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Georgetown Legion supports children's choir

By COLIN GIBSON
Georgetown Legion Br. 120 news

The Georgetown Children's Chorus will embark April 30 on an Ambassadors of Peace tour through various European venues, which will include memorial services at Holten and Zevenbergen, both in Holland, Vimy Ridge in France as well as other locations in Europe.

Branch 120 is proud to be a sponsor of what will no doubt turn out to be a memorable visit to Europe for all concerned, including those hosting the local choral contingent.

The Branch 120 elections, previously reported in this column for April 26, have been put on hold. Branch 120 members will be made aware when the new date for elections has been decided.

The Branch 120 second annual

Veterans Dinner has been scheduled for June 26.

Those veterans who attended the inaugural event last year should once again be receiving invitations. If the invitation has not been received by June those wishing to attend should contact the branch at 877-4413. Service veterans do not have to be a member of the Royal Canadian Legion to attend this special night.

Jim Fisher and Dennis Thorogood emerged victorious at the annual Fred Gilmer Memorial Doubles Darts in-house tournament, while the team of Paul Spratt and Dorothy Vinckle bested the duq of Doug Imber and Tom Gregory to win the first annual Bud Haines Memorial Doubles Shuffleboard tournament.


Highly talented and effervescent Debbie Bay-Shaw will be entertaining in the canteen April 25 starting at 3 p.m.

ANXIETY & PANIC

Six years ago, Mike Glugosh was a hostage to his own fears. Constantly worried about his own health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a seminar open to the public in your area.

Symptoms for anxiety disorder include heart palpitations, chest pains, dizziness, stomach problems, bewildered and spaced out feeling, confusion, shortness of breath, scary thoughts, trembling or shaking and nervous or panicky feelings.



Many people with anxiety also experience mitral valve prolapse. Generally people fear what Mike calls, "losing control."

having heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT&T, and MacDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and many other well know programs.


If you cannot attend, please call 1-800-318-7766 for information.

The Midwest Center specializes in programs for anxiety, panic and depression.

FREE SEMINAR

SEE MIKE GLUGOSH:

Tuesday April 21, 7:30 - 9:00 pm
North Halton Golf and Country Club
363 Maple Avenue West, Georgetown



Seniors Centre
GEORGETOWN DISTRICT

Roland Lobb

The Georgetown Seniors Centre held a very successful craft sale on April 4. Wares of all sorts were offered by 28 vendors to about 375 visitors to the centre that day. Many draws and prizes were drawn. Neila Mowat won the 50/50 draw, Mary Cartwright won two lawn chairs, Daphne Rolfe won a drink set and a surprise gift, Nora Tuck won a stuffed rabbit, Jean Cowan won the Easter tree, both Dorothy Hazelden and Diane Goldsmith won hams.

Dorothy Hazelden and Eleanor Murphy thank the many volunteers who helped put up signs, prepared the centre for the sale and cleaned up after, helped in the kitchen and sold tickets.

There was a volunteer appreciation reception at the centre on April 5. Some 125 centre volunteers were treated with finger food, cake and punch. There was time to chat and to be entertained by friends from Globe Productions, represented by Debbie Tilson, Shannon Marshall, Mark and Nanci Llewellyn.

Helen McNeil thanked all who were in attendance for their generous contributions to the centre.

Ruth Michasiw was introduced as the new co-ordinator of volunteers at the centre.

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Questions??

Put them to the panel of experts:
Rene Liebs-Benke, L.L.B
Allen Church, C.A.
Kris Sammy, C.F.P.

Place: Lionhead Golf & Country Club
Time: 2:00 p.m.
Date: Sunday, April 19th, 1998

Presented by




Kris Sammy, Certified Financial Planner



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