

## Prevent Diabetes!

Are you at risk for diabetes?

If you are 30 or older, without diabetes, with any of the following:

- Diabetes in mother, father, brother and sister
  - Previous diabetes during pregnancy
  - High blood pressure • Overweight
  - Previous borderline blood sugar level

You may qualify for the **DREAM** research study\* - testing new ways to prevent diabetes, at McMaster University

The **DREAM** Study

Diabetes **RE**ducation **A**ssessment with ramipril and rosiglitazone **M**edications

To come in for an assessment of your diabetes risk and for further information call: Jane de Jesus (research assistant) at 905-525-9140 ext. 22166 or [www.hamiltonhealthsciences.ca/sites/dream](http://www.hamiltonhealthsciences.ca/sites/dream)

\* Funded by the Canadian Institute of Health Research, Aventis Pharma, Wyeth, Ayerst, King Pharmaceuticals and GlaxoSmithKline. Conducted by Drs. Capes and Gerstein at McMaster University.



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**SATURDAY June 1st**  
\*2 Weekends \*9 am - 3:45 pm

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**905-877-0751**



### Saturday, May 4

**Norval plant sale:** The Norval Community Association spring plant sale in support of the Lucy Maud Montgomery Garden in Norval, will be held at 9 a.m. to noon, outside the Norval Convenience Store.

**Rabies clinic:** The annual Upper Credit Humane Society Rabies Clinic will be held at the Hillsburgh Arena on Main St. from 10 a.m. to 2 p.m. The fee is \$10 per pet.

**Dandelion Day:** The 1st Halton Hills Dandelion Day and Walkabout will be held 10:30 a.m. to 1 p.m. at the Georgetown South Community Park, Main St. S. Help the town in identifying and removing weeds from several fields in an environmentally-friendly way. Families can then learn about the impacts of lawn care or their lawn using alternative methods by participating in the Pesticide-Free Walkabout.

**Bruce Trail Day:** The public is invited to participate in Bruce Trail Day in Halton Hills, 10 a.m. to 3 p.m. at the Limehouse Memorial Hall. Introductory hikes on the Bruce Trail will start each hour from the hall. Displays will be located in the hall.

**Trunk sale:** The YMCA will be hosting a trunk sale, 7:30 a.m. to 1 p.m. at St. Brigid Jr. Y, 73 Miller Dr. in Georgetown. No early birds please.

**Plant sale:** Sacred Heart Parish hosts its second annual plant sale to be held at 238 Main St. N., Rockwood. Will include Perennial Flax, Foxglove, Canterbury Bells, Tall Phlox etc.

### Sunday, May 5

**Working for peace:** Ernie Regehr, executive director of Project Plough-shares, a Canadian group working on peace initiatives, will be speaking at St. Andrew's United Church, 89 Mountainview Rd., 7 p.m. All welcome. Info: 905-877-9053.

**Spaghetti Supper:** St. Andrew's United Church hosts its annual Spaghetti Supper, 5:30 p.m. Adults \$6, children \$3 and family \$15. Come for food and fellowship. All welcome. Info: 905-877-8771.

**Church anniversary:** Come celebrate Ballinafad United Church's 124th anniversary at Sunday service at 11 a.m. Lunch to follow.

### Monday, May 6

**Dessert Night:** Georgetown Alliance Church hosts a Community Dessert Night, 7-10 p.m. at the church, 290 Main St. S. Guest speaker, music, and desserts. Tickets, \$10, are available at the church office or by calling 905-873-0249.

**Bridge night:** Georgetown Bridge Club offers bridge games for both social and duplicate players of all levels every Monday, 1 p.m. at the Legion Hall, 127 Mill St. Georgetown. Fee is \$2. Everyone welcome. Info: 905-877-7486.

**VBAC-CA:** The Peel/Halton Vaginal Birth After Cesarean-Cesarean Awareness Group provides support and information at its meet-

## COMMUNITY CALENDAR

ing. For information or directions call Penny, 905-873-2779.

**Career exploration:** The Centre for Skills Development and Training offers a trades and technology exploration program. This is a no-fee, two-week program. To register/information contact the centre at 905-333-3499, ext. 104.

### Tuesday, May 7

**Alzheimer support:** VON Alzheimer Services offers a support group for families of individuals with Alzheimer disease and related disorders, 7-9 p.m. at Mountainview Retirement Residence, 222 Mountainview Rd. N. New members welcome. Info: VON, 1-800-387-7127.

**Prayer meeting:** A public devotional meeting for world peace will be held 7:30 p.m. at the Halton Hills Cultural Centre meeting room. Open to all who wish to attend, bring your own devotions for a prayer meeting dedicated to encouraging peace throughout the world. Sponsored by the Baha'is of Halton Hills. Info: Isabelle, 905-878-6138.

### Wednesday, May 8

**35th anniversary:** Maple Co-operative nursery school's holds its 35th anniversary in the Cedarvale gym. Any former students, families or interested parties are invited to come at 11 a.m. for cake. Info: 905-877-7322.

**Esquering Historical Society:** A member of the Lime Kiln Society will speak about the preservation of the historic lime kilns in Limehouse at the Esquering Historical Society meeting at the Limehouse Hall, 7:30 p.m.

**La Leche League:** Mothers who wish to breastfeed their babies will find support and information at the Acton and Georgetown La Leche league meeting, 7:30 p.m. Info/location: Samantha, 905-702-8675.

**Huttonville euchre:** Huttonville United Church hosts its final euchre and games night for the season, 7:30 p.m. Fun, games and prizes. Admission is \$4.

**Prayer meeting:** A public devotional meeting for world peace will be held 7:30 p.m. at the Acton Arena meeting room. Open to all who wish to attend, bring your own devotions for a prayer meeting dedicated to encouraging peace throughout the world during these difficult times. Sponsored by the Baha'is of Halton Hills. Info: Isabelle, 905-878-6138.

### Thursday, May 9

**Plant sale:** The Georgetown Hospital Volunteer Association holds its Spring Plant Sale in the hospital lobby, 9 a.m. to 2 p.m. Selection of hanging baskets, patio plants, geraniums, begonias etc. from Arnold's Greenhouses. Proceeds to buy hospital equipment.

**CAUTION: there's something very hot in today's paper.**



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