

Wave Hands in the Clouds

Milton's Circle of Friends Tai Chi Club

By ANN KORNUA

Ed Cooper has been teaching the skills and art of Tai Chi in Milton for the past 12 years. Tai Chi promotes great circulation for the blood resulting in a wonderful way to help people who suffer from poor circulation. "We are always looking for people who are interested in improving their own health," Ed explains.

As we get older not everyone will be able to move as freely as they used to be able to. Tai Chi is an excellent way to keep the blood flowing and yourself off the couch. Ed studied with Dr. Paul Lam of Australia who developed Tai Chi forms to help people with arthritis and diabetes. By strengthening the muscles around the joints and promoting good blood flow in the area tai chi helps those who suffer from arthritis.

"It's lovely here in Victoria Park, we practice all year round. It's nice to be outdoors and to be working in a group." Ed

says. Poses named *Wave Hands in the Clouds* and *Golden Rooster Stands on One Leg* paint a descriptive picture. "As we get older we still think the same. Even though we mature our minds stay young" Ed chuckles. As well as the physical health benefits Tai Chi helps you to stay in the moment and improve your focus.

Many of Ed's students have benefited in their lives from gathering every week to work on their skills. Tai Chi is just one small thing that his students can do each week to help improve their life style and a great way for them to come out and connect with others.

Ed is holding a free introductory class for the Tai Chi For Arthritis and Tai Chi for Diabetes programs this Wednesday September 15th at 7pm at the Milton Seniors' Activity Centre, 500 Childs Drive in Milton. He encourages those who are interested in health self-management to come out and try Tai Chi.

