

# MAIL BAG

## Vision of free fitness prompts feedback

Re: Exercising in Park triggers bureaucracy in the May 18 *Eagle Valley News*:

I have a vision too. I'd like everyone, regardless of age and ability, to reap the benefits of an active lifestyle.

I have a degree in physical education, and have been in the fitness and recreation business for more than 25 years.

I take my profession seriously. I work hard to be respected by other health-care professionals.

To be an important spoke in the wheel of health care and wellness, we all know and it's well researched that an active lifestyle helps to reduce health-care costs and improves quality of life.

I'd like to offer all programs and services for free too. Unfortunately, there is no support from local, provincial or federal governments, and there are costs involved to run a business properly like a business licence, insurance, WCB, recertification fees, taxes, required continuing education and first aid and CPR, etc., as well as time to properly screen and advise our participants.

It is important that all fitness professionals work within their scope of practice and adhere to our code of ethics, our participants trust us.

**Heather Stanton**  
BPE, BCRPA  
trainer of fitness leaders

Perhaps this is just another way for council to raise money – what a lot of fuss and bother about something so trivial.

Let's get on with more important things like replacing all the kid's play equipment in Lion's Park that was removed last fall.

That was a dangerous situation.

Now, of course it's perfectly safe, just a huge expanse of sandy, muddy nothing. However, there is one bench in the park that is so low you have to do the limbo to sit on it, and heaven help any older person who tries to get up off it.

Now that is dangerous!

**Deidre Robinson**

## Sports Action!

Fax your sporting event scoresheet and results to:

**250-836-2661**

EAGLE VALLEY NEWS

## GRAND OPENING CELEBRATION OF 15 NEW HOMETOWN STORES



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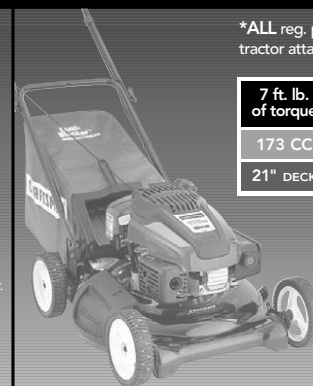
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## Every litter bit counts.

Thousands of unwanted and homeless animals are dropped off at SPCA shelters each year, and many more are simply abandoned by their owners. Please don't let animals suffer needlessly – be part of the pet overpopulation solution. Spay or neuter your pet and encourage others to do the same.

For information on the benefits of spaying and neutering, visit the BC SPCA website at [www.spc.bc.ca](http://www.spc.bc.ca).  
A message from your local SPCA



