

Cairns named one of four Halton Women of the Year

By **WILMA BLOKHUIS**

Special to *The Champion*

A local active community volunteer was among four people to receive Halton Women of the Year honours.

The awards, hosted by the Oakville-based Women's Centre, were presented to Audrey Cairns of Milton along with Patricia Hurst of Mississauga, Priscilla de Villiers of Burlington and Connie Smith of Hamilton.

The seventh annual Halton Women of the Year awards were held last Tuesday at the Glen Abbey Golf Club.

Ms Cairns was described as a "modern day Florence Nightingale" by her nominator, Ione Goodhue, a friend from St. Paul's United Church.

Her "life-long career in volunteerism" includes countless church and community projects, from launching letter writing campaigns for Amnesty International to advocating for senior housing, providing palliative care at Allendale, serving as interim president of her



Photo by PETER C. McCUSKER

Milton's Audrey Cairns (second from right) poses with Women's Centre executive director Melvina Walter (centre) and her fellow award winners.

local unit of the Canadian Cancer Society, and getting involved in politics.

Retired from nursing for about a decade, Ms Cairns continues to be active despite having had triple bypass surgery and a hip replacement.

In accepting her award, Ms Cairns said some of her volunteer

projects are long term.

"If you have a dream, don't be in a hurry. Just keep going until it's done," she said. "Some things take time, don't give up on them."

Also nominated were local breast cancer survivor and business woman Lesley Goetzen; dance instructor Joan Alarie; Angele Desgagne, advocate for Francophone business women; Denise Ertsinian of the Oakville Zonta Club; Staff Sgt. Brenda Glass of the Halton Regional Police Service; Rev. Dr. Helen Goggin, retired pastor; Dorothy Kirby of Hope Place; Jean Koziak, caseworker for Big Brothers Big Sisters; Sue London, reflexologist and reiki practitioner and Crohn's and Colitis Foundation volunteer; and Alicia Snell, author of two books.

Peer counselling is an approach that uses listening, supporting and empowering techniques to validate a woman's feelings and help her explore her options. Volunteers are trained in active listening, supporting and providing appropriate information and referrals.

To volunteer or for more information, call (905) 847-5520.

Volunteers needed

The Women's Centre is seeking people who care enough about helping others to donate their time.

Peer counsellors are in short supply at the centre, located at 210-1515 Rebecca St. in Oakville

Peer counsellors provide one-on-one support, either by phone or in person, for women facing abuse, grief/loss and relationship issues.

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CORRECTION NOTICE

We wish to draw your attention to the following in our current 2004 catalogue

PAGE 33 - (UNDERLISTING TO ITEM 5) - BASE FOR 60-0123-4, 60-0113-8
COPY READS: 60-0113-8, 289.99
SHOULD READ: 60-0107-4, 299.99

PAGE 248 - ITEM 7 - SENTRY FIRE SAFE, 46-00070-4
COPY READS: 59.97
SHOULD READ 159.97

PAGE 249 - SAFETY 1ST ASSORTMENT, 46-2113-13-2/2125-4/2214X
COPY READS: EACH 1.89-9.99
SHOULD READ: EACH 1.89-29.99

We sincerely regret any inconvenience we may have caused you.

Cnote 2004 catalogue - Zones 0/1