

Acton woman honoured with Order of Niagara

With a lot of pomp and pride, Acton's Shirley Broostad was awarded an Order of Niagara in recognition of the time and talent she quietly provides to her church and community.

Broostad became a member of the Order of Niagara when Bishop Michael Bird placed the medal on a ribbon around her neck during a ceremony at Christ Church Cathedral in Hamilton on Sunday.

With members of the congregation of Acton's St. Alban the Martyr Anglican Church in the pews, Broostad was recognized for her "history of good deeds" with the social service agencies, her church and Dioceses.

To Reverend Brian Galligan of St. Alban's, Broostad is "amazing."

"She is so open to embracing change to improve and enhance our worship," Reverend Galli-

gan said on Saturday. "A lot of people get kind of stuck and can't move forward, (but) Shirley is like working with somebody who has the excitement of a child at Christmas," Reverend Galligan said, adding Shirley and husband Lloyd celebrated their 80th and 85th birthdays, respectively, at a gathering on Saturday.

Broostad has chaired the Worship Committee at St. Alban's for more than 20 years, planning special services and Christmas pageants and she is a Sinnot delegate and belongs to the Bishops' Company.

Broostad said she was "very surprised and honoured" by the award.

"I'm very happy to have it and I shall treasure it," Broostad said on Monday adding she enjoys her Diocesan work because it is "very meaningful to the function of the whole church."



ORDER OF NIAGARA: For her many good works in the community, Acton's Shirley Broostad received the "Order of Niagara" from Bishop Michael Bird at a ceremony on Sunday in Hamilton. Her husband, Lloyd Broostad, proudly looked on. - Submitted photo

Mammograms save lives

Halton Region is joining health units in Central West Ontario and project partners to acknowledge Breast Cancer Awareness Month by taking the message to the streets with eye-catching billboards, mall and bus posters.

Mammograms save lives - spread the word is the message residents will see on bright pink ads at various locations throughout Halton in October. The ads also promote beabreastfriend.ca, a website providing information and resources about breast screening.

"Cancer is a devastating disease that affects too many Ontarians every year," said Halton Regional Chair Gary Carr. "This

year in Ontario, an estimated 8,900 women will be diagnosed with breast cancer, and an estimated 2,100 women will die of the disease. Through this advertising campaign, we are promoting breast screening through regular mammograms. Our hope is that when people see these big pink signs throughout our community, they will take action and make an appointment for a mammogram."

The ads are an expansion of the 'Be a Breast Friend' project that recruited hair stylists to spread the early detection message to their clients, and encouraged everyone to be a Breast Friend. A Breast Friend can be

someone who takes the time for their own breast screening or someone who shares the importance of screening with loved ones.

"Understanding the importance of regular screening through mammograms - and passing that information on to clients as part of our regular conversations - is another way we work to keep our clients' well-being front and centre," said Cathy Smith, one of the stylists participating in the earlier project. Stylists can find out how to be a Breast Friend in their salon by visiting beabreastfriend.ca.

Women aged 50 and older can book their own

appointments for a free mammogram at their local Ontario Breast Screening Program. Once a woman joins the program, mammogram results are shared directly with her, as well as her physician, and women automatically receive an invitation to come back in two years.

To book a mammogram appointment or find an Ontario Breast Screening Program location in your area, call 1-800-668-9304 or visit www.cancercare.on.ca. For more information about cancer prevention, visit www.halton.ca or dial 311 or 905-825-6000, toll free 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833.



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