

For
goodness
sake . . .



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


Halton Healthcare
S.E.R.V.I.C.E.S

and
The Canadian Champion

Check our
our A&E
section
in next
Friday's
issue of
The
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 motor-
cycle units will join dignitaries such as
Mayor Gord Krantz and Halton MP Julian
Reed as well as Strawberry Princess
Ashley Kopper, Tom Chessman, ambas-
sador to the fair, and Freda Strain, straw-
berry 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, ven-
triloquists 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
fair.

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, straw-
berry 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
ribs.

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.




Bi Way

Come in and get a **SCRATCH & WIN** card
for 2 in 3 Chances to **WIN INSTANTLY...** A New **FORD FOCUS** Courtesy of Summit Ford,
BIWAY SAVINGS or one of **OVER 2800** other **GREAT PRIZES!**

One Year of
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One Year of
**MISS CANADA
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One Year of
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One Year of
HUMPTY DUMPTY CHIPS



Don't run out...Run in to WIN!

Bi Way

Contest ends June 30, 2000. No purchase necessary to win. Maximum: one card per person per day. Skill-testing question required to win prize. Overall 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 odds details.

WIN \$10,000!

In The Oakville Waterfront Festival Lottery!

Only
10,000 tickets
will be sold!

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

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,
Canada Post, Rainbow Gas Bar, and participating
Petro-Canada Stations in Oakville, Burlington and Mississauga.

Oakville Waterfront Festival

June 23. 24. 25. 2000

www.oakville-festival.org

featuring
moist, chantal kreviazuk, Leahy, montreal jubilation gospel choir

Think
Spring

Clean out the closet for
Amity Goodwill.

Please take your extra
clothing and household
items to the Amity Goodwill
store close to you.

Ask about our **Tax Receipt program**

Liza and her team are eager to help you
550 Ontario Street S.

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people grow!

goodwill industries

OPEN HOUSE

Saturday, June 17, 2-4 pm

637 Laurier Avenue
\$195,000

Katrina Walton in Attendance
Remax Blue Springs Realty (Halton) Corp.
878-7777

Sunday, June 18, 2-5 pm

859 Fraser Court
\$218,900

A. Mateen Quershi in Attendance
Remax Realty Specialist Inc.
905-272-3434