

708 DEATHS**ROBINSON, Murray**

Peacefully at home on the Century Farm, Orangeville on Friday, February 16, 2007, Murray Robinson, in his 75th year, beloved husband of Nancy. Loving father of Kevin and his wife Sherry, Kelly and her husband Marty Cartwright. Cherished Grandpa of Whitney, Tyler, Jordon and Tanner Robinson, Joshua, Lindsay, Katie, and Dustin Cartwright. He was a special 'Pops' to Steve Barry and his wife Julie. Special Grandpa to their children Natasha and Caleb.

The family received their friends at the Egan Funeral Home Baxter & Giles Chapel, 273 Broadway, Orangeville (519-941-2630) Sunday afternoon 2 - 4 and evening 7 - 9 o'clock. Funeral service was held in the chapel on Monday, February 19 at 1:30 o'clock. Spring interment Greenwood Cemetery, Orangeville. If desired, memorial donations may be made to the Canadian Cancer Society, P.O. Box 296, Orangeville L9W 2Z7. Condolences for the family may be offered to www.eganfuneral-home.com

SAGGO: NICOLE- (Longtime employee of Royal Bank of Canada, Bolton) After a short illness on Tuesday, February 20, 2007, Nicole Saggo (nee Leclerc), Bolton, in her 54th year, wife of Robert Saggo. Special friend of George Kish. Cherished mother of Jennifer and Jason. Dear daughter of Therese and the late Emile Leclerc, Drummondville, Quebec. Dear sister of Diane, Jean, Daniel, Louise, Isabelle, Helene, Robert, Chantal and Marc-Andre, all of Quebec. The family received their friends at the Egan Funeral Home, 203 Queen Street S., Bolton on Thursday evening 7-9, Friday afternoon 2-4 and evening 7-9 o'clock. Funeral service was held in the chapel on Saturday morning, February 24 at 10 o'clock. Followed by cremation. In lieu of flowers, memorial donations may be made to Caledon Meals on Wheels, 80 Allan Drive, Bolton L7E 1P7. Condolences for the family may be offered to www.eganfuneral-home.com

SPARKES, Robert John (Bob)

Passed away suddenly at Headwaters Health Care Centre, Orangeville on Saturday, February 17, 2007 in his 73rd year; beloved husband of Joyce Beeton; loving father of Linda Thomas and her husband Barry, Russell and his wife Jackie; cherished grandfather of Brittany and Connor Sparkes, Andrew and Colin Thomas; dear brother of David, Ronald, Marilyn and Roy. Bob will be sadly missed by many other relatives and friends. Funeral Service took place in the Chapel at the *Dods & McNair Funeral Home & Chapel*, 21 First St., Orangeville (519-941-1392) on Wednesday, February 21, 2007 at 2:00 p.m. The family received friends from 11:00 a.m. til service time. As expressions of sympathy donations to Headwaters Health Care Centre-Equipment Fund would be appreciated.

A tree has been planted in memory of Bob in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. A dedication service will be held on Sunday, September 09th, 2007 at 2:30 p.m. (Condolences may be offered to the family at www.dodsandmcnair.com)

**French's
Flowers
N' More**
124 Main St. E
Shelburne
925-2070

709 IN MEMORIAM**DOAN, Benita**

February 21, 1984
For our darling sister Benita, whose influence is greater than she will ever know.
We miss you, we love you.

Your sister Ruby,
brothers Harold and James

DOAN, Rachael

Cherished memories of our Mother, Rachael, who passed away February 21, 2002.

The years hurry by and change many things,

But never the love that a thought of you brings.

Loved with a love behond telling,

Missed with a grief beyond tears.

Daughter Ruby,
sons Harold and James

DOHERTY, Richard

In memory of a loving son, brother & uncle, Richard Doherty.

November 2, 1985 to February 22, 2005

Walk in Sunshine

May you always walk in sunshine

And God's love around you flow,

For the happiness you gave us,

No one will ever know,

It broke our hearts to lose you,

But you did not go alone,

A part of us went with you,

The day God called you home.

A million times we've needed you,

A million times we've cried,

If love could only have saved you,

You never would have died.

Forever loved and missed

Cathy, Grant, Nicole & Lucas

**710 CARDS
OF THANKS****BEAM**

The family of the late Evelyn (Newson) Beam wish to express thanks and appreciation to relatives, friends and neighbours.

Perhaps you sent a lovely card,

Or sat quietly in a chair,

Perhaps you sent a floral

Or a memorial tribute,

If so we saw them there.

Perhaps you spoke

The kindest words

As any friend could say.

Perhaps you were not there at all,

Just thought of us that day.

Whatever you did

To console our hearts,

We thank you so much

Whatever the part.

Ken & Cheryl, Dave & Marg,

Linda & Mike, Mairy, Nancy &

Ian, Brian.

15 grandchildren and 19 great-grandchildren.

BROWN

The family of the late Ken Brown would like to express their sincere thanks for all the kind words, floral arrangements, charitable donations, cards and food received during the loss of our husband, father and grandfather. Many thanks to the Doney Funeral Home for their professionalism and kindness shown to our family. A special thank you to Rev. Edward Bellsmith for his comforting words of inspiration and to the women of the Shelburne United Church for the delicious lunch they provided. Your thoughtfulness will always be remembered.

