

Hope Place's annual fundraiser June 20

Once again, Milton residents will get out their running shoes and shine up their bikes in preparation for Hope Place's fifth annual Walk and Ride for Recovery.

The event will take place June 20 with registration starting at 8:30 a.m. The Walk and Ride will start from Southview Plaza at Regional Road 25 and Derry Road.

Participants are free to walk or, if they prefer, they can ride a bike, roller skate, take a skateboard or anything else with wheels.

Riders will depart at 9 a.m. and walkers will leave the starting point at 10 a.m.

The registration fee is \$10 per adult, payable on the day of the event, and children are free. This fee includes a barbecue

and refreshments after the Walk and Ride, at about noon at Hope Place, 9605 Regional Road 25.

There will be plenty of games for the entire family and prizes for the participants who raise the most money through pledges.

All pledge money must be collected and handed in the day of the event.

Those who raise \$75 to \$150 will receive a t-shirt, those raising \$151 to \$300 will win a watch, and those who raise more than \$300 will win special gifts.

For more information or to register, call (905) 875-3214 or e-mail info@hope-place.ca. You can register on-line at www.hopeplace.ca.



From left, judges, Andrea Wayne von Konigslow, children's book illustrator, and Pippa Wysong, The Toronto Star 'Starship' page writer congratulate grade 5 Chris Hadfield School student Alper Bilge, who won the third-place provincial prize in Legal Aid Ontario's Law Day grade 5 poster contest. Alper is dressed as William Lyon Mackenzie, a newspaper publisher from 1820s Upper Canada. He participated in one of three historical skits as part of Legal Aid Ontario's Law Day awards ceremony at Toronto's Old City Hall to celebrate the contest winners and highlight individual legal rights under Canada's Charter of Rights and Freedoms. Law Day, April 15, commemorates the 1982 signing of the Charter.

Student wins poster contest

A grade 5 student is one of three winning youngsters in a poster contest sponsored by Legal Aid Ontario.

Alper Bilge, a student at Chris Hadfield Public School, recently received third prize in the Law Day 2004 contest.

"Our Judges had an extremely difficult task as all the entries were so well done," said Gordon Wolfe, interim chair of Legal Aid Ontario. "The posters chosen best reflect the spirit and theme of Law Day."

More than 2,000 poster entries poured in from across the province.

Law Day is a national celebration aimed at promoting a better understanding of the law and highlighting the important role the justice system plays in today's society. It's sponsored by Legal Aid Ontario, the Ontario Bar Association and the Ontario Justice Education Network.

As part of its Law Day activities, Legal Aid Ontario invited grade 5 students from across Ontario to

submit posters on this year's theme of 'Diversity: Celebrating your Right to be Unique'.

"I believe it is extremely important for us to inform our young people about the law and the importance of the justice system," Mr. Wolfe said.

"The poster contest is one of the ways our organization works toward this goal."

The other winning students are from Tillsonburg and Thornhill.

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Members of the public are invited to attend a FREE Seminar entitled

"TAKING CHARGE OF YOUR ARTHRITIS"



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To be held on Tuesday, May 11 at St. Paul's United Church in Milton. The seminar features keynote speakers, Dr. Arthur Bookman, Rheumatologist, presenting "What is Arthritis", Dr. Nizar Mahomed, Orthopaedic Surgeon, who will discuss "Surgical Options for Hip and Knee Arthritis" and Mercedes Reeb, Arthritis Physiotherapist, will present information on the services available through The Arthritis Society. This seminar is organized by The Arthritis Society - Milton Branch and Halton Healthcare Services (Milton District Hospital site) and is sponsored by Pfizer, Manulife Financial and Amgen Canada Inc. & Wyeth Pharmaceuticals, with appreciation to the Milton District Hospital Foundation.

More than 4 million Canadians suffer from arthritis, which occurs in more than 100 different forms. Contrary to the common perception, arthritis is not only an old people's disease. It is one of Canada's most common chronic conditions, affecting all ages, from toddlers to seniors. Many children are afflicted with juvenile arthritis (JA). The two most common types of adult arthritis are rheumatoid arthritis and osteo-arthritis. Early diagnosis and active involvement by the patient in treatment are very important to minimize disability. The risk of developing some form of arthritis, i.e. osteoarthritis, can be reduced if certain precautions are taken, such as maintaining your ideal weight.

To learn more about arthritis and the treatment options available for individuals with arthritis, attend "Taking Charge of Your Arthritis" on Tuesday, May 11 at St. Paul's United Church - Graham Hall - 123 Main St. East, Milton. Displays will commence at 6:30 followed by the presentations at 7:00 p.m. Light refreshments will be available and there is free parking. To register and for information call 905-338-4379. ASL Interpreter Services available only if booked by May 7. E-mail: cpophaltonhealthcare.on.ca or Fax: 905-878-0498.

For further information about arthritis contact The Arthritis Society at 1-800-321-1433 or visit www.arthritis.ca/ontario

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New Stores Opening Soon: Newmarket (May 23) St. Catharines (June 13) Markham, Whitby, Toronto, Richmond Hill, Woodbridge

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