

Lyme disease is proving to be one of the fastest spreading and under-recognized diseases in the Northern Hemisphere.

Canada claims cases of Lyme disease are rare. We disagree.

If Lyme disease is so rare...

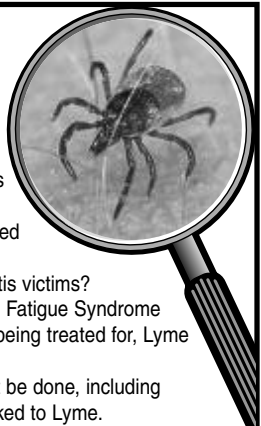
- 1) How is it showing up in the brain tissue of those with Alzheimer's disease?
- 2) Why does research state that multiple sclerosis is often associated with Lyme infection?
- 3) How is Lyme disease being cultured from the bowel walls of colitis victims?
- 4) Why do so many people who have been diagnosed with Chronic Fatigue Syndrome or Fibromyalgia improve only after testing positive for, and then being treated for, Lyme disease?

1.5 million Canadians have these other diagnoses. Research must be done, including biopsy of organ tissue and post mortem study of all those diseases linked to Lyme.

For more information contact the Canadian Lyme Disease Foundation www.canlyme.org

This message brought to you by these community minded sponsors:

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Gerry tries new experience— picking asparagus

Gerry is writing today.

What a wonderful Mother's Day Week I had. Yes, a whole week! The Sunday before Mother's Day, Lori and I taught a Mother's Day afternoon tea class which was attended by several mother and daughter duos. Some of the mothers brought the daughters and some of the daughters brought their mothers. We served finger sandwiches, dainty pastries and traditional currant scones with Devonshire cream and preserves. It was a lovely day.

When we got back to Georgetown, I was totally surprised to be joined at Lori's house by several of our own favourite mothers and daughters from here in town

Lori Gysel & Gerry Kentner



for a dinner/girls' night. We had a fabulous evening with even more fabulous food—goat cheese tart, shrimp and crab cakes, green salad with citrus dressing followed by pineapple and ricotta crepes for dessert. All topped off with great wine and company!

The day before Mother's Day, on the Saturday, Dave and I took Lori's two boys out to pick rhubarb and asparagus. You see, her youngest, Michael, had asked me a week earlier to help him make dessert for his mom for Mother's Day. After Michael had picked his rhubarb, he knew what he wanted to make her— strawberry rhubarb pie.

Now, I think most of us have picked rhubarb somewhere in our youth in someone's backyard, dipped it in sugar in our hand and enjoyed the experience with fond memories. But, I had never picked asparagus and was looking forward to the new experience. We were told at the counter at Andrews Scenic Acres how to cut the asparagus stalks one inch below the ground level to enable the stalks to grow again. Off we went with our four little knives and bags. We cut three pounds or so for each family. Alex, the oldest grandson, was certain to convince his mom he wanted cream of asparagus soup with his share (by the way, he succeeded!). We all had a great afternoon and learned something new together.

Sometime later that evening, Dave showed up with strawberries, enough for two pies or more. Hmmm.

Sunday morning, Mother's Day arrived. I received a pleasant phone call from our other daughter, Stephanie, in Windsor, who couldn't come home, for she was supervising a Mother's Day brunch for 200 at her job. Yes, Stephanie is in the food business too.

After having hubby serve me a lovely breakfast, Michael arrived and the pie baking began. Michael prepared the fruit, while I made the pastry. Michael designed the pastry tops with heart cutouts. I love how children talk so freely when they are engaged in something they enjoy.

It's not about what you do for someone, a gesture big or small but that you do something to make someone's day a little more special.

By the way, someone asked me who the lady was in the column picture with me. Well, I assumed everyone knows she's my daughter, Lori, but then again, how would you know? So, here we are— Gerry and Lori, mother and daughter team! Have fun and keep cooking!

June is Seniors' Month

WHEN did you LAST CLEAN your MEDICINE CABINET?

THE ABCs TO CLEANING OUT YOUR MEDICINE CABINET

According to a study, 3 out of 10 people do not suspect that taking medication past its expiry date can be dangerous. However, using these products after their expiry date carries real health risks, especially in the case of many products used to treat heart, hormonal, or neurological problems. So here are the ABCs to cleaning out your medicine cabinet.

A - VERIFY THE EXPIRY DATES

All medications, prescribed or bought off-the-shelf, have an expiry date. For your safety, you should never take them after this date. To recognize it, look for the letters "exp" on the original container or on the pharmacy label.

B - RETURN EXPIRED MEDICATIONS TO THE PHARMACY

Return all expired medications to the pharmacy, where they will be destroyed in a secure manner that respects the environment.

C - LEAVE MEDICATIONS IN THEIR ORIGINAL CONTAINER

Do not mix different medications in one container. It is safer to keep them in their original containers. This way, you will always know the expiry date of your medications. As an added benefit, you will always have the directions close at hand, which reduces the risk of errors.

General rule: when in doubt regarding the conservation or the quality of a medication, consult your pharmacist. Take care of your health, clean out your medicine cabinet!



PHOTO SP



Three out of ten people do not suspect that taking medication past its expiry date can be dangerous. However, the use of these products carries real health risks.

Strawberry Rhubarb Pie

Ingredients

- pastry for a two-crust pie
- 3 cups diced fresh rhubarb
- 2 cups sliced strawberries
- 3/4 cup sugar
- 1/4 cup flour



Method

Prepare pie crust. Line bottom of pie plate. Mix the fruits, sugar and flour together. Pour into pie shell. Wet the rim of the pie shell. Cut designs or slits in top of pastry for steam to escape. Cover pie with pastry. Trim and flute edges. Dampen pastry top slightly and sprinkle with additional sugar. Bake in a preheated 375 degree F oven for 50-60 minutes. Put a pan in the oven on the shelf underneath the pie to catch drips.

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