



By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### NOISES AND YOUR SLEEP

Noise does not have to be loud to be harmful, it could take as little 60 decibels (the level of a quiet air conditioner) - to prod us from deep to superficial sleep without our knowing it, interrupting R.E.M. Cycles and leaving us to face the day fatigued and unfocused.

Sleep deprivation from various noisy sources has been blamed for the thousands of highway and industrial accidents each year. The Hearing Clinic specializes in noise alleviating ear plugs, for more information please call today.

For more information feel free to call...

**The Georgetown HEARING CLINIC**  
*We care about your hearing!*  
Professional Arts Building  
99 Sinclair Ave., Suite 210, Georgetown  
**905-873-6642**

*Serving the community of Halton Hills and surrounding areas since 1992*

## OPINION

# HILLSVIEW GEORGETOWN BUZZING WITH ACTIVITY



**FLORENCE RIEHL**  
Column

Life has returned to normal. How nice to hear people greeting each other after such a long time.

Let's get caught up on what is happening and coming up at the Hillsvie Active Living Centre in Georgetown.

Our fashion show is returning on Monday, Oct. 24.

Northern Reflections will dress our models in their latest fashions for fall and winter. We will have a 50/50 draw, door prizes and refreshments. Tickets are on sale at reception.

Follow that with our Halowe'en dance on Friday, Oct. 28. Music by Neil Cotton and his group. Will be a lot of fun if you came in costume. Again tickets are available at reception.

There will be a flu clinic at the Centre this year. The date is Tuesday, Nov. 8. For this you will need to have an appointment, by signing up at reception.

A hearing clinic will be held the first Tuesday of

each month. This is an opportunity to have your hearing checked for free.

The men's breakfast is on Wednesday, Nov. 16. Please come in and sign up. This information is needed to know how many breakfasts to order. What a great way to meet others and keep abreast of activities at your Centre.

Guess what! On Wednesday, Nov. 23 we are holding our first women's breakfast. Ladies, if you are interested you will need to come in, sign in and pay. All of this can be done at reception.

You can book a half hour with a librarian on November 18. They are offering an opportunity to get some help with one of your electronic devices.

Remembrance Day will be observed at the Centre on November 11 with a short service. Please come and join us as we honour those who gave the supreme sacrifice to ensure our freedoms.

The Christmas tree is going up on November 14. We

need help to decorate. Come on out and give us a hand.

Want to make your own Christmas cards? The library will be at the Centre on November 18 to teach us how. They will supply all the materials necessary. Again you will need to sign up at reception.

The Christmas bazaar is returning on Saturday, November 19. We need new items for the Penny Table and gently used items for the Elephant table. Vendors will be here with a variety of items for sale.

Our own craft ladies will have handmade items for sale along with a supply of jewellery. The lunchroom will be open as well and you will have an opportunity to purchase a 50/50 ticket. Looking forward to seeing you.

*Florence Riehl is an active member of the Hillsvie Active Living Centre in Georgetown. She can be reached at [freeflo@sympatico.ca](mailto:freeflo@sympatico.ca).*

## Planned Power Outage Alert

**When: Saturday October 22<sup>nd</sup>**

**Time: 5am – 10am**

Hydro One will be interrupting power supply to Halton Hills Hydro at a major connection point on October 22<sup>nd</sup> from 5-10am

Hydro One crews will be performing critical work at a local transmission station to replace a faulty transformer. This transformer is critical to ensuring the safety and reliability of the station to provide power to the surrounding area including Halton Hills Hydro customers.

We understand that being without power is difficult and apologize for the inconvenience to our customers.

Visit [www.haltonhillshydro.com](http://www.haltonhillshydro.com) or call 519-853-3701 for more information on the areas affected.

Scott Knapman  
President & CEO  
Halton Hills Hydro



**Customers in the shaded areas of this map will experience a power outage on Saturday October 22<sup>nd</sup>.**

