

GRAPEVINE



Reef and beef

Steak and or lobster – or both – are on the menu, along with salad, potatoes and desert, at the St. Alban's beef and reef dinner on June 5. Tickets are available for sittings at 5:30 or 7:30 p.m.

Proceeds will benefit church programs. Diners are asked to bring their own lobster crackers. For tickets call Bernice at 519-853-3818.

Charity dance

St. John's Ambulance will benefit from proceeds of a dance on June 5 at the Ballinafad Community Centre. The ever-popular LuLu's Road House Band will take the stage – doors open 8 p.m. Tickets are available at the Ballinafad General Store.

Rotary thanks

Following one of their most profitable events ever, members of the Rotary Club of Acton are pleased that their annual dinner and auction raised \$17,500. The proceeds will benefit community projects, relief efforts and Rotary-sponsored programs world-wide.

Cancer sale

Participants in the Weekend to End Cancer are hosting a garage sale and barbecue on Saturday and Sunday to help raise the \$2,000 that each participant must generate to be eligible to take part in the two-day, 60-kilometre walk this September in Toronto.

On Saturday, the sale runs from 8 a.m. to 1 p.m., and on Sunday from 8 a.m. to noon at 82 Danville Avenue.

Ace athletes

Members of the Acton Tanners Bantam BB team were among those honoured by the Town on Tuesday at a Municipal Awards ceremony. The squad was recognized for the hard work and skill that earned it a Silver medal at the Ontario Minor Hockey Association Championships.

Guidice re-signs with Italy

Congrats to Acton's Gerome Guidice, who re-signed with the Fassa Levoni Hockey Club in Italy for two more seasons. In his rookie year as a pro, the left-winger, had nine goals and 11 assists.

After four seasons with the Sudbury Wolves, Guidice, 21, joined the Muskegon Lumberjacks of the International Hockey League before moving to Italy.

Guidice is known for his ability to move the puck, to set up goals, and being a two-way player.

Brunch time

Good food at a great price and community comradeship are on the menu for the Acton Community Brunch hosted by the Kinette Club of Acton on May 30.

The all-you-can-eat buffet (\$6 for adults) runs from 9:30 a.m. to 1 p.m. at the Acton arena/community centre. This month,

members of the Acton Seniors Centre will share in the proceeds in exchange for cooking, serving and cleaning up at the brunch.

Praise in the Park

This year's Praise in the Park interdenominational service in Prospect Park features a "Spiritual Heritage" theme as some of the local youth and seniors who recently took part in an intergenerational/interdenominational pilot project will receive copies of a booklet produced by local students that detail the seniors' life stories and spiritual heritage.

All are invited to the service, on June 6 hosted by the Acton Ministerial Association, which begins at the Rotary bandshell at 3 p.m. The afternoon will feature a free barbecue and traditional picnic games for all ages. For details call Churchill Community Church at 519-853-4380.

Silver for local gymnast

Congrats to Limehouse gymnast Marc Gaudet de Lestard who garnered a Silver medal over-all finish at the recent Eastern Canadian Championships in Newfoundland.

de Lestard earned a Gold on rings, tied for the Gold on the high bar and earned Silver medals on the floor and pommel horse to capture the Silver medal in his 16-plus age group.

Computer workshop

Need essential computer skills? Literacy North Halton is offering a free summer computer workshop that offers basic instruction to adults who are looking for work.

The six week, one day per week introductory course will be offered in Georgetown from June 21 to July 26.

New students must book an appointment for a free assessment before registration, which costs \$40. Orientation dates are slated for June 7 and 14.

Tutoring programs – one-on-one of small groups – are also available for adults who need help with their reading, writing and basic math skills. For more information call 905-873-2200.

