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by **Salisha Karamath**



at **The McKay Art Centre, Main St., Unionville**
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The Harry J. Alan Trio serenades blood donors at the St. Justin Martyr Catholic Church on Hwy. 7 in Unionville on Thursday. Nora Formandl listens to Harry James, Jim Beauchamp and Alan Kennedy play guitars and sing a tune.

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Only 3 per cent of Canadians regularly donate blood

From page 1

aren't unusual during the summer, Brenner said blood donations were up 10 per cent this summer until July.

As supplies continued to shrink, Canadian Blood Services was forced to launch a media advisory appealing for donors Wednesday.

"We've had some response, but it usually takes some time to build up an inventory," Brenner said on Friday, adding only about 3 per cent of Canadians roll up their sleeves each year to give.

"We still have room to improve," Brenner pointed out giving blood is safe, painless, only takes one hour and each unit donated can save four lives. Donors should be healthy and between the ages of 17 and 71. First-time donors should be 61 or younger.

Canadian Blood Services will do an

assessment first to determine whether you're a good candidate to donate blood.

'We've had some response, but it usually takes some time to build up an inventory.'

Those who have already donated blood should wait 56 days between donations, he warned.

Blood donor clinics will be held at the Stouffville Legion hall on Aug. 25 between 3 and 8 p.m., at the Upper Canada Mall in Newmarket on Sept. 2 between noon and 4 p.m., at the Cardinal Golf Club on Hwy. 9 on Sept. 4 between 10 a.m. and 2 p.m. and at the Newmarket Community Centre (221 Cedar St.) on Oct. 4 between 1:30 and 8 p.m.

For more information, or locations of other clinics, call (416) 974-9911 or 1-888-935-1666.

Bereavement support

The York Region Coping Centre is offering group sessions of support this fall for those who are experiencing grief. For more information, call 841-1610.

Volunteers needed

The Juvenile Diabetes Foundation is looking for volunteers for the 12th annual Ride for Diabetes Research Sept. 15 at Nathan Phillips Square in Toronto. Volunteers will receive meals and a T-shirt. Call (905) 844-8700, ext. 230.

Assertiveness training

The York Region branch of the Canadian Mental Health Association is accepting registrations to Aug. 31 for its Assertiveness Training series. The six-week course begins Sept. 6 in Newmarket. Call 898-7466 for details.



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