

Active Chefs chooses Community Kitchen – launch summer camp

By: Jane Dougan

Anyone dropping by St. Alban's state-of-the-art Community Kitchen last Thursday morning saw a whole lot of cooking going on — just as you might imagine with a roomful of 5-12 year old 'Active Chefs'. Active Chefs Founding director Kapil Jaspal explains: "Healthy nutritious eating, multicultural learning and the importance of being physically active are the pillars on which we're founded. We love coming here. We love the community of Acton. We were very excited about piloting a summer camp and we chose Acton because of our relationship with St. Alban's Church. They've been so supportive since the beginning." In addition, "We've also built tremendous partnerships with McKenzie-Smith Bennett and St. Joseph's schools." Most programs are school-based, all are free, and "we try to make it as inclusive and accessible as possible." Executive Director Aman Jaspil was also on hand Thursday along with local volunteer-helpers, and Wellington-Halton MPP Ted Arnott who spoke with the children and handed out graduation certificates.

The not-for-profit children's program founded in 2009 now services over 70 locations throughout Halton, and has launched more than 7,500 Active Chefs. Recent five year funding from the Ontario Trillium Foundation will allow expansion into Peel.

Active Chefs is just one of many community groups making great use of St. Alban's new Church Community Kitchen, supported in part by Trillium funding. Potential uses for the new kitchen are as open and creative as the thought and ideas that went into its creation: multifunctional, fully-accessible, up to commercial standards and inspected by public health. Planning a family reunion? Come on in and cook up a storm together ... and don't forget to bring the kids. Pizza nights? Cooking classes for those learning to live independently? Birthday parties? Trying to set up a small business or fundraising by baking cookies up to commercial standards? All that's missing is you and your ideas.

To learn more about accessing this new community resource, please contact St. Alban's Church office by telephone 519-853-2711 or email stalbanacton@gmail.com



CHEF CERTIFICATES: Active Chef's Summer Camp volunteers and graduates show off graduation certificates presented by Wellington-Halton MPP Ted Arnott (fourth row, second from left), along with founding director Kapil Jaspal (fourth row, third from left) and Executive Director Aman Jaspal (last row, fifth from left.) - Jane Dougan photo



FOOD FOR LIFE: St. Alban's Church food assistance program was in full swing last week when Wellington-Halton MPP Ted Arnott dropped by. Every Thursday, in partnership with Food for Life Canada, fresh nutritious food is available to local individuals and families requiring food assistance. Participants enjoy coffee and a chat, and can fill up to two bags of food — or more, if quantities allow. From left to right: Keith Smith, Holly, David Mashenter, MPP Ted Arnott, Kati Nuttall and Chris Miller. - Jane Dougan photo

HILLSVIEW REPORT

By: Julie Conroy

On a rainy, muggy day 21 people were smart enough to come to the Centre and enjoy the air conditioning and the monthly Tuesday afternoon movie. The next movie afternoon will be on Tuesday, August 11 at 1 p.m. It will feature *The Second Best Exotic Mari-gold Hotel*. If you saw the first one you know you will enjoy watching the sequel and see what they've been up to.

The Monday morning craft ladies are always busy creating crafts for our Bazaars. There is a selection of these crafts for sale on the credenza including the always popular pot scrubbers and knitted dish cloths bags, and aprons. Do you know someone ex-

pecting a little girl? There is the cutest little hand knitted baby coat. Check it out. You might find something you can use.

There are still a few seats available for the trip to Georgian Down Casino with a break to shop at the Apple Factory on Thursday, July 23. If you are interested don't forget you do need valid photo I.D.

You do not have to be a member of the Centre to enjoy these day trips. Just drop in, add your name to the list and pay. If you don't like driving there is at least one trip every month planned to a variety of events, sometimes a show and lunch and sometimes a casino.

Carpet bowling equipment is all in place. We

have three carpets, a rack to hold them and new balls. Carpet Bowling is played on Monday and Wednesday afternoons at 1 p.m. We welcome new players, no experience necessary. It's a great way to have fun and exercise at the same time.

At Bid Euchre last Thursday afternoon Betty

Brewer, Roberta Thompson, Shirley Hunter and Frances Hogenbirk all had mooners.

If you are adding your name to the 50/50 draw list please don't forget to also drop your loonie in the box. Each week it is a little short often by nickels and dimes, and this week it was \$2 short.

There was not winner this week so next week the amount to be won

should be around \$100. Lunch on Friday, July 31 will be pizza and salad.

Advertorial

Hi,

My name is Knox Presbyterian Church. I live at 44 Main St. N. in Acton.

If you are looking for a place to worship and have fun talking to new or long time acquaintances of me — come on in every Sunday morning at 10:30 a.m. (doors open earlier). I have a fine young minister new to Acton for about one year and I am sure Rev. Todd Nelson and his family would be glad to meet you.

I am an old Church (170 yrs.) and am looking for some new members. If you are looking for a home Church and are new to this area, come on in some time — look me over — enjoy a coffee and cookie after Church during my time of fellowship and friendship hour.

Hope to see you sometime!



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