



**June 6 - 7, 2008, 7 p.m. - 7 a.m.**  
**Gellert Community Centre**  
**Georgetown South**

Spend 12 hours of fun, friendship and fundraising to beat cancer.  
 Take turns walking, running or strolling around the track.  
 Celebrate Survivors. Light a Luminary.  
 Join the biggest cancer event to make the biggest difference.  
 Experience the magic and excitement of being part of a nationwide event raising funds in over 480 locations across Canada.

**Register your team today.**

**You'll never feel better for staying up all night!**

celebrate remember fight back

**Register your team online at:**  
**www.cancer.ca/relay**

For more information please contact Mary Lou Foreman at (w) 905-873-0301 (h) 905-873-6735

*Family Entertainment Needed*

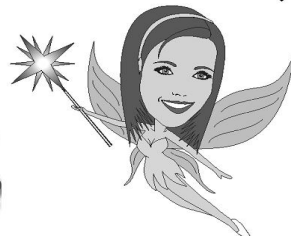
The Relay For Life committee is searching for local talent to volunteer to perform at our Survivors Reception and on the main stage - whether it be bands, singers, choirs, dancers, magicians etc.

We are also in need of volunteers for children's activities - clowns, face painting, bouncy castle etc.

Please call  
**Sue Scarfone**  
**(905) 451-4460 ext. 21**  
 for more information

Spring Cleaning...anyone!

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 905.877.5225

Allow us ... to "Sparkle Your Space"

**Physio News**

by Robin Collins

B.H.Sc. (P.T.), B.Kin., Dip. Sport P.T.  
 Registered Sport Physiotherapist

**BEFORE YOU HIT THE FAIRWAYS**

As we get set to venture out with our clubs we need to understand that for most of us our golfing muscles have been in hibernation since October. Before any of you hit a single ball this year do your body a favour and begin now to warm up your golfing muscles. Ideally some of you have engaged in off-season conditioning programs under some supervision or at the very least the guidance of a golf training program. Warm-up doesn't start as we get out of the car and head to the first tee. If you start now you may still have nearly a month to prepare your body for the biomechanics of the golf swing. Start with your core muscles. These are the muscles that wrap around your torso and include the lower back and lower abdominal muscles. A simple exercise to try is to take a 5-8 lb medicine ball in both hands, palms facing each other. Standing tall straighten both elbows holding the ball straight out in front of you and carefully bend at the waist assuming your normal address position. Draw your stomach in without holding your breath and begin a slow back swing allowing your back elbow to bend and then transition into the downswing and follow through allowing your lead elbow to bend. Repeat this simple exercise 3 sets of 10 once a day. Alternatively you can try the same exercise using resistance band or tubing. Spend the next 3-4 weeks quickly getting your body into golf shape and it will not only help prevent early injuries but will also get you off to a running start on this season's action.

These are two quick tips that can be integrated while on the course. Having said that, nothing can take the place of a structured conditioning program specific to the demands of the golf swing. Our Physiotherapists can provide you with a thorough assessment to evaluate the cause of your back pain. The treatment we provide will often consist of manual or hands on therapy, golf specific exercises and the use of pain relieving modalities. If you have encountered low back pain early in the season seek professional help in your area to ensure that the rest of the season is pain free.

ERAMOS A



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**372 Queen Street**  
**519-853-9292**

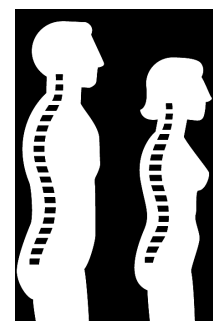
**333 Mountainview Rd. S.**  
**905-873-3103**

www.eramosaphysio.com

Continued from pg. 23  
**Monday, April 28**

**Halton Multicultural Council:** The Board of Directors of the Halton Multicultural Council has called a special general meeting of the general membership to finalize the Permanent Transitional Housing Program, 6:30 p.m. at the Region of Halton 1151 Bronte Rd Oakville (Cafeteria). Info: www.halton-multicultural.org.

**Halton Hills Quilters Guild:** will meet at Halton Hills Cultural Centre and Library, 9 Church St. Georgetown, 7:15 p.m. (Guild library at 7 p.m.). Agenda: Jane Burke, Trunk Show. New members welcome. Info: Ann Totten, 905-877-6038.



**Georgetown Osteoporosis Support Group:** meets 7-9 p.m. in the upstairs cooking room at the The Real Canadian SuperStore, Guelph St. If you have osteoporosis or osteopenia, or would like to learn more information about this condition, come for support and exchange information with other individuals who have this condition. Guest speakers and light refreshments provided. Info: Pam Lowden, 905-702-9276.

