

Mother and daughter walk to beat breast cancer.

By DONNA DANIELLI

Kathy and Roxane Beyette are about to undertake an arduous task, and they need all the help their community can provide them. On September 11 and 12, the mother and daughter team will take part in the Princess Margaret Hospital 60 Kilometre Weekend to End Breast Cancer. They will walk 30 kilometres from Exhibition Stadium in Toronto to Downsview Park, where they will camp overnight before walking back to Exhibition Stadium again on Sunday.

Diagnosed with thyroid cancer three years ago, Kathy has beaten the disease herself but was left with a goal to somehow help others stricken by a form of cancer. "It was real wake up call for me, I was very fortunate," explains Kathy. "I have always walked and so this event really struck a chord with me."

This will be the second year Kathy and Roxane have participated in the Walk. Last year, they were amongst the 4,000 men and women of all ages walking the 60 kilometres, something Kathy says she will never forget. "The most inspirational moment for me was the woman in her seventies taking part, walking with her wheeled walker," says an awed Kathy.

Each participant in the race must

raise at least \$2,000 in pledges to qualify. Kathy and Roxane have hosted a variety of activities this summer to raise the \$4,000 they collectively need. They have promoted several events at their workplaces, Graham Packaging in Mississauga for Kathy and Gerdau Ameri Steel in Cambridge for Roxane. They are quick to praise both companies for their willingness to allow them to host barbecues and fifty-fifty draws in support of their cause. In fact, Roxane was able to raise \$1,000 at her workplace gathering pledges during a co-worker to shave his head.

Kathy and Roxane have also been visible at events in Milton such as the Farmer's Market and the Strawberry Festival, selling their packaged kits, which contain everything needed to grow your own herbs. Kits range in price from \$4 to \$15 and are still available by contacting Kathy at kathleen.beyette@sympatico.ca. All proceeds from the sale of the kits go to support the Breast Cancer Walk. "One of the more wonderful experiences for me was meeting someone at the Farmers Market in August who had purchased a herb kit in June at the Strawberry Festival," smiles Kathy. "She was so excited to tell me that her herbs are growing very well already."

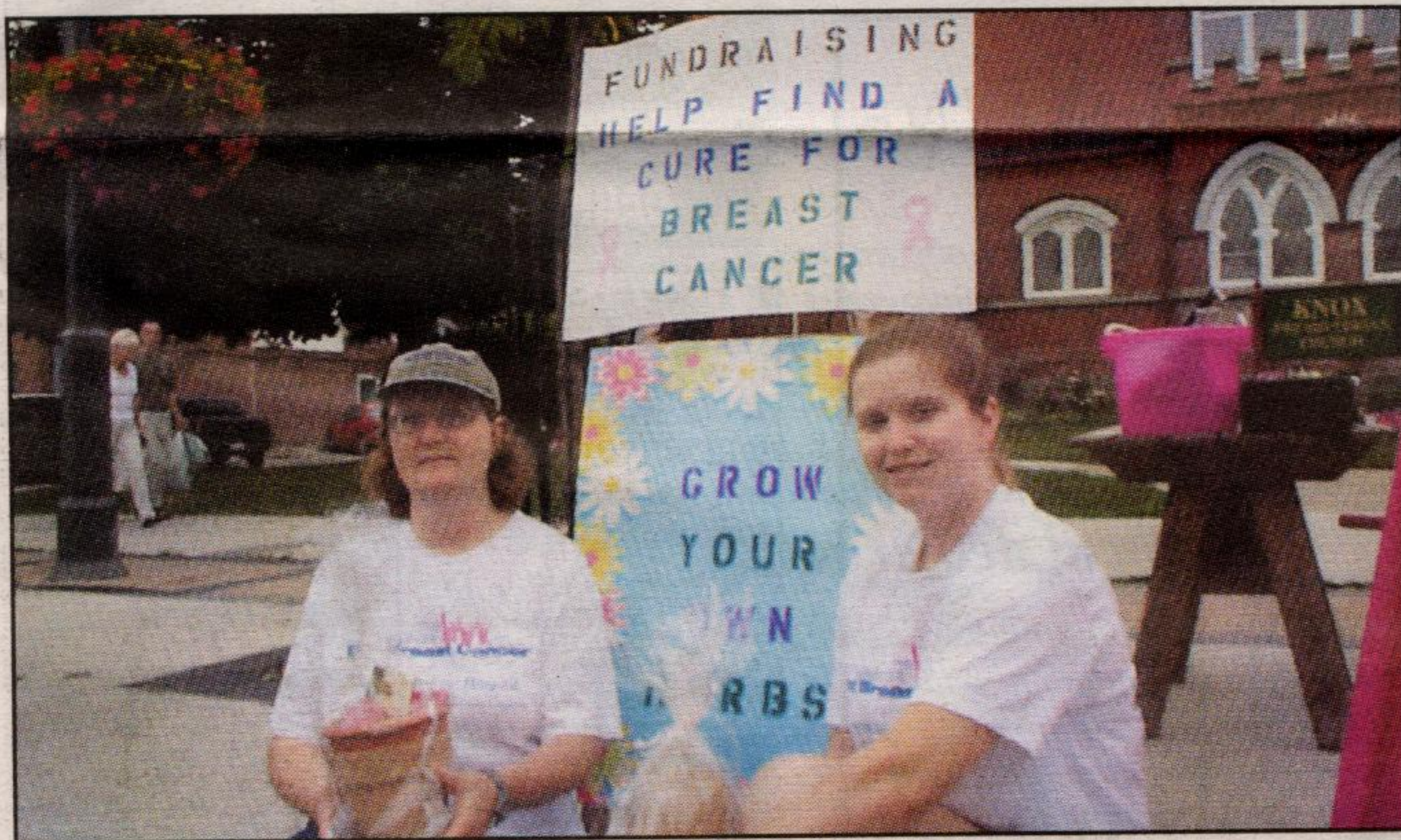


PHOTO BY JENNIFER ENRIGHT

Kathy Beyette (left) and her daughter, Roxanne, have teamed up as a mother and daughter to help in the fight against cancer. The two are taking part in an event called The Weekend to End Breast Cancer in support of the Princess Margaret Hospital Foundation in Toronto. Each of them is required to raise \$2000 in pledges for their participation in the event which includes a 60 kilometre walk. In August, the Beyettes also raised money for the foundation by selling herb kits at the Milton Farmer's Market. If you would like to purchase an herb kit or make a pledge, contact the Beyettes at kathleen.beyette@sympatico.ca.

