



**WILLIAM
OSLER
HEALTH
CENTRE**

Georgetown
Hospital Campus

**Family-Centred Care
For You and Your Baby**

We know having a baby is one of life's most rewarding experiences - an experience that families share. The home-like environment at Georgetown Hospital Campus and its Family-Centred Care approach supports the whole family throughout the birthing experience - you, your baby, and your family members.

Our experienced and skilled patient care team provides care throughout the entire birthing experience including prenatal, labour, delivery, post-partum, newborn care, patient teaching and support. The Obstetrics Unit at Georgetown Hospital Campus offers you the following:

- * Obstetrician's office on site for your convenience
- * "Open" childbirth approach to suit individual needs and choices
- * 1-on-1 attention during labour from experienced and caring nurses
- * Certified Lactation Consultant for breastfeeding advice and support
- * 24-hour contact line once you return home
- * Visit by Public Health nurse 24 to 48 hours after discharge.

How to Access Our Services

Referral by a family physician is not required. The Georgetown Hospital Team of an Obstetrician and four family practitioners will look after your needs from prenatal, to labour and delivery, and post-partum care.

For more information contact

Georgetown Hospital
Campus Obstetrics Unit

873-0111 ext 245



It's time to get
on board!



**WE ARE ON TRACK!
... with your help,
we'll reach our goal!**

An investment in our community!

We have made great progress toward our goal through local businesses, service clubs, community groups, families and individuals who have already committed to generous contributions. We need you! Please make a personal donation to push us further down the track?

Thank you!

YES! I'm getting on board with localmotion!
My contribution is:

\$25 \$50 \$100
 \$200 Other

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DAY PHONE _____ HOME PHONE _____

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Send this form with your cheque to: localmotion
c/o Town of Halton Hills
Recreation and Parks Dept.
1 Halton Hills Drive
P.O. Box 128
Halton Hills, ON L7G 5G2
or fax to 905-873-1587

From beer to eel

Japanese food is a delight

I went to the neatest party the other night and I know that all of you who enjoy food and food stories will be fascinated by this.

It was a Japanese party. The party was an intimate gathering of 10 people and believe it or not—the weather was fabulous. The party was held outdoors at a private home.

As we arrived, we were taken to the bar and offered our choice of Japanese beer or a selection of more traditional beverages. Everyone drank the Japanese beer—it went so perfectly with the food that you couldn't help it. There was a sushi chef there and he prepared all of our evening's fare.

The chef was great—he had his little station all set up with all his little containers of ginger, wasabi, seaweed wrap and more.

We started the meal off with a traditional Japanese salad with a delicious dressing the chef just whipped up. After that we had chicken yakatori (which is kind of like a chicken shishkabob with a teriyaki sauce).

Next came the most wonderful sushi I've ever had. The chef made all the sushi right there so we could watch. He used the bamboo roller to make the rolls, and then he also made some hand rolls and some sashimi. Sashimi is just the fish with no rice. The sushi and sashimi were made with salmon, tuna, yellow tail and grouper. My personal favourite was the salmon, but almost everyone else agreed the tuna was the best.

Of course, in between each course, we had more Japanese beer and a lot of laughs as we dropped things with our clumsy handling of the chopsticks.

*What's
cookin'*

Lori and
Gerry Kentner



Next came a fabulously tender marinated beef—just served in small, thin slices that you picked up with your chopsticks. Then some barbecued eel.

This was the most controversial item of the night because everyone was somewhat wary of eel. But it was the most delicious, tender, fabulous part of the whole meal.

Last, but not least, the chef made tempura—right there at his little table.

Using an outdoor propane burner and a wok of oil, he made vegetable and seafood tempura, served with a dipping sauce. The dipping sauce I discovered is simply a good quality soya sauce diluted a little with some rice wine vinegar.

The other really neat thing I learned was that you are supposed to dip your sushi into the soya sauce fish side down, not rice side down. This is because the rice soaks up all the soya and it overpowers the subtle taste of the fish.

At the end we had sake—served in the traditional style, heated slightly and served from a little sake decanter with little tiny cups. Then, of course, green tea to finish off.

It was a wonderful experience and I can hardly wait to go out for Japanese food again.

Have fun and keep cooking!

