



Mustangs' Ethan Job (facing) and Devin Hunter (44) have hands full with this Centennial forward in final game of MSB's Tip-Off Classic Basketball Tournament. -Chuck Tysoe photo

Acton Business woman awarded Black Belt

Sandra Rogers, well known as the owner/operator of Users, has been awarded the rank of Shodan - 1st Degree Black Belt, the culmination of nearly four years of training and practice, plus a year-long testing process. The award was presented at Classic Karate's annual Black Belt graduation.

It began with an initial interview and a physical fitness evaluation in the Spring of 2004. This included a timed 1 1/2 mile run; curl ups; push ups; and trunk forward flexion (a test of flexibility). In June there was a progress check on the curriculum requirements for Black Belt. During the summer she wrote her ten page paper entitled "What is a Black Belt?" This essay explored the benefits of Karate such as improved confidence, stress release, and improved health. This was followed by a Selection Board in the autumn which required demonstrations of both basic and advanced Karate techniques; empty hand and weapons forms; plus an in-depth interview.

She then had to participate in the Regular Program's belt test in November as final preparation for her own Black Belt grading in December. The grading examination required her to demonstrate the entire curriculum from White Belt to Black Belt, and to spar for ten two-minute rounds. Her Black Belt was awarded in a ceremony the next evening, but graduation and her rank certificate was still a few weeks away.

At her graduation she demonstrated traditional Karate and Kobudo (ancient weapons) kata. Kata are formal exercises which contain both the fundamental and advanced techniques of the art. Sandra also demonstrated five "one-step" self-defence techniques of her own design. Sandra's family is amazed and proud of what she has done.

After the presentation of her rank certificate, she received a Black Belt membership certificate in the American Independent Karate Instructors Association (AIKIA).

The AIKIA membership certificate requires the holder to sign a pledge accepting the responsibilities of being a Black Belt. This includes a prohibition on aggression and respect for one's teachers and students.

"It reinforces the student pledge I made when I started training," says Sandra, "we believe that without discipline there is no honour. That's why the other Black Belts renewed their pledges right after I gave mine."

"My son Nick is a 13 year old green belt. He began training when he was eight and has now moved into Regular (adult) Program. It's really exciting for us to be in the same class together. The goal of Black Belt is that much closer for him now."

What's next for Sandra? "Shodan literally means first step. I have a lifetime of learning ahead of me. That's great because Karate is the happiest and healthiest lifestyle in the world. I enjoy sharing this experience with others and encourage everyone to try. I was 34 when I started and even seniors can do it."

Read the New Tanner for all your local news

BRANCH No. 197 LEGION NEWS

By James Hayes P.R.O.

Comrades,

Kathleen Bevan will be holding another Smart Serve course for prospective volunteer bartenders on Saturday, February 26. Members who are interested should sign up without delay.

On Saturday, February 12 we will be holding a Valentine's dance in the auditorium from 9:00 p.m. to 1:00 a.m., with live entertainment by "Mid Life Crisis."

Tickets \$10 each.

Please don't forget the visit to Sunnybrook Hospital to see the vets in K Wing, on Sunday February 13. The bus leaves at 12:45 p.m.

We have a date for the Second Annual Chili Cook-Off. It is Saturday, February 26. Remember the fun we had last year?

A trip to Rama has been planned for March 5 - get your name in early for the bus.

Sports.

District cribbage hosted by Branch 197 everyone had a great time. We have one team now advancing to Provincial cribbage in Cambridge on March 5. Good luck to John Dunn, Ivan Kilby, Frank Single and Pete Turkoz. I would like to thank all the members who helped me run a successful cribbage tournament, I would like to name them, but afraid to forget someone

The Superbowl potluck was a success--lets make it a better one next year. Again, thanks members for all your help. Euchre on the board-Milton on March 12.

AUXILIARY NOTES:

This past Saturday, we attended Zone Euchre in Milton; we had six ladies participating.