Indian Summer Festival

Visit Crawford Lake in Milton at the 17th annual *Indian Summer Festival!* The festivities, celebrating Ontario's Aboriginal heritage, will take place from 10am until 5pm on Sunday, September 19, 2004

Guest presenters Chief Top Leaf and Joe Paquette will help visitors look, listen and learn more about Iroquoian culture through captivating storytelling sessions throughout the day.

Kids can enjoy craft making as the adults enjoy a refreshing cup of Nature's Tea.

No day to Crawford Lake would be

complete with out a visit to the Visitors Center to view the displays, pick up a hot dog at the barbecue or explore the gift shop. The perfect end to an exciting day of celebration!

Crawford Lake is located on the corner of Steeles Avenue at Guelph Line, 15 km north of the QEW, and 5 km south of the 401. Admission fees for this special celebration are \$6.00 per person (GST included), with those 4 and under admitted free! For more information about Crawford Lake call 905-854-0234 or visit www.conservationhalton.on.ca.

Yoga FALL REGISTRATION NOW ON

CLASS SCHEDULE:

Monday	Wednesday	Saturday
4:15-5:15pm *Yoga for Kids*	9:30-11:00am Intermediate	6:00-7:30am Sunrise Yoga
5:45-7:00pm *Pre-Natal*	5:45-7:15pm Basic	9:30-11:00am Basic
7:05-9:05pm *The Intensives*	7:30-9:00pm Experienced	11:15-12:45pm All Levels
7:30-9:00pm All Levels		
Tuesday	Thursday	
9:30-11:00am Basic	9:30-11:00am All Levels	
4:00-5:30pm All Levels	11:15-12:45pm *Moms & Babies*	
5:45-7:15pm Intermediate	4:15-5:15pm *Yoga Teens*	
7:30-9:00pm Basic	5:45-7:15pm Basic	
	7:30-9:00pm All Levels	

WHAT ELSE IS HAPPENING?
 Reflexology
 Thai Yoga Massage
 Pilates Classes

WORKSHOPS & EVENTS

CIRCLE OF FRIENDS

Mondays- 7:15-9:00pm
 Sept 27th, Oct 25th, Nov 29th, Jan 24th

AYURVEDA ('LIFE SCIENCE') WORKSHOP

October 17, 2004, with Lanee- 10-4:30pm

FALL YOGA RETREAT-NOVALIS RETREAT CENTRE, BEAVERTON

October 29-31, 2004, with Wendy Sammut

THE ART OF BREATHING

November 13 & 27, 2004 1:00 to 4:00

YOGA TEACHER TRAINING COURSE starting April, 2005



Inner Sanctum Yoga Studio

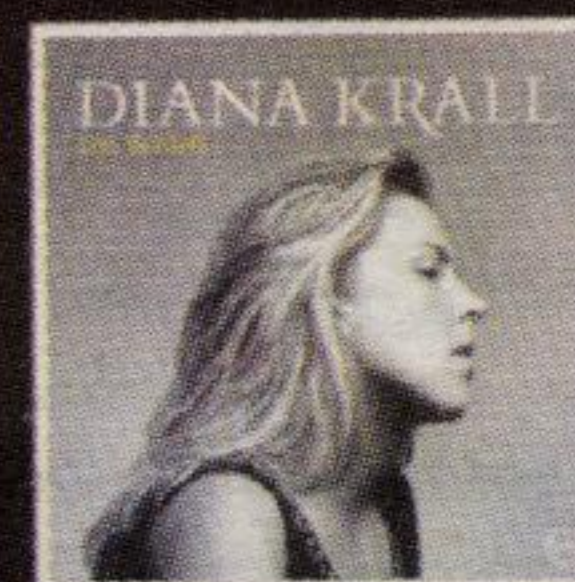
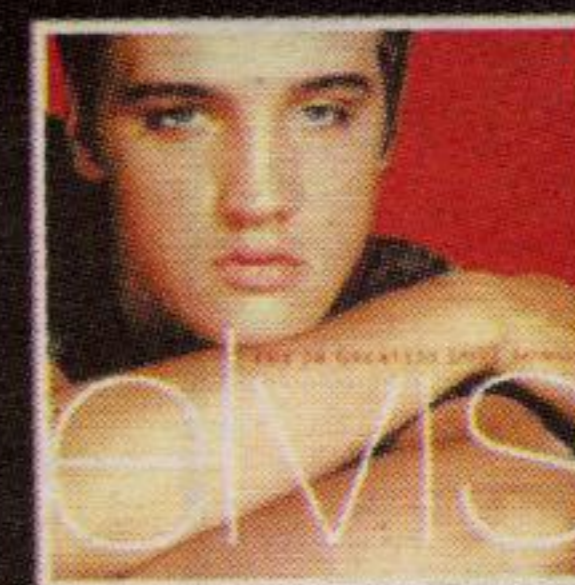
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