

FISH FRY
Dundas Lioness host their 25th annual Fish Fry, Saturday, April 17, 6 p.m. Tickets are \$27.50. Fish from Knechtel's in Port Dover. Call 905-628-2206 for tickets.

EASTER PARTY
Saturday, April 3, 1-4 p.m., The Country Playhouse, (Morden's Farm Store), clown, magic show, Easter egg hunt and egg painting. Call 905-627-4774. Space is limited.

CRAFT SHOW
Ancaster Lions Club Craft Show, Good Friday, April 2, 10 a.m. to 8 p.m., Marritt Hall, Ancaster Fairgrounds, Trinity Road and Highway 2, up to 60 vendors, doors prizes, admission \$2. See ancasterlions.ca.

OPEN HOUSE
St. James Co-op Preschool School Open House, April 10, 9 a.m. to noon, 137 Melville St., Dundas. Register for September programs (two to five years). See www.stjamescoop-preschool.com or 905 627-8773.

ROTARY TRAVELOGUE
Travelogue Rotary Club of Dundas, Tuesday April 20, 7:15 p.m., Dundas Central Public School, Melville and Albert Streets. Film Sahel: A West African Journey. Admittance free; bring your friends. Tickets on sale for 2010-11. Series special offering that night, \$38.

GOLF TOURNAMENT
Ancaster Community Services Community Links Golf Tournament, Wednesday, June 9, Knollwood Golf Club. Hole sponsors and donations of prizes are required. Contact ACS at 905-648-6675 or check www.ancastercommunityservices.ca.

INFORMATION SEMINAR
Dental Implant Info Seminar, Thursday, April 15, 6:30-8 p.m., Estrabillo Dental Group Building, 201 Wilson St. E., Ancaster. Complimentary refreshments and light snacks. Call to secure seat, as space is limited, 905-387-9012.

FASHION SHOW
The Dundas Civitan Club Annual Spring Charity Fashion Show, Thursday April 15, 7 p.m. at St. Augustine's Parish

books, chess, strikers, or other items to sell. Tables are 9:20. Contact Nicole at r-nikki@coגעco.ca or by phone at 905-627-2403.

ODDS 'N' ENDS

SENIORS CLUB
Dundas Senior Citizens Club, 15 Market St. S., Dundas. Euchre, bid euchre, bridge, bingo, pool. Call Blanche at 905-627-2433.

OSTOMY ASSOCIATION
The Hamilton and District Ostomy Association meets at 24 Poplar Ave on the third Thursday of each month. Call 905-549-3421 for more information.

FAMILY SWIM
Family Swim at St. Joseph's Villa Heated Pool every Saturday from 1:30 to 2:15 p.m. Call 905 627-3541, Ext. 2911.

OF CANADA
WWW.CHILDRENSWISH.CA
1-800-267-WISH
Children's Wish Foundation



Contractor delivers the cash

Hamilton contractor Bobby Assadourian and home renovation consultant Trevor Bouchard raised \$1,226.09 for the Ontario March of Dimes with their book, *A Contractor You Can Bring Home to Mom*. Geared towards homeowners, the book offers tips to help consumers avoid unscrupulous contractors. The authors celebrated the book's one-year anniversary this month. From left, Mike Nabuurs, Trevor Bouchard, Jocelyne Gagne of the Ontario March of Dimes, Bobby Assadourian of Just Ask Bob and Drew Keith take part in a cheque presentation. Assadourian's radio call-in show, Just Ask Bob, airs every second Thursday from 12:30-1p.m. on Talk 820 AM. The show continues on April 8 and 21.

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LIFESTYLE NEWS

TO SUGGEST A STORY FOR THIS PAGE, CONTACT LAURA LENNIE AT 905-523-5800 EXT. 333

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Pre-planning your cemetery arrangements. Get the facts. Call today for your Free Estate Planner & Legal Will Kit.
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COMMUNITY

You can have a say in Battlefield Master Plan

Members are being sought for a Battlefield Park Master Plan Advisory committee. The committee will advise Ward 9 councillor Brad Clark and assist on the community reaching consensus on the park's master plan. Interested parties are invited to submit a biography indicating any history and experience with the park and also workplace experience. Submissions can be sent to brad.clark@hamilton.ca or faxed to 905-546-2535. For more information, call 905-546-2703.

COMMUNITY

Library sale April 12-17

The Hamilton Public Library wants to help you expand your reading horizons with its annual book sale, April 12-17 in the Hamilton City Centre, 77 James St. N., Lower Level. Hours are Monday to Wednesday 9 a.m. to 6 p.m., Thursday to Friday 9 a.m. to 9 p.m. and Saturday 9 a.m. to 5 p.m. Thousands of items will be available for the whole family at bargain prices of 25 cents to \$5 (some exceptions). Adult and children's books, pocket books, videos and much more will be available, with tables continually re-stocked. Shoppers should bring their own bags. The book sale is a fundraising project of the Hamilton Public Library and Soroptimist International of Hamilton-Burlington.

ENVIRONMENT

Turn your lights out

The City of Hamilton is once again supporting Earth Hour, a global campaign that began in 2008 in Sydney, Australia, to take action against climate change. The campaign promotes turning off the lights for one hour beginning at 8:30 p.m. on Saturday, March 27 to deliver a powerful message about the need for action on global warming. The city will lead by example and turn off all unnecessary lighting in corporate facilities. Traffic signals and street lighting will remain operational for safety reasons. "Earth Hour is about raising global awareness about the small steps we can all take each and every day to reduce our ecological footprint and make a big difference," said Mayor Fred Eisenberger. For more information, visit www.earthhour.org.