Acton "B" team - consisting of Sue Poulsen and Gail Gibson - won third place. Oakville won 1st place and Erin won 2nd place. Congratulations ladies.

There will be Zone Darts in Georgetown Saturday, February 12. Zone Euchre is Saturday, March 5 - Acton will be hosting this Euchre. Call Marg Bromby by Sunday, February 27, if you want to play.

Don't forget to bring your items for the prize table; you can bring these to the March General Meeting. Zone Cribbage - Cooksville, February 19. All LA members who have Car Tickets please bring your stubs & money back to the March General Meeting.

The ladies who signed up to go to Sunnybrook to visit the vets on February 13 - Bus leaves the Legion at 12:45 p.m. Bring your cookies and muffins with you.

NEXT GENERAL MEETING: THURSDAY, MARCH 3 at 7:30 P.M.

*Yours in Comradeship
Peggy Harris, President*

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Dr. Dave De Melo D.C.

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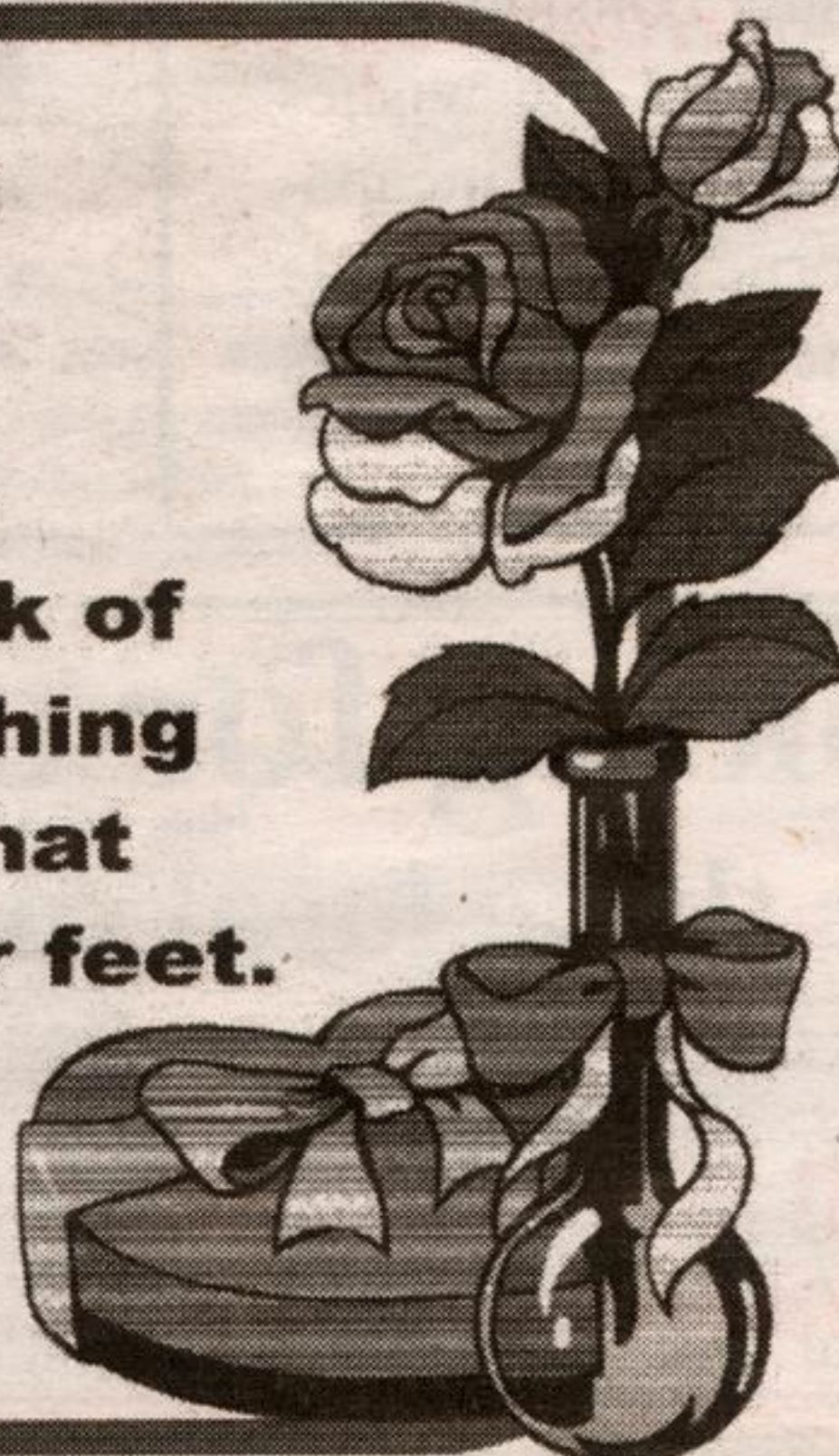
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NOTICE OF A PUBLIC INFORMATION MEETING

