Check.our

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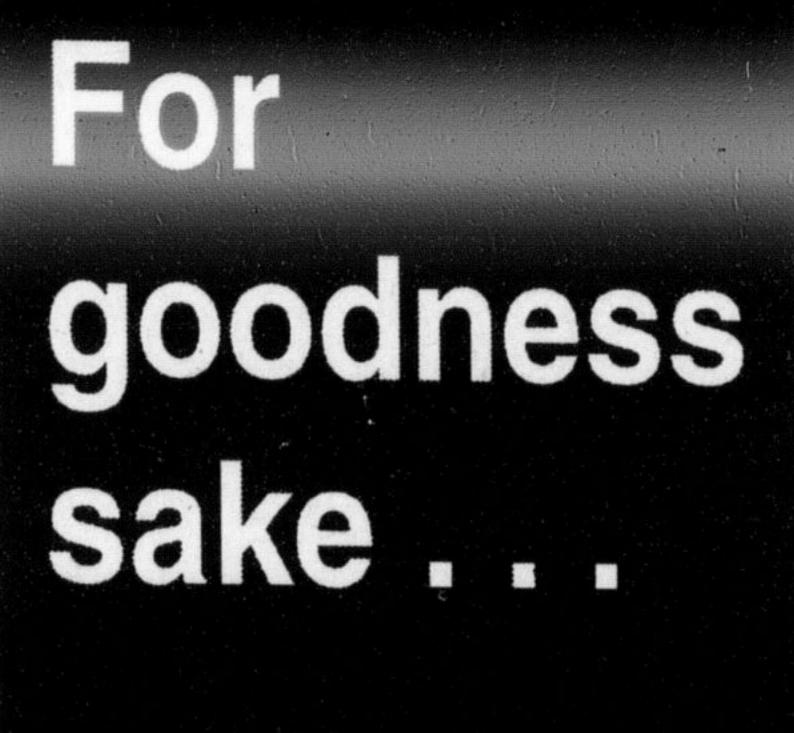
in next

Friday's

issue of

The

Champion.





A good health tip from Milton District Hospital



Healthy Gardening!

Are you a weekend warrior when it comes to gardening? While it is good exercise, gardening can be very strenuous. To prevent injuries be sure to stretch before you start. Try to keep all your gardening tools within arms reach, and instead of kneeling on the ground for long periods of time, try using a stool or a kneeling pad. Protect your back by bending your knees when weeding or leaning over in the flower beds. If it is a really big job, don't try to do it all in one day. Finally, please wear a hat and drink plenty of water.

"For goodness sake" is brought to you courtesy of



and The Canadian Champion

Annual Strawberry Fair tomorrow

Lots to see and do at 20th annual event

Tomorrow's 20th annual Strawberry Fair will be an all-day family fun event, say organizers.

The fair hosted by the Milton District

Hospital Auxiliary will take place from 8 a.m. to dusk on the Derry Road hospital grounds.

The day of food and entertainment will kick off with the Optimist Club's Strawberry Pancake Breakfast.

People can enjoy pancakes with syrup, fresh strawberries (all the strawberries are donated by Andrew's Scenic Acres),

bacon, sausage, coffee, tea and juice.

The Credit Valley Shrine Club will join the Strawberry Parade that leaves Delacourts on Main Street at 9:30 a.m., ending at the hospital grounds.

The Shriners' clown, crash and motorcycle units will join dignitaries such as Mayor Gord Krantz and Halton MP Julian Reed as well as Strawberry Princess Ashley Kopper, Tom Chessman, ambassador to the fair, and Freda Strain, strawberry marshal, in the parade.

The opening ceremonies with Father Mark Curtis will take place at 9:45 a.m.

Then the day will really begin.

Non-stop entertainment

There will non-stop entertainment including local and area dance clubs, ventriloquists and puppetry as well as baton groups and more.

Representatives from the Ontario Renaissance Festival will be at the fair as will Elvis tribute artist Steve Kabakos who will perform at 7 p.m.

Food will also be in abundance at the

People will also be able to enjoy an M&M Meat Shop barbecue from 10:30 a.m. to 4:30 p.m. and strawberries, strawberry shortcake, strawberries and ice cream and strawberry daiquiris throughout the day.

From 5 to 7:30 p.m., there will be an old-fashioned barbecue with chicken and

There will also be a number of vendors, baked goods, a white elephant sale and two raffles.

The auxiliary hopes to raise \$25,000 for the hospital.



WIN STOJEC In The Oakville Waterfront Festival Lottery! will be solu Tickets available at various community groups
in Oakville. Tickets only \$5 each or 3 for \$10. Available on-site

Festival Weekend. Take the GO to Oakville or Bronte and ride the FREE Shuttle to the OWF! For complete transit INFO. call 815-2020

odds are 1 in 1.5. Contest being conducted in participating Greater Toronto/Golden Horseshoe area stores. Open to Ontario residents only. Not all stores are

allocated equal number of Scratch & Win cards; allocations predetermined prior to contest launch. See official contest rules at cashier for additional prize and

Tim Hortons, presents

Buy your Festival button in advance for only \$8.00 and save \$4.00 off the gate price. Children 5 and under are free. Buttons available now at all Oakville area banks, McDonald's, Oakville Canada Post, Rainbow Gas Bar, and participating Petro-Canada Stations in Oakville, Burlington and Mississauga.

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moist, chantal kreviazuk, leahy, montreal jubilation gospel choir



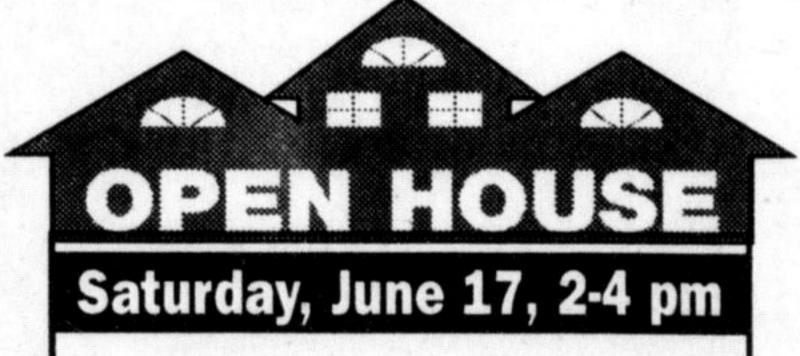
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Ask about our Tax Receipt program

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