

Regular Events · · · · ·

Dog Obedience Tuesday - 5:30-7:30pm

Cedar Lions 1st & 3rd Tuesday 7:00pm

Swap meet Every Sunday 8am-2pm

\$5000 was raised at our Valentine Fundraiser event and put us well on our way to upgrading the kitchen and washroom.

Book now for your wedding or special events 245-3944

Jac's In-Home ESTHETICS



~Licensed Esthetician~

Gift Certificates available

245-5207

11075 Finch Place, Ladysmith (Off Chemainus Rd. onto Gait Rd. becomes Finch Pl.)

Rural Route

Model enjoys fitness goal

Valerie MacWilliam grabs a challenge with both hands and starts pumping. Weighlifting that is.

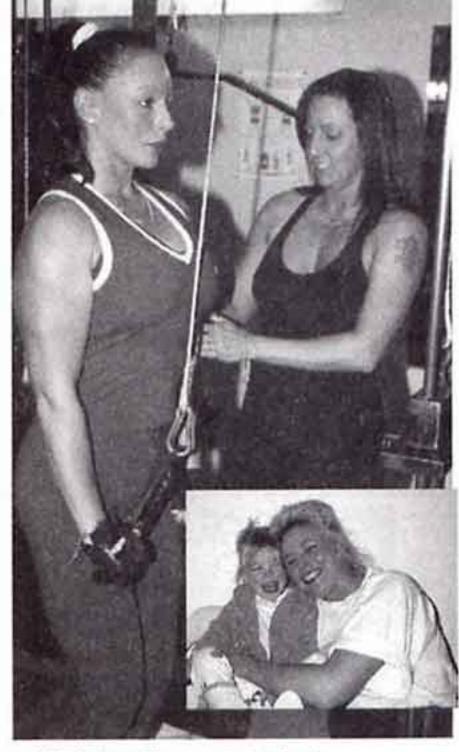
Yellow Point model and actress Valerie MacWilliam was recently featured in SHAPE, a national fitness and lifestyles magazine. But just a few years ago she was overweight, and so out of condition that she could only do cardio for several minutes at a time.

Valerie who weighed 182 lbs was dealing with low self-esteem and a unhealthy lifestyle. On top of all



that she was raising her premature born daughter Chelsea who was born 1lb 10.5 oz. But there were more problems; health issues forced her to close her hair salon, her marriage failed and after 23 operations she decided she wanted

a complete change of life. "I made fitness a priority." Her self-esteem grew with her fitness level and she found herself with a career in modelling and acting with Jackie Casey's Spotlight Academy. She's been successful with print work in Canada and the US and roles on Stargate amongst other shows.



Model and actress Valerie MacWilliam and trainer Tara Schlitz. Inset: Val before her fitness program. Below: on the cast of Stargate

"Hiring a personal trainer was well worth it." She credits her trainer Tara Schlitz for continuing to inspire her and her workouts.

"Can't is a word that doesn't exist in my vocabulary".

You can contact Valerie at www.valeriemacwilliam.com □

