



## THERAPEUTIC RELAXATION MASSAGE

**Enjoy the restorative health benefits of massage in the comfort and privacy of your own home.**

**Registered massage therapist offers relaxation, deep tissue, aromatherapy and cranial sacral treatments. Fifteen years experience with stress reduction, acute and chronic conditions. To book appointments or for further information:**

**Rita Dabrowski, RMT  
476-1674**

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nue Valerie, had, of course, some shopping to do. She began at Tiffany's – why not! ( Hey John it was my birthday!) The purchase there made everything else she subsequently bought seem grossly under priced.

A word about the food may be of interest. We had a marvelous dinner in a revolving restaurant in a hotel just a block from ours and visited on other evenings restaurants in 'Restaurant Row' just two blocks from our hotel. We had marvelous Asian food and English pub meals and lest you think its all fancy stuff we had breakfast in MacDonald's one morning.

We also went on a boat cruise around the waterfront and the Statue of Liberty and Ellis Island and other famous spots we usually only read about or see in the movies.

All in all it was a most satisfactory, although short, holiday. Would we go back – Yes. If we do make it back it would be to see some of the Broadway shows

## LEST WE FORGET!

Is it still a Remembrance Day Service if it's not on November 11<sup>th</sup>?

Well let's try it and see!

In 2008 the Milford 200 Committee felt it was appropriate to include in the bicentennial events, our own Remembrance Day Service. On November 11<sup>th</sup> 2008 about 40 people gathered at the South Marysburgh Town Hall; we sang and prayed, we told stories and read the Honor Roll which hangs in the hall. Then we carried two wreaths up the street to place outside our Post office. One in memory of those who served, and those who died in two World Wars and other conflicts, and the second for those who currently serve in war zones as members of our Canadian Military.

It was agreed that it was a good thing to do – to resurrect our own Remembrance Day service. So we are again holding a Remembrance Day Service in Milford.

BUT – it's on November 9<sup>th</sup>. And you ask WHY!!!

We also received feedback from local residents that they would have liked to come but they always attend the service in Picton.

Well – it's an experiment, but now you don't have to choose.

Join us on MONDAY NOVEMBER 9<sup>th</sup> at 10:30 AM for our 2<sup>nd</sup> Annual South Marysburgh Remembrance Day Service, at the Town Hall

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and visit some of the many museums and art galleries.

Still, I prefer the quiet of Milford to the noise of the city.

- John A Jackson