

Women's self defense seminar slated

By Oksana Buhel
The Halton Hills Aikido Club, located at 150 Armstrong Ave. Unit #9 in Georgetown, will be hosting a "Women on Guard" seminar tomorrow (Sunday).

The seminar will be taught by three highly-qualified instructors. Doug Ashton is a veteran police officer and full time self-defense trainer, holding a 3rd degree Black Belt in karate. Wendy Sims is also an officer and trainer, with a background in judo. Laura Young is a former police officer, trained in karate and physical fitness. She is now a counsellor for victims of sexual assault.

The "Women on Guard" program was founded in 1988, to educate women on how to prevent sexual assault. The program focuses on awareness, avoidance, threat assessment and crime prevention. Topics to be discussed at the seminar include mental and verbal preparation for physical confrontations, defensive tactics, nerve control tactics, survival options when confronted with a weapon, how to deal with date and acquaintance sexual assaults, and what options are open to a victim following an

assault.

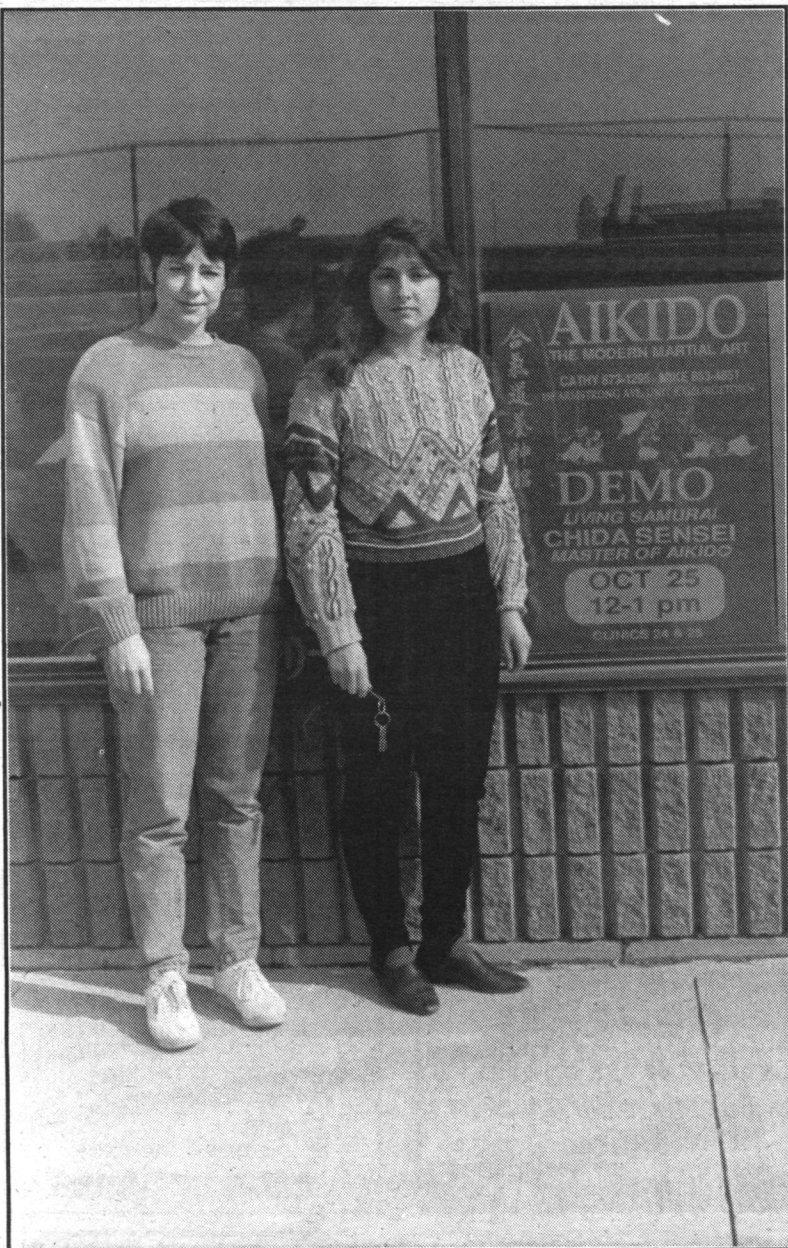
This is the first year the course will be offered by the Halton Hills Aikido Club. "We are offering the course because of the strong demand," explains Cathy Croke, a 2nd degree Black Belt instructor at the club. "It's getting pretty dangerous out there, especially for women."

Women are not the only ones who can benefit from the seminar.

Classes are becoming very specific - courses are offered for seniors, children and teachers.

Croakes said those women attending the seminar will be allowed a month free training at the club.

For information about "Women on Guard," contact Cathy Croke at 873-1295. Information about the other courses may be received by calling 1-800-565-4879.



Elizabeth Hayes (left), a student at the Halton Hills Aikido Club, and Cathy Crokes, 2nd degree Black Belt instructor, urge women to sign up for the "Women on Guard" seminar hosted by the club, this Sunday (tomorrow). "It's really helpful," insists Crokes.

photo by Oksana Buhel/HHTW

Have fun redecorating

By Kimberley Rogers

Unable to free up enough time or generate adequate funds for major redecorating? A quick, affordable answer may be with hanging accents or adding a new color scheme to a room or living space.

Little touches such as coordinating your picture frames with a base color in a room give a needed lift. Arrange a small gallery of pictures, hung low to add appeal.

Dramatic color change of window frames and trim can add warmth and excitement to a small room. Using wallpaper tie-backs for curtains can achieve a total look. (Cut wallpaper to desired thickness, wrap around curtain and utilize a glue gun to fasten).

Adding a different or unusual light fixtures with varying degrees of brightness can add warmth and mood to a room. Coordinate the color of the base and shade of a lamp to accent a color theme within your room.

A great way to enhance a room

Interior Decorating

with furniture is to place different pieces on an angle. Beds jutting out from a corner can be an eye catcher. Match up with a tall reading lamp arching slightly over the bed to finish the look.

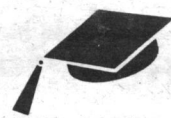
Children's rooms looking tired and need a color boost? Cut diverse shapes out of sponge and sponge paint the ceiling in vibrant colors. (Creative hands could bring to life a zoo of animals which would entertain the imaginations of your ones for hours.)

A plus for many rooms is a collection of baskets. Utilized as plant pots or fastened to a wall to create an appealing grouping. Natural tones of baskets tend to fit with most color schemes.

Part of the fun in decorating is the searching for that needed lamp or rug and a great place to get these bargains begin with springtime fever ... garage sales.

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Remanded in custody

Acton resident Matthew Adlen, who was charged the March 30 sexual assault of a 15-year-old, weapons dangerous (using a weapon in a dangerous manner), forcible confinement, uttering a death threat, and breach of probation (on a past young offenders charge), has been remanded in custody for a third time.

He will be appearing in court Monday to set a date for the trial.

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