

Start of the Art

SUBMITTED BY
RITA HALPORN.

Children in the Milton area painting whatever they love the most, created 55 masterpieces for the Start of the Art charity art auction taking place Saturday September 17 at the Milton Mall. Funds raised from the auction will go towards helping children at the Rose Cherry Home.

Nashville Night at the Century

Country music is coming to Hillsburgh September 24, when Century Church Theatre presents "Nashville Night at the Century". The date has been chosen to coincide with the Hills of Erin Studio Tour, so the chance to attend both events will encourage out-of-town visitors to come and spend the day in the community and patronize local artists, shops and restaurants, as well as enjoying an evening of great country music.

"Elvis" will be there, in the person of the Reverend Jacob Birch. Other soloists will include Hillsburgh guitarist Dale Nolan, Erin vocalist Bonnie Rabson, and Acton guitarist and singer Jennifer Mitchell. Also appearing will be the groups Kountry Kids, featuring Jim Hanenberg, Kim Pearson, Rob Mackinnon and Rick McLarnon, and the Muir Family Band, with Donna Muir, Aaron Muir, Brandon Muir, Paul Holmes and Gerry Companion. A special feature will be the Shanda Gibson Youth Players, a fiddle and dance group.

The show, devised and produced by Rick McLarnon, is a fundraiser to help the work being done at Hillsburgh Community Christian Church to modernize the church building. Tickets are only \$12 through Monday, September 19, and \$15 thereafter, plus the ticket handling charge. All seats are reserved, and can be booked by calling the Box Office with VISA at 519 855 4586.

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from the bookshelf

A REVIEW BY DIANE DINEEN

French Women Don't Get Fat

Mireille Guliano, Alfred A. Knopf, 2005, 256 pages, hardcover

Mireille Guliano is the CEO of Cliquot Incorporated, responsible for promoting Veuve Cliquot champagne. She travels frequently, hosts daily business lunches and entertains a lot. In spite of the constant eating and drinking she remains slim and fit. Her book about food and weight control is one of this year's bestsellers.

Guliano is practical and straightforward. She talks about her own life and the lives of women she knows and she provides specific examples from these lives to show how women can control and manage both food and weight. She starts with a three month plan and she then moves to a lifelong plan. She provides recipes, exercise tips, shopping guidelines and even fashion information. She is supportive but she is firm.

According to Guliano every woman is responsible for her food intake and her exercise, no "blaming" is allowed. She describes the balance that French women maintain. Food is to be enjoyed but going over the limit today means reducing the quantity tomorrow and one must be absolutely firm about this.

Other suggestions include drinking lots of water, walking as much as possible, eating simple, nutritious foods, eating small portions, eating three times a day, no snacking and never getting hungry.

None of these ideas are new. It is Guliano's firm but friendly tone, her recipes and her emphasis on enjoying life to the fullest that are key to this approach to food and weight management.

www.ARTSMILTON.com

Creating Community with the Arts

Saturday, Sept 17, 10 am-4:00 pm approx
Fund Raiser for Rose Cherry's Home, Children's art show and sale. Sponsored by State Farm Insurance. Milton Mall, registrations: Andrea 905-875-4192

Saturday, Sept 17, 7:00 pm approx
Halton Museum Foundation: ALFIE SMITH
Experience the true origins of today's music with Alfie Smith. Blending Blues, Folk, Ragtime & Jazz, and using his amazing voice as an instrument, Alfie will draw you into his deep abiding passion for his unique brand of "Roots" music. A true master of the Dobro and Laptop guitar. \$45/person. Cash bar. **ADVANCED TICKET SALES ONLY.** Tickets call 905-875-2200 ext. 21.

Saturday, Sept 24
Milton Fall Fair in Concert: **POPULAR SINGER: ALYSHA BROOKE** 12:30 pm and 2:00 pm, Infield Stage. **MILTON CONTRYAIRES**, 1:30 pm, Exhibition Stage. **ROCK BAND: LTD**, 4:30 pm, Infield Stage

Sunday, Sept 25
Milton Fall Fair in Concert: **MILTON CONTRYAIRES**, 1:30 pm, Exhibition Stage. **BOB MILNE and RIPPEY**, 12:00 pm, Infield Stage

Saturday, Sept 24, 9:30 am - 3:30 pm
Fine Arts Society of Milton: **GARDEN SKETCH DAY.** Location to be determined. Professional artist on-site for questions. You choose your medium. Fee: Only \$10.00 Materials extra if required, as noted. Class Registration and General Inquiries: Janis Hodgins, FASM Workshop Coordinator, 905-854-5753, evenings. Watch for class details at www.fasm.ca

Saturday, Oct 1, Sunday, Oct 2, 10 am - 5 pm
Fine Arts Society of Milton: **STUDIO TOUR.** Join us for our eighth annual free self-guided tour of over 40 artists studios in and around Milton www.fasm.ca
Gwen Gent 905-876-2837

Saturday, Oct 1, 6:30 pm
United Way of Milton: **NIGHT AT THE RACES.** An evening of magnificent horse racing at Mohawk Racetrack, Campbellville, with a buffet dinner. Have some fun, you can bet on that!! Dinner buffet 6:30 pm to 9 pm; Post time 7:20pm. Reserve tables of 4 or 6. Tickets \$50/person. For Information and Tickets call 905-875-2550, office@milton.unitedway.ca, www.milton.unitedway.ca

Saturday, Oct 1, 8:00 pm - 10:00 pm
Milton Concert Presentations: **AN EVENING AT THE POPS.** The acclaimed Kitchener Waterloo Symphony conducted by Milton's own Daniel Warren presents an evening of light classics and pop favourites. St. Paul's United Church; 123 Main St. Milton. Tickets \$30/adults \$25/seniors and students. For information call: 905-878-4732.

