



ACTON SENIORS' RECREATION CENTRE

By JULIE CONROY

It was "full house" on Tuesday, Nov. 27 when Joe Lafontaine, one of the owners of Debora's Chocolate in Erin was at the Centre making a presentation. Joe told how Debora's chocolate is made from cocoa imported from the Callebaut (in Belgium). The cacao plantation is on the Ivory Coast. He showed pictures of the large pod growing from the trunks of the trees which are harvested and then cut open. The cocoa beans are left to ferment and then dried in the sun before being roasted. Nothing is wasted as the husks are used for fuel.

You don't have to feel quite so guilty about eating chocolate as vitamin A, B complex, D, and E are found naturally in chocolate, plus zinc, manganese, copper, phosphorous and calcium. It is flavanol-rich so could help with cardiovascular health problems and reduce the bad cholesterol in people and enhance the good cholesterol such as red wine.

We sampled dark, milk and white chocolate (which has very little cocoa in it), plus a delicious truffle. Louis XIIIth of France had his chef make the first truffle from whole cream, unsalted butter and cocoa. These are the same ingredients used today when they are whipped together to make Ganache, which is piped into individual truffles and then coated with chocolate or cocoa powder. Only natural flavours are used throughout the process.

Margaret Neilson tells me there were nine carpet bowlers out last Monday and Gerry Marjerrison's Brown team beat Pat Jones' Black team 11-7. Carpet Bowling starts at 1 p.m. and they are always happy to see new players, especially as some of the snowbirds will be leaving shortly.

Don't forget the cookie exchange on Tuesday, Dec. 11 at 2 p.m. It's a great way

to get a variety of cookies for the holiday season. You just need to bring four clear bags with six cookies in each, and you will take home a nice variety of cookies. There is a \$2 charge.

The "Tour of the Lights" will be on Thursday, Dec. 20. Anyone who has a beautifully decorated home please switch the lights on that evening. We tour not only Acton but Georgetown and Norval. The bus leaves the Elizabeth drive apartments at 6:30 p.m., Birchway Legion apartments at 6:40 p.m. Church and Maria apartments at 6:50 p.m. and the Seniors Centre at 7 p.m.

Anyone 55 and over, and their caregivers are welcome, (You don't have to be a member of the Centre) and following the tour there will be a hot drink and goodies at the Centre. If you wish to go, you must sign up at the Centre with your name and pick up point, (a phone call

will do 519- 853 -5951) as we need to know how many people wish to go.

The "Gals on the Go" (and a couple of men) enjoyed the dinner theatre at the Guelph Arboretum last Friday. We didn't have to worry about driving as we were in the capable hands of Tyler employee Pat Robinson.

The last trip to Rama for the 2007 year was on November 28 and Marie Pruetter won the 50/50. Birthday prizes were won by Stephanie Westaway and Charles Colero, and sitting in the lucky window seats were Norma Titus, Wilma Champion, Tony Marrows, and Kathy Bowman and Jean Prigess.

Henry Kroes passed away last week, and we offer our deepest condolences to his family. Henry was a founding member of the Seniors Centre, and really enjoyed playing a Cribbage game on a Thursday morning.

Province wants to...

continued from page 13 would be interested in participating in these worthwhile programs," Chan says.



Nomination forms and additional information are available on the Ministry of Citizenship and Immigration website at: <http://www.citizenship.gov.on.ca>. Click on Honours and Awards, or you can phone (416) 314-7526.

"We know that volunteers often work quietly behind the

scenes, but the contributions they make are immeasurable. More than five million Ontarians volunteer each year and contribute more than 800 million annual volunteer hours, helping this province to grow stronger. They play a significant role in building strong and diverse communities and are instrumental in the enrichment of their communities across the province," the Minister continued.



THEY ALL LOOK GOOD: Tom and Lois Walker had a hard time deciding whether to choose a truffle or a chocolate at the Debora's chocolate presentation last week at the Acton Seniors Centre. Siena Ancker is patiently waiting her turn. - Julie Conroy photo

 **We would like to say a very special THANK YOU to everyone who helped to make our 2007 Santa Claus the largest one ever!** 

- Daughters of Knox
 - Dolliver Surveying
 - Halton Power Line
 - Dover Flour
 - Galton Gas Service
 - Holley Industries
 - Metro Pavement Markings
 - Daniell Varanelli
 - Tuitman's Garden Centre
 - Knox Presbyterian Church "R' Fund
 - Acton Optical
 - Pioneer Hi-Bred
 - T.D.I Dance Studio
 - Crime Stoppers
 - Staying Alive Fitness
 - Pharma Plus
 - David MaLean Family & Friends
 - Royal LePage Meadowtowne Realty
 - MacKinnon Family Funeral Home
 - Trinity United Church
 - Legion Ladies Aux 197
 - Royal Canadian Legion 197
 - Sunny Motors
 - MacKenzie Smith Bennett School
 - Monarch Silk & Trading Ltd.
 - MacMillians Fruits & Veggies.
 - Tim Hortons Corp.
 - Georgetown Firefighter's Assoc.
 - Halton Hills Chamber of Commerce
- and

- Acton Precast
- Nellis Construction
- Olde Hide House
- Superior Glove
- St. Joseph's Parish
- Fraser Direct
- J.E.T Industrial
- St. Lawrence Cement
- Maple Lodge Farms
- Denny's Insurance
- St. Joseph's C.W.I.
- Herbal Magic
- Acton Seniors Rec Ctr
- Knights of Columbus
- Beaty Foods
- Jim Graham
- Art & Joan Ford
- Giant Tiger
- Tara Oaks
- Rotary Club of Acton
- Acton Home Hardware
- 1st Acton Scouts
- Pet Valu
- Reg Marsh & Assoc.
- Town Works Dept.
- Norm Paget ReMax
- Acton Postal Workers
- Galvcast

All the Float participants; the Parade Judges - Paul Nolan, Bill Dawkns, John McNabb, Jon Hurst & Harold Townsley, Sobey's for candy, Halton Hills Hydro for postage, The Clowns, Dean Haughie, Clark Sommerville & Cogeco for TV coverage, The New Tanner, The Independent Free Press - for their newspaper coverage, Ed Hillier - Parade Marshall, Jeanette Collier for office support; Jim Thornhill - resident Chef, John Dunne for special services, and so many others behind the scene.

We would also like to thank everyone for their patience during some unexpected delays on the parade route - steps are being taken to correct this for the future. Again, many thanks to all of you.

Have a safe and happy Christmas Season, Acton Firefighter's Association Bill Spielvogel, Parade Chairman



 **LET US WELCOME YOU!**

Our Hostess will bring gifts and greetings, along with helpful information about your new community.

Welcome Wagon
SINCE 1930 LTD.

Call Betty Ann
853-1944

 **10th Annual ACTON KINSMEN Christmas Tree Sale**

STARTS SATURDAY DECEMBER 8TH

Open:
Weeknights 6 pm - 9pm
Weekends 10 am - 6pm

Location: North End of olde Hide House parking lot

Students can earn community hours by volunteering their time & help with this sale.

If you are interested in meeting new friends and serving your community, drop by and talk to one of the members or contact Jason Ash at **519-853-1347 or 1-800-Pick-Kin**