

Feeling anxious

Members of the public are invited to attend a free seminar entitled "Anxiety, Panic and OCD" on Wednesday, October 5 at 7:00 p.m. in Oakville - Mental Illness Awareness Week.

Dr. Jane Gilbert, MD, Psychiatrist, Halton Healthcare Services, will present this seminar. She will outline the signs and symptoms of anxiety, panic and OCD and available treatments.

Everyone feels anxious, at times. Challenges such as workplace pressures, public speaking, highly demanding schedules or writing an exam can lead to a sense of worry, even fear. These sensations, however uncomfortable, are different from the ones associated with an anxiety disorder. People suffering from an anxiety disorder are subject to intense, prolonged feelings of fright and distress for no obvious reason. The condition turns their life into a continuous journey of unease and fear and can interfere with their relationships with family, friends and colleagues.

Anxiety disorders are the most common of all mental health problems. It is estimated that they affect approximately 1

in 10 people. They are more prevalent among women than among men, and they affect children as well as adults. Anxiety disorders are illnesses. They can be diagnosed; they can be treated.

Understanding the facts about anxiety disorders is an important step. Realizing that they are medical disorders which can be treated will help to remove the stigma and encourage people with anxiety disorders to explore the treatments available.

To learn more about this topic, attend this free seminar at the 707 Galaxy Banquet Hall in Oakville on Wednesday, October 5, with displays and refreshments from 6:30 p.m. and the seminar commencing at 7:00 p.m. The hall is located at 475 North Service Road East, which is just east of Trafalgar before Eighth Line.

To reserve a seat for this free event, please contact 905-338-4379 or elittle@haltonhealthcare.on.ca. If you are unable to attend the event and would like more information on this topic, speak to your physician and contact the Canadian Mental Health Association at 905-693-4270 - www.cmha.ca

The Man

When federal Agent Derrick Vann's partner is murdered, he immediately gets on the case to solve the crime. Cooler than cool, Vann (played by Samuel L. Jackson) accidentally winds up paired with Andy Fidler, a dental supply salesman, while trying to solve the murder. Amidst the search for the assailant, Andy's mistaken identity lands him in the middle of a sting operation with Vann and the adventures begin. Flying down the streets of Detroit, this 'odd-couple' type pair wind up in an array of situations, each more unimaginable than the last.

This unlikely duo produces many scenes that attempt to be funny throughout the film *The Man*. Between Levy's comic timing and Jackson's sarcasm, the two characters create a succession of jokes that are somewhat repetitive and

film review

BY LAURA SCHOFIELD

mindless. While the humour is not exactly clean, the film does provide audiences with some pointless stunts and simple camera angles which are sure to bore the pants off any viewer. Unfortunately the little humour that is present also tends to fall flat whenever Eugene Levy is off screen, creating a disappointing film overall.

With a running time of eighty-four minutes, *The Man* seems a lot longer than it really is because of the lack of plot direction. The MPAA rating says it all: PG-13, for language, rude dialogue and some violence. If you are looking for mindless bathroom humour and yet another buddy cop film, be sure and go see *The Man*.

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halton happenings

Please note: Halton Happenings is a free editorial service to non-profit groups, churches, schools, and charities. Other events may be inserted at the discretion of the Editor. Deadline for submission is Tuesday at noon prior to insertion on Friday. Please restrict information supplied to include the date, time, venue, organization and contact details for your event. The Halton Compass reserves the right to edit each submission for brevity. Inclusion is at the discretion of the publisher and is dependent on space. To submit an event for Halton Happenings call 905-854-3333 or email info@haltoncompass.com

- **Volunteers needed for Adult Literacy Program.** Register now for fall training. Call 905-873-2200.
- **Join the Fun & Adventure! Girl Guide Registration** for girls ages 5+ and women. New Members Welcomed at any age! Learn new skills while making friends and having fun! For more information please call 1-800-565-8111 ~ www.whiteoaksgirlguides.ca (Milton, Georgetown, Acton) or www.girlguides.ca (Campbellville, rural Milton).

