Prevent Diabetes!

Are you at risk for diabetes?

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

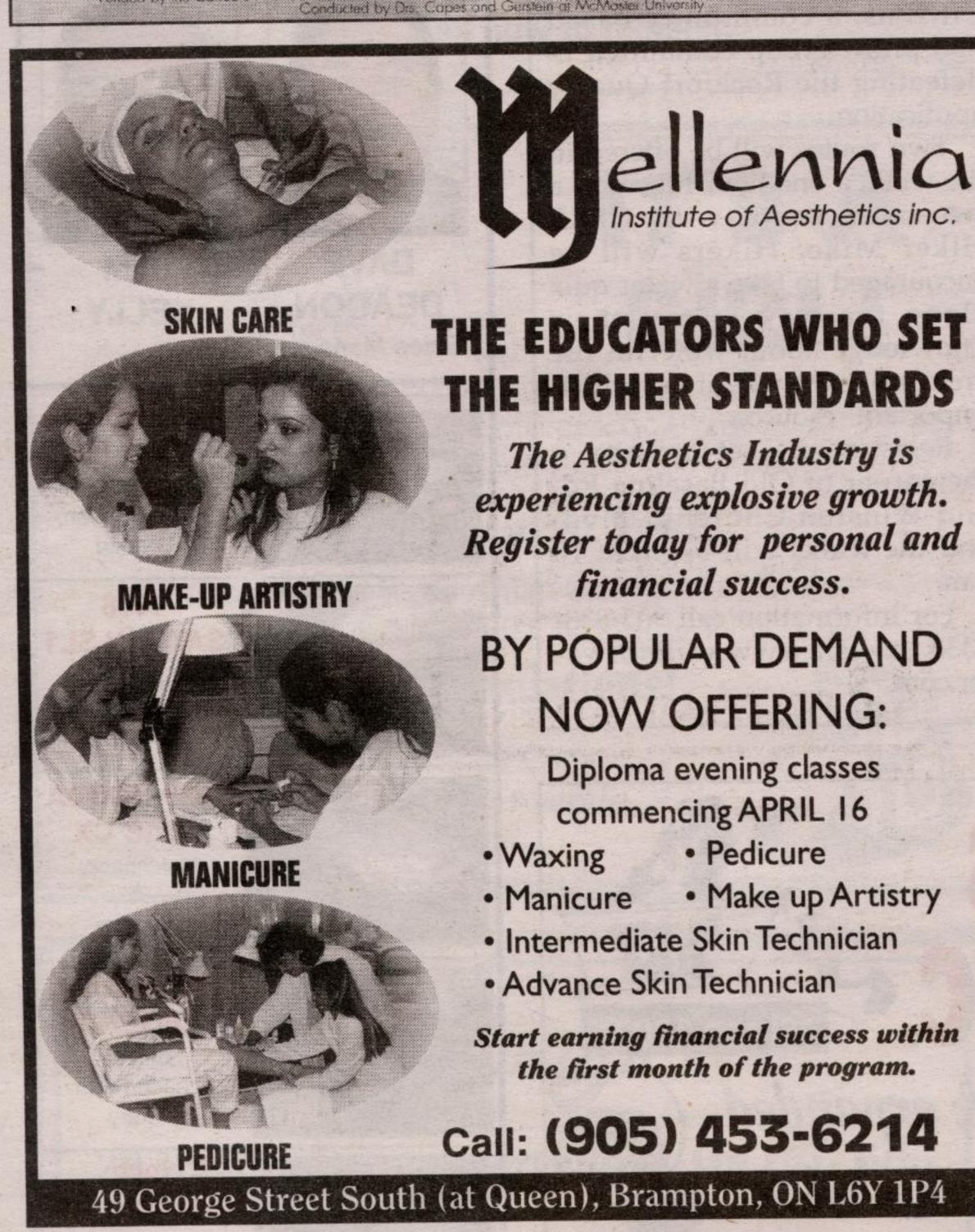
- · Diabetes in mother, father, brother and sister
 - Previous diabetes during pregnancy
 - High blood pressure
 Overweight
 - Previous borderline blood sugar level

