

# General Meeting and Pot Luck Supper

**Sunday, April 28**  
at the CNIB, York Street

**Guest Speaker – Dr. Dale Chabot**  
“Caring for Your Back While Gardening”

Bring a dish and stay for the pot luck  
following the meeting.  
Don't forget the white elephant table...  
bring something...buy something !



## Dates to Remember

- April 28** - General meeting at CNIB  
- Pot Luck Supper at CNIB
- May 7** - Board Meeting at Red Oak  
Villa, 7:00 pm
- May 11** - District AGM in Mindemoya
- May 12** - Mother's Day (visit a local  
greenhouse)
- May 20** - Victoria Day
- May 24** - Guest Speaker sponsored by  
Sudbury Master Gardeners
- May 25** - Gardening Festival

## Violets - John Moultrie (1799-1874)

Under the green hedges, after the snow,  
There do the dear little violets grow;  
Hiding their modest and beautiful heads  
Under the hawthorn in soft mossy beds.  
Sweet as the roses and blue as the sky,  
Down there do the dear little violets lie;  
Hiding their heads where they scarce may be seen,  
By the leaves you may know where the violet hath been.

## Introducing the Guest Speaker

Dr. Dale Chabot spent his childhood in Onaping Falls. After graduating from Levack District High School, he attended York University, where he completed his honours degree in Kinesiology and Health Sciences, with a certificate in Athletic Therapy. After the completion of this degree, he went on to pursue his passion, Chiropractic. He then attended the Canadian Memorial Chiropractic College in Toronto where he graduated cum laude.

Dr. Chabot has been working in the Sudbury area for nearly five years, and is the owner of Lockerby Chiropractic Clinic. He is committed to providing the highest quality care to his patients. Through Chiropractic, he provides the services his patients need to reach their highest potential. Dr. Chabot has been trained in a wide range of chiropractic, mobilization, myofascial, and sports medicine techniques. This range of skills helps patients regain their function, as well as stay healthy and active.

Dr. Chabot has always involved himself in educational events and community outreaches. This



includes the implementation of walking and fitness programs, promotion of healthy active living, and education of NOSM medical students. Dr. Chabot and his family also enjoy a healthy active lifestyle through local sports and gyms, martial arts, and the outdoors.

Frank Beaudoin

Sharon Shaw

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