

recreation & entertainment

YOUR GUIDE TO WHAT'S ON IN HALTON

Karate – The way of inner peace

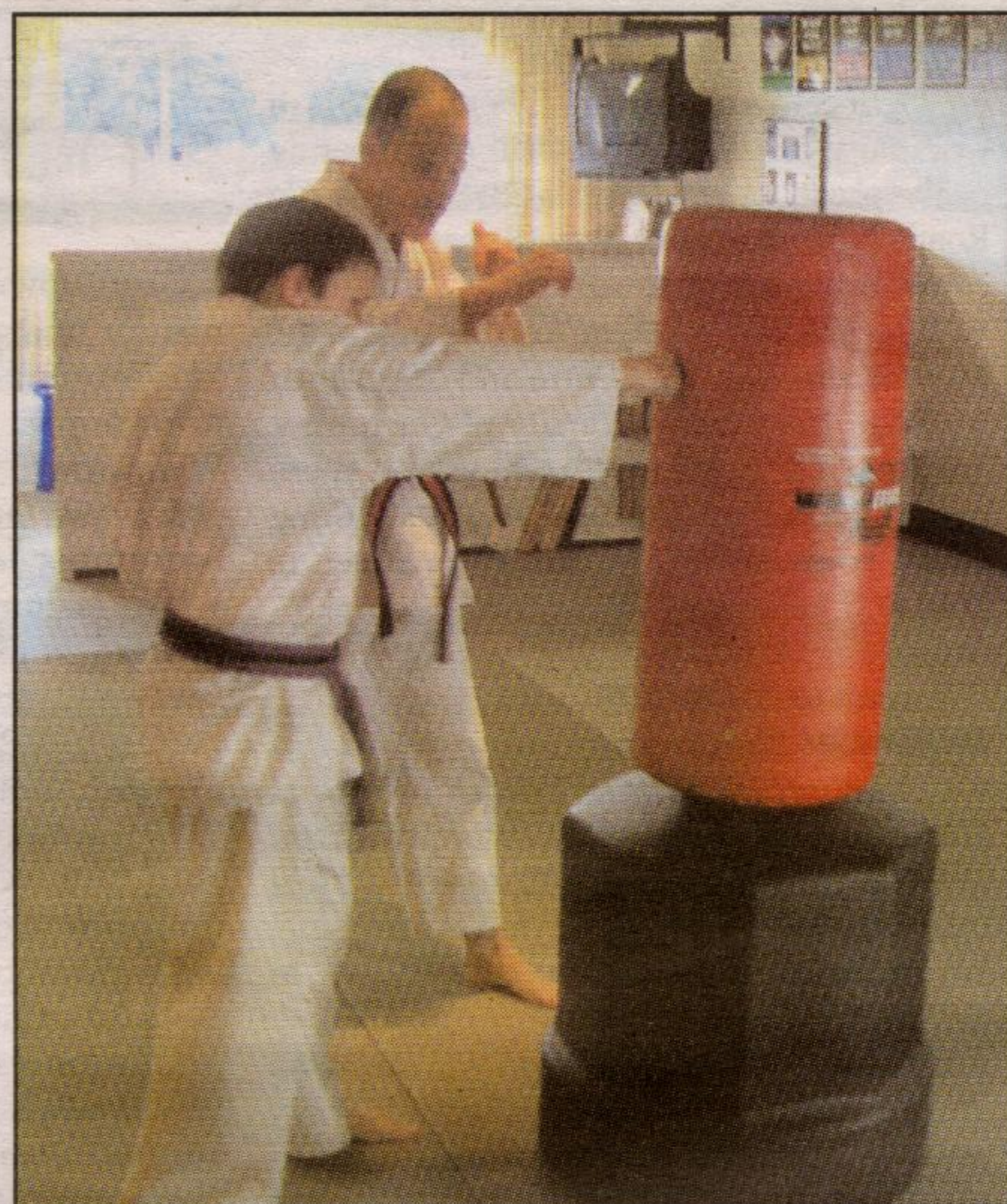
By ANN KORNIUTA

In his mid twenties when he first started his training Sensei D.R McGregor began his path to survival. For him and his students, Karate is more than just a physical work out. It's a teaching of inner peace, decision-making and problem solving. Located in Acton the school started out in 1999 when D.R came from Guelph and since then has been an exciting presence in the community, giving demonstrations at local schools and public events in the Halton area.