**Celebrate Recovery:** Looking for a fresh start? Have you lost control to addictions or compulsive habits? Many have experienced freedom through this internationally recognized, Christ-centred 12-step recovery program at an open meeting at Georgetown Alliance Church, every Mondays, 7 p.m. All welcome. Info: Doug, 905-873-0249 or CR@togetheratgac.com or www.celebraterecovery.com

**Bridge anyone?:** Georgetown Bridge Club offers afternoon and evening games for players of all levels, beginner, intermediate and advanced. Info: Tom, 905-877-7486.

**TOPS-Acton:** meets Mondays at St. Joseph's Church, Church St. E. Weigh-in: 6-7 p.m. Meetings follow until 8 p.m. Info: Ena, 519-853-1526.

**Alcoholics Anonymous:** If you live in the Halton /Erin area and would like help to STOP drinking. Meetings held throughout the week. Call Alcoholics Anonymous at 1-866-715-0005.

**Al-Anon Family Group meetings:** for families and friends of alcoholics on Mondays, 1:30 p.m. (One Day at a Time Group, St. Joseph's Catholic Church, 64 Church St., Acton), and Wednesdays, 8 p.m. (Acton Al-Anon Family Group, Trinity United Church,

**Community Calendar**

70 Mill St., Acton). Info: 1-888-425-2666.

**Toastmasters:** Does the thought of public speaking terrify you? Can you confidently express your thoughts and ideas? Whether you are speaking to an audience of one or one thousand Halton Hills Toastmasters can help. Please join us 7:30-9:30 p.m. at St. Alban's Parish hall, 537 Main St. in Glen Williams. Info: Ross Pechaluk, 905-877-2518 or www.haltonhillstm.org. Guests are welcome!

**Tuesday, April 29**

**RCMP recruitment presentation:** 10 a.m. at the Acton Employment Resource Centre, 45 Mill St. E., Acton Info: 519-853-5014.

**Celebration of Priesthood and Religious Life Dinner:** An evening to honour and celebrate Priests and Religious of the Diocese of Hamilton celebrating their 50th Jubilee and also to recognize seminarians preparing for the priesthood at Liuna Station, Hamilton. Reception at 6 p.m. followed by dinner at 7 p.m. Info: Ann Dunn, 905-383-9772 or adunn@mountaincable.net

**Cabin Fever Busters:** A drop-in play group for infants and preschoolers and their parents/caregivers at The Salvation Army, 271 Mountainview Rd S. Drop in any Tuesday mornings from 10 a.m. till noon for free! Snacks provided. Info: 905-877-1374.

**Palette and Pencil Guild:** an art group of Credit Valley Artisans meets Tuesdays, 7-9 p.m. inside Cedarvale Cottage in Cedarvale Park. All newcomers welcome. Info: Rita, 519-853-9226 or e-mail: ritajan2006@yahoo.ca



**Calling New Parents:** is a free program for parents and babies (six months and under). Each week, the group with a public health nurse, will discuss parenting/infant care. Groups in Acton or Georgetown, Tuesday afternoons. Info: 1-866-442-5866 or www.halton.ca.

**TOPS-Georgetown:** If you want to lose weight sensibly and keep it off, join TOPS (Take Off Pounds Sensibly) at St. Andrew's United Church, Tuesdays; weigh-in 6:30 p.m. and get together, 7:30 p.m.

More CALENDAR, pg. 25

**BLAKE'S POOLS**

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**WAL-MART CORRECTION NOTICE**

Due to circumstances beyond our control, the Parent's Choice Weaning Cup (#2602278) advertised in our current flyer (ending April 25th) will not be available.

We apologize for any inconvenience this may have caused.

**BEST BUY CORRECTION NOTICE**

To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: April 18 - April 25.  
**Product:** Fido LG Tu 515. Please note on page 12, the bullet point of this phone states that there is \$125 bill credit available with 3 year plan but it is actually \$100 bill credit. SKU: 10095203

**BRAMPTON CANADETTES GIRLS HOCKEY ASSOCIATION**

**REP. GOALIES & PLAYERS**

WANTED FOR 2008-2009 SEASON  
**Atom AA - Goalie**  
 Peter Gout - 905-867-3891  
**Peewee AA - Goalie**  
 Jamie Coleman - 905-838-1027  
**Intermediate A - Players -**  
 Barry Bartlett - 905-458-4515