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Community Calendar

St. Alban's guest speaker
Mar. 21 — Murray Dryden, co-founder of "Sleeping Children Around the World" will be at St. Alban's Church in Glen Williams on Sunday, March 21st at 10:30 a.m. Everyone is welcome.

Free concert
Mar. 21 — Grace Baptist Church is hosting a free concert by the Ouachita Singers, Sunday, March 21, 11:00 a.m. to 12:00 noon, at the church's meeting place, the Hornby Community Centre, Steeles Ave. at Trafalgar Rd., just off the 401.

The Ouachita Singers is a 35 voice auditioned choir of the Ouachita Baptist University School of Music, Arkadelphia, Arkansas.

For more information, call the church at 824-7994.

Seniors Club meeting

Mar. 22 — Belles & Beaus There will be a meeting of the Belles and Beaus seniors club on March 22nd, 1:30 p.m. at St. John's United Church. The meeting will have an Irish theme, with entertainment followed by a lunch of Irish Stew.

Home buyers' seminar

Mar. 23 - Free first-time home buyers' seminar. Tuesday, March 23, 1993. 7 - 9 p.m. Seneca College, Minkler Auditorium, 1750 Finch Avenue East, North York

Career fair

Mar. 24—Career Fair—The Halton Industry Education Council (HIEC) Career Centre will sponsor a career night on Health Care Careers, March 24, from 7 to 9:30 p.m. at 5230 South Service Road, Burlington. The Career Fair's objective is to provide students with an opportunity to speak informally with a variety of professionals who work in the health care field to discuss educational and career opportunities. The events are open to the entire Halton community.

P.O.W.E.R. meeting

Mar. 24 — Everybody Welcome! P.O.W.E.R. promises instant relief from Blue Box confusion if you attend the P.O.W.E.R. meeting on March 24th, 8 p.m. at McKenzie-

Smith Middle School in Acton. Victor Lesnicki from the Halton Region Waste Reduction Office will discuss "The Expanded Blue Box and Future Blue Box Initiatives". Contact person Fraser Robin 877-7745.

CMHA unemployment group

Mar. 24 — Handling unemployment. The Canadian Mental Health Association, Halton Region Branch and Acton Social Services presents for the first time ever, Handling Unemployment Group. The program starts Wednesday, March 24 from 1 p.m. to 3 p.m. at the Acton Community Social Services Offices (Old Town Hall), 19 Willow St. N., Acton and is open to those who have become unemployed in the past two years. This series includes stress management, dealing with family and friends, job search techniques, and more. To register call Lin Sally at 853-3310.

Distress centre training

Mar. 24 — North Halton Distress and Information Centre Training for New Volunteers. Spring training program for new volunteers for the North Halton Distress & Information Centre will begin on Wednesday, April 7 at 7 p.m. For more information and application forms, please call 877-1211.

The cut off date for the return of applications is Wednesday, March 24, 1993. If you can spare four hours per week and are a good listener, please help us to help others and maintain this 24 hours service.

Blood donor clinic

Mar. 25 — Red Cross - Acton Blood Donor Clinic Thurs., March 25 - 5 until 8:30 p.m. at the Acton Legion Hall. Note: Blood supplies are low in all groups. Come and bring a friend. Ages 17 to 71. Photo or signature I.D. required.

Spring Bazaar

Mar. 27 — Georgetown Christian School Spring Bazaar 8:00 a.m. to 4:00 p.m. Events, Breakfast, Baked Goods, Games, Garage Sale, Flowers for Easter, Auction Sale.

Does your non-profit community organization have an upcoming meeting or event, or do you want to raise your organization's profile? Community Calendar can work for you. Drop by Halton Hills This Week at 232 Guelph St., Georgetown or fax us at 873-3918 with all the information about your event. Remember to include your organization's contact person's name and telephone number. Items will be run free of charge for as long as is appropriate.

FEATURE HOME



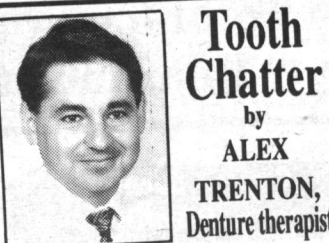
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If you still find chewing difficult, try changing the method of preparation, instead of the food. For example, try roasting, stewing or boiling meat, and then chop or slice thinly. Use canned or stewed fruits, or drink fruit and vegetable juices. Grate cheeses or use in sauces and eat cottage cheese and yogurts. You may find a blender or food processor helpful when preparing your food.

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