

Sharpshooters

Cadet John Rietman (left) of the #820 Royal Canadian Air Cadet Squadron in Milton and Natalie Kari of the #200 Royal Canadian Air Cadet Squadron in Sudbury display their air rifle targets after a range practice recently. Both cadets graduated in July from a three-week air cadet introduction to rifle coaching course at Connaught National Cadet Training Centre in Ottawa.

Photo by CAPT. E.B. LANDALE

CMHA holding essay contest

If mental illness has affected you or a loved one, the Canadian Mental Health Association is encouraging you to relate your experiences and express your feelings.

The CMHA's 1st Annual Fall Art and Essay Contest is asking interested people to submit art and essays as inspiration and motivation for others and to create awareness and a better understanding of mental illness. The art and essays will be judged and winners will be acknowledged. Prizes will be awarded.

Mental Illness Awareness Week in Canada is October 4-10.

There will be three age categories contestants can enter: youth, up to 18; adult, 19-55; and seniors, 55-plus.

In the art division, one of following can be submitted: a poster promoting Mental Illness Awareness Week; a bookmark with a favorite motivational quote or words of wisdom; a painting, drawing or sketch

As an alternative, a short story to a maximum of 500 words can be entered as it relates to your experience with mental illness, or an act of kindness you have received and as an expression of gratitude how you will pay it forward in the community if you have yet to do so. One family member can submit artwork and another can submit an essay.

The contest is also open to caregivers and health-care providers who serve and support the mental health community of Halton.

All entries must be submitted by September 15 to your local CMHA Halton office.

With permission, entries may be used for inspiration, motivation, education and future fundraising initiatives for CMHA Halton through greeting cards, calendars, prints, books or t-shirts.



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6 pm - 8 pm

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BANTAM GIRLS (Turning 15-16 in 2005)
Monday September 13th and 20th

MIDGET GIRLS (Turning 17,18,19 in 2005)
Tuesday September 14th and 21st

SQUIRTS GIRLS (Turning 11-12 in 2005)
MITE GIRLS (Turning 9-10 or under in 2005)
Wednesday September 15th and 22nd

For more information call:
Janet Allison - 905-877-9219
Dave Lloyd - 905-702-3900

for more info check out our web page at
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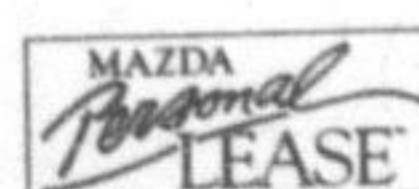
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