

Help for smokers

Do you feel it's time you quit smoking? If you do, you might be interested in "Time To Quit", a self-help smoking cessation program, developed by Health and Welfare Canada and the Canadian Cancer Society.

This program is aimed at smokers 25 to 45 years old who want to quit smoking. In order to assist them, Health and Welfare Canada and the Canadian Cancer Society have developed a three-part television series hosted by William Shatner. This series, which begins Friday, January 6, 7 p.m., 6:22 GLOBAL T will highlight, in a comedy/variety format, some of the difficulties faced by smokers who try to quit.

Free self-help booklets, which can be used in conjunction with the television mini-series or independently, will also be available during December and January from Shoppers Drug Mart and The Cancer Society office. With the help of these booklets, smokers will be able to develop their own smoking cessation program, according to John Kavanaugh, chairman of the Georgetown "Time To Quit" program.

Union rebuked

A union press release last week that lashed out at regional councillors who had earlier called for the firing of Halton Centennial Manor workers with absentee records has resulted in a mild rebuke from council.

Council warned the Canadian Union of Operating Engineers and General Workers, which represents service and maintenance workers at the Manor, to use proper labor-management channels in future to air grievances.

Council made it clear that its intends to get tough only with those with bad attendance sacking, "a large number of the employees at the Manor have an excellent attendance record."

The union had tried to have its concerns raised in public two weeks ago at a Health and Social Services Committee meeting but was told the matter could only be dealt with confidentially.

Welfare case up but...

Seasonal employment has kept the number of Halton welfare cases for July-September below 1982 levels but unemployment remains a problem in the region.

Region Briefs

Welfare caseloads are still 18 per cent higher this year in Halton for the first nine months of 1983 than for the previous year according to Director of Health and Social Services, Debbie Oakley.

Gross welfare spending in Halton is up 35 per cent this year over last with about \$2.4 million being spent from January-September compared to about \$1.8 million in 1982.

Tourism study

Council has given to go ahead to spend \$19,000 as part of a \$80,000 Halton Tourism Study, 80 per cent of which the province will fund.

The study aims to help Halton further develop its tourism industry and strategy.

"Halton is located between Niagara Falls with annual visitors of 14 million and Toronto with annual visitors of 16 million presenting a tremendous poten-

tial for tourism," said Brent Keare, Acting Director of Business Development of the region, in a report.

The \$19,000 will come from the unused portion of the Business Development Department's 1983 budget. Local businesses with an interest in tourism must contribute \$5,000 towards the study with the province picking up the remaining \$14,000.

Recommendations

A number of recommendations to council, reported in this newspaper last week, were approved Wednesday including:

- an end to infrequent free lunches at the regional administration building for politicians, reporters and bureaucrats.
- council meetings and committee work will continue through the summer on a normal schedule.
- Halton's Disaster Relief Grant Fund will get a \$6,000 infusion to cover grants paid out to area homeowners plagued by floods Aug. 1.
- Solid Waste Tipping Fees will rise to \$18 per tonne next year from the current \$16 fee for shipping garbage to Halton landfill sites.

Betty Fisher is chairman

Betty Fisher was once again voted in, uncontested, as chairman of the Halton Board of Education.

Last month, the Georgetown trustees received the unanimous support of board as she sought to replace departing chairman Len Auger. Fisher chaired two meetings finishing off Auger's year-long term. Last Thursday Fisher was once again the only candidate in the election. It is a one year term.

Anne Fairfield, an Oakville Trustee, beat out two other candidates for the position of vice-chairman. Len Crozier and Pat Hillhouse were also in the running, but Crozier was put out on the first ballot, leaving the race between the two women.

In her acceptance speech, Fisher said it was "an honor and privilege to be entrusted to provide leadership to the Halton Board of Education." She thanked her fellow trustees for their support and confidence.

Fairfield, in her speech said the spirit of co-operation must prevail.

IGA SEASON'S GREETINGS

IGA Assorted Flavors Soup	IGA Assorted Flavors Soup	IGA Assorted Flavors Soup	IGA Assorted Flavors Soup	IGA Assorted Flavors Soup	IGA Assorted Flavors Soup
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CONDENSED MILK	300 ml. 1.69	ALCAN ALUMINUM FOIL	16" X 18" 1.59
GRAPE JAM OR JELLY	300 ml. 1.59	Kaiser Rolls	PKG. OF 8 .99
LIQUID HONEY	1.49	McCormick's Harvest Crackers	PKG. .99
UNICO SUNFLOWER OIL	750 ml. 1.49		

NETELSON'S WEB-O-PAK CANDLES	1.39	TOILET PAPER	1.19
TOOTH PASTE	9.39	PAMPERS DIAPERS	1.39
COFFEE MUGS	.39		

Smoked Ham

1.99

STEWING BEEF	4.39/1.99	CUT FROM CANADA GRADE A BEEF "BONELESS" FULL ON OUTSIDE CUT	5.27/2.39
ROASTING HAMS	5.27/2.39	T-BONE STEAKS	6.37/2.89
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SAUSAGES	3.51/1.59	SAUSAGE MEAT	1.19
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Household Hints

From Pauline McNelly



The easy way to peel little onions: cover with boiling water for 3 minutes, then drain. Skins will peel right off. Cut a small 'x' in the root and to help onion hold its shape while cooking.

Roll out cookie dough on parchment paper instead of flour. Tastes wonderful - and the dough won't sag.

Boots will slip on and off more easily if you first put plastic bags over the children's shoes.

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