September 23

- **Plan to attend St. John's 2nd Annual Ham & Scalloped Potatoes Dinner.** St. John's Anglican Church is located at the corner of Trafalgar Rd & 15 Side Road. Tickets for the dinner cost \$10/adult, \$6/child (6-10 yrs). For tickets, call (905) 877-5797.
- **Flamborough Studio Tours** will be taking place on Friday, September 23 from 12 to 5 pm and September 24 and 25 from 10 am to 5 pm. There will be 25 artists and 18 studios throughout Flamborough. Free self-guided tours. For more information call 905-689-1976 or go to www.fstudiotour.com.
- **Milton District Hospital Auxiliary** welcomes everyone to their tea room at the Milton Fall Fair September 23 through 25 at the Milton fair grounds on Robert Street.

September 24

- **The 17th Annual Hills of Erin Studio Tour** will be taking place this weekend from 10 am to 5 pm featuring work such as painting, weaving, photography and sculpture by twenty-four artists from the Erin and Hillsburgh area. For more information contact Sue Powell at 519-833-7105 or Rosalinde Baumgartner at 519-855-6320 or visit <http://thehillsofheadwaters.com>.
- **Media Ministry Seminar** from 8-4 at North Burlington Baptist Church. Taught by Midnight Oil Productions. Learn to see culture differently, focus on creative use of metaphors, graphics & video. For all skill levels. Get inspired! Group & student discounts. Call 905-335-5808 or e-mail info@nbbc.ca
- **Country Dance** hosted by the Erin Agricultural Society featuring DJ Joe Scully. Erin Fair Grounds Agricultural Hall from 9pm to 1am. Cost is \$10 per person. For info and a \$1 off coupon visit www.erinfair.ca or call Pam at 519-833-2778.
- **Two hikes** starting at 5:30-6:30 and 7:30-8:30, Belfountain Conservation Area, Belfountain. A wonderful event for the whole family to explore the area's rich cultural history. Must pre-register by contacting Lindsay at 1-800-668-5557.
- **Erin Village Alliance Church** will be holding a **baptism, prayer and healing service** at 6 pm at 103 Main St. Call 519-833-7114 for details. All are welcome.
- **Fall mom-to-be sale** to be held at St. Alban's Anglican Church, 19 St. Alban's Drive in Acton from 9 a.m. to 12 p.m. Children's and infant's toys, games, books, clothes, cribs, strollers, high chairs, playpens, etc. Admission: \$2 Adults, children under 12 free. For more information, please call Susanne at 519-853-0390.

September 25

- **Walking for Women.** Halton Women's Place Fundraiser - Ramsden Training and Halton

Women's Place will host the 2nd Annual Riverside Walkathon. This 5km walk takes place at Lions Valley Park along Sixteen Mile Creek in Oakville and all proceeds will be directed to Halton Women's Place. For more information or to get your pledge form, call Carm Bozzo at 905-332-1200, ext. 244 or email cbozzo@haltonwomensplace.com. Visit their website at www.haltonwomensplace.com

- **Church offers an introductory course in the Christian Faith.** St. Andrew's United Church is offering the ALPHA Course for anyone interested in investigating the Christian Faith, New Christians, couples preparing for marriage, newcomers to the church and for Christians who want to brush up the basics. The ALPHA Course meets every Sunday night from 5 - 7:30 pm at St. Andrew's, 89 Mountainview Rd. S., Georgetown, beginning September 25 and runs for 11 weeks. Dinner is included. Everyone is welcome.
- **Interested in the Acton community?** Come enjoy the **Acton Kinette Community Brunch** that will take place at the Acton Community Centre from 9:30 am to 1 pm. All you can eat buffet. Cost: \$5 per person, preschoolers, free. For more information call Andrea Lavallee at 519-853-2409.

