

# The Order of Niagara

STORY AND PHOTOS BY ANN KORNUA

On September 25, at a special service of Institution, two Milton women were awarded the Order of Niagara in Christ's Church Cathedral in Hamilton. Kay Mighton and May Dennis were presented with this honour for their years of service and dedication to the Anglican Church with Bishop Spence officiating. Kay and May, women both in their seventies, attend different churches in the Halton area, but their stories are similar with their devotion towards their faith.

The Order of Niagara was awarded to 38 parishioners from various churches all over the Niagara area on the recommendation of their parishes. 10 individuals were appointed directly by their bishops. Kay was given the award by her church, St George in Lowville. Kay has been a leader of the Anglican Church Women, or ACW at her church and said it has been wonderful to work meeting Christian women over the years. "Church has always been a love of mine because I feel my faith is always growing," Kay replied. "It inspires us to be of service to others."

May, who has attended St Johns Church in Milton since she was a child, has always enjoyed working with what she calls a family of people. She taught Sunday school, and was there each day in the winter with her husband Harold to fill the oil heaters and shovel the snow. "I was shocked. I did not even know I was getting the award, but they



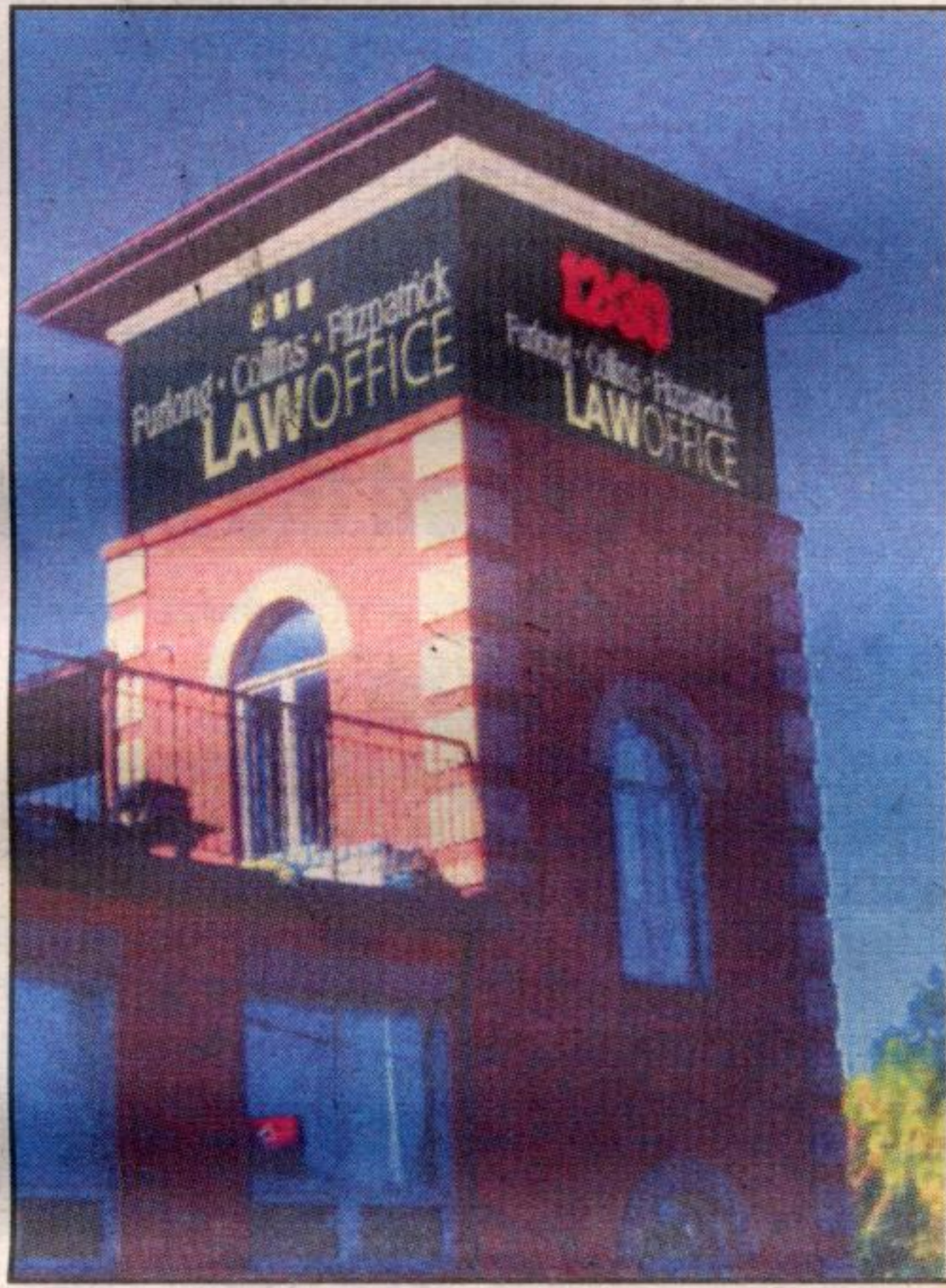
read the letter out at my church and I did not know what to say but thank you," May said. "It was quite an honour and humbling. It inspired me to keep doing the Lord's work when one is committed to great peace and joy."

For both women, age is not a factor when it comes to lending a hand. "I love the church," Kay explained. "All of the activities and groups I have been apart of nationally, in the Diocese and in St. George's have enriched my life and my love of the Lord. For all of this, I feel truly blessed."

The ceremony took place in Hamilton. Bishop Spence presented individuals with a ceremonial pin, medallion and a certificate for their service at the lavish ceremony. "I was nervous before, but in the group I wasn't because I was with so many people," May explained. "I looked back and saw all my friends and I felt calm. Do not be afraid to get involved since it is all for the Lord. Work is a reward in itself."



Kay Mighton (above) and May Dennis are two Halton women who received the Order of Niagara.



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## The Myths of Menopause

A free seminar entitled "The Myths of Menopause" will be presented on Wednesday, October 19 at 7:00 p.m. in Oakville. This event has been organized by Halton Healthcare Services (Oakville-Trafalgar Memorial Hospital site) in partnership with the Women's Health Alliance of Halton.

Dr. S. Feroze, MD, FRCS(C), an obstetrician and gynaecologist, will review some "myths" about menopause and will explain what you can do to stay healthy in this natural stage of your life.

Menopause is the end of menstruation. Menopause is part of a woman's natural aging process when her ovaries produce lower levels of the hormones estrogen and progesterone and when she is no longer able to become pregnant. There are many possible signs of menopause and each woman feels them differently. Most women have no or few menopausal symptoms while some women have many moderate or severe symptoms. For some women, menopause is a challenging period of difficult physical and emotional changes. For others, it is a time of personal growth and renewal. And for many women, it is both at the same time.

Attend this free seminar at the 707 Galaxy Banquet Hall in Oakville on Wednesday, October 19, with displays and refreshments from 6:30 p.m. The seminar starts 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 contact elittle@haltonhealthcare.on.ca or 905-338-4379.

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