

# Headwaters to host international type 1 diabetes study

Headwaters Health Care Centre, in partnership with the Hospital for Sick Children, is inviting adults and children who have relatives with type 1 diabetes to participate in an international research study May 2, at the Orangeville site.

TrialNet is screening relatives of people with type 1 diabetes to find out if family members are at risk of developing diabetes. Screening for diabetes is done through a simple blood test. Participants will be

notified of their results in 4-6 weeks. If results are positive, TrialNet staff will call to discuss further testing.

Previous participants of TrialNet Natural History Study who are due for their annual re-screen blood draw should also attend the clinic.

To be eligible to be screened at no charge, you must be:

- \* Between 1 and 45 years of age and be the mother, father, son, daughter, brother or sister of someone with

type 1 diabetes.

- \* Between 1 and 20 years of age and be the aunt, uncle, cousin, niece, nephew, half sibling or grandchild of someone with type 1 diabetes.

- \* Relatives of people with type 1 diabetes have a 3-4 per cent chance of testing positive for autoantibodies associated with diabetes.

TrialNet representatives will be at Headwaters Wednesday May 2, from 2 to 7 p.m.

If you have any questions or would like to set up an appointment, please call Lesley Eisel or Angela Roode at 1-866-699-1899 at the Hospital for Sick Children.

"The Diabetes Program at Headwaters Health Care Centre is pleased to offer this opportunity to our

community," says Jane Blears, diabetes educator, RN.

TrialNet (www.diabetestrialnet.org) is a network of 18 clinical centres in Canada, the United States, Europe and Australia/New Zealand

dedicated to conducting diabetes prevention research and studying intervention therapies for children and adults. The Hospital for Sick Children is coordinating the clinical screening program in Canada.

Type 1 diabetes is a life-

long disease that can affect both children and adults. It occurs when the body attacks and destroys the cells in the pancreas, which makes insulin. The body needs insulin, which is a hormone, to use food for energy.

## Walking to better hearts is a family affair

Sunday April 29, Headwaters Health Care Centre's Cardiac Wellness Program will host a Walk-of-Life at Island Lake Conservation Area in Orangeville.

Mike Walker, the exercise physiologist who has overseen the program since its inception, invites the community to join current and former patients on a five-kilometre walk along the scenic lakeside Vicki Barron Trail.

This great family event will help promote the benefits of physical activity and raise awareness of heart disease. The goal is to raise funds to support the purchase of exercise equipment for Headwaters Cardiac Wellness Program.

To date, the program has benefited more than 300 people in Dufferin-Caledon. Participants learn to manage their heart condition and create permanent positive lifestyle changes to maintain good health.

The program is designed to help patients recover faster and prevent further progression of their heart disease through supervised exercise classes and educational sessions. Exercise classes consist of treadmill walking and stationary cycling, along with stretching and muscle conditioning. The exercise program is tailored to the individual based on the results of their exercise stress test. Information about cardiac risk factors, cardiac medications, heart healthy nutrition, exercise guidelines, and stress management complement the program.

Registration is \$15 per person and the fee includes parking and park admission for the day. Participants are encouraged to raise money by collecting pledges. For a copy of the registration form, or for more, contact Mike Walker at 519-941-2702 ext. 2220 or mwalker@headwatershealth.ca.

**DODS AND MCNAIR FUNERAL HOME AND CHAPEL**

Dods & McNair Funeral Home cares about our community through the services we provide. Orangeville's only locally owned and operated funeral home.

**941-1392**  
www.dodsandmcnair.com

### ASSOCIATED GOSPEL CHURCHES

**ALBION HILLS BIBLE CHURCH**  
17243 The Gore Road, Palgrave

**Sunday Services**  
9:45 am Bible study  
11 am Worship

Member of the AGC  
Associated Gospel Churches

**905-880-8683**  
www.albionhillsbiblechurch.org

Founded on God's Word  
Focused on Missions

### CHRISTIAN & MISSIONARY ALLIANCE

**Bolton Alliance Church**  
Meeting at Rotary Place  
(Caledon Seniors Centre)  
7 Rotarian Way, Bolton

**Sunday Services at 10:30 AM**

**Sunday Morning Children's Program**

**Weekday Home Groups**

*"Devoted to Christ and Making Him Known One Person at a Time"*

Call 905-951-1051  
Visit: www.boltonalliancechurch.org

**2007 Soccer Camp: July 9-13**  
**2007 Arts Camp: August 7-10**

Call or visit our website for info and registration forms

# Church Directory

### PRESBYTERIAN

**CAVEN CHURCH**  
110 King St. W., Bolton  
Rev. Jeremy Lowther  
Church: 905-857-2419

Sunday Worship Service 10:00 a.m.  
Sunday School & Nursery

The Friendly Church with A Mission  
www.caven-life.org

### UNITED

**BOLTON UNITED CHURCH**  
8 Nancy Street, Bolton  
905-857-2615

Rev. Donald White  
10:00 a.m. Worship Service  
11:00 a.m. Fellowship time  
Church School & Nursery  
All Welcome!  
www.boltonunitedchurch.com

