

Fax Dateline
info to
878-4943.

**The service is
for non-profit
groups and
events.**

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 inser-

tions 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.

Friday May 19

Registration for the Milton Community Resource Centre's nursery school program, Brookville Country Playroom, takes place at Ebenezer United Church in Brookville from 9:15 to 11:15 a.m. For details call 876-1244, ext. 15.

The Enterprise Centre hosts a free Internet chat forum entitled '**Advertising: Getting the Biggest Bang for your Buck**'. Sign up on the Internet at www.entreprisecentre.com/links.htm or call 825-2345. Seating is limited.

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts the **Victorian Tea** at noon. The menu includes both cucumber and salmon sandwiches, scones with jam and cream plus tea and coffee. The Craft Club also has a table set up. Tickets cost \$5 per person.

Saturday May 20

St. John's Anglican Church, No. 10 Sideroad and Guelph Line, hosts a **plant sale** from 9:30 a.m. to 2 p.m. There are also crafts, a bake table and a light lunch. Organizers are looking for indoor and outdoor plants, garden-related items, books and tools. Call 854-0328 or 854-0479.

Join the '**Dad and Me**' drop-in sessions every Saturday from 9:15 to 11:15 a.m. at the Milton Community Resource Centre, 917 Nipissing Rd. Call the centre at 876-1244, ext. 12, for more information. No sign up is necessary.

Sunday May 21

Hope Place's Hike for Recovery 2000 is a 4 or 6 km walk that starts at Southview Plaza (Ontario Street and Derry Road). Registration is from 9 to 10 a.m. A barbecue at Hope Place Women's Treatment Centre will follow. The entry fee is \$5 for adults and children are free. For more information call 875-3214.

The **Milton Cruise** begins its seventh season. The event takes place Sunday evenings in the Canadian Tire (Market Drive) parking lot. Admission is free to spectators and pre-1976 classic vehicles.

Monday May 22

Bring your 3 to 5-year-old child to **Creation Station** from 1 to 3 p.m. Participants create something new every week using a variety of media. Projects include a wall hanging, a mobile, a game and a centrepiece. To register call the Milton Community Resource Centre at 876-1244, ext. 12.

The **Osteoporosis Support Group** of the Oakville Bone Centre meets at 1:30 p.m. at St. Michael's

Church, 181 Sewell Dr., in Oakville. The subject is Calcitonin, a new nasal spray drug. For more information call Phyllis Spillone at 829-4863 or Kay Duncan at 827-6750.

Tuesday May 23

The **Parent Support Group** meets every Tuesday at 7:30 p.m. at Pinelands Presbyterian Church, 5270 New St., in Burlington. This non-denominational self-support group with trained leaders, helps parents of children who are in trouble at home, at school or with the law or are abusive or taking drugs. For details call 1-800-488-0233.

Attend a **Family Caregiver Education Session** hosted by the VON of Halton and facilitated by Marry Buzzell, RN, from 1:30 to 3:30 p.m. For more information or to register call 827-8800, ext. 2310.

Learn to write a resumé, covering letter and contact card at the Milton Human Resource Centre. Call 876-9828 to register.

The **Ashgrove Women's Institute** invites people to listen to Tim Ream from Pride Seeds discuss 'Biotechnology in Agriculture' at Hillcrest United Church (Trafalgar Road and No. 5 Sideroad). Light refreshments begin at 7 p.m. followed by the speaker at 7:30 p.m.

Wednesday May 24

At the monthly meeting of the **Halton chapter of Canada's Association for the 50 Plus (CARP)**, students who won the CARP Millennium Intergenerational Project are presented their cash awards. The topic was 'My Experience with a Senior Citizen'. The meeting takes place at 7:30 p.m. at the Burlington Seniors' Centre, 2185 New St. (Central Park). For more information call Harry at 335-5717.

Thursday May 25

'**Understanding Anxiety, Panic and Phobias**' is a free seminar hosted by Halton Healthcare Services and the Canadian Mental Health Association at 7 p.m. at the 707 Galaxy Banquet Hall in Oakville. Call 338-4379 to reserve a seat.

The Milton Seniors' Activity Centre's **Diners Club** holds its monthly get-together at a nearby eatery. Meet them for camaraderie, great food and socializing. Call 875-1681 to sign up.


The VON hosts a **foot care clinic** at the Milton Seniors' Activity Centre, 500 Childs Dr., from 1 to 4 p.m. Appointments are required. Call 827-8800, ext. 2110, for more information.

A **public transportation meeting** takes place at 1 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. Phil Antoniow, coordinator of engineering services for the Town of Milton, speaks. Call the centre at 875-1681 to sign up.

 **The FINE ARTS SOCIETY of MILTON**
Announces their
4th Annual Art Show & Sale

Art on the Escarpment

Sat. May 27 & Sun. May 28, 2000
Free Admission Springridge Farm, Milton
Just North of Derry Rd. on Bell School Ln.
Hours: 9 a.m. - 5 p.m.


Halton Healthcare
S.E.R.V.I.C.E.S.
Caring Today. Growing for Tomorrow

Building the Best Bones

Members of the public are invited to attend a public forum entitled "Building the Best Bones" to be held on Tuesday, May 30, 2000 at the Milton Leisure Centre. This seminar is presented by the Oakville Bone Centre and the Halton Healthcare Services (Milton District Hospital site), and is sponsored by Novartis Pharmaceuticals Canada Inc. and Merck Frost Canada Inc. The speaker will be Dr. Aliya Khan, Geriatrician, Director, Oakville Bone Centre, and Assistant Professor Medicine, McMaster University.

Osteoporosis affects about one million women and four hundred thousand men in Canada. In addition, more than two million Canadians have a lifetime risk of fracture due to osteoporosis. Most people do not know that they have osteoporosis until a fracture occurs. Your doctor can detect osteoporosis by a special test known as bone densitometry.

There are a number of factors that can influence your susceptibility to osteoporosis including diet, physical activity, age, sex, medications, body type, family history and heritage, medicines, smoking and alcohol consumption. The good news about osteoporosis is that it can often be prevented by adopting healthy lifestyle behaviours. It's never too late to take steps to protect your bones.

This seminar is intended for individuals of all ages who are interested in learning more about the prevention, diagnosis and treatment of osteoporosis. Dr. Khan will be speaking on the advances in osteoporosis management.

If you are unable to attend, but wish more information on osteoporosis, speak with your physician or call the Osteoporosis Society of Canada at (416) 696-2663.

For more information call:
Cindy Popp, Health Promotion Coordinator, Milton District Hospital at (905) 876-7045.

 **We're brand new!**

 **REDWOOD PET RESORT**

- Spacious bedrooms with adjoining patios
- Playground and pool facilities
- Select luxury suites available
- Check out our Pamper and Spoil Me Silly Programs!

Tours Welcome:
Come and have a personal tour of our beautiful new facility. Check out just where your pet stays before you board.



Office Hours

Monday - Thursday	8 am - 6 pm
Fridays	8 am - 8 pm
Saturdays	8 am - 4 pm
Sundays	12 pm - 8 pm

Boarding • Grooming • Obedience Training • 7594 Auburn Rd., Milton 905-878-9410