

Out of town fitness centres luring Actonians

By Frances Niblock

Acton postal carriers will be the ones who are in better shape after delivering the recent flurry of flyers from fitness centres to Acton homes from Georgetown, Milton and Guelph fitness centres that mailed glossy brochures and sign-up specials for those trying to fight the bulge.

The come-on from outside fitness centres does not seem to bother any of the local fitness centres, all said they have large, happy clientele who know a good thing when they see it.

"There's always a rush of fitness places looking to capitalize on people's New Year's resolutions... that's why we pushed so hard to open a year ago, so we could capitalize on that market,"

Staying Alive Fitness manager Leanne Monaghan said last Monday.

She said the big fitness chains and franchises see Acton as a catchment area and are creating "quite a stir" with all of the flyers, but they are not for everyone.

"You would lose a lot of the personal service that we provide at a smaller-based gym," Monaghan said, adding they aren't concerned with the competition because they don't rest on their laurels and remain competitive.

"The marketing from other fitness centres makes me aware... I know that we certainly meet a demand in the market and we've got a really good solid base of 260 clients," Monaghan, a registered massage therapist said, adding they offer classes and

personal training sessions, along with childcare.

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Chimney fire

Poor maintenance likely caused a chimney fire at an Erin residence at 4:40 last Wednesday afternoon.

Acton fire fighters quickly extinguished the fire and used thermal imaging to ensure the fire did not spread

Police/Fire Report

into the attic or walls of the house on the Fifth Line, north of 32 Side Road.

False alarm

A thorough check at 25

Mill Street East, Godfather's Pizza, didn't detect any gas when Acton firefighters responded to a possible natural gas leak at 2:01 on Sunday afternoon. The gas smell may have come from an outside gas meter as it bled off.



Kin Canada

Serving the Community's Greatest Need

The members of **The Kinette Club of Acton** are proud to be celebrating their **10th ANNIVERSARY** of servicing the Communities Greatest Need.

For 10 years we have provided over 50 Youth Dances and Community Brunches, 100's of gifts to needy families by way of Operation Santa Claus, 1,000's of dollars donated to (CF) Cystic Fibrosis, and

organizations and groups such as;

Lacrosse, Hockey, Soccer, Football, Figure Skating, Boy Scouts, Air Cadets, Off the Wall Youth Centre, 3Muskateer's Skateboard Park, Acton Arena & Community Centre, St. Joseph's School, Robert Little School, McKenzie Smith Bennett School, The Dance Inn, Summit House, DARE, POSSE, Crime Stoppers Halton, IODE, Acton Seniors Centre, TOPS, Agricultural Society, Acton Fall Fair Committee, St. Joseph's Ladies Auxiliary, Cdn Cancer Society Acton Branch, Cdn National Institute for the Blind, Crohns and Colitis Society, Multiple Sclerosis, Literacy of North Halton.

Acton Kinettes in their 2nd year hosted a weekend long Zone Conference with great success and have enjoyed attending dozens of other Zone, District and National Conferences over the years and have participated in and won Quill awards and Bulletin awards at all levels. We supported and contributed to the Chartering of (by 2 of our former members) The Kinette Club of Milton in 2006.

We meet at 7:30pm, the 3rd Thursday of every month (except July & August) at the Acton Legion in the Board Room. Please come out for fun and fellowship and become a part of *your* community.

Contact:

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2001 - 2007
(519) 853-5721

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MEDIA RELEASE

Kinsmen, Kinette donations reach \$1 billion milestone

CAMBRIDGE, Ont., January 9, 2007 – Kin Canada presented a ceremonial cheque in the amount of \$1 billion to the People of Canada and The World during its annual convention held in Saint John, New Brunswick last August.

The cheque, representing the cumulative amount given by Kin to Canadian and international communities since 1920, was presented to then Intergovernmental Affairs Minister Michael Chong on Aug. 18 during the Association's Service Gala, which recognizes the service work performed throughout the year by Kinsmen, Kinette, and Kin clubs.

"This staggering amount of money clearly demonstrates the phenomenal impact that volunteer efforts have had on Canadian communities," says Kin Canada Executive Director Ric McDonald. "Reaching the \$1 billion mark is a tremendous achievement for a Canadian service organization."

Every year, Kin clubs contribute millions of dollars to Canadian communities. Last year more than \$16 million was raised nationally; to say nothing of the countless volunteer hours spent on fundraising and service projects.

Kin Canada also raises, on average, \$1 million annually for the Canadian Cystic Fibrosis Foundation, making Kin the largest single fundraising organization for CF research in Canada. Since 1964, Kinsmen and Kinettes have donated more than \$34 million towards CF research.

"Our legacy has been one of consistent and significant contribution to Canadian communities. In light of the ever increasing demands on community resources, the impact of our service work cannot be ignored and Kin is committed to building on that legacy," says McDonald.

In fulfilling its motto of 'Serving the Community's Greatest Need,' Kin's 86-year history of service accomplishments include the \$3 million raised to purchase and ship 50 million quarts of milk to British children during the Second World War; the \$68 million raised through Saskatchewan-based Telemiracle annual telethons since their inception in 1977; the 520 Kin Canada student bursaries awarded totalling \$520,000 over the past decade; and since 1994, the more than \$224,000 donated to relief agencies assisting communities faced with large scale natural disasters.

For more information about Kin Canada visit www.kincanada.ca.

BRANCH No. 197 LEGION NEWS

By James Hayes
P.R.O.

Comrades,

The Branch and community mourn the sudden passing of our comrade

Mary Service.

After joining the Legion, Mary very quickly became involved in the social activities of the Branch and on parade she wore her Legion uniform proudly.

Our deepest sympathy is extended to her family at this most distressing time.

At the going down of the Sun

And in the morning We will Remember them.

Yours in comradeship,
Jim Hayes,
Branch PRO.

we had four ladies who attended the meeting at Branch 609 in Bramalea regarding Zone B7 to host the 2010 Ladies Auxiliary Provincial Convention. The date seems like a long ways away, but a lot of hard work and planning is in progress. This is the first time that the Provincial Convention has been hosted by Zone B7.

On behalf of our Ladies Auxiliary we extended our deepest sympathy to Bob Service and family for the loss of Mary.

Our next general meeting is Feb. 1 at 7:30p.m. (this Thursday). We have initiation of a new member, so come out to give her a warm welcome.

Yours in Comradeship,
L.A. President,
Annamarie Lowin.

Ladies' Auxiliary News:
On Sunday, January 28,

DE MELO CHIROPRACTIC & WELLNESS CENTRE

Dr. Dave de Melo D.C.

Deanna Wilson B.Sc., D.Ch. Foot Specialist
Naomi Bedell R.M.T. Registered Massage Therapy

- Safe, Gentle Chiropractic Care
- Computer Generated Spinal Analysis
- Emergencies & Workers Comp Accepted
- New Patients Welcome

25 Main Street North, Acton

Across from Giant Tiger Plaza

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