



NATO Partners

Second-Lieutenant Tom Ruggle, of Georgetown, right, serving with the Lorne Scots Militia, is attached to the British Army Fifth Battalion of the Royal Regiment of Fusiliers for Exercise Polar Rock. Tom is reading Soviet Studies at Carleton University, Ottawa. His unit, the

Lorne Scots, has a long association with the Fusiliers and has adopted the yellow hackle of the former Lancashire Fusiliers. Pictured with him is 2Lt Paul Eastwood of Harborne, Birmingham, in civilian life a salesman with IBM of Edgbaston, Birmingham. (Photo submitted)

CMHA names new president

Cathy Frost of Burlington was named president of the recently-formed Halton Region Branch of the Canadian Mental Health Association (CMHA) at the branch's annual general meeting Sept. 10. Sharon Barkley of Campbellville is Vice President, Lloyd McLeod of Oakville is Secretary-Treasurer and Liz Porter of Burlington is Past President.

The Halton Region Branch of CMHA was formed when the Oakville and Burlington branches were amalgamated on July 17, 1990. With amalgamation, the association became regional and its mandate expanded to include Milton, Georgetown and Acton in addition to Burlington and Oakville.

The following directors on the CMHA board are community members: Marion McLellan and Keith Nixon from Burlington and Patrice Burgess and Sue Hanna from Oakville. Two members remain to be named from North Halton.

The board also includes sector and psychiatric service representation from the region: Carl deLotinville, Joseph Brant Memorial Hospital in Burlington; Sheila Flynn-McGrath, health representative and Ruth Gray-Beauchamp, social service representative both from the Region of Halton; Urszula Szychowska, Oakville Trafalgar Memorial Hospital in Oakville; and Mae Vaivods, North Halton Mental Health Clinic in Milton. Ms. Frost also represents the education sector.

In addition to naming a slate of officers and directors, the board adopted a new set of by-laws for the regional branch.



*Kasual
Katering*
by Gert &
Lori Kentner



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COUNTRY PIE

CRUST:
 1/2 cup Tomato Sauce
 1/2 cup Bread Crumbs
 1 lb. Ground Beef
 1/4 cup Chopped Onion
 1/4 cup Green Pepper, chopped
 1 1/2 tsp. Salt
 1/4 tsp. Oregano
 1/4 tsp. Pepper

METHOD:
 Combine ingredients and mix well. Pat meat mixture into bottom of an oiled 9" pie plate. Flute edges. Set aside.

FILLING:
 2 cups Cooked Rice
 1 1/2 cups Tomato Sauce
 1 cup Cheddar Cheese, grated
 1/2 tsp. Salt

METHOD:
 Combine rice, sauce, salt and 1/4 cup of the cheese. Spoon rice mixture into meat shell. Cover with foil and bake at 350° for 30 minutes. Sprinkle cheese on top and bake uncovered for 10-15 minutes more.



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Invitation extended by Halton Police

Halton Regional Police welcome anyone interested in participating on the Georgetown North, South and Acton community police advisory committees.
 Anyone interested in becoming involved in the policing of their community can contact Halton Regional Police, 11 Division at 877-5511.

STEVEN C. FOSTER
B.A., LL.B.
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