

## Autumn fun at Crawford Lake over long weekend

What better way to celebrate Thanksgiving than in a picturesque setting?

With that in mind, Crawford Lake Conservation Area will host its Autumn on the Escarpment festival this weekend — from 10 a.m. to 5 p.m. tomorrow, Sunday and Monday.

The holiday weekend event features afternoon performances by the Playford Players, as well as wagon rides, games, crafts, raffles, a discovery hunt and story-telling. There will also be a barbecue and desserts.

Admission costs \$6 per person, while children four years and under get in free.

Crawford Lake is located at the corner of Guelph Line and Steeles Avenue, 5 km south of Hwy. 401 and 15 km north of the QEW. For more information, visit [www.conservationhalton.on.ca](http://www.conservationhalton.on.ca).

## Farley bike trek expected to net \$25,000

A Milton animal lover undertook the bicycle ride of a lifetime recently, cycling more than 260 km to raise money for a special cause.

Darren Osborne of the Ontario Veterinary Medical Association (OVMA), based out of Milton, took part in the September 13 Ride For Farley, a fundraiser for the OVMA's Farley Foundation.

The Farley Foundation is a charitable organization that assists seniors and disabled people on limited incomes to afford emergency vet treatment for their pets. The organization is named after the affable English sheepdog from cartoonist Lynn Johnston's For Better or For Worse comic strip.

Osborne was riding alongside 18 other vets and animal health industry professionals from around Ontario, some of whom were riding 261 km and some 100 km.

The ride, which began in Mindemoya, Ont., and concluded in Killarney, Ont., took about 10 hours.

Each cyclist aimed to raise a minimum of \$1,000 for peo-

ple and pets in need. Last year's ride raised more than \$15,000, with this year's event expected to net close to \$25,000 once the final tallies are in.

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**Saturday, October 13th, 2007, 9:30am-4:30pm**  
**The Living Arts Centre, Mississauga**  
**RBC Theatre, 4141 Living Arts Drive**



**MORNING**  
**WELCOME TO YOUR RETIREMENT:** Keynote Speaker **Dr. Elaine Dembe** - the "Passion Doctor", author of *Use The Good Dishes*, will inspire and re-energize you! Dr. Dembe shows us how to value the process over the outcome, how to embrace change, how to cherish all experiences, even the painful ones, and how to celebrate the ordinary moments that befall us every day.

**RETIREMENT PLANNING:** Gerald Bramm, a senior partner with the consulting firm Gray Matters Research will present "Customizing Your Own Retirement Plan". Gerald conducts research, writes and speaks on topics related to our aging population. His specific interests include the "new" retirement and aging workforce issues.

**RETIRING OUTSIDE CANADA:** Reg Cyr, a planner for Canadians Retiring and living in Mexico, and Cecilia Ronderos of C2M Consulting will deliver a practical seminar looking at tax issues, opportunities surrounding non-residency, pensions and home ownership in Mexico

**AFTERNOON**  
**HEALTHYAGING:** Garry Lapenskie, Instructor in the School of Kinesiology in the Faculty of Health Sciences at Western University will present: "You Are Too Young to Retire Your Body". This presentation will focus on some of the age related changes in our bodies. Acceptance of what cannot be changed and strategies for making changes will be the topics explored.

**FINANCING YOUR RETIREMENT:** Bob Gammon will present "Retirement is a Time of Change". With the right planning your future retirement can be one of the most rewarding times of your life. In this workshop you will be introduced to the steps you can take to achieve a retirement that's meaningful and tailored to you.

**RETIREMENT HOUSING:** Gord White, CEO, Ontario Retirement Communities Association (ORCA) will speak to "Choosing the Best Retirement Home" for you or someone you love.

**RECEPTION IN FOYER:** Enjoy refreshments while you meet the presenters and sponsors personally.

\*Agenda subject to change without notice.

### A FULL DAY FOR ONLY \$20

Admission fee provides access to day-long symposium, program, on-site demonstrations and loot bag. Seating is limited so book today!

**Tickets available at the Living Arts Centre Box Office**  
**905-306-6000 or 1-888-805-8888 and**  
**online at [www.livingartscentre.ca](http://www.livingartscentre.ca)**

For information on available sponsorship/marketing opportunities, call 905-815-0017 ext 421

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