

# HEALTH & WELL BEING GUIDE

## Geezer get-together

Georgetown District High School grads, representing classes from '71 to '74, once again held their Geezer Golf Tournament at Granite Ridge Golf Club. There were 33 attendees— a 57% increase from last year! Classmates attended from as far away as British Columbia. Top, Jim Boland, Craig Johnston, Brad Westwood, John Wilcox, Brent Barkhouse, Mike Warman, Larry Louth, Steve Graham, Gerrard Jattan, John Kennedy. Middle, Andy Malenfant, Brian Day, Tim Swim, Brian Beaumont, Ross Elliott, Bob Inglis, Dan Laforet (seated), Steve Frost (seated), Bryan Hardman, "Bud" Martin, Doug Getty, Howard Ferguson, Werner Mikoleit. Front, Fred Harris, Glenn Belanger, Bob Sargent, Bruce Stockfish, Jamie Moody, Wayne Farrow, Ken Sproule, Dave McNeilly, Paul Ewing. Absent: Garry Belanger. The Geezers will be back next year.

Photo submitted



## New osteoporosis support group starts in Georgetown

**PAM LOWDEN**  
Special to The IFP

Osteoporosis is a disease that causes thin porous bones, which increases the risk of broken bone (fractures), particularly of the hip, spine and wrist. One in four women over the age of 50 and at least one in eight men over the age of 50 has osteoporosis.

Osteoporosis is often called "the silent thief" as there is not usually pain until a fracture occurs.

My name is Pam Lowden, and I was diagnosed with osteoporosis nine years ago at the age of 43. In 2007 seeking to educate others, I approached Osteoporosis Canada (OC) to assist me in starting up a support group in the Georgetown area. A local health forum was soon arranged by OC and, as a result, several individuals in the area expressed an interest in forming a new support group.

A diagnosis of osteoporosis can be overwhelming and frightening.

It is important to educate yourself about the disease and how to maintain a bone healthy lifestyle through exercise, diet and medication.

Osteoporosis Canada was established in 1982 and is the only national charitable organization serving Canadians who have, or are at risk of, osteoporosis. There are numerous chapters and support groups operating across the country who provide individuals with osteoporosis the opportunity

to exchange information and give support to one another.

Come out and meet with other individuals who live with osteoporosis. Our support meetings are held once a month at the The Real Canadian SuperStore on Guelph St., Monday evenings from 7 p.m. to 8:30 p.m. Various informative speakers will also attend the meetings, providing valuable information on how to live well with this disease.

This year's remaining meetings

are scheduled for November 26 and December 10. Meetings in 2008 will be held on the last Monday evening of each month.

If you have any questions about the support group meetings, please contact Pam Lowden at 905-702-9276 or check the Osteoporosis Canada website [www.osteoporosis.ca](http://www.osteoporosis.ca) - click on Community Contacts, Ontario Support Group Meetings. For information about osteoporosis, please call 1-800-463-6842.

## Health E Nut

**Susan Wilson**  
RNCP

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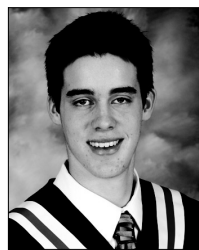
or e-mail [healthnut@sympatico.ca](mailto:healthnut@sympatico.ca)  
for your appointment



## Georgetown District High School 2007 GRADE 12 ONTARIO SCHOLARS



Leah Avery



Adam Develter



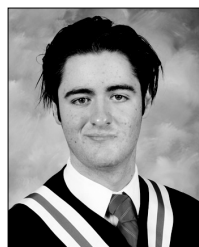
Derek Galbraith



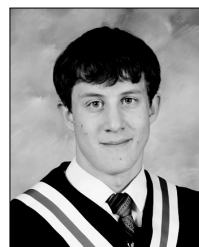
Kelly Keess



Christopher Kemper



Andrew McDougall



Daniel Stepner

These students are in addition to those who appeared in Wednesday, Nov. 7, 2007 issue of The Independent & Free Press.



## Royal Canadian Air Cadets

756 Squadron Georgetown

Where the sky really is the limit!!

Over the past year our cadets have had the opportunity to:

- FLY LIGHT AIRCRAFT AND GLIDERS.
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- ATTEND FREE SUMMER TRAINING EXERCISES, SUCH AS BAND BUSH SURVIVAL, FLIGHT TRAINING, SPACE CAMP AND INTERNATIONAL EXCHANGE.
- ENJOY INTERESTING TRIPS.
- DEVELOP FRIENDSHIPS, LOCALLY AND ACROSS CANADA.

What have you done over the last year?

We are enrolling interested young men and women, ages 12 to 18 Monday, November 19th, 7-9 p.m. at the Georgetown Armoury, 91 Todd Rd., Georgetown.

For more information call Marita Northmore at 905-866-3713.

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