

Be ready for flu season

By: Alex Hilson

Late fall to early spring is considered flu season in Ontario, and for that reason Halton Region and local pharmacies are starting to vaccinate at various Acton locations over the next few weeks.

According to a statement put out by Halton Region, "No two flu seasons are the same. The flu virus changes from year to year and so does the vaccine. The best way to protect yourself and your family from the flu is to get the annual flu vaccine."

Though adults can receive the immunization from a pharmacist, children under the age of five must be given it from a doctor's office or a Public Health Nurse. The Halton Regional Health Department clinics are one option for those with children under five. By visiting halton.ca/flu or calling 311,

parents and guardians can book appointments at one of five Regional clinics, including three in Halton Hills and Milton:

- Acton Health @372: 372 Queen Street in the Sobeys plaza
- Georgetown Health @280: 280 Guelph Street, Unit 76 at the back of the mall

• Milton Ontario Works: 470 Bronte Street South, Suite 207

Other locations in Acton that have the vaccine include Rexall Pharma Plus, Sobeys, Shoppers Drug Mart and the Acton Medical & Urgent Care Clinic at 10 Eastern Avenue. Any pharmacist who is trained to give shots can give the vaccina-

tion. Most locations don't require an appointment. Individuals are reminded to bring their health card and expect the total process to take about an hour.

Some locations have already started giving the shot, and all locations will be active by November 6. The shot is typically available until supplies run out.

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LOCAL MOTION

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Touring African Children's Choir performed at Bethel Church



Les Schmidt photo

By: Harry Rudolfs

The African Children's Choir performed a concert at Bethel Church last Wednesday, October 11. The choir is comprised of 19 children from Uganda between the ages of eight to 10 years old. This performance was part of the

ensemble's North American tour.

The children are sponsored and mentored by Music for Life, an international non-denominational Christian charity, that pledges to support these children into their university years.

Since April, the choir

has been performing on the average of four times a week at locations in the US mid-west and Canada. "We play in a variety of venues, mostly churches, but to a variety of audiences as well," said choir manager Karen Carnie. "Everything from big cit-

ies like Chicago to little towns of a few hundred people."

The children had been practising their songs for six months before starting the tour. "These are quite skilled performers," she said, "trained in the art of singing, dancing and drumming." The concert

at Bethel Church included English and African songs and the event was free to the public.

The group travels by tour bus and is billeted with families along the way. According to Carnie, part of the excitement for the choir is interacting with other children and

their families. "They really enjoy meeting other children and playing toys and games with them."

After a few more dates in Canada, they will be travelling to the eastern seaboard of the USA where they will be completing their tour before returning to Uganda.

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