Wednesday, Oct 12, 7:30 pm - 10 pm
Just Milton Folks: **TERRY TUFTS IN CONCERT**
Terry Tufts, a Canadian folk musician, with 30 years experience, and 3 CD's, has backed up just about every famous Canadian vocalist either on the road or in the studio. After the concert he heads to Quebec and from there to the northeastern U.S. for his third annual 2-month "The Way We Feel" Gordon Lightfoot tribute tour. Tickets \$20 Hugh Foster Hall (905) 876-2645 rose.brooks@sympatico.ca www.justmiltonfolks.ca

Friday, Oct 14, 8:00 pm
Fr. Mark Curtis: **CHRISTMAS CD LAUNCH CONCERT.** You are invited to join this internationally recognized artist as he sings songs from his latest CD. Paul's United Church, 123 Main St. Milton. Tickets \$15/\$12/\$8, Jack White: 905-878-6807, Church: 905-878-8895, Information: 905-876-3379.

Wednesday, Oct 19, 6:30 pm
Fine Arts Society of Milton: **ANNUAL GENERAL MEETING** Milton Police Station Meeting Room, Child's Dr. Details Gwen Gent: 905-876-2837

This feature is generously sponsored by:

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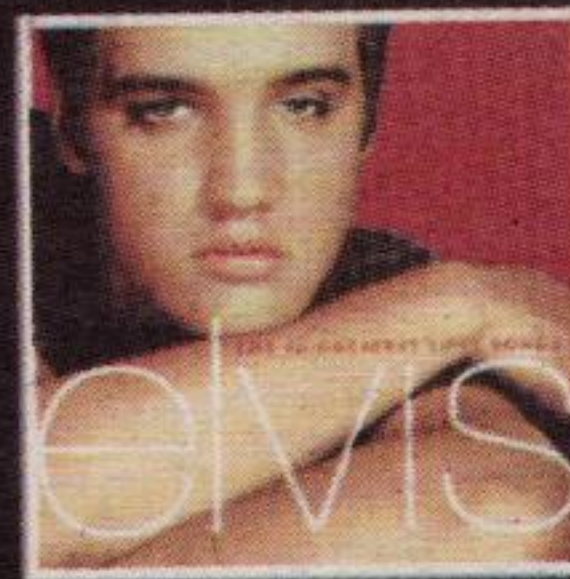
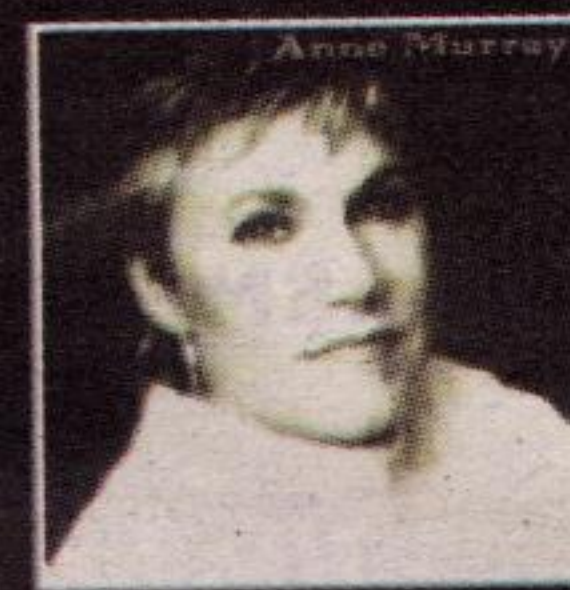
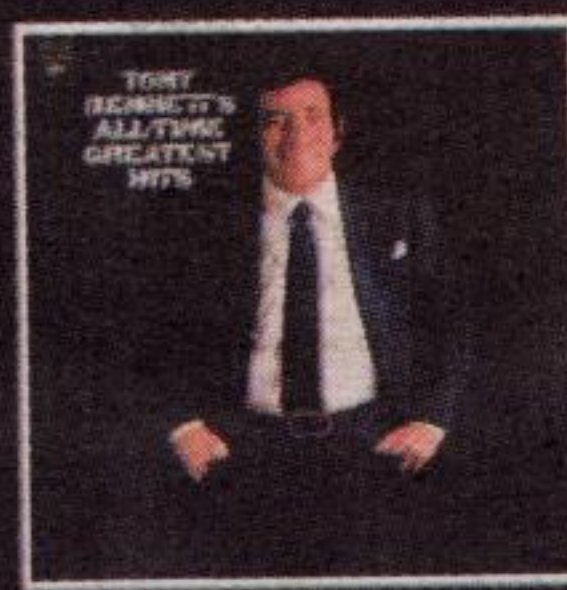
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