



Walter and Vicky Sitarz (left) and Mayor Bonnette (right) celebrated with Kasia Sitarz at the opening of Body Movement Therapeutics last Saturday. - Traci Gardner photo

# Grand Opening all set to bring people relief

By Traci Gardner

Stress Relief And More - Actonians feeling the 'pinch' of the economy or just the 'strain' from a long winter can finally get some relief. Kasia Sitarz RMT, PTS has just celebrated the Grand Opening of her business Body Movements Therapeutics on Saturday, April 4.

The offices are located at 15 Willow St. South in what many will remember as the former location of Willow Lane Natural Foods.

Mayor Rick Bonnette was on hand to present Kasia with a plaque congratulating her on her new business. He was joined by his wife BIA

Manager Josey Bonnette, and also Councillor Mike O'Leary.

In an emotional speech, Kasia thanked all of her family and friends who worked tirelessly over the past few weeks transforming the building into the new modern facility.

Although the building's exterior looks the same, the interior has been completely transformed. Those who were familiar with the building previously were in awe at the transformation, which includes a beautiful reception desk made from old salvaged stones, a personal training room, along with two private massage rooms and a rehab room where Kasia can perform the

many services provided. She is also looking forward to the summertime, when clients can stop by and enjoy a coffee out on the front patio.

The modern facility and friendly staff are the perfect combination to help clients suffering from the likes of lower back pain, abdominal pain, sore neck and headaches, fibromyalgia, post surgery pain, carpal tunnel syndrome or osteoporosis, and many other conditions. Body Movements Therapeutics offers Therapeutic Massage, Personal Training, and Sports Injury Rehabilitation. The Rehabilitation services include Hot or Cold Hydrotherapy and Postural Assessments.

Before moving Body Movements to the new location, Kasia did Massage Therapy and Personal Training out of X Marks the Fitness Spot, where she will continue to teach her "Boot Camp."

In a couple of months, Christian Monti RMT will be joining the business and adding to the services available.

Body Movement Therapeutics can be reached at 519-853-1200, or drop by the office on Willow St.



**A TASTE OF SPRING:** Beryle Beanie served up some delicious Pancakes and Maple Baked Beans to Joey Landry at the Taste of Spring Pancake Breakfast held at the Limehouse Memorial Hall on Saturday, April 4. The breakfast includes pancakes served with fresh Maple Syrup, Maple Baked Beans, and Maple Sweets. - Traci Gardner Photo.



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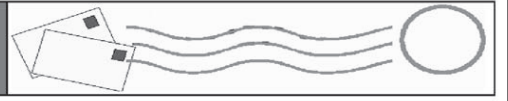
**519-853-2244**

[www.activechoice.ca](http://www.activechoice.ca)

Dr. Dana Selby BPHE, CK, DC

[dr.selby@gmail.com](mailto:dr.selby@gmail.com)

# Letters



## Where are the 'facts'

To the editor:

In Response to Thursday April 2, 2009 - MSB land sale on hold until 'fact' in report

Where are the facts?

I thank Wards 1 and 2 school board trustee Gerry Ockenden for taking a step back. The HDB staff recommendation to put MSB on chopping block was hasty and without supporting evidence.

If the Ministry of Education requires all school boards to review their assets, fair enough. All organizations should regularly review their assets and operations and seek ways to become more efficient and effective with their resources. At least now the crumbling Speyside School is now on the radar.

But where are the facts? It has now been 3 months since the motion to put MSB on a list of school with surplus lands and hardly any communication has come from HDSN Facilities staff. Will the list of "Surplus" land be enough or was it just an educated guess that the seven properties might cover what the funds they need? Were they pulled out of thin air?

HDSB facilities senior staff told our school council that our Mayor and Town should just buy the land if we want to preserve it. Buy what? Mr. Ockenden is right in telling his fellow trustees that he and

the Mayor have nothing to review. What is surplus? Is it three acres or seven? How much land is at stake? HDSB staff have just dropped a "bomb" on the Town and simply said deal with it.

Citizens are asking why weren't all of the facts brought before trustees before they were asked to cite. A delay of motion should have been made in January until all of the facts were before the trustees so they could make an informed decision, including the fact that a proposal to sell "surplus" lands at MSB has previously been debated and declined by the HDSB in 2000. Boards of directors normally requires all of the facts before making a decision. If they don't have

all of the facts they need, they defer the motion to another meeting.

Were the trustees informed about the actual property? Were they informed as to how it is used by the school and how it is also used by neighbouring high school that is actually below the average number of acres? Were the trustees told how any carving off would impact the school's safety? These, and many other questions, need to be considered.

I encourage every child and adult in our community to join us and sign MSB petition or write letter to the editor to show HDSB that you care and that you deserve the facts.

Melissa Secord  
Chair,

MSB School Council.

### Treatment for:

- Fibromyalgia
- Chronic Pain
- Stress
- Headaches
- ...and much more.

**Naomi Bedell**  
Registered Massage

Therapy  
65 Mill St. E.,  
Acton, ON  
519-853-8557



**Deanna Wilson**

BSc. DCh.  
Chiroprapist  
Foot Specialist

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## CHURCHILL COMMUNITY CHURCH EASTER SERVICES

**THE WALK OF THE CROSS**  
APRIL 10, 5:30PM

The procession will start at Churchill Community Church and end at Bethel Church where refreshments will be served prior to the 7:30pm Service.

**SUNRISE SERVICE**  
APRIL 12, 7:00AM

The Service will be followed by Breakfast which will be served until 9:45am

**EASTER SERVICE**  
APRIL 12, 11:00AM

Reverend John F. Bedell welcomes all to "The Church on The Hill"

