

Dateline

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book an appointment for the foot clinic, call (905) 875-1681.

The Halton branch of the Canadian Mental Health Association, together with Choices 4 Health, hosts its second **workplace health symposium**, entitled 'Standing Still is Not an Option', at Rattlesnake Point Golf Club, 5407 Regional Road 25, from 8:30 a.m. to noon. It's designed for workplace decision makers, human

resource professionals and occupational health practitioners. The registration fee is \$60. For more information or to register, call the Halton Region health department at (905) 825-6000, ext. 2904 or visit www.halton.region.on.ca/health.

The Town of Milton invites the public to its **Community Drop-In** to view the proposed design for the Town Hall expansion, ask questions and chat with the architect from 6:30 to 8:30 p.m. at Town Hall Victoria Park, 43 Brown St. For more information, call (905) 878-7252, ext. 2187, or visit www.milton.ca.

The Canadian Mental Health Association holds 'SAMS: Soft Atmospheres Mood Support', a **discussion/sharing meeting** for those affected by a mood or anxiety disorder. It takes place from 7 to 9 p.m. at Grace Anglican Church, 317 Main St. For more information, call (905) 693-4270.

Friday Nov. 18

High school students interested in playing a game of pool are invited to drop by **The Deck youth centre**, 200 Main St. (rear entrance), from 7 to 11 p.m.

Khi Community Church's Junior Youth Group, for ages nine to 13, holds its **Crazy Game Night** from 6:45 to 8:45 p.m. at 100 Nipissing Rd., unit 3. For more information, call (905) 299-2229 or e-mail jen@khcommunity.com.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Computer Club Meeting** to learn about computers or share knowledge. The cost is \$2 for members and \$4 for non-members. It holds **euchre** at 1:30 p.m. at a cost of \$2 for members, \$4 for non-members and 50 cents for prizes. **Contract bridge** takes place at 10 a.m. The cost is \$2 for members and \$4 for non-members. The **Friday Night Movie** is held from 7 to 10 p.m. featuring The Talented Mr. Ripley. The cost is \$2.50. And its **Campbellville Evening Bid Euchre Party** takes place at 7:30 p.m. at the Lions Hall in Campbellville. The cost is \$2.50. For more information, call (905) 875-1681.

Saturday Nov. 19

The United Way of Milton holds its self-directed **Town and Country Christmas House Tour** between 10 a.m. and 4 p.m. Tickets cost \$25 each and are available around town or by calling the United Way office at (905) 875-2550.

The Halton Museum Foundation holds its **Hearthside Dinner**

n Music night from 6 to 11 p.m. at the Halton Regional Museum at Kelso Park featuring the Celtic tunes of Nonie Crete and friends. For more information, visit www.region.halton.on.ca/museum/newsevents. Tickets cost \$45 each and include dinner. For tickets, call (905) 875-2200, ext. 21.

Euchre takes place at 7:30 p.m. at Hornby Co-operative Nursery School. Everyone's welcome to attend.

The Women's Centre, suite 210 in Hopedale Mall at Rebecca Street and Third Line, in Oakville holds its free **Peer Counselling** by volunteers in person or over the phone from 10 a.m. to noon for women facing abuse, grief/loss and relationship issues. It also holds a seminar entitled '**Discover Your Inner Healer**' from 10 a.m. to 3 p.m. at Hearthstone by the Lake in Burlington. The cost is \$20. For more information or to register, call (905) 847-5520.

Saturday Nov. 19 - 20

Country Heritage Park, 8560 Tremaine Rd., presents its **Heritage Parade of Lights** with gates opening at 6:30 p.m. and the parade starting at 7 p.m. with vintage tractors and machinery decorated with festive lights. Plus, meet the Claus family and their elves and enjoy refreshments after the parade in the heated Gambrel Barn. Admission is by cash donation. For more information, call (905) 878-8151, or visit www.countryheritagepark.com.

Monday Nov. 21

The Milton and District Horticultural Society holds its **Awards Night and Pot Luck Supper** at 7:30 p.m. at the Royal Canadian Legion, 21 Charles St.