**Tomato Avocado
Salad**

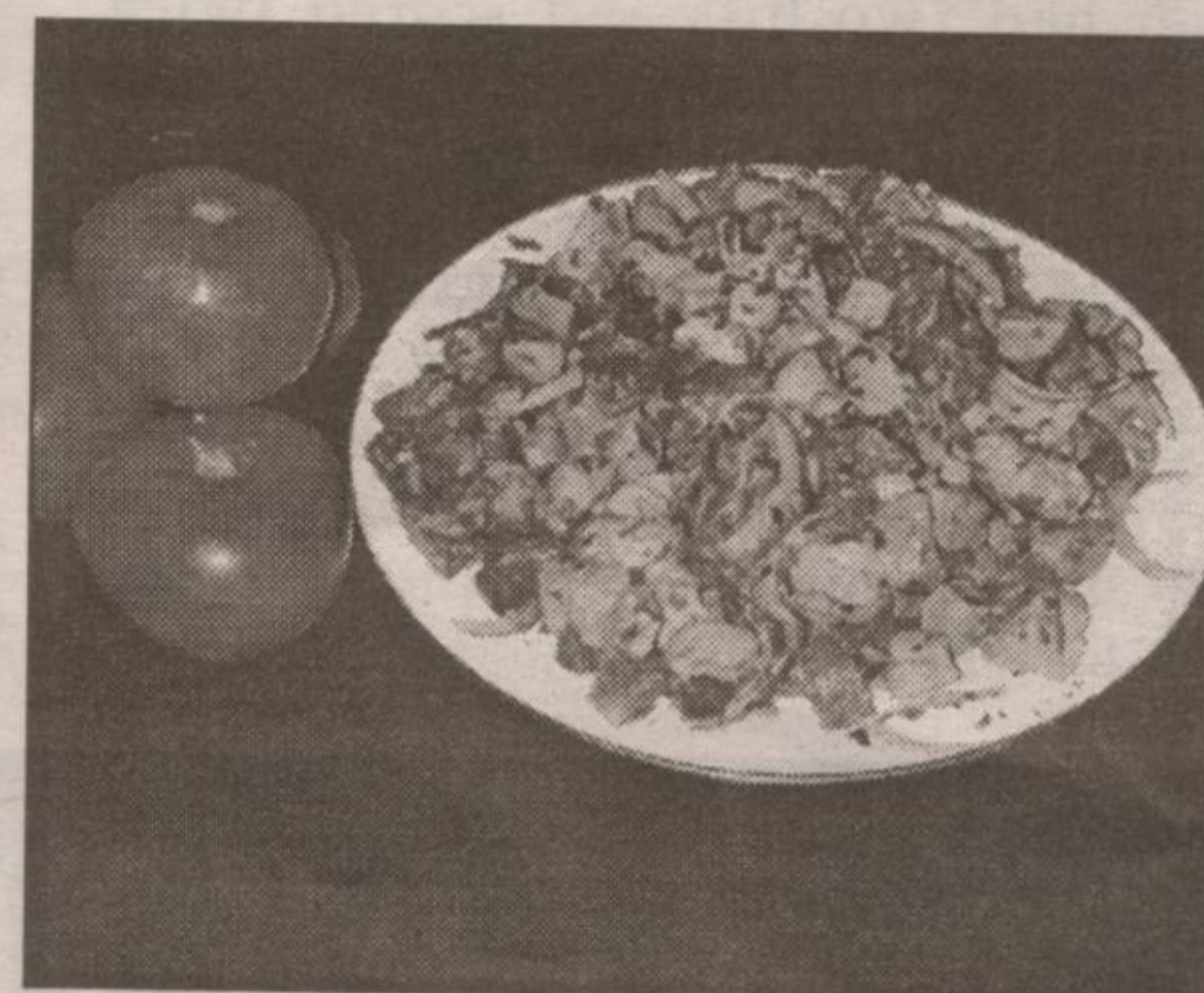
Ingredients:

- 2 avocados, cubed
- 4 ripe tomatoes, cubed
- 1/4 cup red onion, slivered
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 1 tbsp white vinegar
- salt and pepper to taste

Method:

Gently stir together the tomatoes, avocados, lemon juice, salt and pepper.

Drizzle the olive oil and vinegar over and again stir gently (so as not to break



the avocado). This must be made immediately before serving, it cannot be made in advance.

Don't be the victim of crime

Break and enter prevention tips

Residents can reduce the potential for being a victim of break and enter by:

- Locking windows and doors
- Installing secondary locks on sliding windows and doors that defeat pry bars
- Installing security film on windows to make them less susceptible to breakage
- Engrave a unique number on valuables
- Install a security system within the home and arm it while residents sleep
- Place decals notifying prowlers of the security system in visible locations
- Install infrared security lighting to

alert residents and neighbors of prowlers

• Place this lighting in a secure place, or high enough so that prowlers can not reach it and remove the light bulbs

• Residences that have dogs present have a lower rate of break and enter than residences that do not have a dog. Prowlers do not want noise when they work, and a good dog will alert before entry is attempted or completed

Residents of Halton are encouraged to contact their neighborhood community police station for other crime prevention tips, or to arrange for a security check of their home.