



BETHEL TALENT: Singer Emily Day and juggler Michael Feddema entertained a large crowd on Sunday for the God Talent show at Bethel Christian Reformed Church. – Ted Tyler photos

TOWN DIGEST

INSURANCE ACTIVITY

The Town faces potential exposure of \$132,481 from 20 pending insurance claims, and paid out \$65,390 last year for current and prior year claims. In an annual insurance claim activity report, Sandi Linsey, the Town's financial analyst and insurance co-ordinator said there were 63 claims filed against the Town last year and 54 of them were closed. There are nine open claims and 11 remaining open claims prior to 2012, covering four categories including auto, errors and omissions, general liability and property.

Last year there were 10 auto claims involving Town-operated vehicles and all claims were resolved with a payout of \$3,551. There is one claim still open, which was received prior to 2012. There was one claim – now closed – for errors or

omissions for third party claims for damage or financial loss arising from any actual or alleged wrong act by Town staff. The payout was \$12,341.

There were 51 claims under the general liability category which covers third party claims, like bodily injury claims relating to slips or falls or road maintenance, or property or vehicle damage claims. Forty-three of the claims have been resolved at a cost of \$102,492 leaving eight claims open from last year and eight open from claims prior to 2012. There is one claim open from last year and one still open from prior to 2012 with a total potential exposure of \$14,097.

The Town has a \$15,000 deductible except for auto that has a \$5,000 deductible.

NEW STAND ALONE AGGREGATE RULES

The public can comment on proposed stand alone aggregate related uses

legislation in Halton Hills at a March 5 meeting. A freeze on new stand alone aggregate related uses – asphalt plants, concrete production plants and aggregate transfer (storage) stations – expires April 2 when a one-year interim control bylaw lapses.

Recommendations by a consultant include deleting aggregate transfer stations from Mineral Aggregate Resources Zones, allowing concrete plants and transfer stations within employment areas of Acton and Georgetown, and allowing consideration of asphalt plants on a case-by-case basis in the Acton and Georgetown employment lands – in Acton, that's the industrial area on Commerce Crescent and on Highway 25 in the area of Superior Glove.

NEW ACCESSIBLE BUS

A new \$256,354, 30-foot low floor accessible

bus will join the Town's ActiVan fleet, which provides transit service to the elderly and disabled. On Tuesday, Town councillors accepted the only bid from City View Bus sales and Service for the new vehicle which will be a heavier model which staff said hopefully will mean fewer mechanical issues than the existing bus. And provide a "much better level of comfort and service," according to a staff report.

The new bus can carry 18 ambulatory passengers with six side flip seats. When all of the wheelchair positions are in use, there will be 12 ambulatory seats.

The bus was \$13,399 over budget, but that was reduced to \$2,192 by cutting a proposed pre-build inspection trip to California and by using \$8,661 from reserves. Seventy-five per cent of the cost will be covered by provincial gas tax funding.

Advertorial

Are you HOT?



NATURALLY SPEAKING
with
Louisa McCarley
RHN, ROHP/RNCP

This is not a quiz about your style and your confidence. No, I mean are you HOT, even in February when temperatures outside are minus something. Are you throwing the blankets off your bed in the middle of the night, only to pull them back on 5 or 10 minutes later? You may want to read the following article.

Hot Flashes, Night Sweats!

The 10 to 15 years leading up to menopause (one year without a period) are called peri-menopause. During this time, hormone fluctuations lead to sleepless nights, mood swings, irritability, headaches, brain fog, difficulty concentrating, hot flashes and intense night sweats, long before menopause arrives. But you don't have to suffer in silence or, like many women, turn to antidepressants, sleeping pills or bio-identical hormones.

MenoSense® contains natural herbal and nutritional compounds that will restore balance quickly, so you can bid a safe and simple farewell to hot flashes, night sweats and other symptoms that are making you miserable.

MenoSense® key ingredients:

- **Dong Quai** is used to reduce severity of hot flashes and to ease painful or excessive menstruation.
- **Chasteberry (Vitex)** helps normalize hormonal imbalances.
- **Black Cohosh** helps ease hot flashes, night sweats, hormonal headaches, heart palpitations, painful menstruation, vaginal dryness, sleep disturbances, irritability and loss of concentration.
- **Gamma-oryzanol** is used to improve mood and for the reduction of hot flashes.
- **Hesperidin** is a potent flavonoid, which has been shown to improve cardiovascular health, reduce night sweats, hot flashes, night time leg cramps and to reduce bruising.



Protein's role in your diet

Understanding protein's role in your diet

Fitness aficionados are increasingly reliant on protein to supplement their workouts to build lean muscle and, when eaten after a workout, aid in muscle recovery.

While protein is a valuable component of a healthy diet, many adults already get enough protein to meet their needs.

That's because protein can be found in so many different types of foods, including meat, poultry, fish, dry beans and peas; eggs, nuts and seeds; and milk and milk products. Some vegetables and fruits even provide some protein, though it's far less than other foods.

When examining protein as part of a person's diet, the sources

of protein are labelled according to how many essential amino acids they provide. Essential amino acids are those that the body cannot make on its own, so a person's diet must provide them.

A complete protein source is one that provides all of those essential amino acids. These sources are often referred to as high quality

proteins. Animal-based foods such as meat, poultry, fish, eggs, and cheese are considered complete protein sources.

An incomplete protein source is one that's low in one or more of the essential amino acids. However, two or more incomplete protein sources can be combined to meet the body's needs for essential amino acids.

WILLOW LANE
NATURAL FOODS
75 Mill St. E., Acton
519-853-3051

"Serving your health needs, Naturally, since 1977"