



## Meet and greet to exchange ideas

VPI Employment Assessment Centre on Guelph Street hosted a 'meet and greet' morning with many of their partners recently, to exchange ideas and network on the services available. Among those taking part were (front row, from left) Cathleen Palin of Goodwill, Allison Jones of Coalitions for Persons with Disabilities, Kelly Butcher of Job Skills, Becky Moore of The Centre, and Beverly Tyhurst of VPI. Middle row, Colin Price of Employment Access, Allison Hendricks of The Centre, Sandra Rupnarain of Family Services of Peel, Vay Vu of Job Skills, and Tara Rafuse of VPI. Back row, Mia Tremblay of VPI, Debra Perris of Sheridan College, Lorna Amoah and Audrey Macerinkas-Egeland, both of the Ministry of Training, College and Universities, Tania Fahey of YMCA, Beverly King of Halton Hills Public Library, Kim Bertrand of Sheridan College and Linda Coutts of VPI.

Photo by Ted Brown

## Willow Park Ecology Centre invites groups, families to participate in new organic gardening project

Opportunities for social interaction, physical activity and practical experience abound with Willow Park Ecology Centre's new organic garden project.

Starting Sunday, April 29, 1-3 p.m. with *The Groundbreaking* at the Norval centre, located on Mary St., four workshop events will follow the progression of organic theme gardens from field-to-table.

Experts will instruct on techniques for soil preparation, planting methods, planting activities and seed starting. Participants will learn what they need for creating their own vegetable gardens.

Families, groups and individuals are invited to attend the learning and sharing events and/or to sponsor a small plot, caring for it over the growing season. What a great way

for families to help their children learn where their food comes from and become more physically active.

According to Tunde Otto-Harris, WPEC's co-ordinator, "gardening locally and organically provides an opportunity to enjoy tastier food save money and have a positive impact on our environment—a truly winning combination."

The three subsequent events take place on Sunday, June 10, *Watching It Grow*; Sunday, August 19, *Early Harvest* and Sunday, October 21, *Putting It To Bed*. All events are 1-3 p.m.

Through the generous funding from Evergreen Foundation, admission is free but registration is required by phone at 905-702-9055 or by e-mail at [wpec@willowparkecology.com](mailto:wpec@willowparkecology.com).

•Thank You •Thank You •Thank You •Thank You •Thank You



## MINOR HOCKEY ASSOCIATION

On behalf of the GMHA the parents and the players, we would like to thank all of our sponsors for their support over the 2006/07 Hockey Season. Please continue to support our sponsors because we couldn't do it without them!!!

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*If you would like to be a sponsor please visit the website at [www.gmha.on.ca](http://www.gmha.on.ca) scroll down on the first page and click on the Sponsorship Letter and Application.*

•Thank You •Thank You •Thank You •Thank You •Thank You



By Cory Soal  
R.H.A.D.

... Lend Me Your Ears

### LOSS OF HEARING DUE TO NON-AGING FACTORS

Hearing loss due to aging can be compounded by other things. A few of these include noise exposure, disease, and ear infections.

Hearing loss due to age and noise are cumulative. That is, hearing loss from noise exposure will be added on to hearing loss due to aging. Neither are not medically correctable. There is something to be said for protecting the hearing that we have left by wearing hearing protectors when exposed to noisy environments.

Each of us reacts differently to hearing loss. We may totally or partially deny that a problem exists. Typical "denial" statements are "you're mumbling again", or "I was not paying attention", and can be a way of concealing hearing difficulties.

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## Tooth Chatter



by ALEX TRENTON DENTURIST

### IMMEDIATE DENTURES

An "Immediate Denture" is a denture that is inserted immediately following the extraction of the natural teeth. Using this method, the denture actually acts as a sort of bandage to help the tissues heal. The denture must be left in place during the first 24 hours. You must follow normal post extraction recommendations, from your doctor and then come in for an adjustment/check-up appointment the following day. Another advantage, is that the patient gets their denture right away and doesn't have the inconvenience or embarrassment of having to go without teeth. Immediate dentures are very popular, however this route is not ideal for everyone. It often involves an extensive period of adjustment in which the patient and Denturist must work closely together for some time for best results. If you have never worn dentures, your new teeth will probably feel strange and bulky in your mouth. This is because the muscles of your face, lip, cheeks, and tongue are used to your former teeth, or to nothing at all. These muscles are being stretched and molded to new contours and dimensions. This muscle tension will subside in a short period of time. Also, learning to chew properly with new dentures may take two to six weeks. It is also important that the person who extracts your teeth, does not have to be the person who makes your denture. Denturist are "denture specialists" who work together with other dental professionals, to make sure you get the best denture care available.

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

(Across from the Library and Cultural Centre)  
[www.georgetowndentureclinic.com](http://www.georgetowndentureclinic.com)



Free!

## Ground-breaking activity!

Learn about Organic Gardening on Sunday, April 29<sup>th</sup> from 1 – 3 p.m. at Willow Park Ecology Centre Off Mary St., Hwy 7, Norval  
More info: contact Tunde at 905-702-9055 or [wpec@willowparkecology.com](mailto:wpec@willowparkecology.com)



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