

Committed to being part of a cure

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Colitis Foundation of Canada (CCFC). I joined.

I got the Welcome Kit and in a strange way, I felt better almost immediately. People were talking about it, I wasn't alone, and people were working towards answers. This made me feel empowered.

From the CCFC I saw an application to join the Youth Advisory Council (YAC). On the YAC, I joined 13 other youths from across Canada to be the voice of youths living with IBD. Helping to work

in conjunction with local CCFC chapters, I felt I could make a difference.

For me, perhaps Crohn's came just at the right time.

Seeing what I could do from a social standpoint with the CCFC and the YAC sparked the idea that there was more I can do.

With my biochemistry background, I applied to a masters of science program in medical sciences. As a masters student at the Wallace Lab at the Farncombe Family Digestive Health Research

Institute at McMaster University, I am at the cusp of innovation and discovery for IBD.

Crohn's Disease, like any chronic inflammatory disease is painful. It's sporadic and sometimes debilitating. But the more I've become involved, the more I can see beyond IBD.

There are resources, support and eventually there will be answers.

I am not only a Crohn's Disease patient, I am a young individual committed to being a part of the cure.

Business collecting to help food banks

No good deed goes unrewarded.

The Body Shaping Fitness Studio for Women in Oakville has offered its business as a drop-off point for food donations to help with the shortages currently affecting local food banks.

In return, the studio is offering those who donate five items or more a free day pass to its facility.

Donors will also have their names entered into a draw for a gift certificate from Only U Hair Spa for a cut, shampoo and style package.

"We are a professional fitness & health facility and we take our role in the community seriously," said Maria Kinlough, store owner.

"We thought that maybe if we gave our members and the general public an incentive that we could put a little fun in giving."

The Body Shaping Fitness Studio for Women is located on 183 Lakeshore Road West and is accepting donations until Sept.15, which is the date of the draw.

You can drop off items during business hours. The studio is open Monday-Thursday 6 a.m. - 10 p.m., Friday 6 a.m. - 9 p.m., Saturday 8 a.m. - 5 p.m. and Sunday 9 a.m. - 4 p.m.

Baha'is of Oakville hold meeting tonight

The Oakville Baha'i community is getting together tonight Thursday, Aug. 19 after learning of the plight of a group of their kin in Iran.

The locals will hold a devotional meeting at a Holiday Inn, 2525 Wycroft Rd., and invite everyone to come out and join in.

The Spiritual Assembly of the Baha'is of Oakville said a group of seven Baha'i people were handed down a life imprisonment sentence last month after already having spent two years in prison. According to the local group the Baha'i people are persecuted in Iran for their beliefs.

The local event will feature special prayers for those seven individuals. It starts at 7:30 p.m.

Speak up! You can comment on any story in today's Oakville Beaver at oakvillebeaver.com.

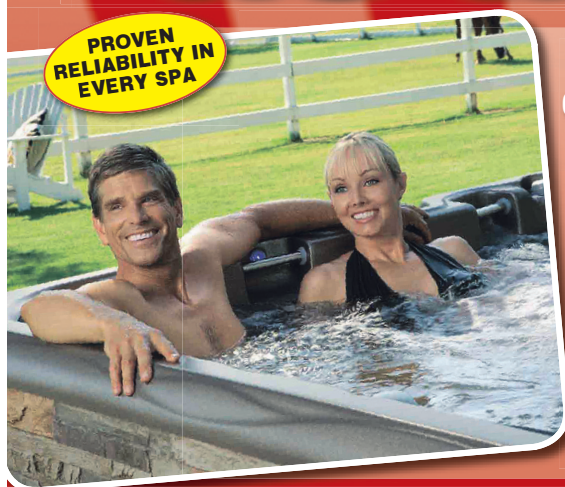
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