

Automotive Transportation Service

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Superintendents'



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K-W AND DISTRICT BRANCH

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KITCHENER-WATERLOO AND DISTRICT ATSSA NEWSLETTER

December 2009

November Meeting:

We would like to thank **CPL/Groeneveld** for sponsoring our November dinner meeting. The 4 clinical experts invited by **CPL/Groeneveld** from **St. Mary's Regional Cardiac** program shared with us information on our own personal preventative maintenance program, which was very well received by all that attended. The speakers discussed how the 5 F's of healthy nutrition can transform your eating habits, exercise and how it can fit into any lifestyle, and offered practical strategies to become smoke free. Thank you again to **Doug Bannon** and **CPL/Groeneveld** for an excellent meeting.

December Meeting:

Join us for the **K-W & District ATSSA** sponsor December dinner meeting. **Hans J Jons Group Inc.** along with other speakers will be headlining the evening.

We will also be collecting food items for the **Food Bank**; your generosity towards those less fortunate will be greatly appreciated.

Come join us for an evening of information and fellowship.

CFMS: May 10-12th /2010

The Canadian Fleet Maintenance Seminar being held May 10-11-12 at its new home Hilton Suites Toronto/Markham 8500 Warden Ave, Markham ONT. promises to provide a great deal of pertinent information as it relates to the trucking industry today. More information can be found at www.cfmsonline.com or by contacting Jim Pinder or Todd Denis.

Ladies Night: November 7th 2009

This year's Ladies Night was an overwhelming success; Eldie, Donna and the Ladies Night Committee did a great job organizing a great meal, great prizes and a fun filled evening. Thank you to the Holiday Inn and staff for providing us with wonderful food / evening. We also need to thank the band for energetic music, which kept the dance floor full for the evening. In addition we want to also thank all our sponsors for their donations to this event, which helped to make it the success it was.

The generosity of the attendees was also shown by the \$850.00 collected for the raffle of the beer fridge that was donated by **Labatt Brewers of Canada**. The proceeds were donated to the **Princess Margaret Hospital Foundation Multiple Myeloma** fund on behalf of one of our member's wives who is currently afflicted with this incurable cancer.

Heart Felt Thank You:

I was very touched by the unbelievable generosity of those attending the November 7th **Ladies Night Dance** and the **K-W & District ATSSA**, which donated the **\$850.00**; proceeds of the **Labatt** fridge raffle to the **Multiple Myeloma** fund. This money will help research and hopefully find a cure for this currently incurable cancer. A heart felt *Thank you* to all of you.

From The Kitchen Staff:

The evening menu will be: Fresh Baked Rolls, Assorted Salads, Roast Turkey with All the Trimmings, Garlic Mashed Potatoes and Fresh Vegetable Medley.

Meeting Information:

MEETING PLACE:
MEETING DATE:
DOORS OPEN:

Holiday Inn
December 3 - 2009
6:00 p.m. Dinner at 7:00