

Dateline

Dateline is a free listing of coming events only. The column is available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible if demand is low.

Notices for Dateline should be handed in at the office of The Champion, 191 Main St. E., mailed to P.O. Box 248, Milton, Ont., L9T 4N9, or faxed to (905) 878-4943. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items will not be accepted by telephone.

Tuesday Feb. 1

The **Milton Fibromyalgia Support Group** meets at St. Paul's United Church at 2 p.m. For more information, call JoAnne at 878-4371.

The **Peel/Halton Cesarean Awareness-Vaginal Birth After Cesarean Group** provides information, support and topical discussions at its meetings on the first Tuesday of each month at 7:30 p.m. This month's topic is 'Coping with Pain in Labour'. For details or directions call Penny at 873-2779 or Wendy at 891-0793.

Join the **North Halton Literacy Guild** every Tuesday from 9 a.m. to noon for **help with reading, writing, spelling, math or basic computers**. Interested adults should call 873-2200.

Learn how to write a resume, cover letter and contact card at the Milton Human Resource Centre. For more information call 876-9828.

Milton District Girl Guides are selling chocolate and vanilla wafer cookies in the mall beginning today.

The **Milton Breast Cancer Support Group** meets at 7:30 p.m. For details call Joan Gervais at 878-2573 or Carol Kerklau at 878-0655.

Wednesday Feb. 2

The **Computer Club** meets at 1:30 p.m. in the library of the Milton Seniors' Activity Centre, 500 Childs Dr. Guest speakers from the Halton Regional Police Service discuss fraud on the Internet.

Grace Anglican Church hosts '**Religions of the World**' for eight consecutive weeks at 7:30 p.m. For more information call the office at 878-2411.

People suffering from anxiety or panic can join an ongoing peer support group Wednesdays from 7 to 9 p.m. Call 693-8771 for more information.

The **Canadian Mental Health Association** offers '**Beyond Divorce**', a six-week seminar for people who have been separated for at least a year. The seminar runs from 7:30 to 9:30 p.m. in the library at Notre Dame High School in Burlington. The cost is \$75 and flexible payment plans are available. For more information or to register call 693-4270.

Calling New Parents, a free program for parents and babies six months and under meets every Tuesday. The group with a public health nurse discusses parenting and infant care. For more information call 693-4242, ext. 7365.

Wednesday Feb. 2 - 3

Arthritis sufferers can benefit from an **arthritis and pool therapy** - see more **DATeline** on page 10

Lindsay to go lightly at Loblaws

Light cooking is coming to Loblaws along with Canadian author, editor and television personality Anne Lindsay.

She'll demonstrate recipes in the upstairs cooking school at the 75 Nipissing

Rd. grocery store next Tuesday from 6:30 to 8:30 p.m.

The cooking sensation will tout her latest book 'Anne Lindsay's New Light Cooking'.

More than 200 low-fat, nutrient-rich and easy to make recipes are packed into the book, including delicious desserts like her easy chocolate cake with chocolate buttermilk icing.

In it, she cuts the fat without sacrificing taste by bolstering the cake with extra cocoa.

In light of a soaring interest in vegetarianism, Ms Lindsay also tackles meatless dishes, including stews, pastas and burgers in her book.

And intense flavour combinations like lemon, coriander and coconut milk work together to make the most jaded taste buds tingle in heart-smart and waistline-friendly creations.

Her exotic recipes are easy to make, chock full of ingredients found in any grocery store.

The recipes were designed in collaboration with the Canadian Medical Association and prominent dietitian

Denise Beatty.

And Ms Lindsay's holistic approach to health is evident in the book's information snippets on issues such as weight loss and cholesterol.

'New Light Cooking' is the latest of Ms Lindsay's efforts, following 'Smart Cooking', the 'Lighthearted Cookbook', 'Lighthearted Everyday Cooking' and 'Anne Lindsay's Light Kitchen'.

She can be found on Cityline television and is the nutrition editor of Canadian Living magazine.

Police seek volunteers

Halton Regional Police are looking for volunteers to fill vacancies in the Victim Services Unit and Citizens on Phone Patrol (COPP) program.

Victim Services provides support and referrals to victims of crime or tragedy and volunteers work from offices within police stations.

Duties include sending follow-up letters or making phone calls to victims.

Volunteers rotate their time on call to respond immediately to crisis situations.

COPP assigns volunteers to specific targeted areas where they patrol in their own car looking for suspicious activity or activity related to the reason why the area was targeted.

Cellular phones are provided to report in to a police supervisor.

Volunteers will receive full training to prepare them and a two-year commitment to the programs is required.

Applicants will be subject to a behavioral interview and a security background check.

Those interested are encouraged to call Noreen Heaney at 825-4747, ext. 5035.

Applications are also available at all police stations.

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REGION OF HALTON NOTICE OF STUDY COMMENCEMENT & PUBLIC INFORMATION CENTRE Class Environmental Assessment and Detailed Design Replacement of Kelso Bridge, Appleby Line (over Sixteen Mile Creek, north of No. 3 Side Road) TOWN OF MILTON, PR-1730

A Public Information Centre is being held to enable the public to review the proposed design, construction schedule and traffic detour plan:

DATE: Wednesday, February 2, 2000
TIME: 5:30 - 8:30 pm
LOCATION: Halton Region Museum (Kelso Conservation Area)

The Region of Halton is conducting a detailed design study to replace the Kelso Bridge on Appleby Line, north of No. 3 Side Road. The project involves the following:

- Replacement of the existing bridge with a two-lane single span bridge
- Regrading of approximately 150 m of roadway, shoulders and drainage ditches on each approach to the bridge
- Illumination of the roadway for approximately 100 m each side of the bridge.

This work is scheduled to be completed between June - September 2000 and will involve a temporary closure of this portion of Appleby Line.

As a Schedule A project under the Municipal Roads Class Environmental Assessment, this project is already approved under the Ontario Environmental Assessment Act, and requires no further consultation or notification, however external agencies and the affected public are being consulted.

If you wish further information, please contact either:

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