### NEW COVENANT

**THE JESUS PEOPLE**  
Acts 2 Verse 37-38  
EVERY SUNDAY 11 a.m.  
15 King St. E.

**HOLY SPIRIT MINISTRIES**

### PENTECOSTAL

**BOLTON PENTECOSTAL CHURCH**  
at the Albion Bolton Community Centre (upstairs)

**Celebration Service**  
10:30 a.m.  
Join us for our morning service and a cup of coffee

Nursery & Children's Programs

*Visitors always welcome!*

**Tuesday Family Night 7:30 p.m.**  
Kids' Club (Kind. - Gr. 5)  
Jr. High & Youth  
Adult Life Group

**Wednesday 1:00 - 2:00**  
Free "New Moms Group", open to any new moms with babies 6 to 12 months of age.  
Please call 905-533-0105 to register.

For more information call  
Pastor Kevin Parks  
905-857-7424

### ROMAN CATHOLIC

**ST. CORNELIUS CHURCH**  
Kennedy Road  
(north of the Grange)  
Caledon

**Mass: Sunday 8:30 a.m.**

**ST. JOHN'S CHURCH ALBION**  
16066 Gore Road  
(north of Old Church Road)  
Albion

**Masses: Saturday 5:00 p.m.**  
**Sunday 10:15 a.m.**  
**11:45 a.m.**

### BAPTIST

**CALEDON HILLS FELLOWSHIP BAPTIST CHURCH**  
16591 Airport Rd.  
in Caledon East

Meeting at our new building north of Caledon East across from the Caledon Inn

**Sunday: Worship & KidsChurch**  
10:30 a.m.

**Weekly: Home Bible Studies, Ladies' Coffee Hour, Youth Group (Gr. 9 & up)**

**Tuesday Nights: AWANA**  
(kids program ages 3-11 6:45 p.m.-8:15 p.m.)

For more information please phone  
**Pastor Bill Henderson**  
905-584-9525  
Website: www.chfbc.ca

### ANGLICAN

**CHRIST CHURCH BOLTON**  
Rev. Canon Gregory Symmes  
22 Nancy Street, 905-857-0433

**Sunday worship, 8 & 10 a.m.**

**Church school & nursery 10 a.m.**

**MONO PARISH**  
Rev. Barbara Hammond  
St. John's, Mono Mills 10:30 a.m.  
St. James, Hockley 9:00 a.m.

### Churchill Baptist Church

Wetren  
Mount Wolfe Rd.  
1 km south of Hwy. #9  
2 km north of Old Church Rd.

Sunday School 9:45 a.m.  
Sunday Worship 11:00 a.m.  
Wednesday Prayer 7:30 p.m.  
(Call for location)

**Pastor Marino Vereecke**  
905-936-3786

# COMMUNITY EVENTS

**A directory of what is happening in the community**

**THIS COLUMN IS PROVIDED AS A FREE PUBLIC SERVICE TO NON-PROFIT ORGANIZATIONS TO ANNOUNCE UPCOMING EVENTS. PLEASE CONTACT BETH EARLY-REA AT CALEDON COMMUNITY SERVICES AT 905-584-9460 IF YOU WISH TO HAVE AN ANNOUNCEMENT PUBLISHED. THE DEADLINE IS WEDNESDAY, APRIL 25**

Meeting of the Caledon Environmental Advisory Committee, 7 pm, at the Caledon Administration Centre, Caledon East. Anyone interested in Town-wide environmental issues is welcome. Call Todd Salter 905-584-2272.

**Tops (Take Off Pounds Sensibly)** Chapter #ON1381 meets every Wed, 7-8 pm, Caledon Central School (Kennedy & Charleston, Caledon Village). This non-profit weight loss group meets to learn about nutrition & exercise. Call Teresa 519-927-3233 or www.tops.org.

**THURSDAY, APRIL 26**  
"Parenting Strategies for Dad", 7-9 pm, at the Caledon Parent-Child Centre/Ontario Early Years Centre. Problem solve everyday parenting concerns and share strategies with other dads of children age 6 & under. To register, call 905-857-0090.

**APRIL 26-27**  
"Are you the one everyone goes to for help?": Canadian Mental Health Association presents a two-day Helping Skills workshop. To register, call 905-451-2123. www.cmhapeel.ca.

**FRIDAY, APRIL 27**  
"Laugh out Loud", a charity benefit for ladies only, 7pm, at Glen Eagle Golf Club (15731 Hwy 50, N of Bolton). Proceeds to the Caledon Parent-Child Centre/Ontario Early Years Centre's "Adjustments After Birth" program. Tickets \$50. Call 905-857-0090.