September 26

- **The Halton Hills Quilters Guild** will meet at the Halton Hills Cultural Centre (Library) 9 Church Street, Georgetown at 7:15 pm. The speaker will be Renske Helmuth. Guests are welcome. Contact Pat Clayton at 905-878-1839.

September 27

- **The Annual General Meeting** for the Canadian Mental Health Association, Halton Region Branch at 6:30 pm. It is being held in the Hearth Room at Halton Region Museum, Tremaine Road, Milton. Refreshments will be served.

September 28

- **Halton Healthcare Services** hosts free seminar on the topic of Osteoporosis. 7 to 9 p.m. at the Galaxy Banquet Hall in Oakville with Dr. Aliya Khan, MD. To reserve a seat, contact 905-338-4379 or elittle@haltonhealthcare.on.ca
- **"FAMILY HISTORY RESEARCH"** - The Halton-Peel Branch of the Ontario Genealogical Society. Regular Meeting will be held at Chinguacousy Branch Library, Lower Level, 150 Central Park Drive, Bramalea at 2 pm. Speaker - Louise St. Denis - National Institute for Genealogical Studies. Topic - "Citing Your Sources". Visitors are welcome.
- **Final report related to Halton tree by-law** to be considered at 9:30 am in the Halton Room, Halton Regional Centre, 1151 Bronte Road, Oakville.

October 1

- **St. John's Anglican Church Nassagaweya** will be holding a **garage sale** from 8:30 am to 2 pm at 10009 Guelph Line at 10th Sideroad complete with a bake table, barbeque, coffee, donuts and all sorts of stuff!
- **Credit Valley Conservation** is hosting the 1st **Annual Island Lake Fall Festival**. Come out and enjoy fall at Island Lake where activities focusing on this special season are available for all. Carriage rides, nature hikes, arts and crafts vendors, wildlife displays, children's activities and more. For more information contact Lindsay at 1-800-668-5557 or go to www.creditvalleycons.com.

October 6

- **The Upper Credit Humane Society** will be holding a **rabies and microchipping clinic** from 5 to 7 pm. Fees are \$12 + tax for rabies shots and \$28 + tax for microchipping. There will also be a pit bull clinic from 7 to 7:30 pm for owners of these dogs. Information regarding the legislation will be available as will approved muzzles. Please call 519-833-2287 to make an appointment.

The Regional Municipality of Halton

NOTICE TO CITIZENS

Join the Halton Regional Transportation Advisory Committee

This is an opportunity to participate in the public consultation process for new Provincial transportation initiatives being carried out by the Ministry of Transportation, the Ministry of Public Infrastructure Renewal and GO Transit within the Region of Halton.

The establishment of a Halton Regional Transportation Advisory Committee will help in addressing the broad spectrum of interests from local Halton residents, business and development communities, Chambers of Commerce, and other Regional Advisory Committees. The Halton Regional Transportation Advisory Committee will help in reviewing and commenting on documentation, provide input on the consultation programs, and be engaged by the Province as part of the stakeholder consultation for various Provincial transportation initiatives.

Participation from across Halton (Oakville, Burlington, Halton Hills and Milton) is encouraged. One member will be chosen from each municipality.

If you are interested in applying for a position on the Halton Regional Transportation Advisory Committee, please submit an application form.

Application forms are available on our website www.region.halton.on.ca or from the Office of the Regional Clerk, Halton Region, 1151 Bronte Road, Oakville between 8:30 a.m. and 4:30 p.m. Send completed forms by email to RegionalClerk@region.halton.on.ca or by fax to 905-825-8838.

Completed application forms must be received at the Office of the Regional Clerk no later than **Thursday, October 6, 2005**. All applicants will be contacted for an interview. For more information concerning the Halton Regional Transportation Advisory Committee, please contact Edward Soldo, Manager of Transportation Services and Infrastructure Planning at 905-825-6000 ext. 7475 or by email at soldoe@region.halton.on.ca.

1151 Bronte Road, Oakville, ON L6M 3L1

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