



Howmet aid is appreciated

Links2Care recently presented the employees of Howmet Casting a plaque in appreciation of their ongoing support of Links2Care youth programs through the Aloca Foundation. On hand from left to right are David Burland, Links2Care board chair; Sandra Melhuish, agency manager; Andreas Hack, Howmet Casting general manager, Sue Raine and Peter Ford.

Photo submitted

Youth invited to become part of Region book project

Halton Region youth between the ages of 13 and 19 are invited to express their individuality by sharing their creative talents.

This Is Me, a book designed to give youth a venue to express their authentic selves, is requesting submissions of photography, artwork, short fiction, creative non-fiction, and poetry.

The deadline for entry is March 19, 2007.

This is Me was originally an Oakville Youth Development Centre (OYDC) initiative that now continues to be supported by the Halton Regional Youth Advisory Committee (HRYAC). This is the second edition of the book and any proceeds generated through voluntary donations will go directly to youth-related charities across Halton Region.

"This is a great opportunity for Halton's youth to contribute to a project which will recognize and celebrate the strengths of local youth, and give back to the community," said Gary Carr, Halton Regional Chair. "As Halton Regional Chair and as a member of Halton Regional Youth Advisory Committee, I know firsthand the talent and creativity youth have."

According to Dr. Bob Nosal, Halton Region Medical Officer of Health, "Communities that support youth play an important part in helping them achieve positive outcomes and to avoid risk taking behaviour, including substance use. Supporting initiatives like *This Is Me* and HRYAC are an important part of how staff in the Health Department work with Halton youth."

For more information on *This Is Me*, please visit the HRYAC website www.haltonyouth.com, e-mail thismebook@gmail.com or call the Halton Region's Health Department at 905-825-6000, toll free, 1-866-442-4256 or TTY 905-827-9833.

Submissions can be sent directly to *This Is Me*, 420 Main St. E, Suite #460, Milton, ON, L9T 5G3. Parental/guardian consent is required for submissions.

Curves holds food drive

Curves of Acton and Georgetown will be participating in a food drive, March 1-10, to benefit local Halton Hills food banks.

"The Curves Food Drive promotion is always exciting," said Val Leachman, the manager of the Georgetown club. "We have a chance to help so many people at a time when the food banks are at their lowest, while we assist more women in reaching their fitness and weight loss goals. It's a win-win situation for everyone, and we're very proud to participate."

For more details call 905-702-0418 or 519-853-0502.

March Break Madness

A variety of ways to keep kids busy during March Break, 9 a.m. to 4 p.m. for ages 7-12. Crafts, games, swimming and more. Register with the Recreation and Parks Department, 905-873-2601, ext. 2275 or visit www.halton-hills.ca

Lego Contest: Drop off your Lego creations between March 8-15 at the Acton Branch Library, 17 River St. Judging will be between March 16-23.

Drop-in Crafts: at the Halton Hills Public Library, both branches, March 13-16. Drop in anytime between 2-4 p.m. For all ages, children under six have to be accompanied by an adult. Free.

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