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Take a hike— on the Escarpment Sunday

Eager to explore the rocky Escarpment bluffs near Milton? Join a two-hour guided spring hike presented by the Halton Region Museum in Kelso Conservation Area on Sunday, May 16.

The hike departs at 10 a.m. from the Halton Region Museum. Comfortable shoes and water bottles are recommended. Hikers will wind their way up the Bruce Trail to the tip of Milton Heights. Be sure to bring a camera.

Hike leader Bill Brown of the Bruce Trail Association will be on hand to point out the many sights and sounds of spring in the woods. A stop will be made at the historic Christie-Henderson Lime Kilns. Two of the fieldstone kilns stand 55 feet tall at the base of the Escarpment. For 40 years, lime was extracted at this site by burning limestone in the kilns at temperatures of 1300-1800F. Today the woods have encroached on the once state-of-the-art manufacturing complex.

Back at the Halton Region Museum, hikers are invited for refreshments and an informative Niagara Escarpment presentation. Bring along a packed lunch and picnic on the scenic grounds.

Fees for the guided hike are \$5 per participant plus admission into Kelso Conservation Area of \$3.25 for adults, \$2.75 for seniors and students and \$2.25 for children. The Museum's Exhibits Building will be open for visitors

to enjoy at no additional charge.

Pre-registration is required. Hikers are advised to register early as spaces are limited for this very popular program. To register or for more information for the Spring Awakening Hike, contact the Halton Region Museum at (905) 875-2200, ext. 0.

More information on this and other special events can be found on the Museum's website: museum.region.halton.on.ca.

Coming Soon



The Bennett Health Care Centre

The Bennett Health Care Centre seeks community-minded citizens of Halton Hills to fill **5 positions on its volunteer Board.**

You could make a particular contribution to the Board if you have experience in any of - government relations, law, market research, land development, marketing, project management, seniors advocacy, insurance, or visionary leadership.

The Bennett Board operates a new 65-bed long term care facility in space which it leases from the hospital, and owns adjacent land which it wishes to develop for community benefit.

To apply, please pick up an application at the Bennett Centre, 1 Princess Anne Drive. Or, to request a fax, call 873-0115, fax to 873-1403, or write bhcc@aztec-net.com. Application and more information also at gdmh.on.ca. Application deadline is May 31.

Seminar will help grieving process

When someone close to you dies, everything changes. The grief journey can be a very lonely and painful process.

As part of its bereavement support program, the North Halton Distress and Information Centre is hosting a free seminar, From Grief to Healing— The Grieving Process, Wednesday, May 19 at 7 p.m.

The speaker will be Roslyn Chrichton from the Coping Centre (Caring for Other People In Grief)

in Guelph. The seminar will be held in Georgetown at the Ministry of Agriculture building at 332 Guelph St. (next to Miller's Scottish Bakery).

The Bereavement Support Program also offers group support and one-to-one support from volunteers who have experienced grief in their own lives. For more information or to register for the seminar, call the Distress Centre at 877-1211.

BE PART OF Your Health Care
 Publishing on May 21/99
 FOR MORE INFORMATION
 PLEASE CALL YOUR
 REPRESENTATIVE AT **873-0301**
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1:00 p.m. to 8:00 p.m.
 to celebrate our new location at
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