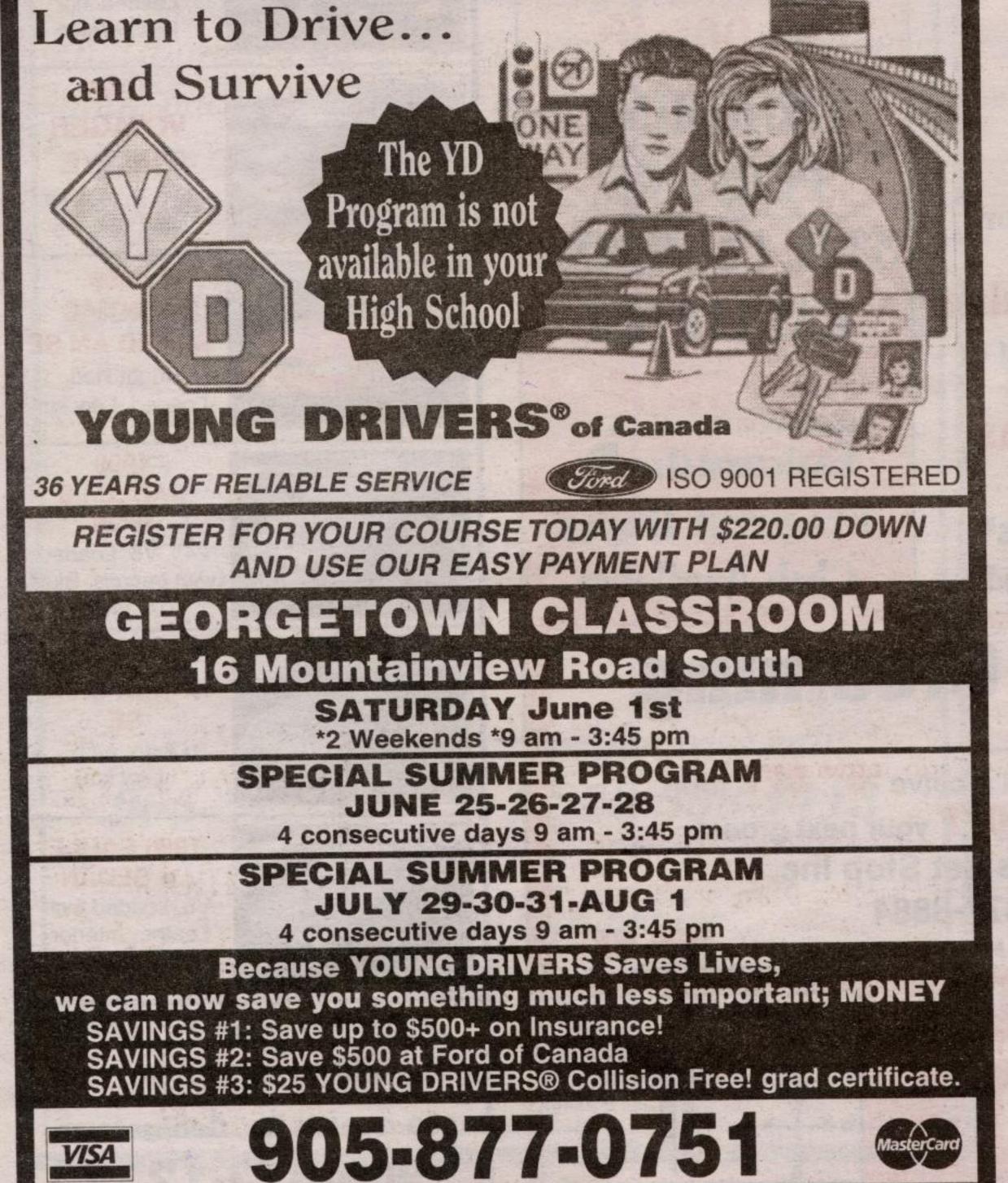
You may qualify for the DREAM research study* - testing new ways to prevent diabetes, at McMaster University

The DREAM Study

Diabetes REducation Assessment with ramipril and rosiglitazone Medications

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 Funded by the Canadian Institute of Health Research, Avenus Pharma: Wyeth Ayerst, King Pharmaceuticals and GlaxoSmithKline.
 Conducted by Drs. Capes and Gerstein at McMoster University





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 nofee, 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.

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

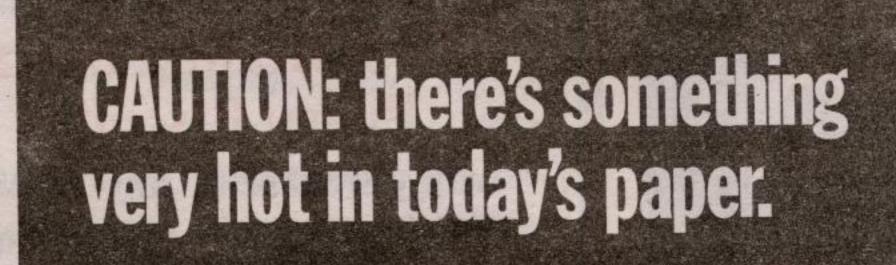
La Leche League: Mothers who wish to breastfeed their babies will find support and information at the Acton and Georgetown La Leche league meeting, 7:30 p.m. Info/location:

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.





Summer's hottest T-shirts, dresses, shorts, and sandals are all specially priced in our latest 8-page flyer. If your copy's missing, please call 1-800-663-6275, or visit marks.com and shop online.

Mark' Work Wearhouse Clothes That Work.



★ Over 100 juried crafts people In the Great Gambrel Barn, The Aberfoyle Town Hall and Individual Exhibitor Tents

★ Handmade quality

Saturday & Sunday

★ Superior workmanship ★ Great gift ideas for Mom

★ Country decorating at it's best

Live entertainment

★ Beautiful Spring location

* Food Available

Children Under 12 FREE Parking FREE

9 a.m. 4 p.m.

Adults \$4.00

COUNTRY HERITAGE PARK

8560 Tremaine Road, Milton, ON Call 1-888-307-FARM (3276)

Trafalgar rd. south to Steeles, west to Tremaine & follow signs