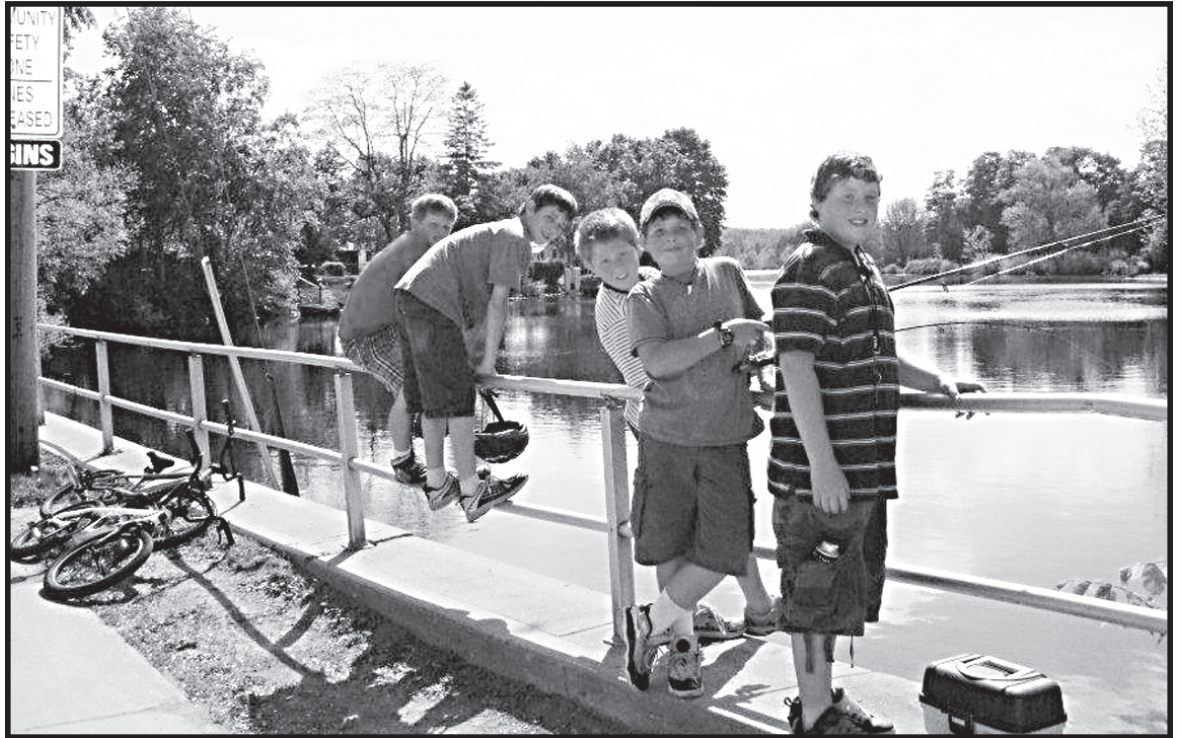
FoodShare donations

From June 1 – Hunger Awareness Day – to June 11, all donations made to Acton's FoodShare will be matched by Kraft Canada.

Donors need to date their cheque within that period and mark Kraft Challenge in the memo line.

Cheques or cash can be dropped off at the Churchill Road South food bank on Tuesdays between 7:30 a.m. and 1 p.m., or call 519-853-0457 to make other arrangements.

Donations over \$10 will receive a charitable donation receipt.



I GOT A LIVE ONE: A sun fish was the "catch of the day" on holiday Monday as a group of local lads enjoyed the great weather and day off school. Casting a line in Fairy Lake were, from left: Ryan Newman, Brayden Hill, Keith Holmes, Brodey Northey and Justin Lee. – Denise Paulsen photo

Science Matters

By David Suzuki



By David Suzuki
with Faisal Moola

I was struggling through my routine at the gym in April when the owner came up to me. "Give me something to share on Twitter for Earth Day," he demanded.

I've been working out for more than 30 years and I'm still waiting for it to be fun, or at least easy, so my brain was not operating at full bore. I panted, "How about this: Get out and exercise. It's good for your body and it's good for the environment." He seemed happy enough and wandered away, but his question got me thinking.

I'm a biologist. I know that we evolved out of the natural world and lived without machines for a long time. Everything our ancient ancestors did, they did by expending some effort, especially to get from one place to another. Our bodies evolved to keep up with this required effort. Indeed, our bodies need to work in order to restore themselves. Don't believe me? Just look at one of the most effective ways to reduce the risk of heart disease, diabetes, Alzheimer's, stroke, cancer, and more: exercise!

Now, I know that a car is an amazing piece of technology, but it's just a means of getting us from point A to point B. When we climb into a car to drive five or 10 blocks instead of walking or cycling, we may come up with all kinds of rationalizations as to why it was necessary, but

do we ever stop to consider that this simple act works against what our bodies need?

When I walk by a school and see roly-poly kids jumping from the big cars lined up outside, I suspect that parents think they're doing their children a favour. But it's at the expense of what kids need to remain healthy. If a neighbourhood is so dangerous that we can't let our children walk to school, then we should work to make it safer, or initiate group walks.

When a 90-kilogram person climbs into a 2,000-kilogram vehicle, more than 95 per cent of the gasoline is burned to move the car, not the person! That's a lose-lose-lose situation: we throw away money, waste energy, and exacerbate environmental pollution. The auto sector has dazzled us with big, fancy stuff because energy has been cheap and the environmental consequences haven't figured in its planning. With the near-death experience of the big three auto companies as the economy melted down, and with oil prices rising steadily, car companies are finding religion on being green as they tout smaller, more efficient cars. Let's hope this represents a turning point in the values that motivate them.

But we also need to shift the way we all think of cars. People seem to regard a car as an extension of themselves - bigger, sexier, noisier, faster, more powerful. I can understand the psychology, but still, it's just a machine. It's something to get

us to our destination, but it has become so deeply embedded in our culture that it's impossible to think of doing without it - at least until we build cities in ways that eliminate our need for personal vehicles.

We must think of a car as simply a machine to move us around, a machine that should be used sparingly because overuse is harmful. Our love of cars also sets a bad example for the rest of the world, especially China and India, where growing economies are creating huge numbers of people with the means and the desire to buy vehicles.

These days you can find all kinds of books offering 10 or 100 easy ways to save the planet. But the planet is not in trouble. Whatever we do, it will continue to spin and move around the sun. We may be in trouble though. We're altering the chemical, physical, and biological features of the biosphere, making it increasingly difficult for tens of thousands of species, including our own, to survive and flourish.

Changing course and reining in our demanding appetite and economy is not going to be easy. If everyone buys an electric or hybrid car, changes light bulbs, and carries cloth bags, we'll still be a long way from a sustainable way of living. But thinking about our own personal health and our relationship with the machine may at least get us started down a new road.

Learn more at www.davidsuzuki.org.