

Healthy Living



Volunteers honoured

Halton Hills Community Support and Information (HHCSI) executive director Joan Barham (centre) presents two longtime volunteers Rena Arbic (left) and Helen Dubeau with gifts for their 25 years of service to the organization. HHCSI recognized the volunteers at its annual volunteer recognition ceremony held in Ballinafad Community Centre.

Photo by Shawn McAlpine

Red Cross offers weekend course

Are you prepared in case of an emergency? Can you save a life with CPR? The North Halton Canadian Red Cross is offering a first aid and CPR course this weekend (April 20-21) in Milton, 9 a.m. to 6 p.m. To register/info, call 905-875-1459.

Shriners seek donations for Georgetown auction

The Credit Valley Shrine Club, which has been active in the Halton Hills area for the past dozen years, is holding an auction in May to support Shriners' hospitals for children.

The club, which has been active in the Halton Hills area for the past dozen years, is part of the North American Shrine fraternity which supports 18 orthopedic hospitals, three burn hospitals and one hospital that provides orthopedic, burn and spinal cord injury care. The hospitals are located in both the United States and Canada and to date more than 65,000 children have been helped—at no cost to parents—since the first Shriners Hospital opened in 1922.

To sustain these hospitals, Shriners must raise \$1.6 million a day, and the local club will be doing their part by holding an auction sale on May 11 at 12 Lindsay Court in Georgetown.

The group is requesting residents donate "used treasures" for the auction—no clothing please.

For pickup, residents should call Dave Manes in Acton, 519-833-2282, Don Thompson in Georgetown, 905-866-4463, Paul Curry in Erin, 519-833-9405 (e-mail: paul.curry@sympatico.ca), Don Sutherland in Terra Cotta, 905-838-2119 and Ron Dalton in Milton, 905-878-4500.

The local Shriners remind residents that if there are any area children who can benefit from the services of a Shriners Hospital, their parents should contact any of the above numbers. For example, the hospitals care for children with congenital orthopedic deformities resulting from scoliosis, cerebral palsy and spina bifida, hand and back problems, club foot, juvenile rheumatoid arthritis.