His teachings go further than just protecting your

body. "The longer you train the more you get out of it" D.R explains. "Most people in our society are not eating properly or sleeping properly causing stress and conflicts in everyday life. Karate is a fantastic system of exercise and many of my students are coming to my classes for overall general health and well being."

D.R has done motivational speaking throughout Halton and his students have appeared at local schools and the Halton Hills Chamber of Commerce. He teaches the simple concept that you can achieve optimum



D.R. MacGregor demonstrates the correct way of hitting the heavy bag to one of his students

results when the mind, body and spirit are considered as an integrated whole through self-discipline.

"THE MIND, BODY AND SPIRIT ARE CONSIDERED AS AN INTEGRATED WHOLE THROUGH SELF DISCIPLINE"

His students learn the vital secrets of conscious exercise by maintaining an internal sense of control and adaptability to unlock their hidden potential. Many of his students come to him seeking just a physical workout and end up with a chance of enlightenment. His students vary from children to young adults who learn to apply the teachings of Karate in their own home life. In his classes his students learn to be respectful to others and to refrain from violent action, to instead use your mind to resolve a negative situation.

Karate is a Zen of the mind, body and spirit. Sensei D.R is a delightfully kind character who is devoted to his training and this reflects strongly in what he has achieved with his school and his students. To find out more or to enroll in classes stop by Classic Karate yourself located at 145 Mill Street East, Acton and discover for yourself how you can benefit from the training D.R has to offer.

Unplugged and up close

Just Milton Folks concert series

By DONNA DANIELLI

Fans of smaller venues and cozy atmospheres for concerts might just want to check out the new series of folk music "house concerts". Presented by Just Milton Folks, these concerts offer a series of intimate evenings of acoustic entertainment at Hugh Foster Hall in Milton.

Three performances are scheduled for the series thus far. On Friday September 24, Terry Tufts will kick off the series with his uniquely Canadian folk guitar music. Friday, November 26 will welcome James Gordon and his ability to take Canadian people and events and turn them into music that reflects the Canadian Identity. Last but not least, Katherine Wheatley, whose song "On a Beach in France" was performed on CTV's Canada AM to commemorate the Dieppe anniversary, will perform on Friday, February 18.

