

Walk for Dog Guides on this weekend

The Georgetown Lions Club is hosting a Walk for Dog Guides on Sunday, Oct. 5, that raises funds to support Dog Guides for Canadians with visual, hearing and physical disabilities.

"We'd like to invite everyone to come out for the Walk this year," said Fred Zorge of the Georgetown Lions Club and this year's Walk chairman. "Young or old, with or without a dog, everyone is welcome! We've got prizes for top fund-raisers from Roots, lots of fun, and best of all, we're raising money for a great cause."

Sponsored by Nestle Purina Pet Care, the walk for Dog Guides is a fun 5k walk for people and pooches of all ages. Now in its 19th year, the annual national event has already raised over \$3 million for the Lions Foundation of Canada, which provides dog guides to people with visual, hearing, physical or medical disabilities. Over 100 cities and towns across Canada, including Georgetown, are hosting walks this year.

"We are very happy that Georgetown continues to support the Walk for Dog Guides," said Sandy Turney, executive director, Lions Foundation of Canada. "The Walk is our biggest fund-raiser. More

Canadians in need will be able to get a dog guide this year thanks to the community spirit of people in Georgetown."

This is the seventh year the Georgetown Lions Club has hosted this event. Last year's walk raised over \$18,000. This year the walk will begin at 1 p.m. at the Lions Hall, 42 Mill St. (just behind the Memorial Arena).

Pledge forms are available from local area pet supply stores and veterinarians. Additional details are available by calling the Foundation at 1-800-768-3030.

Lions Foundation of Canada is dedicated to helping people with visual, hearing and physical disabilities. The Foundation runs three dog guide programs: Canine Vision Canada, providing assistance to people who are blind or visually impaired; Hearing Ear Dogs of Canada, training dog guides for people who are deaf or hard of hearing; and Special Skills Dogs of Canada, providing dog guides to Canadians with physical or medical disabilities.

All of these dog guides are provided at no cost to the client. Lions Foundation of Canada is a registered charity and relies solely in individual and corporate donations.



Getting active at the library

Kids in Acton took advantage of the PD day Friday, dropping by the Acton branch of Halton Hills Library to take part in a little aerobics, followed by some healthy eating tips. Aerobics instructor Kate Holmes (right) led (from left) Michael and Carissa Kri, both 5, Alex Benaquista, 10, and her sister Sam, 7 through their workout.

Photo by Ted Brown



CLEAN UP HALTON HILLS!

Now is the time to clean up our town and keep our community beautiful! All residents, businesses and groups of all ages are asked to participate.

JOIN US ON SAT. OCT. 4th, 2003

It's time for everyone to pitch in!

WHAT ARE WE CLEANING UP?

- Roadways
- Parking Lots
- School Yards
- Business Areas
 - Parks
 - Gateways
 - Valleys
 - Boulevards
 - Ravines

WHO CAN PARTICIPATE?

- Youth Groups
- School Groups
- Businesses
- Neighbourhoods
 - Churches
- Interest Groups
- Service Clubs
- Sports Organization
 - Families
 - Individuals
 - Anybody

WE WANT YOUR HELP!

Participants are asked to call Wendy at the Town Works Yard 905-873-2601 ext. 2610 to register where you are cleaning up and arrange for garbage to be delivered to the Works Yard or picked up by our staff.

A JOINT PROJECT OF



Participants can also bring collected litter to the Works Yard anytime on the weekend.

Congratulations on your 90th Birthday Edith Mills



The family invites you to join them on this happy occasion Sat. Oct. 4th at Armstrong Terrace 8 Durham St., Georgetown between 2-4 pm in the Common room



Your Health... Naturally

By Nicole Meier, BSc. N.D.
Doctor of Naturopathic Medicine

5 Steps to a Healthier Lunch

For those of you who were unable to attend "The Natural Lunchbox" seminar last week at the library, I have summarized the basic concepts.

- 1) Eliminate or drastically reduce added sugar. This includes sweetened juices and sweet treats like store-bought cookies.
- 2) Trade in white flour products for whole wheat or other more nutritious grains (rice, spelt, oats). Start with the sandwich bread and expand into other grain products like whole-wheat pasta and muffins.
- 3) Eliminate any sources of hydrogenated fats or trans- fatty acids. These are especially high in products like chips, certain granola bars, peanut butter and some salad dressings.
- 4) Include a quality protein source. You only need small amount (ie: cubed chicken; yogurt; beans; tofu etc.).
- 5) Include a low sugar beverage, preferably water.

Nicole Meier, BSc. N.D.

The Georgetown Naturopathic Wellness Centre

16 Mountainview Rd. S., Suite 102
Georgetown, ON, L7G 4K1
(905) 873-2361