

CEDAR COMMUNITY HALL



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**

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 11b 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 □



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(Off Chemainus Rd. onto Gait Rd.
becomes Finch Pl.)