The purpose of the Notice is to advise that a Public Information Meeting to review and seek input on a proposed By-law to regulate Business Licensing will be held on:

Monday, February 21, 2005

**Council Chambers, Halton Hills Civic Centre
1 Halton Hills Drive, Halton Hills**

8:00 p.m. Public Meeting

The proposed By-law recommended by the Business Licensing Committee provides for the continued licensing of:

- | | |
|-------------------------|-------------------------|
| Amusement Establishment | Exhibitions |
| Public Halls | Restaurants |
| Refreshment Vehicles | Taxicabs |
| Limousines | Newspaper Dispensers |
| Salvage Yards | Kennels |
| Flea Markets | Driving Schools |
| Bed & Breakfast | Trailer & Tourist Camps |
| Garages & Car Washes | |
- Retail Sale of Pets, Motor Vehicles, Gasoline, Second Hand Goods, etc.
Trades - Electrical, Plumbing, Drain & Septic Tank, Building Renovators and Heating, Air Conditioning and Ventilation, Adult Entertainment Establishments.

The proposed By-law recommends the licensing of:

- | | |
|---------------------------|--------------------------|
| General Trade Contractors | Rental Sign Distributors |
| Accessible Taxicabs | Food Stands |
| Towing Services | Hotels and Motels |
- Retail Sale of Tobacco, Food and Goods, Personal Care Establishments- Barber Shops, Hair Salons, Electrolysis, Tattoo Parlours, Body and Ear Piercing, Beauty Parlours and Spas, Tanning Salons, Alternative Health Care and Massage Clinics.

Copies of Report No.CL-2004-0035 dated December 17, 2004 communicating the strategy recommended by the Business Licensing Committee is available at the Clerk's Department, Civic Centre, Town of Halton Hills and on the Town's website at www.haltonhills.ca. On February 7, 2005 the draft By-law will be posted on the Town's website, or a copy may be obtained by contacting the Clerk's Department.

You are invited to ask questions or express your comments regarding the proposed Licensing By-law at the Public Meeting, or in writing to the Clerk, Town of Halton Hills, 1 Halton Hills Drive, Halton Hills, Ontario L7G 5G2.

Interested persons wishing to speak at the Public meeting on February 21st should call the Clerks's Department at 905-873-2601 ext.2332 to register as a delegation.

INFORMATION SESSION Changes to Building Code Regulations

The Ontario Building Code Act and the associated Ontario Building Code Regulations have been amended. Significant changes have been included in the Ontario Building Code Amendments under O.Reg. 305/03. Full implementation of the changes is scheduled for July 1, 2005. Town staff will be hosting an information and presentation session to the public. Builders, contractors, designers, engineers and architects and anyone having an interest are invited to attend.

Date: February 23, 2005 (Wednesday)
Time 4 p.m. to 6 p.m.
Location: Council Chamber

For further information please contact:

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