

Man who's been on insulin for 50 years is recognized

There are heroes who are recognized for incredible feats they've accomplished. Then there are those who are less recognized — those who are heroes for the way they quietly live their lives and cope gracefully with whatever blows life may give them.

John Duncan knows what it's like to be the latter.

Recently, Mr. Duncan received the Lilly-for-Life 50-Year Insulin Award.

The 50-Year Insulin Award was

established in 1974. It recognizes people with diabetes who have been on insulin for at least 50 years. So far an estimated 1,500 people have received the award.

Managing diabetes is solely the responsibility of the individual. Those with diabetes must deal with the regular demands of life, eat healthy foods, check blood glucose levels, exercise regularly and adapt to new technologies.

To do this for more than 50 years is an accomplishment.

Mr. Duncan was diagnosed with type one diabetes in 1948 at the age of 26. This was just after he finished his service with the Merchant Navy. He went on to work for Shaw Pipe Industries in Toronto for more than 35 years.

During his working career, he never missed a day's work on account of his diabetes.

Mr. Duncan attributes part of his success controlling his diabetes to local physicians Dr. D. Aikenhead, Dr. I. Hunter and Dr. G. Hui.

Workshops on safety

Play it safe is the message Halton Region is stressing these days, as it prepares to offer a series of Risk Watch workshops for parents and early childhood educators.

The train-the-trainer workshops are designed to help identify — and avoid — the eight key risk areas that injure or kill the most children each year.

Risk Watch workshops will be held November 12 from 5 to 8:30 p.m. at the Halton Regional Centre in Oakville, November 13 from 1 to 4:30 p.m. at the Tansley Woods Community Centre in Burlington and November 17 from 1 to 4:30 p.m. at the Halton Hills Cultural Centre in Georgetown.

To sign up or for information about the program, call (905) 825-6000.

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Sat. 9 am-6 pm, Sun. 10 am-5 pm

RE-ELECT GORD KRANTZ



FOR MAYOR

This election is about:

Proven Leadership

Experience and Vision

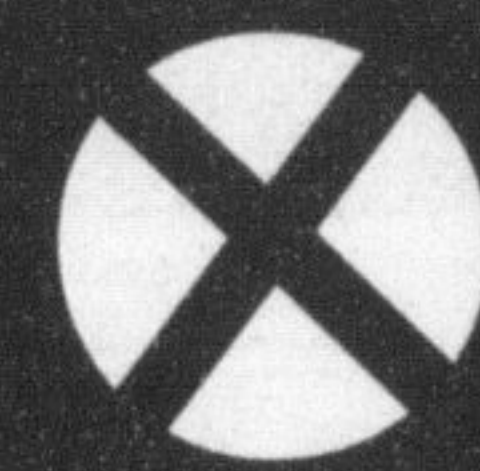
Respect and Credibility

Common Sense and Integrity

Yes, this election is about choosing a capable and fiscally responsible Mayor who will skillfully manage this great Municipality's future and that person is **GORD KRANTZ**

ON NOVEMBER 10, VOTE

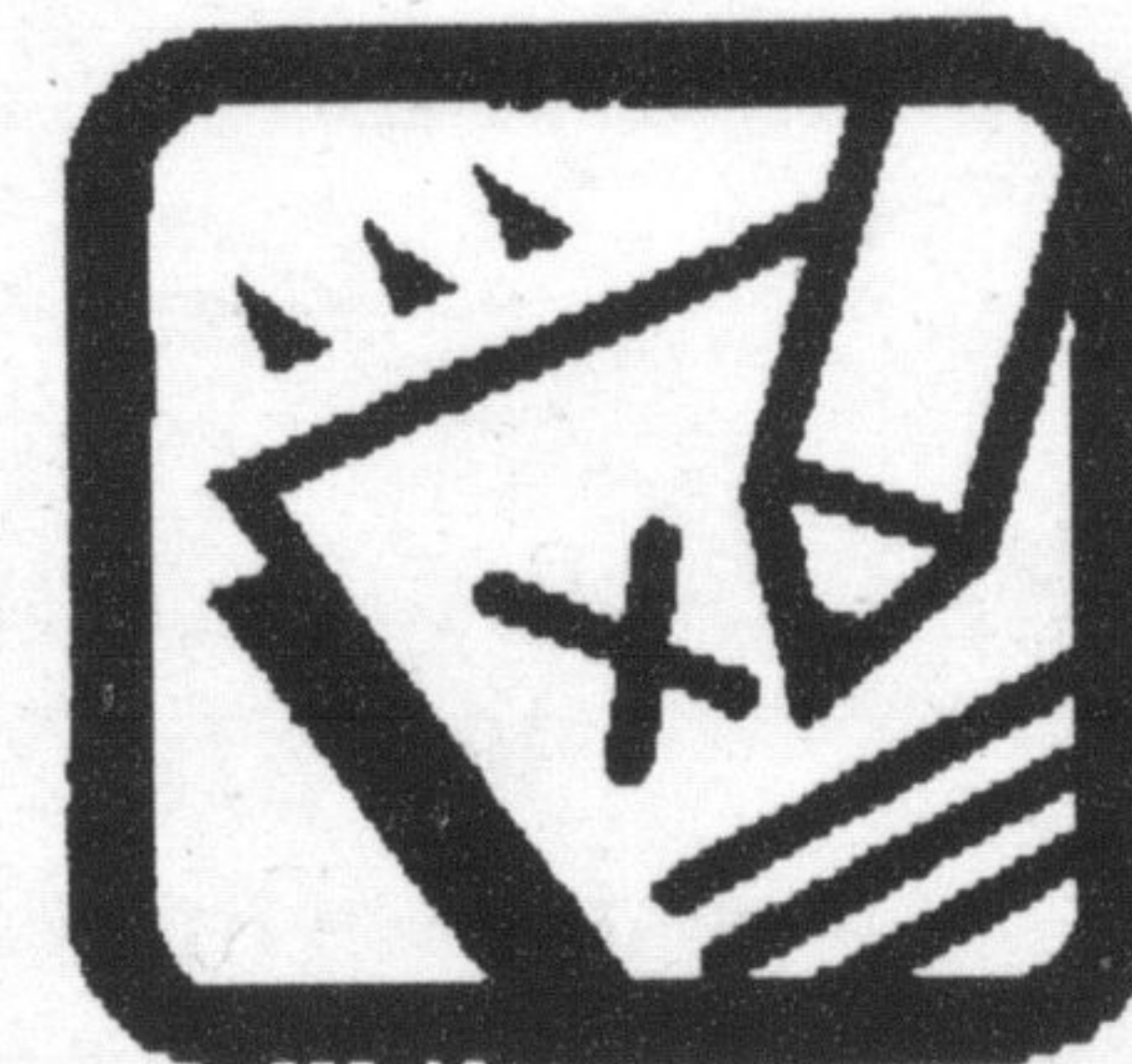
KRANTZ, Gord



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2003 MUNICIPAL ELECTIONS

ADVANCE VOTING DAYS and VOTING LOCATIONS



Advance Voting Days will be held as follows:

DATES:

Saturday, November 1, 2003 at 9:00 a.m. - 5:00 p.m.

Wednesday, November 5, 2003 at 12:00 p.m. - 8 p.m.

LOCATIONS:

WARD 1

Royal Canadian Legion
15 Wright Avenue
Acton

WARDS 1 & 2

Acton Arena
415 Queen Street
Acton

WARDS 2, 3, & 4

Halton Hills Civic Centre
1 Halton Hills Drive
Georgetown

WARDS 1, 2, 3, and 4

Georgetown Market Place
280 Guelph Street
Georgetown