

Volunteering a labour of love for Broostad

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was always there to do the volunteering," she said. "It was always a network that just kept growing."

Broostad joined Seniors and Law Enforcement Together (SALT) in 2005, where she works alongside police to improve fall prevention for seniors in the area. She continues to do that today.

"I enjoy that very much. It's with the police, and some of those police who are on there as a member are retired now," she laughed.

On Oct. 3, Broostad was joined by members of the community to celebrate her achievements at the Acton Town Hall Centre,

an event that she has attended for many years.

"I just hope there won't be too much Shirley Broostad," she said. "I don't want anyone to be sick of me by the end of it."

The decision to nominate Broostad came easy to the Rotary Club.

"(Broostad) is a kind, well organized, creative thinking lady," the Rotary Club wrote in a press release. "She is innovative, friendly and her leadership style includes input from other people. She is a master in her ability to summarize complicated issues into a plan of action that is positive and thorough."

"Shirley Broostad would never talk about her

excellence," a nominator wrote. "Others must do that on her behalf."

There are many people in the Acton area, and to be awarded this honour is something Broostad never expected.

"It's been quite overwhelming," she said. "I feel extremely humbled. Volunteering wasn't just me - there was always a team there."

The calling to volunteer came easily to Broostad, and she encourages everyone to look around and see how they can help in their community.

"I'm not the least bit sorry for all the volunteering I've done," she said. "I have made a lot of friends out of the volunteering group."



Public invited to Community Planning & Partnerships Meeting

Community organizations and members of the public are invited to the Community Planning and Partnerships meeting to discuss potential planning and partnership opportunities in Halton District School Board facilities. Partnership opportunities in open and operating schools, and co-build opportunities for proposed new schools as well as a new Board Administrative Centre will be discussed at the meeting on:

Wednesday, November 8, 2017 at 7:00 pm
J.W. Singleton Education Centre (Boardroom)
2050 Guelph Line, Burlington, ON L7P 5A8

For more information about available space in existing schools and co-build opportunities, please visit:

<https://www.hdsb.ca/ourboard/Pages/Departments/Planning/Community-Planning-and-Partnerships.aspx>



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Q: How can I stay healthy this Fall?

A: According to Chinese Medicine, the autumn season is linked with the Metal element, the Lung organ system and the emotion of Grief. Here are some tips to encourage your health this Fall:

Make a list of priorities for you and your family, as fall heightens our innate ability to get stuff done.

Wear a scarf in order to protect the neck at this time of year. As the weather turns cold and the wind picks up, the Lung organ is extra vulnerable to viruses and pathogens.

Stay hydrated as dryness is common in fall including dry skin, rashes, and constipation. Drink lots of water and keep your skin moisturized and protected.

The emotion associated with fall is **grief**. It's a good time of year to reflect on unresolved sadness and grief, and try to let it go.

Eat warm, cooked food. Trade the salads in for oven-roasted veggies over brown rice. When cooking, add onions, ginger, garlic or mustard—these pungent foods are known to benefit the Lung organ.

Get Acupuncture if you are susceptible to colds, flus, Lung conditions, or depression at this time of year.

Wishing you a happy and healthy Autumn.

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