

# Sahara Seniors Celebrate International Women's Day

MISSISSAUGA: The Sahara Senior Services Club recently celebrated International Women's Day at the Meadowvale community Centre.

Organized by the Women's Committee of the club, the event began with a welcome address by Renu Sodhi. Jyoti Sharma then took over as MC for the evening.

Jyoti introduced President of the club Narinder Dhuga who thanked everyone for making time from their busy schedule to attend the event. Narinder Dhuga and the club vice-president Urmil Sandhwalia spoke about the importance of the day.

The evening's keynote speaker Samra Zafar highlighted her personal story of her bringing up and an abusive married life.

Also, she spoke about how she succeeded as a woman even after all the hurdles placed before her in society. Sukhpal Chodda then performed a beautiful dance to the accompaniment of a Punjabi Song.

Amandeep Kaur, COO of Punjabi Community Services, another main speaker, spoke about empowerment of all women.

The celebrations included a poem on Women recited by Makhan Singh and some beautiful Hindi songs by Mohini Bharti and Leena.



Community Program Supervisor Rachel Fraser congratulated Sahara Senior Services and said

she was impressed with the work this club was doing in various spheres.

For information about Sahara Senior Services, visit [www.saharaseniorservices.com](http://www.saharaseniorservices.com) or email

to [saharass2015@gmail.com](mailto:saharass2015@gmail.com) or sCall Narinder Dhuga at 416-985-5336

## Caution Urged Near Region's Waterways This Spring

MISSISSAUGA: Credit Valley Conservation (CVC) is reminding residents of the dangers that exist on and near local streams, rivers, ponds and lakes, particularly around this time of year. CVC has urged people to exercise caution and keep family members and pets away from the edges of all waterways.

"Spring is quickly approaching and we look forward to warmer weather and being outdoors. Warmer weather usually brings

more snowmelt, rain and ice breaking up along streams, rivers, ponds and lakes.

"During this time of year we can expect higher, faster flowing water in most watercourses. In addition, slippery and unstable stream banks and extremely cold water temperatures can lead to very hazardous conditions close to any water body," it said in a statement.

Winter conditions began in December, 2017 with thaws oc-

curing in January and February 2018. These thaws resulted in most of the snowpack melting. The February thaw also resulted in the breakup of much of the ice on rivers and creeks in the Credit River Watershed.

However, many ponds and lakes are still frozen in the region and river ice still persists in other watersheds in Southern Ontario.

For more information, call your local conservation authority:

- Credit Valley 905) 670-1615
- Halton (905) 336-1158
- Toronto & Region (416) 661-6514
- Lake Simcoe Region (905) 895-1281
- Central Lake Ontario (905) 579-0411
- Ganaraska Region (905) 885-8173
- Nottawasaga Valley (705) 424-1479
- Kawartha (705) 328-2271

Credit Valley Conservation (CVC) is a local conservation authority established by the Ontario government in 1954 to protect, restore and enhance the natural environment of the Credit River watershed.

That watershed is the area of land defined by where all rainfall, snowmelt and runoff drains into lands and waters flowing into the Credit River. CVC creates connections between people and nature, knowledge and action.

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