

# Earth Day Garage Sale set for Saturday

## Charity event will ultimately support Weekend to End Breast Cancer walk

Kathy King felt somewhat intimidated when she set her fundraising goal at \$2,000. After all, it's the first time the Hamilton resident has participated in the Weekend to End Breast Cancer and she wasn't sure what to expect.

But with more than four months to go before the event even takes place, she's starting to realize it may not be that difficult a feat.

The owner of Body & Sol – which provides a number of alternative therapy treatments, including massage therapy, reflexology and aromatherapy – has brainstormed with Janet Barclay, owner of Organized Assistant (both are

Hamilton mountain businesses), to come up with a fundraising garage sale.

"I do a monthly organizing workshop (at Body & Sol)," said Barclay. "I said to Kathy, 'Wouldn't it be nice if people had a place to take all of the stuff they want to get rid of when they're spring cleaning?'"

So, the two came up with a clutter-clearing event they could turn into a fundraiser. Along with spring cleaning comes boxes of unwanted clothing, books and other household items. All of these reusable items will be gladly accepted for the Earth Day Garage Sale.

Arrange a time to drop your items off by calling 905-574-4192 or call Handy to Have Around at 905-975-2836 to arrange for free pickup of your items.

There will also be a depot for used ink cartridges, cell phones and batteries, which will then be disposed of in an earth-friendly manner.

### EARTH DAY GARAGE SALE

Saturday, April 22 at  
Body & Sol  
4-1024 Upper Wentworth St.

"We've arranged for these things to be recycled," said Barclay. "This keeps them out of the landfill and that's really important."

All proceeds from the sale will go to the Weekend to End Breast Cancer through King, who will walk 60 kilometres over a two-day period, Sept. 9 and 10.

Monetary donations can also be made through King or by logging onto the Web site [endcancer.ca](http://endcancer.ca), where your money can be directed to a particular walker or team.

Money raised through the Weekend to End Breast Cancer event goes to the

Princess Margaret Hospital – a leader in the fight against breast cancer.

For King, helping to raise much-needed funds for such a worthy cause is creating hope.

"I'm fortunate in the sense that I have not been affected by this," said King of breast cancer. "But the one in eight stats are huge and that scares me. In any given moment, it could all change." She said her eyes have certainly been opened to the issues surrounding breast cancer through many of the clients she sees in her business who are affected by the disease.

Barclay is also donating 10 per cent of all income from personal organizing services that were purchased this month, between April 1-21, to King's walk.

The Earth Day Garage Sale takes place Saturday, April 22, at Body & Sol, 4-1024 Upper Wentworth Street on the Hamilton mountain.

## UPTOWN

Stories by Krista Avey