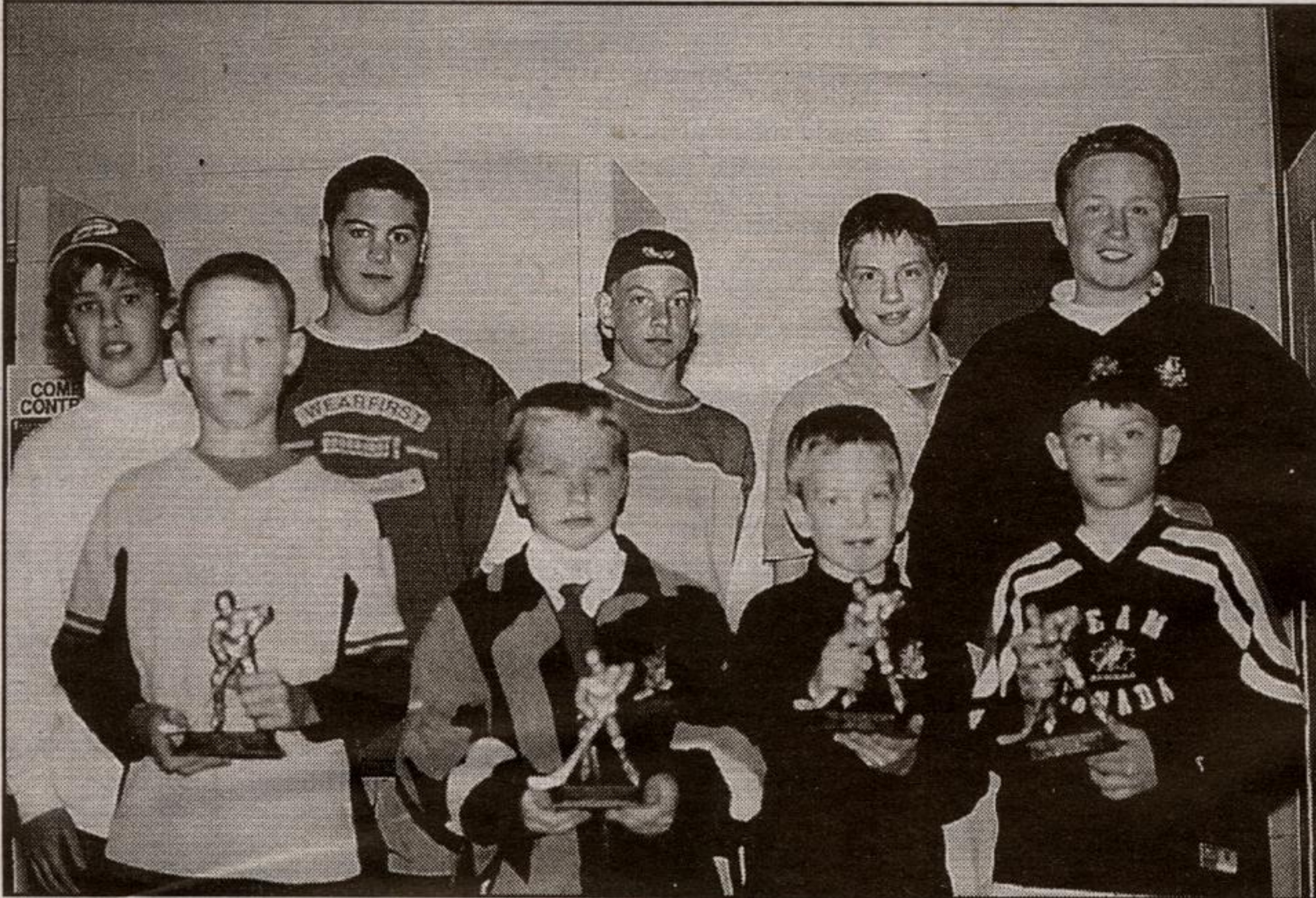


# SPORTS

DEADLINE IS MONDAY AT 12 NOON

## Awards banquet for Acton Minor Hockey Association Community Centre April 19



**MOST SPORTSMANLIKE PLAYER:** Front Tyler Hemming, Brandon McCarthy, Roger Kirkness, Matthew Kutasienski; Back: Clark Buchanan, Steven Atkinson, Sean Nellis, Kyle Marshall, Jason Beatty. - photos by Pat Ethier.



