

Be Generous! DURING THE HOLIDAYS, MAKE A DONATION TO AT LEAST ONE OF THESE ORGANIZATIONS!

THE CANADIAN CANCER SOCIETY envisions a world where no Canadian has to fear the disease

In Canada, it's estimated that cancer was diagnosed in about 153,100 new cases, and led to some 70,400 deaths, in 2006. Cancer is a disease that takes root in our cells. Usually, our cells follow the instructions they're given and we remain healthy. Sometimes, these instructions become confused, and a cell behaves abnormally. After a while, groups of these abnormal cells can start circulating in the blood or immune system, which can result in the appearance of cancer.

The Canadian Cancer Society was formed in 1938, with a goal to eliminate this disease and improve the quality of life for those affected by it. The Society's vision is to create a world where no Canadian has to fear cancer. To do this, the focus has been directed to five areas: research, maintaining public interest, prevention, information and support. Among other things for 2006-2007, the Canadian Cancer Society has distributed more than \$47 million for state of the art research projects taking place throughout the country.

It's thanks to the generosity of donors and to the supportive work of volunteers and employees that the Canadian Cancer Society can actively work to prevent, beat or control cancer. It takes its role as manager of these donations very much to heart, and expends all possible efforts to direct these dollars where they will do the most good in the fight against cancer.



Canadian Cancer Society Société canadienne du cancer

www.cancer.ca

1251 Northside Rd., Burlington, ON L7M 1H7
905-332-0060

ALS SOCIETY

ALS stands for Amyotrophic Lateral Sclerosis, sometimes called Lou Gehrig's disease. It is a rapidly progressive and fatal neuromuscular disease that is characterized by degeneration of a select group of nerve cells and pathways (motor neurons) in the brain and spinal cord. This loss of motor neurons leads to progressive paralysis of the voluntary muscles. There is no known cure at this time and very little in the way of treatment that will have an effect on the disease itself.

However, there is much that the health care community does to ensure quality of life care for the person with ALS. At the moment, there is a drug trial being conducted that may prolong life minimally. Research is looking to find not only the cause of the disease so that a cure can be developed but also other medications or treatments that can help until a cure is found. With improved knowledge about ALS, healthcare providers and families can help people living with ALS live life more fully. The services offered by the ALS Society of Ontario help improve the quality of life for those who live with ALS and their families. For more information and to donate to the ALS society please visit www.alsont.ca or call (416)-497-2267 for the office in your region.



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THE CANADIAN MENTAL HEALTH ASSOCIATION: for mentally healthy people in a healthy society

Enjoying good mental health allows us to benefit from all the joys that come to us in our lives, our surroundings and the people we spend time with. But people who are affected by mental health problems no longer have the ability to enjoy their lives or handle the challenges that it sometimes brings. That's when it's important for these people to take their mental health in hand and look for help to deal with their specific problems, whether it's emotional troubles, anxiety or any other problem related to mental health.

The Canadian Mental Health Association (CMHA) is a volunteer organization with a goal of promoting mental health for everyone, and encouraging the resilience and recovery of people experiencing mental illness. The CMHA offers a wide range of resources like brochures, newsletters and guides that deal with different aspects of mental health and mental illness. Besides the support given to research, a multitude of programs and services specializing in mental health are also offered, tailored to meet the needs and available resources in 135 Canadian communities.

Millions of people here in Canada rely on the work of the Association. In fact, one Canadian in five will be affected by one form or another of mental illness during his or her life. It's therefore very possible that you, or a friend, co-worker or family member, will one day benefit from the programs and services of the CMHA. That's why public support is essential.



CANADIAN MENTAL HEALTH ASSOCIATION

www.cmha-halton.ca acton.cmha@haltonhealthworks.com

42 Mill St., E., Acton, Ontario L7J 1H2
519-853-9793

THE HOSPITAL FOR SICK CHILDREN

SickKids Foundation is the largest non-governmental granting agency in child health in Canada. Established in 1972, SickKids Foundation has granted over \$500 million to The Hospital for Sick Children and over \$60 million to researchers across the country.

SickKids Foundation invests \$4 million annually across Canada in paediatric research, focusing on issues important to children's health which have not been addressed elsewhere.

Their mission is to inspire communities to invest in health and scientific advances to improve the lives of children and their families in Canada and around the world.

SickKids has invested in community's contributions in world-leading children's health research and care. "We believe there is no one else in Canada as dedicated as we are to eliminating the gap between what is happening in child health research, education and training, and what should be happening." Their vision: Healthier children. A better world.

Every child deserve to be healthy. At SickKids we're doing everything in our power to make this happen.

- We care for close to 100,000 patients every year.
- We do open-heart surgeries on babies small enough to fit in the palm of your hand.
- We correct terrible deformities, heal cancers, and treat massive burns on little bodies.
- We've invented treatments that 20 years ago people would have dismissed as science fiction.
- Treatments that continue to have a profound impact on the lives of children.
- Your support has led to discoveries that have meant less pain for children, a higher survival rate and less time in hospital.
- Your support helps fund life-changing equipment and facilities and enables us to attract the best doctors, researchers and nurses in the world

To learn more and to donate visit www.sickkidsfoundation.com

By phone call 416-813-6166 or 1.800.661.1083

By Mail: SickKids Foundation
525 University Avenue, 14th Floor
Toronto, Ontario M5G 2L



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