**Annual Volunteer Appreciation Luncheon**, 11:30 am at Caledon Seniors Centre (7 Rotarian Way, Bolton). Call 905-951-6114.

**Alloa Public School** is seeking vendors for its May 12th arts and craft show fundraiser. Artists of all mediums welcome. Email ljustjenifer@netscape.ca or call 905-495-2583.

**SATURDAY, APRIL 28**  
"The Great Big Garage Sale" Fundraiser for Coalition of Concerned Citizens, 9 am, at Someday Farm (Winston Churchill Blvd at Grange Sdrd). Call Penny 905-838-2590.

**Cheltenham United Church** Beef Barbecue, 5-7:30 pm, at Creditview Public School (13990 Mississauga Rd at King). Eat-in or take-out. Advance tickets \$15/adults; \$6/children 6-12yrs. At the door, \$16/adults. For tickets, call Betty 905-838-3417.

**WEDNESDAY, MAY 2**  
"An Overview of Responsive Behaviours in Dementia for Family and Caregivers", a free information workshop, 1:30-3:30 pm, at St James Church, Caledon East. To reserve your spot, call Caledon Meals on Wheels 905-857-7651 or 905-584-2992.

**Caledon East Seniors Club #588** meets every Wednesday, 1:15pm, at the Caledon Community Complex, Caledon East. Everyone welcome for an afternoon of friendly euchre and lunch. Call Marjorie 905-584-2691.

**1st Bolton Scouts** Group Committee Meeting, 7:30 pm, at Multivans (40 Nixon Rd, Bolton). All parents welcome. Call 905-857-3188.

**THURSDAY, MAY 3**  
Meeting of the Bolton & District Horticultural Society, 7:15 pm, at the Caledon Centre for Recreation & Wellness, Bolton. Topic: "Planting a Mae West Garden". Members free; \$3/non-members or \$2/members of other horticultural societies. Call 905-857-1460.

**Bolton Banter Toastmasters** meet every 1st, 3rd & 5th Thursday at the Albion Bolton Community Centre, Rm E, 7-9 pm. Lose your fear of public speaking and build leadership skills. Everyone welcome. Visitwww.boltonbanter.org.

**FRIDAY, MAY 4**  
Deadline to order geraniums and impatiens from the Credit Valley Hospital's Volunteer Partners Annual Flower Sale fundraiser. Call 905-813-1100 ext 5248.

**Seniors Drop-In** Centre, 10-4 pm, every Friday, in St James Anglican Church, Caledon East, hosted by the Caledon Seniors Council. All seniors welcome for cards, games, gentle fitness, chats. For more info, call Alex 905-584-0591.

**SUNDAY, MAY 6**  
**EWAG Community Services** and Raiders Run for Family Health. For more info, call Brenda 519-833-9696 ext 230.

**MONDAY, MAY 7**  
**Caledon Meals on Wheels** "Cards on Wheels & Light Luncheon", 12:30 pm, at Stationview Place Seniors Apts. RSVP to 905-857-7651 or 905-584-2992.

**Bolton Laughter Club** meets Mondays, 7-8 pm, in the CCS Classroom, Upper Level Royal Courtyards (18 King St E, Bolton.) Laugh with others for no reason. No fee. No pre-registration. Everyone welcome.

**Play Bridge** every Monday, 7 pm, at St James Anglican Church, Caledon East. All players from beginners to longtime are welcome to come out and enjoy a friendly game for a "twoonie". Call 905-857-1855.

**MAY 7-13**  
**Two for One Week** at Chez Thrift (new location at 301 Queen St S, Bolton). Call 905-857-8121.

**TUESDAY, MAY 8**  
Meeting of the Peel North Branch of the Retired Women Teachers of Ontario, 10:30 am, at North Bramalea United Church (363 Howden Blvd). RSVP to Karin 905-796-2146. Speaker: Fran Williams, from "Clutter Bee Gone", on the re-organization and removal of clutter.

**The Davis Centre** Helping Hands Volunteers host a Bus Trip to Casino Rama. \$10/person. Bus will leave Holy Family parking lot 8:30 am and returns 5 pm. To reserve your seat, call Pearl 905-951-0701 or Sharon 905-857-9843.

**Meeting of the Orangeville & District Horticultural Society**, 7:30 pm, at the Orangeville Seniors Centre (26 Bythia St). Topic: "Flower arrangements by three local designers". Flower show and refreshments. Visitors welcome.

**MS Self Help** Group meets 7-9 pm, at Christ Church Anglican (22 Nancy St, Bolton). Support group for those dealing with multiple sclerosis. Location is fully wheelchair accessible. Call Dorothy 905-880-0969.

**"A church in the heart of the community with the community at heart."**