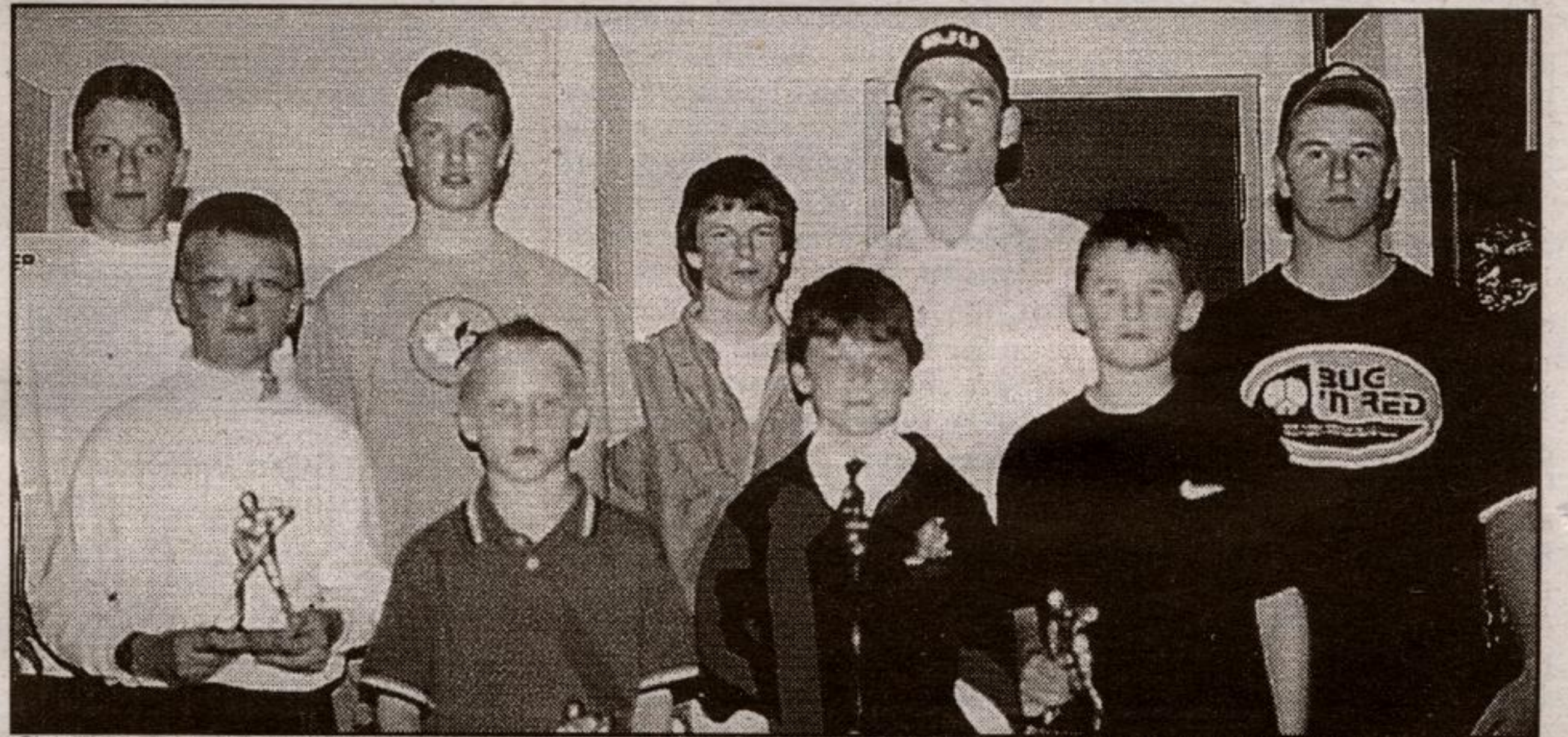
**MOST VALUABLE PLAYERS:** Front: Nicholas Eagan, Billy Burgan, Zack Woolford, Jessy Kuenzig. Back: Daniel Kearns, Braden Artem, Kyle McDonald, Troy Ethier and Matthew Wolfer.



**MOST IMPROVED:** Front: Brandan Lockyer, Cole Fricker, Dustin Ballentine; Back: Matt MacMillian, Kenneth Wenzell, Brandon Pezzack, Michael Bentley. Absent: Greg Boughton, Corey Ward.



**A.M.H.A. EXECUTIVE:** The Acton Tanners held their Awards Banquet at the Acton Community Centre on April 19th. On behalf of the players, coaches and parents, we thank the A.M.H.A. Executive for their time and efforts during the season. Front: Bill Currie, George Artem; Back: Ron Sheehan, Dave Woolford, Bob Collins, Steve Marshall, Gary Masters. Absent: Tony Sherren, Gord Chapman and Clint Peacock.



**GARY TAILLEFER MEMORIAL AWARD OUTSTANDING DEFENCEMAN:** Front: Steven Wolstenholme, Jake Lewis, Colton Burgan, Stephen Bennett; Back: Matt Angell, Kyle Fellows, Greg Black, Eric Goll, Matthew Chapman.



**CAROL SMITH AWARD:** Player who displays love of the game through commitment, effort, leadership and dedication to team and coaching staff. Front: Jesse Spurrell, Rebecca Traversa, Riley McGilloway, Shaun Harkley; Back: Daniel Kearns, Jordan Guindon, Tyler Thompson, Simon Sharples. Absent: Nik Aitken.

## Local Karate school joins kindness program

What happens when each child taking martial arts lessons at 2,000 schools across North America, with 100 students each, performs 30 random acts of kindness in a single month? Six million random acts of kindness!

That's the goal of a new character development program spearheaded by the National Association of Professional Martial Artists. Local instructor, DR macGregor, owner and operator of Classic Karate, has joined the program and believes it will have a profound effect not only nationally, but right here in our town.

"Think globally, act locally. That's the message I'm driving home with my young students," says macGregor. "We can make a difference if each one of us does more. This is a brilliant way for my students to turn the ideas of respect and kindness into something they can do."

A random act of kindness is defined as a kind, respectful or considerate act performed from one person to another without any ex-

pectation of return, reward or recognition.

Random acts of kindness can be done at home or in the community. They do not need to be a grand gesture: it could be as simple as holding the door for someone or helping a sibling with their chores. Participants are encouraged to use their imaginations.

"If just ten of my students do thirty acts of kindness over the course of the next month, that's 300 acts of kindness," beams macGregor. "We encourage our kids to begin at home, under the watchful eye of their parents." MacGregor says his young students are responding to the idea enthusiastically.

Children participating in the program log their random acts of kindness in a journal and after accumulating 50 acts, they turn the journal into their instructor for review. Children who accumulate one thousand random acts of kindness are entered into the "Kind Acts Hall of Fame."

Want more information? Contact DR macGregor at (519) 853-9967.