

Reformed 'couch potato' to speak on health

Georgetown's Jon Dald, author of the book, "From Couch Potato to Baked Potato," will be speaking at the Halton Hills Cultural Centre in Georgetown on Tuesday, April 18 from 7:30 to 8:30 p.m.

Sponsored by the Halton Hills Choices 4 Health network, Jon will show how to

make changes in lifestyle that will promote good health and prevent disease. By eating right and increasing physical activity, one can greatly improve their health.

Jon was a self-confessed couch potato who now runs marathons. In the last few years - through reading, talk-

ing with experts and a lot of hard work, he has learned to manage the "couch" component of his life. He still enjoys the finer things life has to offer but he does so on his own terms.

Jon will speak, not as an expert, but as someone who

has "been there", and knows how tough it is to change. He uses humour and a lot of practical tips to motivate people to "get off the couch".

Tickets are free and can be picked up at the John Elliott Theatre Box Office. Only 100 seats are available, so don't delay.



LEGION NEWS BRANCH No. 197

By Joyce Buchanan Secretary

First of all, I must thank all the members who came out on Tuesday night for the Legion Tribute for our late Comrade Johnny Grahame; it was very short notice, but the response was terrific. Our sympathies go to the Grahame family, they have had a bad year.

Thanks to the McNabbs who prepared the food for the open House, I hear it was really good; sorry I missed it.

We had a full house on Saturday, a lot of people will be having ham for Easter, and

we even had a birthday party in the middle of all this.

Come May, it would be nice to see a good turnout for elections on May 8. Your Branch needs you and your input.

Thanks to the ladies who cleaned out the kitchen and store-rooms ready for tiling, and then returned all the things back. Thank you.

I hear Max Storey is home from hospital. Speedy recovery to you, Max, and any others who may be ill.

See you at the Branch.

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HAPPY WINNER: Ellen Piehl was is member of the Halton Peel Cruiser which placed second in the Intermediate Recreational Division at a recent tournament. - Maggie Petrushevsky photo

Ellen wins plaque

Local sledge hockey player, Ellen Piehl brought home a plaque from a recent tournament in Buffalo, New York after her team, the Halton-Peel Cruisers, placed second in the Intermediate Recreational division.

The division consisted of four teams in a tournament that featured 38 teams from the U.S. and Ontario.

The Cruisers won their first game against a team from

Long Island, New York 2-0 and needed only one more win to make it to the championship match.

The Cruisers defeated Rochester, NY 5-1 in their second to advanced to the final, in which they lost to Kawartha, Ont. 2-1.

Plans are being made for next year's tournament, which will be held in Thornhill, Ontario.