Joyce Brown, Susan and Bob

Clark, Pam and

Rick Sorge and families.

REID

The family of the late Garnet Reid would like to sincerely thank all our family and friends for all the beautiful flowers, the many cards, donations and phone calls inquiring about Garnet. Many thanks to Rev. Susan Wilson for all her kindness and The Doney Funeral Home for guidance. Special thanks to Legion Ladies Auxiliary for their lovely lunch. Your kindness will always be remembered.

The Reid Family

709 IN MEMORIAM**DILLMAN**

The family of the late Ron Dillman wish to thank our family, friends, neighbors and the Township of Melancthon staff and council for their support during our time of sorrow; for prayers, cards, flowers, donations, phone calls, visits, food and help at the home farm. Thank you to the Dufferin OPP, Shelburne Fire Dept. and paramedics for their professional support. We are grateful for the assistance of Norm Jack and staff at McMillan and Jack Funeral Home; the Dundalk United Church for the use of the church sanctuary for the Memorial Service; the comforting words and spiritual guidance of Rev. Janet Eriksen; the musical prelude by Mary Nicholls and the special musical tribute by Tyler Dillman at the Memorial Service; the Dundalk UCW for preparing and serving lunch following the service and the Royal Canadian Legion, Branch 285/Dundalk for use of the hall to visit with friends and family after the Memorial Service. Words cannot express how deeply touched we are for all the support at this time of our loss.

Mavis Dillman and family

MCDONALD

The family of the late Michael McDonald would like to sincerely thank all our family, friends and neighbours for all the beautiful flowers, cards, food and donations. Special thanks to Janet Lauzon and Heather McDonald for the readings and Mike's friends that were pallbearers. To Father Paul Dobson for a wonderful service and to St. Timothy's C.W.L. for a lovely luncheon. Also special thanks to Dods & McNair for your support and guidance. Much appreciated.

Sincerely,

Ramsey, Jessica, John & Molly

Mark, Pam & families.

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JOHNSON'S INCOME TAX, 44 Proton Street, Dundalk, Ont. Farm, Business & Personal Income Tax. Refunds should be within 2 weeks if E-Filed. Office Hours: Monday to Friday, 9:30 a.m. - 5 p.m. Thurs. nights till 7 by appointment only. Sat., 10-3 effective Feb. 10, 2007. 519-923-2624; Fax 519-923-2481; Toll free 800-898-2126. d26

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Ottawa Journal

David Tilson
MP Dufferin-
Caledon

**The 2007 edition of Canada's Food Guide**

We all know that eating well and exercising regularly are vital to good health. However, we're often unsure as to what exactly is meant by eating well and how much exercise is enough. Fortunately, there is a trusted source to help sort out the confusion.

For 65 years, Canadians have relied upon Canada's Food Guide for information about the foods they eat. February 5, the Honourable Tony Clement, Minister of Health, launched the 2007 edition of Canada's Food Guide, and as a result, Canadians can once again turn to this well-recognized Government of Canada publication to sort out food facts from fiction.

The revised Food Guide is the result of three years of work, which included consultations with 7,000 Canadians including dietitians, scientists, physicians and public health personnel. In addition, it provides recommendations on what foods to eat and how much to eat each day. Vegetables, fruit, and whole grains are emphasized as part of the healthy eating pattern, while the importance of milk, meat, and their alternatives is also recognized.

Furthermore, the Food Guide provides guidance not only on the amount of fat, but also on the type of fat that should be consumed. Including a small amount of unsaturated fat each day is recommended. Messages are also provided to help consumers choose foods lower in saturated and trans fat.

New to this edition of the Food Guide are recommendations based on age and gender for the daily number of servings from each of the four food groups (vegetables and fruit, grain products, milk and alternatives, meat and alternatives) plus a small amount of added oils and fats. The new Food Guide also acknowledges the changing ethnic makeup of Canada and recognizes the need to work with community groups, to determine the best way to make multilingual copies of the Food Guide, available to Canadians.

The revised Food Guide also features a new online, interactive tool called My Food Guide that allows Canadians to personalize the Food Guide to fit their food preferences and lifestyle. The Health Canada Web site provides a link to the Dietitians of Canada EA Tracker tool. This tool allows you to track your day's food and activity choices and provides personalized feedback on your total intake of energy (calories) and essential nutrients and compares this to what is recommended for your age, gender, and activity level.

For Canadians over the age of 50, in addition to following the Food Guide, a daily vitamin D supplement is recommended. This is based on evidence that as we age, we need more of this important vitamin than can be obtained from following the Food Guide.

If you are interested in obtaining more information, on Canada's new Food Guide, please visit Health Canada's Web site at www.healthcanada.gc.ca/foodguide or please feel free to contact my office for a copy.

Board's recruitment

The Canadian Mental Health Association, Peel Branch is currently recruiting for its Board of Directors. Term to start at the AGM in June of 2007.

They are looking for individuals committed to mental health as part of the broader healthcare system and interested in a policy governance board.

In particular residents of Brampton and Caledon with skills in fund-raising, personnel management, communications and marketing are invited to apply.

Consumer/survivors of the mental health system and/or family members as well as those with French as a first language are particularly welcome. Please contact Mary or Pam at 905-451-1718, ext. 316 or admin@cmhapeel.ca.

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