



By Cory Soal R.H.A.D.

... Lend Me Your Ears

MEDICATIONS CAN BE DANGEROUS TO YOUR HEARING!
Otoxicity is the term for medication that can be hazardous to your hearing health. If you presently take medication, be sure to ask your physician about possible effects on your hearing. Keep in mind that combinations of prescriptions increase the risk of ototoxicity. If you suspect your medication could be ototoxic, or develop a ringing in your ears, report this to your physician. For more information, please call.

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COMMUNITY CALENDAR theifp.ca

FRIDAY, NOVEMBER 25

Hungry Hollow Silvercreek Shoreline Cleanup: 10 a.m. at Hungry Hollow. Every year, tens of thousands of Canadians take action against shoreline litter by participating in the Great Canadian Shoreline Cleanup, an event jointly led by the Vancouver

Aquarium and WWE.

Rotary Club of Acton Wine & Cheese: 6:30-11 p.m. at the Acton Town Hall Centre. The Rotary Club of Acton invites you to its 18th-annual Wine & Cheese. \$45 per person, includes wine and cheese. Come out and enjoy a silent auction and listen to the

beautiful music of pianist of Jennifer Smele! You can also participate in a vintage wine tasting at a nominal additional cost. Tickets available at Halton Hills Furniture, Home Hardware and Acton Optical. Info: www.rotaryclubofacton.com

Walk to Bethlehem: 6:30-9 p.m. at Country Heritage Park. Milton and area Christian Churches Working Together presents its annual Walk to Bethlehem a wonderful enactment that highlights the entire Nativity Sea-

son done throughout Country Heritage Park with live performances, animals, and a hot drink when it's all said and done. This is an evening you won't want to miss and you can come back again and again, seeing how the performers envelop their roles. Info: www.countryheritage-park.com

SATURDAY, NOVEMBER 26

Huttonville Craft and Antique Show: today and tomorrow from 10 a.m.-4:30 p.m. at David Suzuki Secondary School, 45 Daviselm Dr., Brampton. Find the unique decoration, accessory, collectible and more. Enjoy locally baked fruit pie, butter tarts, apple dumplings, brownies, date squares, muffin, fresh made beef on a bun and meat pies. Admission is \$6.

St. Elias Church Christmas Market: 9 a.m.-3 p.m. at 10193 Heritage Rd., Brampton. Peruse crafts, gifts, gourmet cookie bar, ethnic garments and take-home food.

Montgomery Christmas:

9 a.m.-1 p.m. Four Church Bazaar's a Norval tradition - St. Paul's Anglican Church, Norval United Church, Norval Presbyterian Church, & St. Elias Ukrainian Catholic Church all provide lunch, bake tables, handmade crafts, candles, preserves and more. Enjoy the Norval United Church Brass Band, meet Anne of Green Gables, Santa & Mrs. Claus.

Norval United Christmas Bazaar: 9 a.m.-1 p.m. Peruse candy and bake tables, treasures and things, crafts, Cookie Walk, and a Farmers Market featuring mouthwatering meat pies, jams, jellies, and more. Our world-famous tea room will be serving lunch from 11 a.m.-1 p.m. For more details: 905-877-6122, www.norvalunited.ca

Huttonville United Church hosts its annual Christmas Bazaar from 9 a.m.-2 p.m. Located on Embleton Rd. just off Mississauga Rd. Bake table, lunch room, vendors, treasure room. Best lunch in town! All welcome.

Light Up The Hills: will be at the Georgetown Canadian Tire, Guelph St. today and Saturday, Dec. 10 from 9 a.m.-1 p.m. Please stop by to say hello and purchase your draw tickets for the 2016 Festival of Lights season. We have a variety of 13 prizes including four box seats at the Dec. 19 Anaheim Ducks

vs. Toronto Maple Leaf game, (\$2,000 value), a beautiful diamond cluster ring and a wide assortment of gift certificates. Tickets are \$5 each or 3 for \$10 and there is still plenty of time to get your ticket!

Welcome Home Children's Centre in Haiti: Doors open at 6:30 p.m. dinner starts at 7 p.m. at the Halton Hills Christian School Auditorium. \$25 per person. Families with children up to 18 years old is \$75. Children 5 and under are free. Parking is in the rear of the school. For tickets, call Camille at 905-873-9963 or Audrey at 905-877-0630.

Hillsview-Acton Christmas Fair & Tea Room: 11 a.m.-2 p.m. at the Acton Arena and Community Centre Hall, 415 Queen St. East, Acton. Enjoy the bake table, find some jewellery, books, Granny's Attic, games and toys, raffles, draws and more. Free admission and \$7 for lunch.

Georgetown Little Theatre Youth Co.: presents the Y1As Youth One Acts at the Studio at 33 Stewarttown Rd. Nov. 24-26 at 7:30 p.m. with a matinee on Sat. Nov 26 at 2 p.m. Cost per ticket is \$10. Phone 905-877-3422 to reserve your seat.

SUNDAY, NOVEMBER 27

Bruce Trail Halton Hills Chapter Hike: Pot Luck Picnic Hike at Hilton Falls. Medium Pace - moderate terrain, with some poor footing. Approximately 10 km, short-cuts available. Depart

at 10 a.m. from the Georgetown Market Place, south of the Medical Building. From there we will carpool to the parking area. Lunch stop at the scenic falls. This is a pot-luck picnic hike, please bring along something to share. Dress for the weather and bring plenty of water. Hike Leader: Pat Ferris 289-890-0111 pnferris@gmail.com

NOTICE OF PUBLIC MEETING

The Club at North Halton is hosting a public meeting to present its Annual Report on Class 9 pesticide use as required by Ontario Regulation 63/09 under the Pesticides Act.

The Annual Report summarizes the use of Class 9 pesticides used at the Club at North Halton in the 2016 season.

The meeting will take place in the Clubhouse at the Club at North Halton at 363 Maple Ave West, Georgetown, ON on November 28, 2016 at 10:00am.

Thanks for your attention,

Ryan Scott
Golf Course Superintendent
The Club at North Halton
905-877-8784

Ask the Professionals



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Carolyn Dew

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B.P.H.E., R.A.C., RTCAMP

Q: What can I do to help stay healthy this upcoming Winter Season?

A: According to the principles of TCM, winter is associated with the water element and influences the health of the kidneys, bladder, adrenal glands, bones and teeth. In TCM, the kidneys are the primary source of vitality, energy and heat...energy is drawn from this source during times of stress and sickness.

Winter is a time for retrospection and exploration of deeper issues. To do this, we need to slow down. As we move into darker, shorter, colder days we may experience feelings such as fear and depression. In addition to supplementing with Vitamin D, I recommend allowing as much sunlight to come in and taking brisk walks to improve circulation and blood flow. Meditation and yoga are also helpful.

It is important to avoid raw foods during winter because they tend to cool the body and can deplete our digestive fire which is the ability to digest food efficiently. I recommend eating warming foods, while cooking them longer and at lower temperatures. Emphasize soups and stews, root vegetables, plenty of dark leafy greens, kidney and black beans, walnuts, black sesame seeds, whole grains, and seaweeds.

People are more susceptible to colds and flu during the winter season, as the cold weather challenges the immune system. Acupuncture and herbal medicine can greatly assist in prevention and recovery from cold and flu.

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