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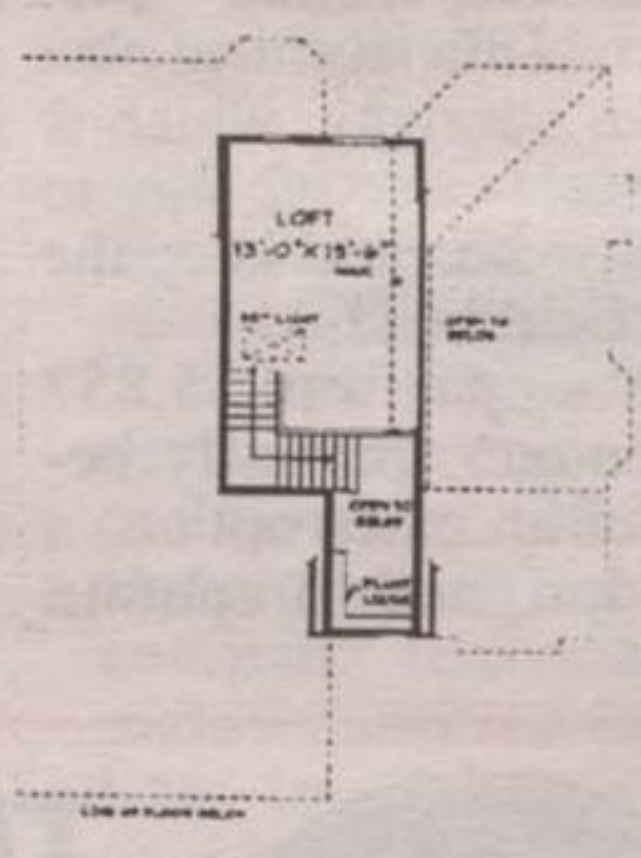
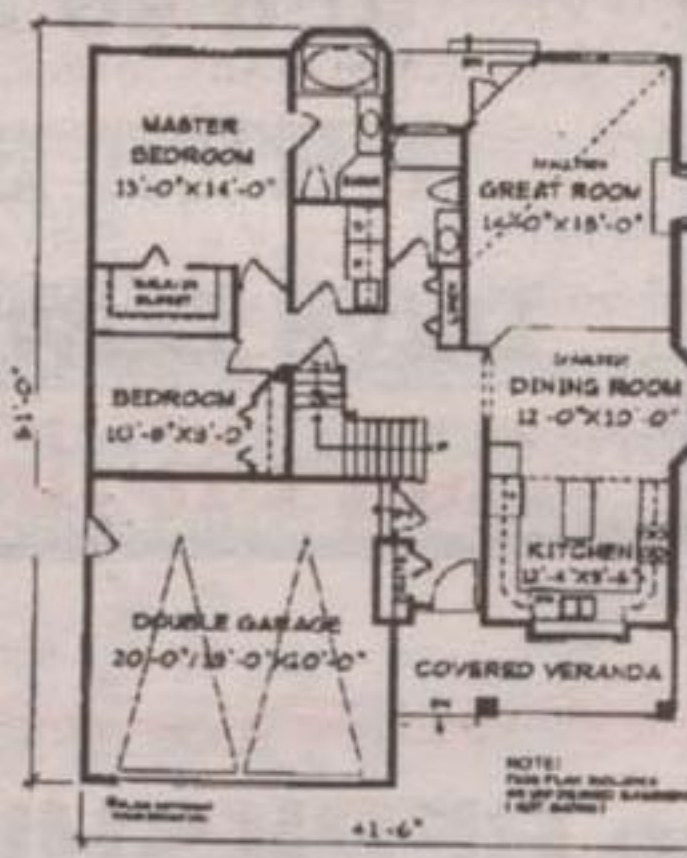
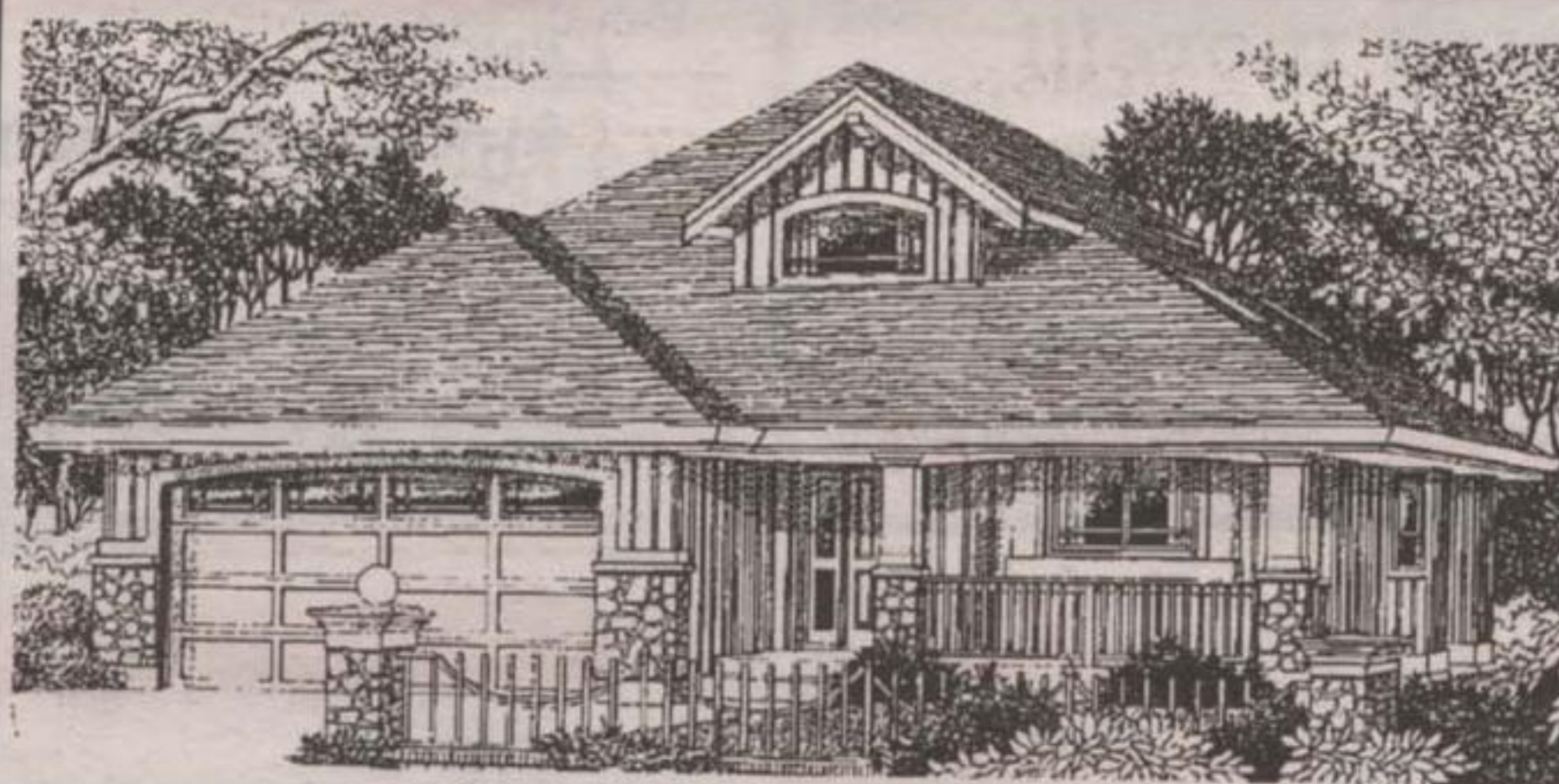
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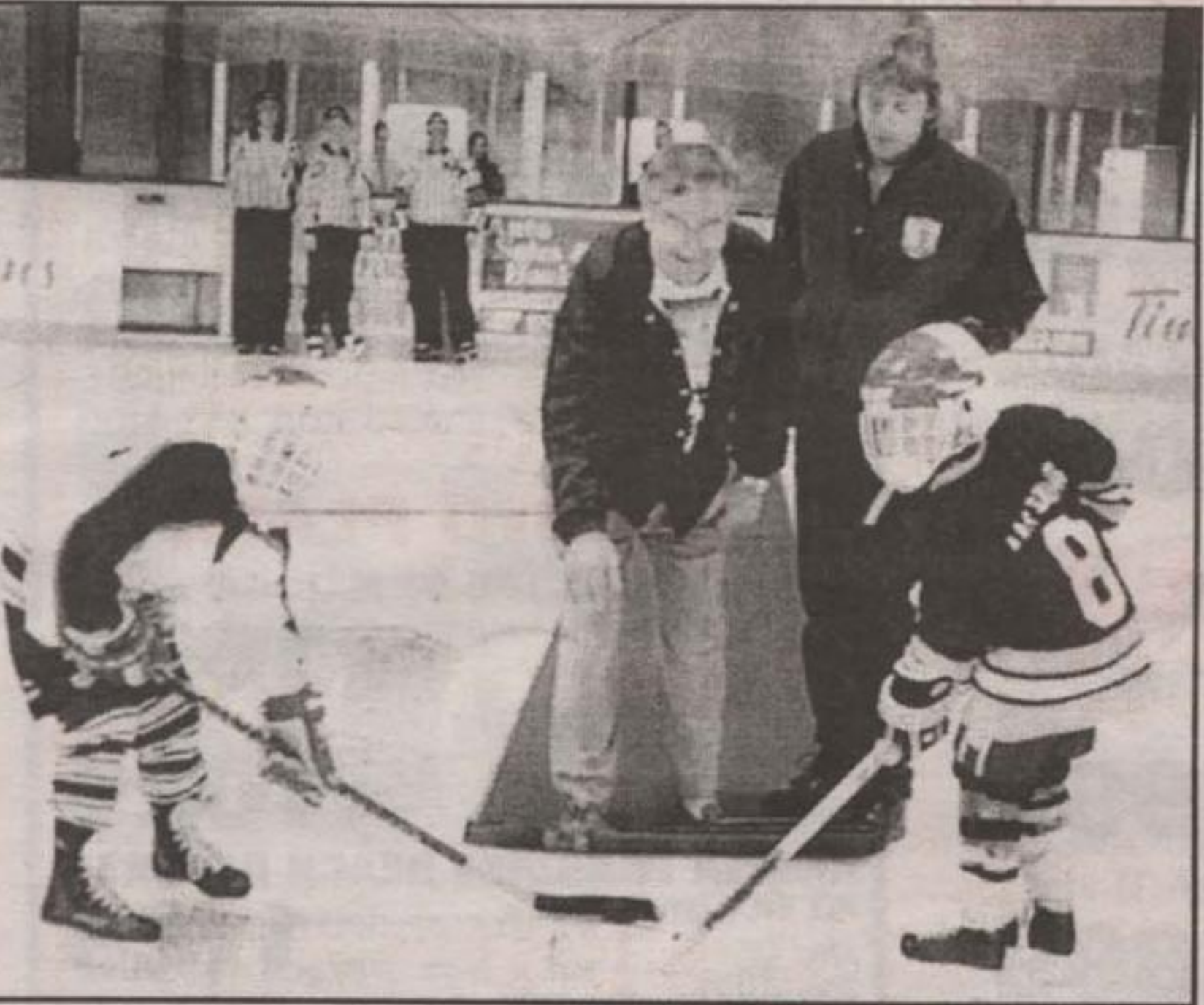
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or into the great room and dining room below. An unfinished basement awaits your own creative touch.

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FAMILY AFFAIR: Acton Citizen of the Year, Harold Townsley, at centre ice with Tyke conveyor Bill Waites, dropped a ceremonial puck at the recent Tyke house league final. Harold's grandson, Tyler Townsley (right) took the face off for A&S Engraving and Patrick Egan - most points winner and team MVP - represented Hogarth Printing. Hogarth blanked A&S 4-0 for the championship crown. - Frances Niblock photo

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