exercise and fall prevention classes for seniors is running at the Dufferin Rural Heritage Centre in Prospect Park on Wednesday and Friday mornings.

The intermediate drop-in class is suitable for those who want to increase flexibility and includes a range of motion activities for the upper and lower extremities. It runs from 9 to 10 a.m.

The 12-week Falls Prevention class requires pre-registration and includes instruction on preventing and managing falls, pre-and-post evaluation, education and exercise. It runs from 10 to 11 a.m. Call 1-877-696-1620 to register.

The advanced exercise class is also a drop-in from 11 a.m. to noon, focusing on strengthening the upper and lower extremities to improve overall function and reverse muscle loss associated with aging.

All three classes are offered at no cost by the Mississauga-Halton LHIN and are designed to improve function and mobility, reduce the risk of osteoporosis and improve quality of life.

FEMALE NETMINDERS NEEDED

While there are still approximately 10 spots to fill in the Acton Ladies Hockey League roster for the next season - they really need goalies.

Registration is underway for the four-team 30-plus ladies league (19+ for goalies) that plays Friday nights at Acton arena. For details call Kristi at 519-853-2906 or email kristihayward12@gmail.com

CAPSULE REVEAL

A Time Capsule will be opened at the Civic Centre on August 26, revealing artifacts sealed away 25 years ago to commemorate the opening of the Georgetown municipal HQ.

GIVE THE GIFT

Want to help save lives? Donate blood at the Monday, July 21 blood donor clinic at the Acton arena.

The Canadian Blood Services Clinic runs from 4 to 8 p.m. Don't want to wait at the clinic? Call 1-888-236-6273 to book an appointment.

ELLIS PASSES

Many former Acton High grads and others were shocked by the sudden death of former

teacher Ken Ellis. He taught at the school in the 1970s and 80s, and retired approximately 14 years ago. Ellis was known for his physical fitness and for being young at heart - a Facebook photo last week showed him exercising.

A LITTLE PREVIOUS

Ever eager for a good deal, Grapevine was one week too early with the fifth anniversary sale at the Acton Salvation Army Thrift Shop.

The sale - featuring specials, cake, early bird coupons and a sidewalk sale, is this Saturday, July 19, from 10 a.m. to 5 p.m.

CAMP LIST = BATHING SUIT AND TOWEL

Want to learn to snorkel, improve your lay-up, or cook like a chef? The Town is offering 27 programs for preschoolers to 16-year-olds this summer, including five camps at the Acton arena/community centre and Tiny Tykes programs at the Boathouse in Prospect Park.

Town staff provides a "safe and caring" environment - the preschool camp ratio is one leader to seven kids, and all others are one leader to 10 kids - and are well trained for First Aid, positive child management and how to have fun.

For details visit www.haltonhills.ca/recandparks or call 905-873-2601, ext.2275.

WHAT A GIFT

Tina Mandarino, the new owner of Acton's former Blooms Away Flower Shop has added "and Gifts" to the name of the business she is expanding after taking over two weeks ago - the grand opening is 1 p.m. on Saturday.

Mandarino, who dreamed of being a florist since she was 12, met and impressed the former Blooms Away owners while working in the floral department of a Georgetown food store. After a death in the owner's family, Mandarino said she was given the business assets and lease as a "gift."

"It's incredible. It's mind-blowing - it just doesn't happen," Mandarino said on Wednesday, adding she never would have been able to start a small business without the gift.

"I keep thinking, 'what's the catch?' But I've been in here two weeks and there's no catch," Mandarino said, adding she has new gift stock, and will continue to operate the Sears depot.



ANDREWS' TOP BUSINESS: Andrews' Scenic Acres was named Business of the Month for July by the Halton Hills Chamber of Commerce, recognizing its commitment to quality service, unique products and civic involvement. Chamber members Norm Paget (left), Steven Prestipino and Craig Wells (right) presented the award to Lauraine and Bert Andrews last Thursday. - Submitted photo

LETTERS



Thank-you from CASHh

To the Editor,

Cancer Assistance Services of Halton Hills (CASHh) would like to take this opportunity to express our sincere gratitude to the residents of Halton Hills for their generosity during our April "GIVE WHERE YOU LIVE" campaign.

Each year we count on the

residents of Halton Hills to help us help those living with cancer, and you didn't let us down. When our volunteers knocked on your door... you answered.

We are thrilled to announce that over \$108,000 was raised during our campaign.

Please know that all funds raised for CASHh remain in

Halton Hills. Thank you to all of our volunteers for their dedication to our campaign, and to all of the people who donated to our charity. We wish everyone a safe and enjoyable summer.

Sincerely,

Marilyn Inglis
Campaign & Publicity
Coordinator

HALTON 4H REPORT

By Ashley Lang

The 4H Halton goat club went on a road trip recently - first to family-owned Henrias Holsteins dairy farm in Conn, and then to Palister beef farms in Dundalk.

At the dairy farm, we learned how to separate the status of heifers and bulls using maternity or milking times. The heifers get white tags until they are pregnant, then

they get yellow ones.

The cattle stay inside - cleaner for fewer diseases and less chance of a coyote attack - and we learned basic milking tips like temperatures and storage. We saw automatic calf feeders work and how the milk is stored.

At the 3,900 acre beef farm, and on neighbouring rented land, the cropping program includes corn for silage, and hay for haylage. We heard

that in the fall, 98 per cent of the beef cattle go to butchery in Guelph, and in the spring the farmer buys approximately 1,000 calves.

We also learned there were so many black cattle at his farm because when cattle mate, they're not always the same breed and the calves are marbled. Sometimes, the farmers marble the calves on purpose because they prefer Angus beef to regular beef.