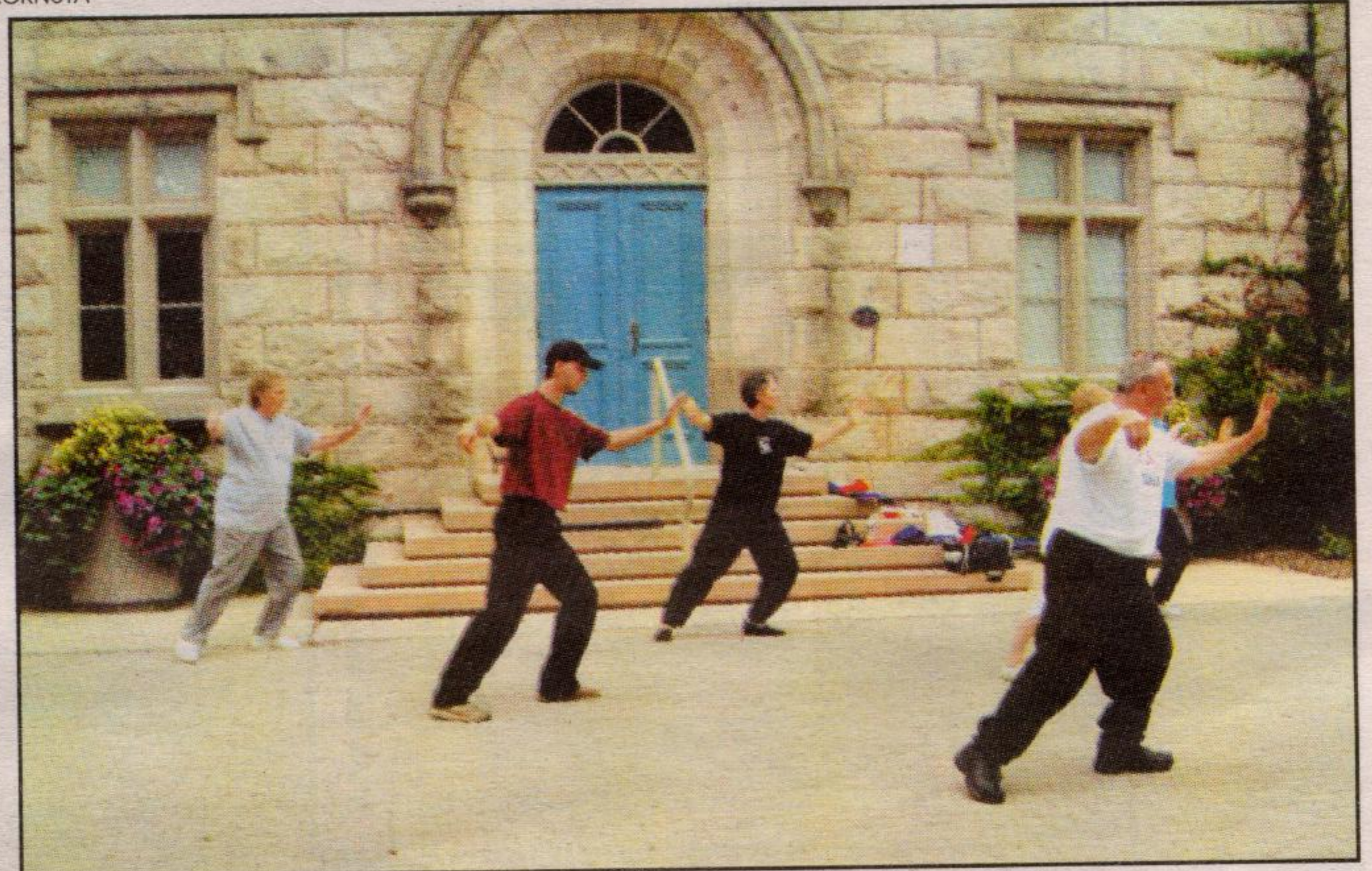


PHOTO BY ANN KORNUA

Ed Cooper leads a class of Tai Chi students outside Milton Town Hall.

Region awards \$855,500 to homelessness projects

Regional Council approved funding to nine community organizations in Halton for the delivery of services to individuals and families who are homeless or at risk of homelessness. The funding is Halton Region's share of the Federal government's \$405 million investment in the Supporting Communities Partnership Initiative (SCPI) under the National Homelessness Initiative, officially announced on May 14, 2004.

"We are very appreciative of the new round of SCPI funding from the Federal government," said Joyce Savoline, Regional Chairman. "SCPI funding is a critical piece of the continuum of community supports to help those who are without housing or are at risk of becoming homeless, as we strive to encourage affordable housing initiatives in Halton.

Erin to take to the airwaves

Proposal for local radio station

By DONNA DANIELLI

Last August's blackout had a long lasting effect. People are more conservative in how they use their electricity, and keep a few more staples and batteries on hand should a need arise. Some, like Erin's David Spencer, are also looking to the future, to what needs to be in place to ensure emergency preparedness in his community.

"I contacted Rod Finnie (mayor of Erin) during the blackout and he was frustrated at his inability to get the word out to people that bottled water was being made available," explains Spencer. "Many of the radio stations were off the air and that got me thinking." One year later, that thinking has led to a 21-member leadership team actively pursuing a community based radio station in Erin.

"We are a community station that will be volunteer run," says interim head of programming Brett Girvin. "It's a fun process and it's really neat to see the community come together."

"THERE'S A LOT OF TALENT IN ERIN... AND THIS STATION WILL GIVE THEM THE EXPOSURE THAT THEY NEED."

The leadership team is comprised of a wide variety of community volunteers dedicated to making the dream a reality. Renowned children's performer Eric Nagle has already signed on to provide children's programming, and it is hoped that, along with local traffic, weather, news and politics, the new station will also host program centred around business, agriculture, the environment, and much more in its variety of programming. "The programming will cover a full range of areas," says Girvin. "We have an incredible wealth of talent in this area and our goal is to feature as much local talent as possible."

Grade Twelve student Katie Watson

echoed this sentiment saying "I feel there's a lot of talent in Erin and the surrounding areas, and this station will give them the exposure that they need." Of particular interest to her is the role the station can play for the area youth, tying them more closely with their community. "I'm really interested in the youth aspect," she explains. "I feel this community has really strong ties to its youth and this only serves to strengthen those ties."

Fellow Grade Twelve student Scott Honenberg (who, like Katie, is part of the leadership team), sees the proposed station as a local outlet for musicians like himself. "It's a good opportunity for people like me," he says of the station's mandate to focus on local talent. "I'd like to push a lot of my peers to get involved because I think there's a lot of talented youth in the school, in music and in drama."

For David Spencer, founder of the proposed station, no talent is too small to be considered. "We are looking for people with an interest in volunteering," he explains. "We need technical people, computer people, typists, people with music or drama talent, and business leaders with the vision to see the way that this will connect the community. And we're welcoming people from other communities to become involved."

Anyone interested in becoming involved or wanting to provide input into the proposed station is invited to meet with Spencer and his team on Tuesday, September 28 from 7:00 pm to 9:00 pm at the Erin District High School music room. "We invite everyone to meet our radio show hosts and leadership team, hear some live music and entertainment and participate by sharing their ideas and music with us during our public meeting," says Spencer. For more information, please call Erin Community Radio at 519-942-4444, access code 8833, or check the website at www.erinradio.ca.

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