

# Event aids Chamber's scholarship fund

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 that," he remarked of goalie Mike Moffat, who at just 20 years of age was thrust into the starter's role during 1982 post-season play and — perhaps as a result — went on to have a very short-lived career. "I still think if he'd had time to develop he could have had a lot of success. We shouldn't have

rushed him."  
 As always, the celebrity event, in support of the Chamber's scholarship fund, included some local flavour. Back for his fifth year was beloved Argonaut linebacker Mike O'Shea, while Don 'Knocker' Joyce — whom older Miltonians will know from the six-time provincial champion Campbellville

men's baseball team in the 1960s and later as a standout harness racing trainer — was honoured for both his significant accomplishments and longtime contributions to local sports and other charities.

Rounding out this year's celebrity cast were standout harness racing driver Mark MacDonald and up-and-coming area golfer Jessica Shepley.

The auction portion of the night featured some spirited bidding, with a Boston Bruins weekend package fetching \$2,800 from two different hockey enthusiasts.

## Public speaking course starting

The Milton Salvation Army is looking for residents interested in taking an 11-week public speaking course.

The session, called the Christopher Leadership Course of Canada, doesn't have a date set yet because about nine more participants are needed to offer it.

Those who attend will learn how to deal with nervousness, organize and deliver professional presentations, read effectively and introduce and thank a speaker, among other things.

The cost for the course is \$160, which includes 11 three-hour sessions that'll be presented one evening a week. The amount is tax deductible as tuition.

For more information visit [www.thelumen.com](http://www.thelumen.com). To register call the Salvation Army at (905) 875-1022.

# Help curb spread of illness: Region

With cold and flu season in full swing, the Region is encouraging residents to take steps to reduce the spread of illness.

Halton Medical Officer of Health Dr. Bob Nosal said during this time of year, the health department often sees an increase in the numbers of respiratory and gastro-intestinal illnesses.

According to Halton, there are several things one can do to help the situation. They include:

- Staying home and avoiding contact with others when ill. If possible, sleep in a separate room from others. Children — especially those in day care — and food handlers with nausea, vomiting or diarrhea should stay home for 48 hours after symptoms have stopped.
  - Seeing a family doctor if illness persists or becomes worse or calling Telehealth at 1-866-797-0000 to speak with a registered nurse
  - Coughing into a sleeve or tissue
  - Cleaning and disinfecting all contaminated surfaces and frequently-touched surfaces like doorknobs, faucet taps and toilet handles
  - Avoiding visits to long-term care homes, hospitals and retirement residences
  - Washing one's hands frequently with soap and water and using alcohol-based hand rub when soap and water aren't available
  - Avoiding contact with those who are ill as much as possible
  - Receiving the flu shot, which can be arranged by calling a physician or visiting the Region's free flu immunization clinic Tuesday at the Halton Regional Centre, 1151 Bronte Rd., Oakville. No appointment is necessary.
- For more information contact Halton Region at (905) 825-6000 or visit [www.halton.ca](http://www.halton.ca).

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