



ARCH APPEAL: The interior refurbishment at the Acton McDonald's should be wrapped up next week, and the major exterior work – a brand new corporate look – is also almost complete. – Marie Shadbolt photo

EWCS NEWS

News & Events
 New Dates for Foot Care Clinic. Foot care is an important part of your overall health. With each visit you receive a Foot Care assessment and professional recommendations as needed. The Advanced Nursing Foot Care Specialist can also provide fittings for medical compression stockings. Anyone with any of the following ailments should come to one of the clinics in the EWCS Seniors Centre in Centre 2000: diabetes, thick nails, corns and calluses, fissures, fungal nails, ingrown toenails, or just for general foot care and maintenance. Upcoming Clinic days are November 23, December 14, January 4, January 25, etc. Clinic operates on Wednesdays every 3 weeks ongoing. Cost is \$28 and appointments are required, call Sherri 519-833-9696.

The holidays are a busy time for Food Banks. EWCS strives to provide families in-need with a good Christmas through our Holiday Hamper program. Each year generous sponsors volunteer to provide the Christmas meal as well as presents for everyone in the family. We are currently looking for sponsor families. If you think you might be able to help a family in-need this Christmas, please contact Darci in Rockwood 519-856-2113. Donations of non-perishable canned goods and new unwrapped toys are also greatly appreciated now and throughout the year. Starting in November, EWCS will once again be offering one-on-one beginner computer classes. With funding from the CAP program, a student has been hired to work with members of the general public to teach basic computer skills. If you're looking for some guidance on emails,

windows, anti-virus, or any other programs, call the main office to make an appointment 519-833-9696 in Erin, Rockwood or Hillsburgh. Erin Firefighters will be holding their annual BBQ in support of the Food Bank on Nov 19 and 20 in front of Marc's Valu-Mart. Please come out and support the community. Book Ends is having a holiday sale. Stop in to the store in Erin during November and December for amazing deals on holiday and seasonal books as well as half price off all coffee table books which make great gifts. Book Ends also has gift certificates for sale for that hard-to-shop-for person on your list.

Tickets for the 2012 Fill Up Your Tanks Raffle are available in December. Our next year-long raffle will up the ante with weekly draws on top of the monthly draws. Tickets are still \$20 and make great gifts. Look for them on sale at EWCS offices, New to You stores and from our many volunteers. Gift Certificates are now available for our Rural Bus Program which goes to Guelph four days a week. You can buy one ride for \$10 or three for \$25. These would make great gifts or you can buy them for yourself because they're a deal. Schedule and more information is available at our office or online.

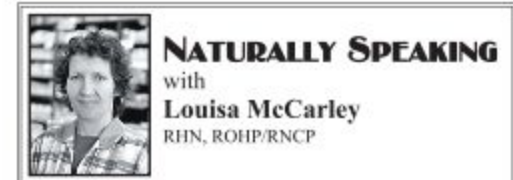
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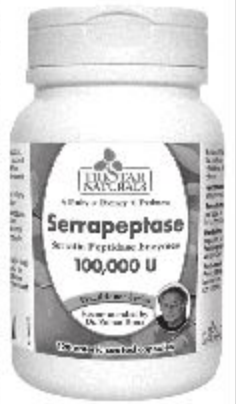


The following is an excerpt from an article written by Dr. Zoltan P. Rona, M.D., M.Sc. Please stop in for a copy, if you would like to read the whole article. Dr. Zoltan Rona practises Complimentary Medicine in Toronto and is the medical editor of "The Encyclopedia of Natural Healing". He has also published several Canadian best-selling books, including "Return to The Joy of Health" and "Vitamin D – The Sunshine Vitamin".

Conquer inflammation with Serrapeptase
 Dr. Zoltan P. Rona

Inflammation is the number one reason that an individual consults any health care practitioner. Arthritis, gastritis, colitis, dermatitis, nephritis, neuritis and cystitis are just some of the common inflammatory conditions that bring people to their doctors every day. Inflammation is now considered to be a more important risk factor for heart disease than high cholesterol levels. There are laboratory tests for inflammation that will indicate one's risk for heart disease, including ESR, hs – CRP and fibrinogen. All three tests indicate the presence of inflammation in the body. Doctors in Europe and Asia have been prescribing Serrapeptase in ever increasing frequency for just about every form of inflammation for at least the past 30 years. In the concentrated form of a tablet or capsule, Serrapeptase acts as an anti-inflammatory and a pain blocker similar to acetylsalicylic acid, ibuprofen and other NSAIDS. Aside from this very desirable property there is growing evidence that Serrapeptase inhibits the build up of plaque in the arteries. Thus it prevents arteriosclerosis, arterial blockages, strokes and heart attacks. Unlike acetylsalicylic acid, ibuprofen and other NSAIDS, Serrapeptase does not cause stomach ulcers or gastrointestinal tract bleeding. Is Serrapeptase safe? On a scale of one to one thousand with one being harmless and 1000 being highly toxic causing death, we have acetylsalicylic acid, ibuprofen and corticosteroids at close to 1000 while Serrapeptase is closer to one.

Of special interest is the fact that Serrapeptase does not interact with any prescription drug or nutritional supplement. There is some theoretical concern about people who use warfarin or other blood thinners while using Serrapeptase but, to date, no adverse reactions in this area have been reported. No deaths have ever been reported with the use of Serrapeptase but this has not been the case for acetylsalicylic acid and NSAIDS that annually kill thousands in Canada and the USA from their side effects. Even carbonated soft drinks are more toxic than Serrapeptase but the medical profession doesn't seem to be too concerned about that.



(References available on complete printed copy in store)

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