

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital

A Menu of Ideas for Thanksgiving

Here are some ways to actively celebrate Thanksgiving with your friends and family.

VISIT A FALL FAIR. Besides all the walking you will do, a fair may give you a chance to join in other activities, in addition to tasting the fall harvest.

FOR A WHEEL WORKOUT, go cycling or in-line skating. Take advantage of the great weather and work up a real appetite.

GO TO THE PARK. Play a game of softball, touch football, soccer or bocci. If it is a small group, you can still play Frisbee or catch.

TAKE AN "OH, I ATE TOO MUCH" WALK after dinner. You will feel better and have more room for dessert!



"For goodness sake"
is brought to you courtesy of



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

and
The Canadian Champion

Time capsule will show future Miltonians what it was like to live here in year 2000

By LISA CARTWRIGHT

The Champion

Imagine how exciting it would be to open a time capsule that has been buried for more than 50 years and discover pictures, writings and memorabilia from the past.

That's exactly what will happen when Miltonians in 2057 open a time capsule from present Miltonians on the town's

What are your feelings in Y2K?

By LISA CARTWRIGHT

The Champion

What does the year 2000 mean to you?

That's what members of the Milton Millennium Community Scrapbook and Time Capsule committee want to know.

Members are encouraging Milton residents to bring their photographs and their written remembrances of what the year 2000 was like so they can be compiled into a scrapbook.

200th birthday, said Leslie Fitch, a member of the Milton Millennium Community Scrapbook and Time Capsule Committee.

"We wanted to reflect on what the year (2000) meant to us, but at the same token, we wanted to say 'howdy' to the people in the future," said Ms Fitch.

To show the people of the future what the year 2000 was like in Milton, committee members are asking people to contribute

• see MILLENNIUM on page 25

The scrapbook will be displayed at the library for people to enjoy in the years to come.

People are asked to submit labeled photographs of activities they participated in and pictures of their friends and family.

Miltonians are also asked to write down their memories from the year.

These can include documenting the feelings they had as Y2K approached to

• see SCRAPBOOK on page 21



Photo by GRAHAM PAINE

Sandra Murphy (left) and Bruce Carlin, both members of the Town's Millennium Scrapbook and Time Capsule Committee, sort through photographs and posters for inclusion in the scrapbook while a Canadian flag signed by residents on Canada Day awaits submission into the time capsule.

2000

ELECTION
November 13, 2000
CITY OF
BURLINGTON

MUNICIPAL ELECTION VOTERS' LIST

Is your name on the City of Burlington's Voters' List?

The City of Burlington Municipal Voters' List has been prepared and is available for review at City Hall in the Clerk's Office and at the six library branches.

During the period, which begins on Tuesday, September 5, 2000, through to Monday, November 13, 2000 (Voting Day), a person may make an application to the clerk requesting:

a) that the person's name be added or removed from the voters' list

OR

b) amend that information on the voters' list pertaining to the person (example: school support)

To amend the voters' list you must file an application with the City Clerk. The application is available at the City Clerk's Office, 426 Brant Street, or may be downloaded from our website at www.city.burlington.on.ca.

Please note that the deadline to amend the voters' list at the City Clerk's Office is 4:30 pm, Friday, October 20, 2000. Revisions to the voters' list after that date have to be made at the voting location.

Please note that we **cannot** accept electronic or facsimile copies of this form. You must submit the original document to the Clerk.

John Skorobohacz
CITY CLERK AND RETURNING OFFICER

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CITY OF
BURLINGTON



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Call Ozzie or Lydia for an appointment