Chiropractor takes medical acupuncture skill abroad

By LAURA LENNIE
NEWS STAFF

A great honour. That's how Stoney Creek resident Anthony Lombardi describes his recent trip to San Diego. The Hamilton Back Clinic owner and chiropractor was among nine McMaster University Contemporary Medical Acupuncture program instructors who travelled earlier this month to California to train United States navy doctors in medical acupuncture. The McMaster University Contemporary Medical Acupuncture program is an advanced form of treatment using acupuncture to treat muscle and joint-related pain and dysfunction. The approach focuses on the anatomy of the nervous system and where the problem is in the body. It is based on a model that focuses on restoring the function of the muscle and nerves that run along the path of the problem. The United States navy chose the program to improve its delivery of health care. Forty United States navy doctors from various disciplines travelled to San Diego from naval bases in Florida, Guam, Guantanamo Bay, Hawaii, Japan, Maryland, North Carolina and Washington State to receive the training. "When McMaster contacted me and told me I had been selected as one of the members of the team to go down there, at first I didn't really believe it," said Dr. Lombardi, adding the team was made up of chief instructor Dr. Alejandro Elorriaga, five chiropractors, a physiotherapist, Chinese acupuncturist and medical doctor. "It was very rewarding because the doctors were very eager to learn this approach. You could see the hunger they had and I was very eager and excited to provide that knowledge and help them improve their craft."



PHOTO BY LAURA LENNIE

Stoney Creek resident Anthony Lombardi recently returned from the trip of a lifetime. The Hamilton Back Clinic owner and chiropractor was among nine McMaster University Contemporary Medical Acupuncture program instructors who travelled earlier this month to San Diego to train United States navy doctors in medical acupuncture. Pictured here, Dr. Lombardi demonstrates the approach.

Dr. Lombardi's one-week stint in California included early morning meetings, along with in-class and hands-on instruction at Point Loma Naval base. "It was really unique because it's a submarine base. In one of the classrooms, there was a big window overlooking the Pacific Ocean and you could see submarines rising up to the surface. You couldn't help but stop teaching and look outside because that's not something you see everyday," he said. "We would teach until about 5:30 p.m. and then spend an hour or so treating some of the doctors who had some shoulder or hip issues just to help tie the theory and approach together." The experience was eye opening, says Dr. Lombardi. "To see doctors come from as far away as they did to learn this approach was amazing," he said. "It was definitely an honour and I'm glad to have been chosen. It also looks like this trip is going to be an annual thing, so I'm excited to be a part of that as well." Dr. Lombardi says contemporary medical acupuncture is catching on. "I have been an instructor in the program since 2005 at McMaster University and I've seen more and more international influx coming to Hamilton. I think probably within the next 10 years, the approach will become mainstream," he said. "I think one of the reasons it's not more popular now is because you have some practitioners in different disciplines who maybe have been practicing 15 or 20 years and they're satisfied with the level of care they're providing and it's difficult sometimes to go back and learn something new," he added. "If everyone were to jump on board and do this type of treatment, I think it's limitless on how well and how much we can improve the delivery of health care for muscle and joint-related pain and dysfunction."

Home renovation gurus support Ontario March of Dimes

By MIKE PEARSON
NEWS STAFF

On a busy day, Bobby Assadourian is up at 3 a.m., on the job site by 7 and picking up building supplies by mid-morning. If it happens to be the second Thursday of the month, he also visits Mike Nabuurs at Talk 820 AM for his radio call-in show, Just Ask Bob. On top of his busy schedule as a home renovator and radio personality, Assadourian is a successful book author and home renovation columnist. Assadourian and home renovation consultant Trevor Bouchard have raised \$1,226.09 for the Ontario March of Dimes with their book, *A Contractor You Can Bring Home to Mom*. Geared towards homeowners, the book offers tips to help consumers avoid unscrupulous contractors. The authors celebrated the book's one-year anniversary this month. Assadourian, manager of the Hamilton construction firm Triple R Inc., co-authored the book with Bouchard, the Hamilton Chamber of

Commerce's 2007 Young Entrepreneur of the Year. Bouchard connects homeowners with qualified contractors with his consulting firm, called Quick Contractors. Assadourian's bi-weekly radio show is called Just Ask Bob. The show invites listeners to call in with questions and comments about home renovation topics. So far the show has helped listeners deal with a variety of issues, from plumbing to roofing, disputes with builders and the Tarion new home warranty program. While some homeowners may look to cut corners and begin construction without a building permit, Assadourian strongly discourages rogue renovators. An insurance company can deny your claim if it discovers the work was completed without a permit, he noted. Homeowners should also watch out for renovators who refuse to provide a written estimate or offer to take cash under the table. The paperback edition of *A Contractor You Can Bring Home to Mom* is available at selected Chapters, Coles and Indigo book stores and online from Lulu.com. The book sells for \$18.40



Mike Nabuurs, Trevor Bouchard, Jocelyne Gagne of the Ontario March of Dimes, Bobby Assadourian of Just Ask Bob and Drew Keith take part in a cheque presentation celebrating the one-year anniversary of *A Contractor You Can Bring Home to Mom*.

and all proceeds support the Ontario March of Dimes. The charity offers a range of services assisting children and adults with physical disabilities. Just Ask Bob airs every second Thursday from 12:30-1p.m. The show continues on April 8th and 21st.