Active Living Centre to sell lottery tickets at the Mall

By FLORENCE RIEHL

Hillsview Active Living Centre, Georgetown

Thank you to all the members who came out to help sell lottery tickets at the Mall. If you do not yet have your lottery ticket you can pick one up at Reception and from a board member. We will be back in the Mall on Saturday, August 23. Don't miss out on your opportunity to win one of 15 money prizes – the largest being our Jackpot of \$5,000.

There are Lottery tickets available for family, friends, neighbours, and volunteers to sell on behalf of the Centre. See Terri in the office to get a book to sell.

There is no registration for Active Liv-

ing Programs before Aug. 27. Watch for the Community Guide to start being delivered to homes on Aug. 14. It will contain a list of Active Living Programs being offered at our Centre beginning in September.

Open House Week is Sept. 8-13. There will be several opportunities that week to try some of the existing Active Living Programs and new ones to be offered. You can be as active as you want. Better than being a "couch potato".

Please remember that when you have signed to go on a day trip you have made a commitment to pay. There are no exceptions. Numbers are handed into the bus company 4-5 weeks in advance of the trip. The Centre has committed to pay the total bill.

Did you think incontinence was just a "woman's issue"?

Learn how physiotherapy can help men with Pelvic Health, including incontinence and pain after prostate surgery.

Incontinence can be dramatic following prostate surgery or radiation treatment. Men are alarmed by the immediate decrease in their quality of life that comes with being reliant on urinary pads throughout the day.



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NOTIFICATION

The Niagara Escarpment Planning and Development Act, R.S.O. 1990, c. N-2

The Niagara Escarpment Commission has initiated an Amendment to the Niagara Escarpment Plan (NEP).

Amendment No. PC 201 13 proposes:

To undertake a general amendment to the Niagara Escarpment Plan, to align, where appropriate, the policies and definitions with respect to the protection of the habitat of endangered species and threatened species with those of the *Endangered Species Act* (2007). To also address a number of related housekeeping matters respecting the definitions and terminology related to wildlife habitat and Species at Risk, in order to ensure alignment with other provincial plans and the Provincial Policy Statement, where appropriate, and to ensure consistency throughout the NEP.

A copy of the proposed Amendment together with the background information may be examined online or at the offices of the:

Niagara Escarpment Commission 232 Guelph Street Georgetown, ON L7G 4B1 Tel: (905) 877-5191 Fax: (905) 873-7452

Internet: www.escarpment.org/applications/amendments/proposed/index.php

Written comments and submissions may be made to the Niagara Escarpment Commission until **October 14, 2014** at the address noted above.

All comments received will be considered as part of the decision-making process by the Niagara Escarpment Commission if they are submitted in writing or electronically.

Please Note: all comments and submissions received will become part of the public record.

For additional information contact Lisa Grbinicek at (905) 877-2512 or lisa.grbinicek@ontario.ca

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