

HEALTH CARE

Cancer Society campaign begins soon

Buzz the Boss to aid cancer campaign

The staff at Tanners Pub and Grill in Acton have come up with a fun way to assist the Acton Branch of the Canadian Cancer Society with their annual spring fundraising campaign.

The staff have been challenged by Tanners Operations Manager Clark Somerville to raise \$1,500 by April 2. If they reach their goal, staff will be able to do something most employees can only dream of: "Buzz The Boss"!

By agreeing to be "buzzed", Somerville will, have his head shaved for the cause on Thursday, April 5.

"Tanners Pub has a history of helping local groups and events with fundraising. That tradition is going to continue" said Andrea Clark, the chef and restaurant manager at Tanners.

"With the assistance of our staff and customers, I am confident that we will not just meet, but exceed the goal that Clark has set."

"I, like everyone, have lost friends, family and loved ones to this disease. We all know people who have successfully beaten cancer. My part is only a small one in the battle to make cancer history," said Somerville, when asked why he is willing to do be "buzzed".

Tanners has created a new salad to be featured until the end of April. It is the Acton Cancer



CLARK SOMERVILLE

Society Spring Salad which includes garden fresh spinach, almonds, blueberries with Mandarin oranges and homemade red onion vinaigrette. One dollar from each salad sold will be donated to the Cancer Society. Patrons will also be able to make donations right at the pub.

"We have recently helped with fundraising for the Acton Agricultural Society as well as for McKenzie-Smith Bennett School. We are committed to working with community organizations, helping where we can, with their fundraising projects," said Trish Somerville, Tanners office administrator.

"It is community spirit like this that makes Acton such a great place to live. This is not the first time Mr. Somerville has been buzzed and we appreciate how he has offered to do it again. He is to be commended for his strong commitment to helping promote our campaign," said Cathy

Gerrow, president of the Acton Branch of the Canadian Cancer Society.

The spring campaign, which begins March 28, will be held throughout the month of April.

Campaign kickoff

The Acton Branch of the Canadian Cancer Society Campaign Kick-Off and Volunteer Appreciation Night Dinner will be held on Wednesday, March 28, beginning 6 p.m. at Knox Presbyterian Church in Acton. All volunteers welcome.

Daffodils will be on sale March 29, 30 and 31. Look for your Cancer Society volunteers at the Acton Sobeys entrance to purchase your flowers. Thank you for your support.



Mastering Reiki

A graduation ceremony for the latest group of Reiki masters was held recently at SOLAS, a local non-religious organization dedicated to receiving messages and delivering healing energy from the angels and masters. SOLAS offers private healings and various classes and courses. SOLAS owner Conor W. O'Brien (rear right) congratulated new Reiki masters: back (from left), Ria Whatman, Anne Kaczor, Arelene O'Brien and Linda Lustig. Front (from left) Sandra Murray, Karen Woodley and Karen Watson.

Submitted photo

Canada Food Guide is revised

Nutrition Month occurs every March and is designed to raise public awareness on the valuable contribution that healthy eating makes to the overall health of Canadians. This year, as part of Nutrition Month, Halton Health Department has chosen to highlight the changes and improvements to Health Canada's newly revised Food Guide.

Although the basic messages in the guide are the same as the previous version: eat more vegetables and fruit, choose high fibre grain products, choose low fat animal based foods, limit foods with added fat, salt and sugar and eat a variety of foods from all food groups, many new features have been added:

- clear guidance on portion sizes and the number of recommended servings during different stages of life, including children, adults, older adults and pregnancy;
- greater emphasis has been placed on

vegetables and fruits;

- guidance on the kinds and amounts of oils and fats that will reduce intake of saturated and trans fats;

- a more central focus on physical activity given the strong relationship between eating well and being active on feeling good, promoting healthy weights and building strong bones;

- specific attention to key nutrients that may be deficient in daily food choices of some Canadians such as vitamin D;

- an interactive tool has been created which allows people to personalize the food guide based on their age, sex, food and physical activity preferences. To access this tool visit www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html.

For more information on the revised version of Canada's Food Guide or to order up to 50 copies, call Halton Region at 1-866-442-5866 or visit www.halton.ca.

Just Desserts to aid Juvenile Arthritis campaign

March is Juvenile Arthritis Awareness Month in Canada. While most people believe that arthritis is a disease that only affects older people, the reality is that approximately 1 in 1,000 children suffer the pain and inflammation of arthritis.

In order to raise funds in support of arthritis research, and improved patient care, The Arthritis Society of Halton-Peel is pleased to present the 3rd Annual More Than Just Desserts Extravaganza and Images That Suit Fashion Show.

Sponsored by Retirement Residences

Group, this is truly the ultimate girls night out, providing guests the chance to sample wonderful desserts from local restaurants and caterers, all while enjoying the latest spring fashions.

More Than Just Desserts is on Thursday March 29 at Le Dome in Oakville. A silent auction and guest speakers help round out the evening. Tickets are just \$30 each, or \$225 for a table of 8.

For more information, or to order tickets, please call The Arthritis Society of Halton-Peel Region at 905-455-6273 or 1-888-434-0009.



The Natural Choice Naturopathic Clinic

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Q. Are there are natural ways to reverse the signs of aging?

A. Yes, there are many natural ways to decrease signs of aging both inside and out! Before you consider facelifts, botox injections or expensive creams, you may want to consider Cosmetic Acupuncture. In fact, many of our favorite Hollywood stars are doing just that: reportedly Madonna, Gwyneth Paltrow and Cher are receiving weekly treatments. But Cosmetic Acupuncture is not just for the rich and famous. With the growing demand for safe and effective anti-aging techniques, Cosmetic Acupuncture has become both affordable and obtainable. A "Cosmetic Acupuncture Face Lift" works by stimulating and toning sagging and aging skin, removing toxins and encouraging cellular reproduction. It helps erase fine lines and decrease deeper lines. It may help reduce double chins and sagging puffy eyelids. Even dark circles under the eyes can be virtually eliminated. Acupuncture increases blood circulation and collagen to the face, thereby moisturizing the skin from the inside out, creating a natural tightening reaction of the facial muscles. As an added benefit, Cosmetic Acupuncture can also increase your own natural energy, providing you with a complete sense of relaxation and rejuvenation.

Cosmetic acupuncture is also pain-free! When the tiny, sterilized, disposable, hair-thin needles are inserted into specific areas on the face and body, you may feel a momentary sting or tingling sensation. This is followed by a complete sense of relaxation. The procedure is non-surgical and requires no drugs or unwanted side effects. Cosmetic acupuncture can benefit those who want to prevent signs of aging, as well as those in their 40's, 50's and 60's to erase 5 to 15 years of aging from their face!

To learn more about what Cosmetic Acupuncture can do for you, call Jennifer Fitzgerald, BSc., ND at The Natural Choice for a complimentary 15 minute consult.



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