

SNAPSHOT



Tony Fortunato photo

This male downy woodpecker visited the birdseeder last month in Georgetown. If you have a photo of wildlife in Halton Hills, email a high resolution image to IFP news editor Kevin Nagel at knagel@metroland.com.



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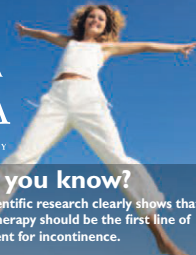




Are you changing your lifestyle because of incontinence?

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Did you know?

The scientific research clearly shows that physiotherapy should be the first line of treatment for incontinence.

Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are **common** but **NOT** normal.

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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HALTON HILLS SPORTS MUSEUM

2019 Hall of Fame Induction Gala



Date: Thursday, June 20, 2019
Location: The John Elliott Theatre

Keynote Speaker -

Sandy Chapman



After 17 seasons in the National Lacrosse League, long-time Rock defender Sandy Chapman has announced his retirement from professional lacrosse. Of those 17 seasons, the 37-year old Chapman played 13 of them in Toronto and won four of his five NLL championships as a member of the Rock.

In 252 regular season games, Chapman scored 34 goals, 117 assists for a total of 151 points and scooped up 1027 loose balls. Upon his return to Toronto in 2010, his individual work on the floor was recognized and Chapman was named the NLL's Defensive player of the year.



Emily Boycott – Athlete – Rhythmic Gymnastics



Joanne Bingham Berentson – Athlete – Volleyball



Mike Knoepfli – Athlete – Hockey



Cristy Nurse – Athlete – Rowing



Rod Pasma – Athlete/Builder – Hockey



Sunny Acre Farms – Bianchi Family – Builder – Hockey

Tickets **\$30** each



The Ontario Trillium Foundation is an agency of the Government of Ontario

Join us at the Induction Gala.

6:00 pm -Reception

7:00pm - Induction Ceremony • 9:00 pm Congratulatory Reception

Tickets for the Gala ceremony can be reserved through Glenda Nixdorf at 905-873-1360 or info.hhsm@bell.net