

St. Joseph's students ready for marathon

Their coaches busy, the boys quietly began stretching at the far end of the gym – no goofing

around, no horseplay – just “regular boys” keenly focused on a major physical and mental

challenge – a five-kilometre marathon in Guelph on Saturday. The 12-member Boys

Running Club at St. Joseph's Catholic School has been training for 11 weeks, and coach/child and youth counsellor Kate Pipe, said they are ready, in many ways for the Santa Jingle run for the Salvation Army on the weekend.

“The program incorporates a lot of social/emotions aspects, as well as being physically healthy,” Pipe said last Wednesday, adding the running group of students in Grades five through eight, is not about trying to be better than someone else, but about setting personal goals.

“If one person in the group makes a bad

choice – say they sit down during a practice – they have to do pushups, and they feel so empowered that we find that five other boys will do pushups as well, to encourage their team mate,” Pipe said, adding that she and co-coach/teacher Anna Malczewsky and education assistant Brigita Fister, have “tears brought to our eyes, weekly” because of the growth with the team.

Before Friday's practice, Grade six student Glen Frederick, 11, said he joined the team because, “I love running and all my friends are here,” and he's confident he will complete

Saturday's marathon. Team mate Eric McCallum, 11, said the team is “really fun,” and he likes running with his friends.

This is the fourth time the successful program, aimed at kids with low self-esteem who usually avoid extra curricular activities, has been run at the school, and Pipe hopes even more kids will benefit from it.

She used the Boy's Running Group program, which she developed along with a social worker, as a class assignment at Ryerson University, and her professor is now trying to help her get funding so it can be marketed to help more kids.



READY TO RUN: Members of the Boys' Running Group at St. Joseph's Catholic School ran laps in the gym last Friday, preparing for a five-kilometre marathon in Guelph on Saturday. – Frances Niblock photo



The Regional

Municipality of Halton

www.halton.ca

GET INVOLVED, SHARE YOUR IDEAS

Halton Regional Council invites you to consider becoming part of a Citizens' Committee or Board to help provide input into the decision-making process. Appointed for a four-year term, members of these groups review and discuss important issues such as accessibility in the community, adequate and effective police services and governance of the Royal Botanical Gardens. These appointments give Halton residents from a variety of backgrounds the opportunity to contribute their skills and perspective to enhance the quality of life in our community.

Regional Council wishes to ensure that its boards and committees reflect the diverse nature of its community and invites all residents of Halton to consider these opportunities. An Interview Committee of Regional Council will recommend qualified candidates for these positions to Regional Council.

To apply: Application forms are available on our website www.halton.ca, by e-mail to regionalclerk@halton.ca, or from the Office of the Regional Clerk, Halton Region, 1151 Bronte Road, Oakville, during business hours from 8:30 a.m. to 4:30 p.m. Completed applications must be received at the Office of the Regional Clerk **no later than Thursday, December 23, 2010 at 4:30 p.m.** Completed forms may be submitted on-line, by mail or by fax to 905-825-8838.

Susan Lathan
Regional Clerk

Halton Region Accessibility Advisory Committee

Purpose: Pursuant to the *Ontarians with Disabilities Act, 2001*, the purpose of the Committee is to provide advice on the identification and removal of barriers to people with disabilities regarding Halton Region programs, services and facilities and on the development of an annual accessibility plan.

Members Needed: Up to 14 citizens-at-large (under review). The *Ontarians with Disabilities Act, 2001* requires that the majority of the members of the Committee are people with disabilities.

Meetings: Generally held on the third or fourth Monday of every month, from 1:00 p.m. to 3:00 p.m., or as required.

Contact: Gabrielle Baldazzi, Senior Policy Advisor, 905-825-6000, ext. 7485

Royal Botanical Gardens Board of Directors

Purpose: The Royal Botanical Gardens, a registered charitable organization, is governed by a volunteer Board of Directors who ensures that the Gardens fulfills its legislated mandate and that its mission, policies and strategies are appropriate and current. The Board also ensures financial responsibility and approves the Gardens' annual budget.

Members Needed: 3 citizen representatives with Financial and/or Fundraising skills

Meetings: Monthly on Thursdays from 4:00 p.m. to 6:00 p.m. at RBG Centre, Burlington

Contact: Mark Runciman, Chief Executive Officer, Royal Botanical Gardens, 905-527-1158, ext. 221

Halton Regional Police Services Board

Purpose: The Halton Regional Police Services Board is responsible for the provision of adequate and effective police services in Halton. The Board must also satisfy itself that the standards issued by the Ministry of Community Safety and Correctional Services are upheld. Involvement in the day-to-day operational decisions of the Police Service is prohibited.

Members Needed: Halton Regional Council is seeking one citizen-at-large to represent it on the Halton Regional Police Services Board. All applicants will be required to apply for and obtain a security clearance at the Police Services Records Bureau.

Meetings: The Board meets monthly on a Thursday from 9:00 a.m. to approximately 2:00 p.m. Meetings are held in the Halton Regional Police Services Headquarters building, or may be held on a rotational basis throughout the Region. Applicants must be willing to commit to a minimum of 20 hours per month. This commitment can increase dramatically if members are involved in other Board responsibilities, and may also require attendance at evening and week-end functions to represent the Police Services Board.

Contact: Further information regarding the Board's roles and responsibilities can be obtained at: www.haltonpolice.ca/AboutUs/PSB or by calling Dorothy McDonald, Executive Director, Halton Regional Police Services Board at 905-825-4747, ext. 5014

Please let us know as soon as possible if you will have an accessibility or accommodation need at a Halton Region hosted event or meeting.
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