

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



Sun Safety

Teach children and teenagers proper sun protection-use a broad spectrum sunscreen with SPF 15 or higher, limit your time in the sun and wear hats and shirts. Damage caused by sun exposure accumulates over the course of a lifetime and one severe childhood or adolescent sunburn will double the risk of developing skin cancer later in life.

"For goodness sake" is brought to you courtesy of



and
The Canadian Champion

Fax
Dateline
info to
878-
4943
in
plenty
of time
before
the
event.

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 July 4

The Peel/Halton Vaginal Birth After Cesarean-Cesarean Awareness Group (VBAC-CA) provides information, support and topical discussions at its 7:30 p.m. meeting. For telephone support, further information or directions, call Penny at 873-2779 or Wendy at 891-0793.

Learn how to write a resumé, cover letter and contact card at the Milton Human Resource Centre, 310 Main St., Suite 106. For details call Maggie at 876-9828.

The Parent Support Group meets 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 1-800-488-5666.

Thursday July 6

The Victorian Order of Nurses (VON) holds the Foot Care Clinic at the Milton Seniors' Activity Centre, 500 Childs Dr. To reserve a spot, call the centre at 875-1681.

Halton Regional Police are looking for people for their Auxiliary Policing Services Unit. Those interested must attend the Community Information Session at 7 p.m. at 12 Division, 490 Childs Dr.

Friday July 7

Laurel Crossley-Byers helps people discover how to locate and communicate with potential customers from 9:30 to 11:30 a.m. at the Milton Human Resource Centre, 310 Main St. E. Call 462-1971 to register.

Sunday July 9

The Milton and District Horticultural Society Garden Tour runs from noon to 5 p.m. and features six urban and five rural gardens. Tickets cost \$7 per person or \$10 per family and are available at the Spice O'Life or by calling Marian at 854-1938 or Jennifer at 878-3597.

Monday July 10

Vacation Bible School (Kid's Club) for students in kindergarten to grade 5 runs from 9:30 to 11:30 a.m. today until July 14 at Southside Community Church (formerly known as Milton Alliance Church), 2850 Derry Rd. (between the fire station and the hospital). Children participate in games, crafts, stories and more. Registration begins today. For more information call the church office at 878-5664.

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SCHEDULED COMPLETION DATE:	DECEMBER 2000
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