



# LIFESTYLE

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WEDNESDAY, MARCH 11, 1992

## COMMUNITY NOTEBOOK

**Robin Sighted:** Last week's mild weather was met with the return of robins and red-winged blackbirds to the area. Ron Wilson, an avid bird watcher, spotted a robin and several red-winged blackbirds near No. 5 Sideroad Friday.

**How Sweet It Is:** Native style maple syrup demonstrations, bannock (corn bread) making and tasting, family films, crafts for kids and a scavenger hunt will entertain visitors to Crawford Lake on Sunday. The Sweet Water Day program will also include a guided moccasin walk, samples of nature's tea and maple products that can be purchased. The conservation area is located on Guelph Line at Steeles Avenue.

**Book a Booth:** Vendors are wanted for the annual Strawberry Fair fundraiser for Milton District Hospital Auxiliary. Anyone interested in taking part in the Saturday, June 20 event at the hospital is asked to contact Jean Petrie at 878-6892.

**Junior Farmer Month:** March is membership month for Halton Junior Farmers. The group is looking to attract youth between the ages of 15 and 29 to take part in sports events, social activities and trips. Members also learn to be better communicators and leaders. Coming events include a volleyball tournament March 15. To find out more about the club contact Andrew Wilson, 878-2415 or Sandi or Tyler Brander at 877-1505.

**Daffodil Days:** Cancer Month kicks off April 2, 3 and 4 with the annual sale of fresh daffodils by members of Beta Sigma Phi Sorority. Throughout the month of April, area merchants will display coin boxes and plastic daffodil lapel pins. Proceeds of sales are used for cancer research, service and education to patients.

**Quit Smoking:** The Halton Lung Association will offer its 'Countdown' smoking cessation course in Milton from April 14 to May 14 on Tuesday and Thursday evenings. The location has not yet been determined. To register for the program call 847-1033.

**Campaign Update:** The \$175,000 goal of the annual Christmas Seal campaign has been reached, despite the economic recession. The Lung Association's Halton branch calls the success of the fund drive "a great achievement". The organization uses funds to improve respiratory health through support of medical research and community health and support programs.

**Fashion Experience:** The annual Milton District Hospital Auxiliary's fashion show is set for Sunday, Apr. 5, 12:30 p.m. at Halton Hills Place. Auxiliaries will model fashions from local merchants following a luncheon. Tickets cost \$25 each. Reserve by calling Francine Cross at 878-8081 or Joyce Fowler at 878-3628. There will be door prizes and a draw.

*One little girl was so excited that she slept all night with her brand new, never-worn dance shoes tucked in beside her.*

## Halton businesses donate services to CAS children

By TERESA PITMAN  
Special to The Champion

When money is tight, sometimes the kids who have the least feel the effects the most.

But some Halton professionals are helping youths in need — those in care of the Halton Children's Aid Society — by donating not dollars, but services.

Before her first dance lesson, one little girl was so excited that she slept all night with her brand new, never-worn dance shoes tucked in beside her.

Many little girls have a passion for dancing, but it meant even more to this child because she is in foster care. Normally, dancing lessons would have been an impossible dream.

But thanks to Alana Turner and her mother Julie Turner, co-owners of Dancers Inc. in Burlington, CAS children are able to take dancing lessons at no cost.

In these times of financial restraint, recreational activities for children in care are "extras" that the CAS budget just can't cover.

However, as John Tee, supervisor of Volunteer and Community Services for CAS, points out: "These activities are very therapeutic for children who may have been through abuse or difficult family situations. They also help them to feel normal — that they're just like the other kids."

### Self-discipline

Alana Turner agrees. Her education includes not only extensive dance training, but degrees in psychology and communications and work experience with the Peel CAS and other organizations which help troubled youth. She believes dancing can benefit children in a number of ways.

"I think it teaches them self-discipline and helps them deal with stress — if anyone's upset, they can just dance it out. And as they progress with their dancing I think they get a sense of achievement and increased self-esteem," she says.

Julie Turner, who is also a registered nurse, adds that she and her daughter are both "very community-oriented. We wanted to give something back to the community, and this seemed to be an opportunity we could give to some children who don't have much."

The dance school is planning a summer camp with weekly sessions of full-day activities, and will keep some spaces for CAS children.

A group of parents connected with the school is raising money to pay for the shoes and costumes these children will need as well.

The excitement and enthusiasm of the young CAS dancers has made the Turners

"feel great." Alana adds: "You couldn't pick the CAS kids out of the group. They're not bad kids. They're just, for want of a better word, regular kids who've had a tough time."

In Oakville, chiropractor Greg Shaw has made his services available by not billing children in CAS care any additional fees above the OHIP rate.

Since the extra fees were not provided for in the CAS budget, children were not previously able to go for chiropractic treatments.

### Need care

"Some children who have been abused may need chiropractic care for specific physical problems," Mr. Shaw says, "but chiropractic also allows the nervous system to function better and can help their health in more general ways. If their bodies are working better, they are better able to cope with the stresses in their lives."

Mr. Shaw usually sees the children twice a week initially, and then decides on a course of treatment.

His interest in helping CAS children began when he did a presentation at a camp for children whose parents had drug and alcohol problems. He realized then that it was probably impossible for these children to get chiropractic care. When he discovered that some of his patients worked for CAS, he saw an opportunity to make chiropractic care available to children who really needed it.

He also had a contribution program where patients could donate to a U.S. charity that helped children. These donations will now be directed to the Children's and Youth Foundation of Halton, Mr. Shaw says.

"My idea is that if we're going to be collecting money for kids, let's put it towards something local, let's help the kids right here in town."

Mr. Shaw is already finding work with the CAS children rewarding. "The mind-body connection is very important — one always affects the other. We're working to get the child's body functioning better so they can function better in all parts of their lives."

Both the Turners and Mr. Shaw would like to see other professionals or businesses make similar arrangements to give CAS children more opportunities.

"Right now, money is tight for everybody. But I'm sure many people have never thought about the other ways they could help these children who really need the community's support," says Julie.

For further information, contact Alana Turner at 335-7008, Greg Shaw at 842-5489, or Teresa Pitman at 844-8211.

## BOOKS TELL TALL TALES



Photo by JANE MULLER

Amanda Kotack didn't tell any tall tales to achieve her win in the north Halton public speaking contest. The Grade 5 Our Lady of Victory student spoke about being short.

## Amanda stands tall in speaking contest

Amanda Kotack's speech about being short put her a head above the rest in the north Halton junior public speaking contest last week.

The 47-inch tall Our Lady of Victory student took home the trophy Thursday from the contest which included Grades 4, 5 and 6 students from both separate and public schools in Milton and Halton Hills.

Her speech covered the advantages of being short as well as its disadvantages. "The vacuum is bigger than me so I don't have to vacuum," she says.

The petite Grade 5 student admits she wasn't "really nervous" when she presented her memorized, three-minute, 20-second speech at Pineview Public School. Amanda, who began taking ballet lessons at age 2, credits her many dance performances for her confidence.

Amanda's parents, Pat and Allan witnessed her win. North Halton's top junior public speaker says her mother had already heard the speech "thousands of times" during practice sessions.

"She almost has it memorized," said Amanda. Last year, Amanda took third prize at her in-school public speaking contest when her topic was, "If I ruled the world".

She believes humorous speeches are more appealing to the audience and she says she enjoys telling jokes and funny stories.

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