## Reconnaissance, restitution et réconciliation

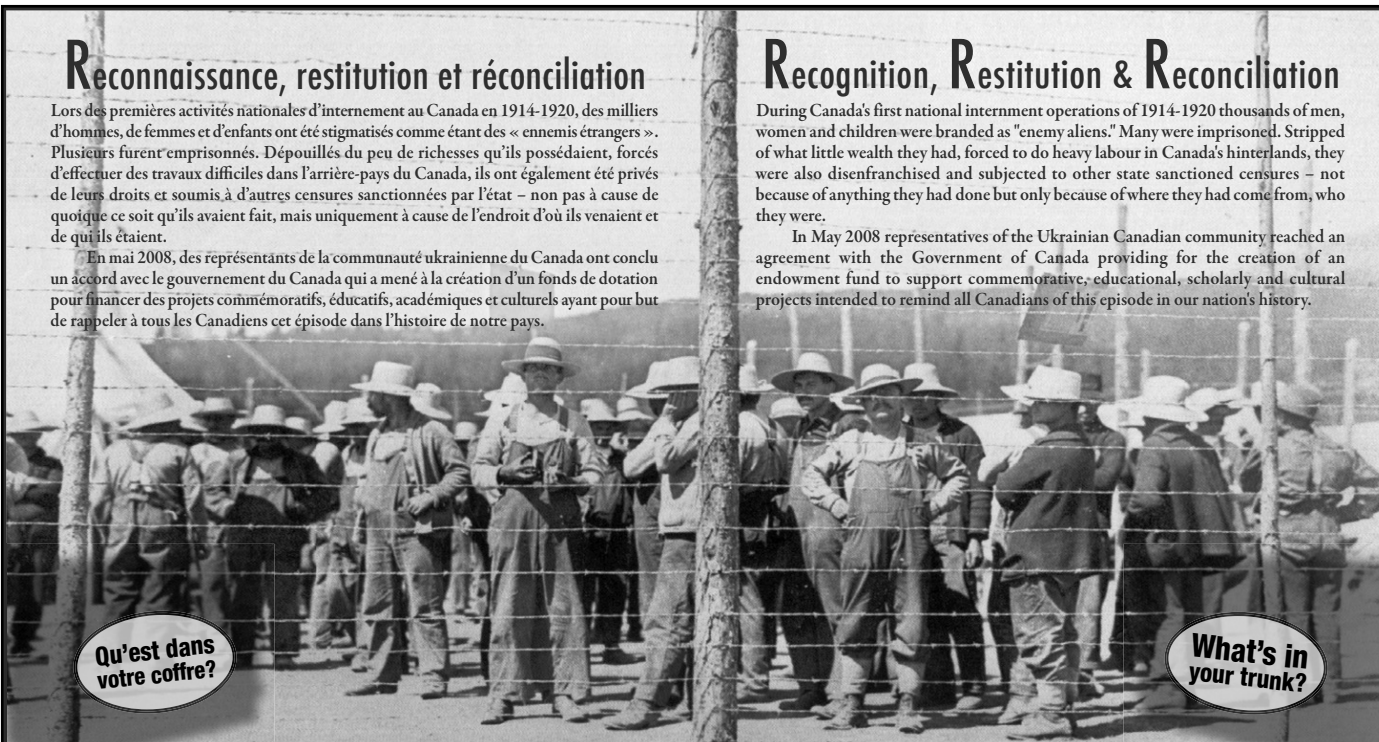
Lors des premières activités nationales d'internement au Canada en 1914-1920, des milliers d'hommes, de femmes et d'enfants ont été stigmatisés comme étant des « ennemis étrangers ». Plusieurs furent emprisonnés. Dépouillés du peu de richesses qu'ils possédaient, forcés d'effectuer des travaux difficiles dans l'arrière-pays du Canada, ils ont également été privés de leurs droits et soumis à d'autres censures sanctionnées par l'état – non pas à cause de quoique ce soit qu'ils avaient fait, mais uniquement à cause de l'endroit d'où ils venaient et de qui ils étaient.

En mai 2008, des représentants de la communauté ukrainienne du Canada ont conclu un accord avec le gouvernement du Canada qui a mené à la création d'un fonds de dotation pour financer des projets commémoratifs, éducatifs, académiques et culturels ayant pour but de rappeler à tous les Canadiens cet épisode dans l'histoire de notre pays.

## Recognition, Restitution & Reconciliation

During Canada's first national internment operations of 1914-1920 thousands of men, women and children were branded as "enemy aliens." Many were imprisoned. Stripped of what little wealth they had, forced to do heavy labour in Canada's hinterlands, they were also disenfranchised and subjected to other state sanctioned censures – not because of anything they had done but only because of where they had come from, who they were.

In May 2008 representatives of the Ukrainian Canadian community reached an agreement with the Government of Canada providing for the creation of an endowment fund to support commemorative, educational, scholarly and cultural projects intended to remind all Canadians of this episode in our nation's history.



Qu'est dans votre coffre?

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Pour présenter une demande de subvention ou pour obtenir plus d'information, veuillez consulter l'adresse [www.internmentcanada.ca](http://www.internmentcanada.ca) ou appelez sans frais le 1-866-288-7931

Canadian First World War Internment Recognition Fund

To apply for a grant or for more information please go to [www.internmentcanada.ca](http://www.internmentcanada.ca) or phone toll free at 1-866-288-7931