Wellspring Halton-Peel, a support group for cancer patients and their families, holds its **Life After Cancer support group** from 7 to 8:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Women's Centre, suite 210 in Hopedale Mall at Rebecca Street and Third Line, in Oakville holds its free **Peer Counselling** by volunteers in person or over the phone from 10 a.m. to 3 p.m. for women facing abuse, grief/loss and relationship issues. For more information or to register, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **CyberCafé** from 1 to 4 p.m. The cost is \$2 for members and \$4 for non-members. It holds **bid euchre** at 1:30 p.m. at the same cost. For more information, call (905) 875-1681.

THE DICKENS AND FIRKIN

MONDAY NIGHT
\$7.95 Fish & Chips

TUESDAY NIGHT
Liver & Onions - \$8.95

WEDNESDAY NIGHT
25¢ Wings - 4pm-9pm
w/purchase of beverage
sorry no take out.

THURSDAY NIGHT
Rib night - call for details

FRIDAY NIGHT
Greg Wyard. 8pm

SATURDAY NIGHT
Pub Singer "Blue" 9pm

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DIABETES month

Over 2 million Canadians, both adults and children are diagnosed with diabetes. Type 1 and Type 2 are serious diseases and can lead to the same complications. Many people are unaware that they even have the disease. This is especially dangerous because, without proper treatment, diabetes can lead to serious problems in your eyes, kidneys, nerves, gums and teeth. It can also cause heart disease. In fact, people with diabetes are more than twice as likely as people without diabetes to have heart disease or a stroke.

You can help raise diabetes awareness by familiarizing yourself with these warning signs:

- ✓ Extreme persistent thirst
- ✓ Frequent urination
- ✓ Unexplained weight loss
- ✓ Blurry eyesight
- ✓ Slowly healing sores
- ✓ Dry, itchy skin
- ✓ Loss of feeling or tingling in feet

If you experience one or more of these symptoms, consult your doctor for diabetes testing. By detecting and controlling diabetes early, you can reduce your risk of developing heart disease and other harmful side effects of diabetes.

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ANNUAL TV/WEB AUCTION IS BACK & LIVE ON THE WEB

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TV/WEB Auction LIVE on Cogeco 14...
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Help the Milton Rotary Club to extend its reach of contributions to worthy causes into our community and beyond!

Watch for the Champion Insert on November 22 With A Complete Listing Of All Items!

DIABETES AND YOUR FEET

Approximately 20% of Canadians over the age of 40 have type 2 diabetes, an even greater number are unaware they have diabetes. Diabetes is a disease that develops from the body's inability to produce/use insulin to process the food we eat into energy that the body requires for normal function.

What can happen to your feet?
A high percentage of the diabetic population will develop foot problems. These conditions result from poor circulation and decreased sensation in the feet. Poor circulation (Peripheral vascular disease) leads to a decrease in blood supply, which normally provides nutrition and oxygen to the skin. As a result the feet can swell, become dry, and heal slowly when injured. Decreased sensation (Neuropathy) may allow minor injuries to the foot to go unnoticed and if left untreated, infected wounds can develop and in severe cases amputations required.

What can you do?
People with diabetes can easily develop foot problems. It is important for anyone with diabetes to take good care of his or her feet. Prevention is the best treatment. Inspect your feet daily look for blisters, cuts, scrapes, corns/callus and pressure areas. It is a good idea to have your feet examined by a foot specialist at least every six months. They will monitor the circulation and nerve status of your feet and recommend any treatment if necessary.

Diabetic Foot Care Do's and Do Not's

<p>DO</p> <ul style="list-style-type: none"> Inspect feet daily Wash and dry carefully Look inside your shoes for objects Use cream to moisturize the feet Wear shoes/socks that fit properly Cut toe nails straight across 	<p>DO NOT</p> <ul style="list-style-type: none"> Soak you feet Walk barefoot Use medicated corn pads Treat your feet with sharp objects Wear shoes/socks that hurt Use Heating pads
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