

Local firefighter rides across Canada for cancer

Halton Hills firefighter Mark Burger is one of 48 national riders who will support children and their families whose lives have been impacted by cancer by riding in the 2010 Sears National Kids Cancer Ride (www.searsnationalkidscancer-ride.com) – one of the world's biggest and best charitable cycling events on behalf of childhood cancer. Acton's Paul O'Hara-Hoke is also one of the national riders.

On September 9, the riders will begin a 15-day, 7,200-kilometre epic adventure from Vancouver to Halifax on the third annual Sears National Kids Cancer Ride. They will be joined by thousands of other caring cyclists who will ride shorter distances along the way in communities across the country. And with every pedal stroke, they will raise money for kids and families fighting this debilitating disease.

The route will allow them to visit many of Canada's 17 paediatric cancer centres where cyclists will meet with media and the cancer community to share inspiring stories of strength and

hope on this historic ride. Together, the cyclists will raise millions of dollars on behalf of charities that improve the quality of life for children, and their families, living with cancer. Our destination – beyond cancer!

Through community support they can make a difference to the more than 10,000 children in Canada living with cancer, and the 1,400 new children who are diagnosed with it every year, hearing those awful words, "You have cancer."

The goal is to raise \$3-million in donations from Canadians coast to coast. Funds raised will go to national and local programs, including research and education and survivorship initiatives in partnership with the doctors and nurses from the 17 paediatric oncology centers across Canada. Funds raised will also support specific childhood cancer programs in paediatric oncology units and hospitals across Canada.

Donations raised through Coast to Coast Against Cancer Foundation (CTCAF) events are distributed through a strict governance pro-

cess developed with key members of the cancer community. Donations are distributed to both local and national childhood cancer programs such as:

- Essential clinical trial programs and Canadian-wide standards of care in a joint effort with the council representing the 17 paediatric oncology centres and the associated Hospital Foundations.

- Support programs for families whose financial resources have been drained by the impact of the long-term care of a child with cancer.

- Childhood oncology camping and year round support standards for kids impacted by cancer (including isolated rural areas).

- Scholarships, tutoring and educational assistance for childhood cancer survivors.

Teen programs to promote leadership and life skills

For more information, or to become a sponsor, call Mark Burger at 905-299-6002, email to boardtopia@hotmail.com, visit his blog at <http://markburger.snkr.com> or donate at <http://www.snkr.com/markburger>



ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

This week I was proof-reading the Centre's latest September and October Newsletter. There are some very exciting events planned for the week of Open House. Hopefully many of you will be able to take advantage of the free "Try It" programs.

The programs, activities and presentations during the Open House are free for members and non-members.

One class that sounds very interesting is Chair Yoga for those who have a problem getting down on the floor. I really enjoyed Yoga but found it a challenge to get on the ground for some of the exercises, so this should solve the problem for many people. As we get older, our bodies aren't quite as willing to go in the directions we would like them to, and we lose some of our flexibility.

Another excellent class offered is an exercise program named Bone Builder which is designed to strengthen the spine and hips for those with osteoporosis or at risk of developing the disease.

Again, as we get older our bones are more likely to become brittle, and we are at risk of breaking a bone if we fall. Last but not least, there will be a T'ai Chi program to try, and in future there will be two classes on Tuesday mornings. The first class for people learning the exercises, and the later one for experienced participants, who have attended at least two sessions of T'ai Chi.

If any of these programs interest you, give us a call at 519-853-5951 for more information.

These are all Town Programs, so members of the Acton and Georgetown Seniors Recreation Centres receive a 25 per cent discount. If you are not a member of this Centre or are younger than 55, you are still able to participate as these Town Programs are open to every one.

Also during Open House we will be holding our Birthday Tea for members who celebrated a birthday in either July or August. This is by invitation only. If you do not receive a phone call during the first week of September inviting you and a guest please call Pauline Barlow, and let her know.

The third semi-annual Golf game at Blue Springs is fast approaching, and tickets are available at the front desk in Acton or from Nellie Bell at the Georgetown Centre. There are a limited amount of tickets available. The price includes nine or eighteen holes of golf plus a delicious lunch and prizes.

We will also be celebrating all things Mexican at our Wednesday, September 15 social dinner. Dig out the Mexican hats,

ponchos, maracas, and colourful shirts you purchased on holiday and never get to wear. Tickets are available at the front desk.

Due to additional costs and to maintain the quality of the dinners, prizes and entertainment the ticket price has increased by \$2. That means the members price will be \$12 and non members \$15, which is still a great bargain.

The movie next Tuesday at 1 p.m. will be one of my favorites. "Mama Mia". We will all be tapping our toes, and singing after enjoying that!

At Thursday afternoon's Bid Euchre, Elma Braida had the only mooner.

Twenty-five members from the Centre enjoyed the "You'll get used to it, War Show" at the Rose Theatre in Brampton. Several made the comment that it should be mandatory for young people to see and realize what war is about, although it is a musical and poignant and funny at the same time. We finished the day with dinner at the Mandarin which is always a hit with everyone.

The weekly 50/50 was not won this week, so the total next week should be over \$100.

Plaque for Group of Seven painter unveiled

Today, Heritage Guelph/Eramosa will unveil a plaque to commemorate Group of Seven artist, A.J. Casson, and his 1926 painting entitled, "Main Street, Rockwood, Ontario."

This plaque, in recognition of A.J. Casson's work, will be installed at the Heaven on 7 Restaurant in Rockwood, which is the approximate location of where he may have painted Main Street, Rockwood in 1926. From this location, facing south in Main Street, you will see some of the buildings depicted in this painting still standing today.

Alfred Joseph Casson (A. J. Casson) was a member of the Group of Seven and the Canadian Group

of Painters. The Group of Seven was a group of Canadian landscape painters who painted from approximately 1920 to 1933. A. J. Casson was the youngest member of the Group of Seven, and was best known for his work portraying villages and rural landscapes within Ontario. He was also a cofounder of the Canadian Society for Painters in Water Colour in 1925. A. J. Casson painted many landscapes within the County of Wellington and the Township of Guelph/Eramosa. The Township of Centre Wellington has a walking tour dedicated to his work in the area. A. J. Casson passed away in 1992 at the age of 94.

"We are honoured to commemorate the work of A.J. Casson, and very pleased to recognize one of the many paintings he completed in our Township. He was one of Canada's most influential artists, and his contribution to the rich, cultural heritage of our community needs to be remembered," said Mayor Chris White.



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