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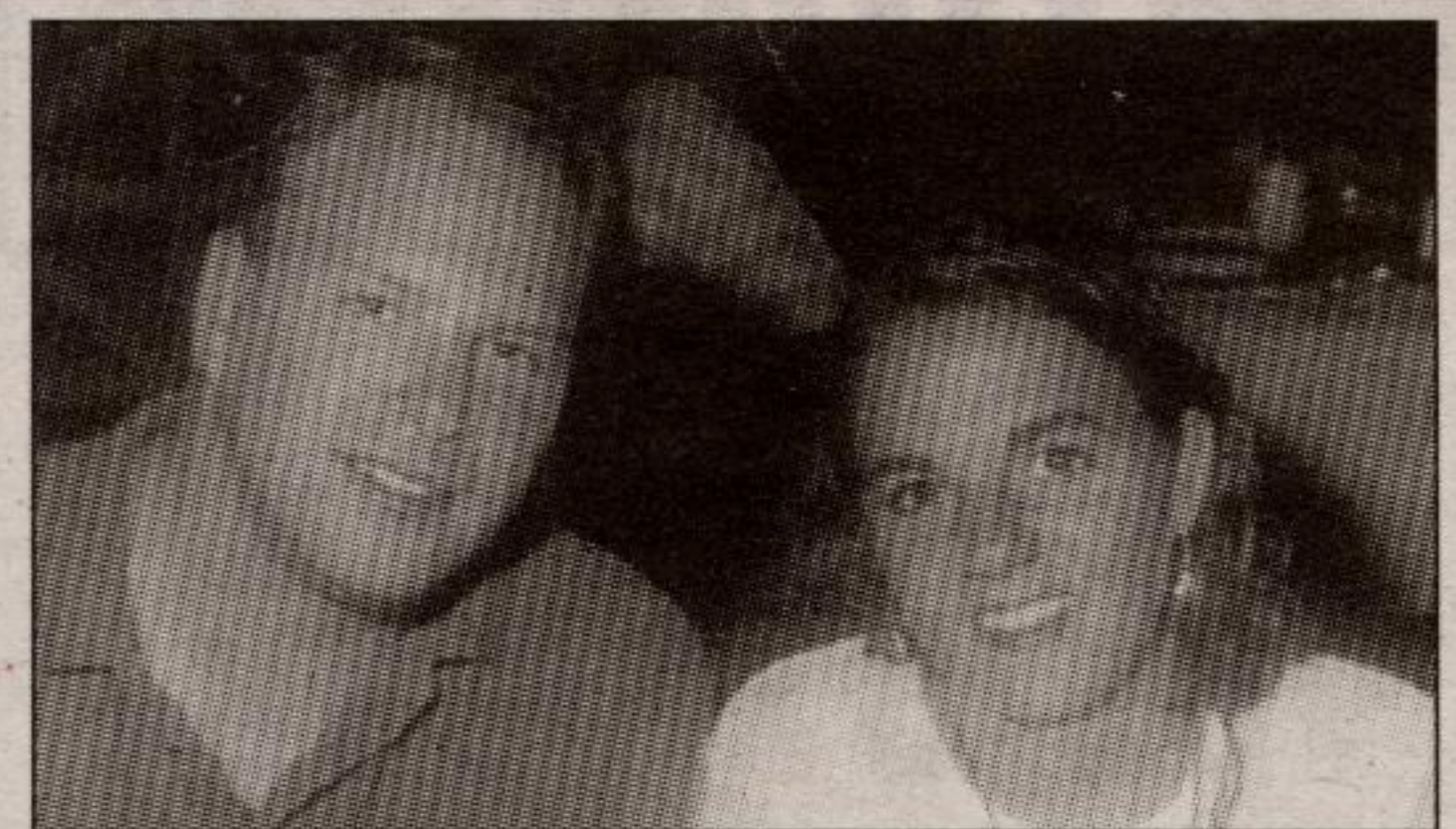
Call for an Appointment (905) 702-7883

518 Guelph St., Norval, ON

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Casino Night Dancing Games

Fun Prizes Buffet



Fun Prizes Buffet

Buck & Doe for Pat & Angela

Saturday, April 20/02

Georgetown Legion

8:00 pm - 1:00 am

Tickets available at the door

Casino Night Dancing Games

ONTARIO MIGRAINE CLINIC

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Brendan Cleary, Ph.D., D.Ac.
83 Mill Street, Suite 304
Georgetown
(905) 702-0625

Tooth Chatter



by
ALEX
TRENTON
DENTURIST

DENTURE CLEANING TIPS:

*Fill the sink halfway with water so your dentures won't break if you drop them.

*Scrub dentures thoroughly. Ask your dentist for a special denture brush; it's short bristles clean sides and chewing surfaces and long bristles reach the narrow spaces inside. Soap and water work fine; baking soda removes stains. Lavedent denture cleanser is an excellent cleaner, and is available at our office.

*If you have partial dentures, clean their metal clasp carefully.

*If you find denture brushes hard to handle, try a nail brush for a better grip.

*Rinse dentures in clean water before returning them to your mouth.

*Remember to keep in touch with your dentist. Your mouth changes constantly - so from time to time, your dentures will need adjusting to maintain a good, comfortable fit. While reviewing the fit, your dentist will also examine your tissues, and review your home-care routine. You do not need a referral - simply call our office direct.

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Alexander Trenton, D.D., F.C.A.D. (A)
Dentist
Georgetown Denture Clinic,
18 Church Street,
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(905) 877-2359

(Across from the Library and Cultural Centre)
www.georgetowndentureclinic.com

Places to go! Things to do!



April 19-21, 2002

International Centre, Hall 5, Mississauga

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2 FOR 1 ADMISSION

International Centre, Hall 5
Airport Road, Mississauga

Friday, April 19 10am-6pm
Saturday, April 20. 10am-6pm
Sunday, April 21..... 10am-5pm

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