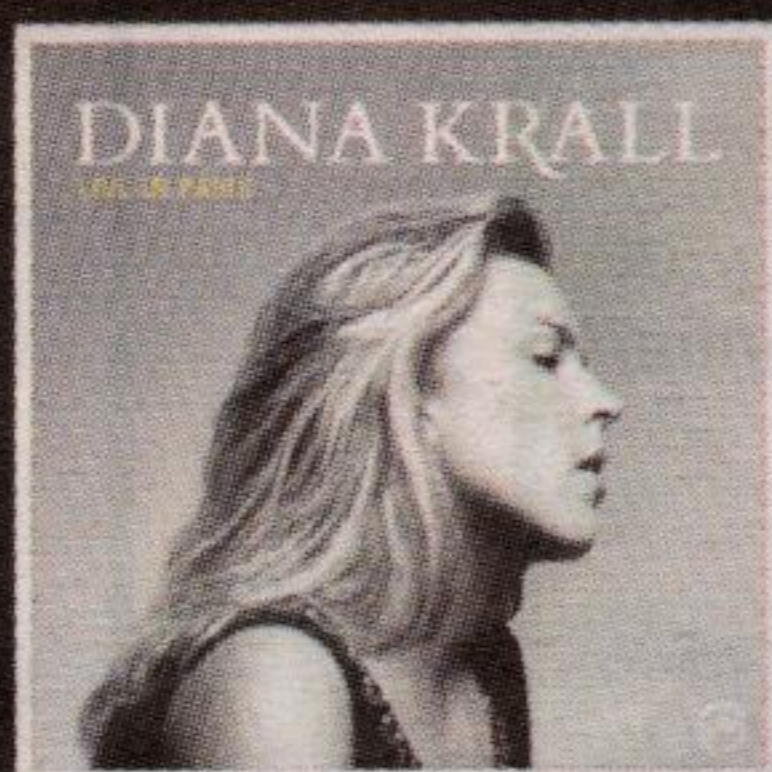
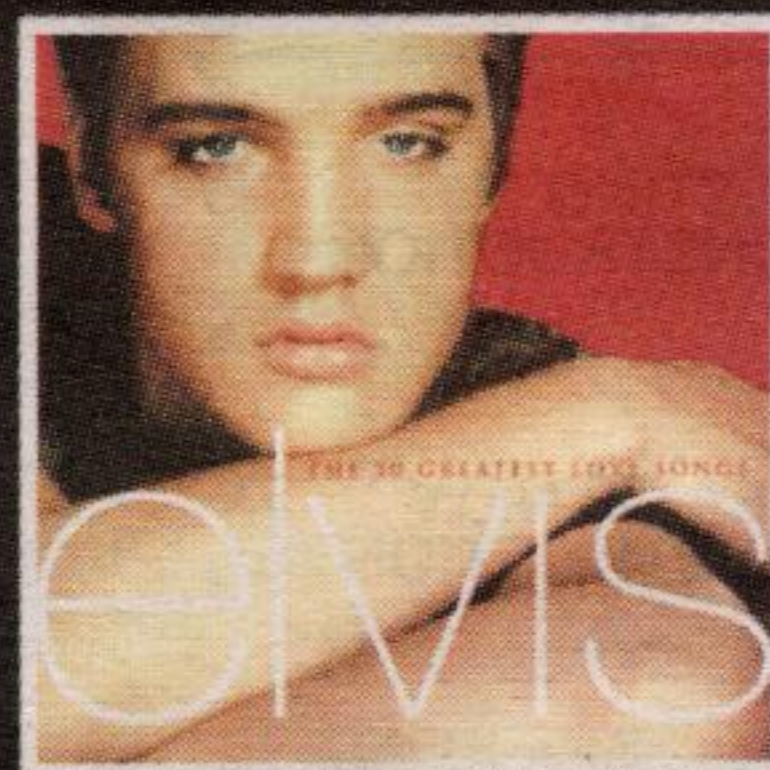
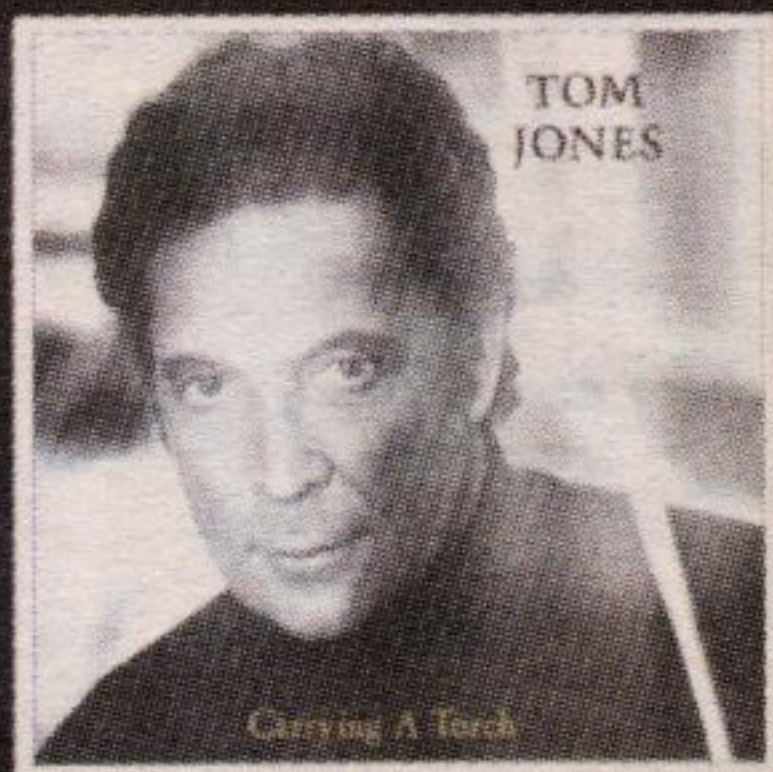
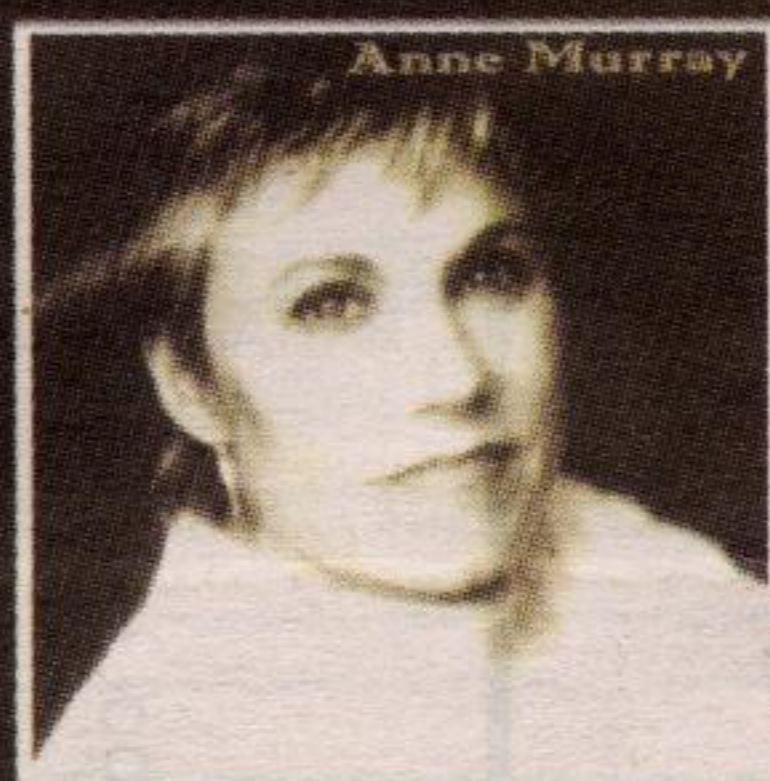
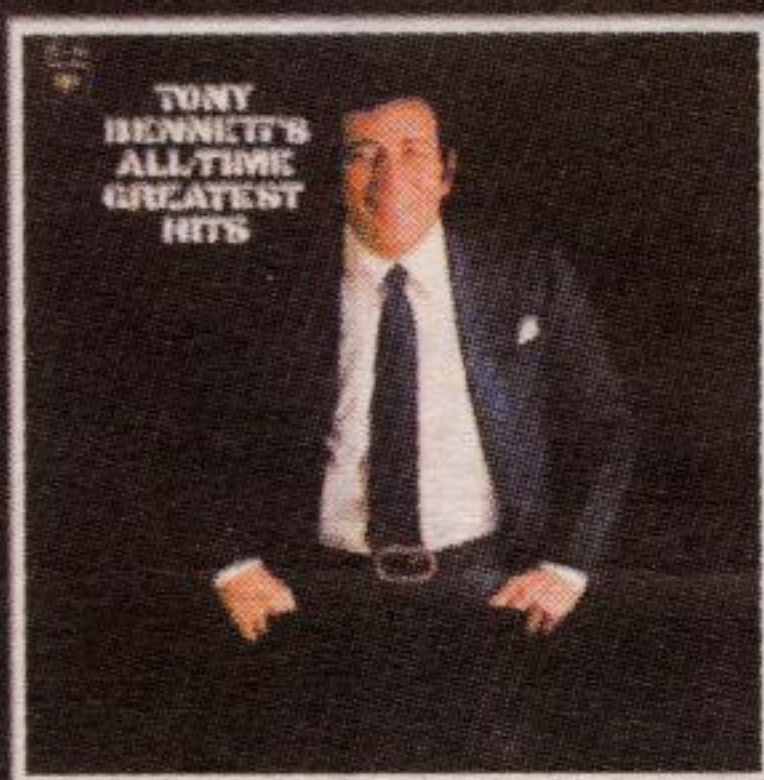
All concerts will take place at Hugh Foster Hall in Milton, a hall which holds only fifty people. This small, yet intimate setting will offer an up close and personal concert opportunity with each of the three performers. Coffee, tea and pastries will be served at intermission and are included in the \$20 ticket cost.

For more information on these special evenings of music, or to purchase tickets, you can check the website at www.justmiltonfolks.ca or call Rose Brooks at 905-876-2645.

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