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CONTRIBUTED

VOLUNTEERS NEEDED FOR THE CRAFT BEER FESTIVAL

For the last three years, the collaborative efforts of our community service clubs including, Kiwanis, Rotary, Kinsmen and Lions and their affiliated members have proudly and successfully co-ordinated the annual Head for the Hills Craft Beer Festival.

As you know, this event is well attended each year for many of us where we live, work and play.

For the last few years the event has been enjoyed by literally thousands of people, who sampled many of the famous brews from across Ontario, enjoyed great food and listened to live music.

Hundreds of volunteer hours are required to run the event successfully. Many believe that this event is run by the Town of Halton Hills. And while they do pro-

vide assistance and permit use of Trafalgar Sports Park, our service clubs provide most of the volunteers along with the funding required from our corporate and private sectors.

Each year, our costs continue to rise as we endeavour to produce a magnificent experience, better than the previous years. However, as we continue to grow, it is becoming ever more challenging to find volunteers.

We will require many volunteers to assist us to keep our costs to a minimum and provide a sizable charitable donation to Food4Kids as in years past.

We are looking for mature individuals for various duties and looking for 50 to 60 volunteers to help on Saturday, Sept. 15 throughout the day. The amount of time required is about three to

four hours over rotating time slots.

If you are interested in participating, visit www.headforthehills.ca and provide us your contact info under the volunteer tab or contact Victoria Colby via email to victoriacolby@yahoo.ca and leave us your name, number and email address along with your shirt size. Your assistance is greatly appreciated.

Your support will ensure the success of this community event for years to come.

KIWANIS, ROTARY, KIN AND LIONS CLUBS

YOUR OPINIONS

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Q: How do I get my kids to brush their teeth?

A: You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush their teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavored children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a "dentist" for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.

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