

FALL FAVOURITES

HALTON ATHLETIC CLUB

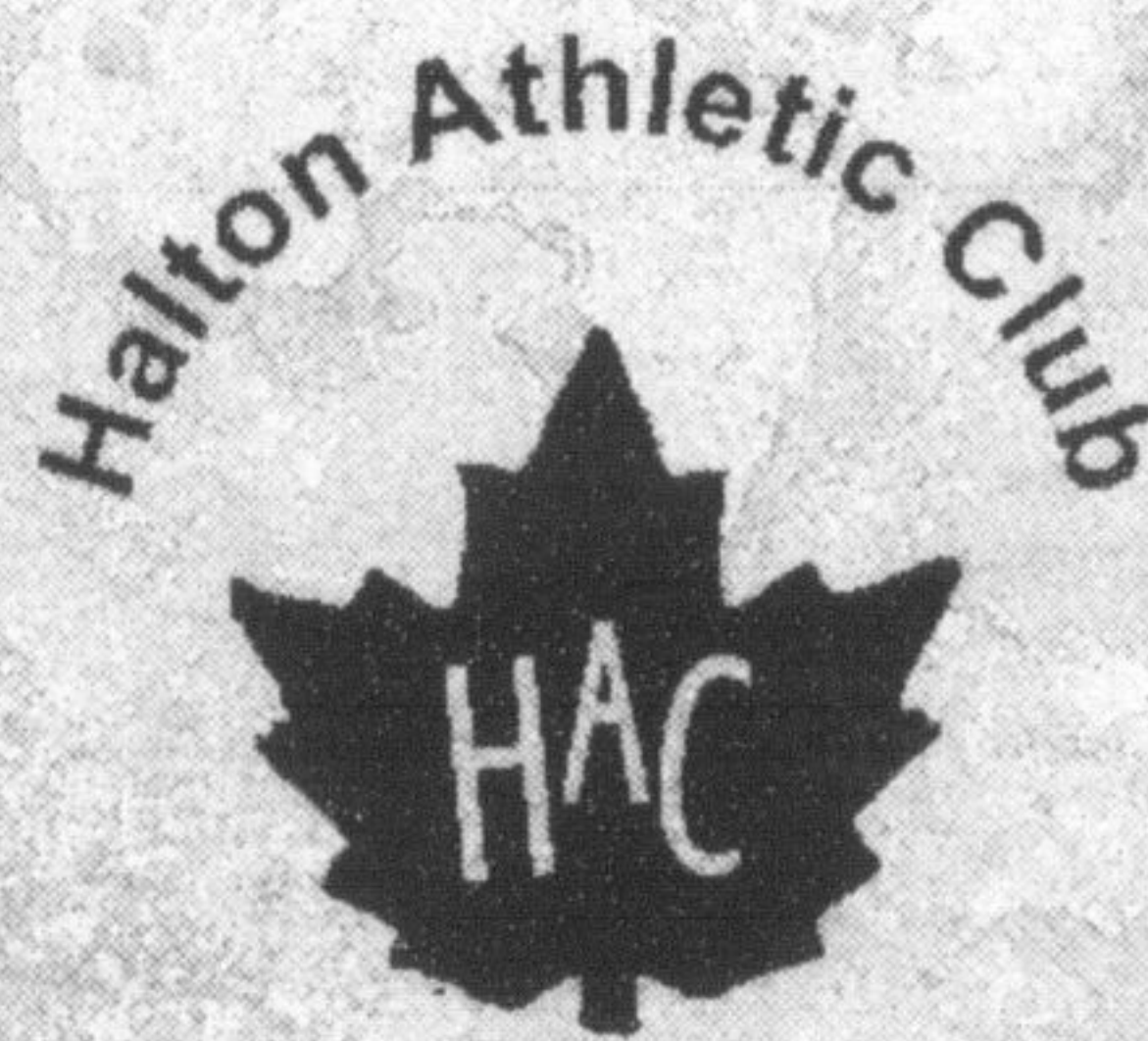
Elite 18U Team Tryouts

Sunday, September 23
9:00 a.m. - 1:00 p.m.

Athletes age 16-18, who are passionate about maximizing their skills development, are invited. The HAC 2002 Baseball season will continue this process while showcasing players to the highest levels of Professional and Amateur Baseball.

Contact Steve Mousseau (Mgr.) **905-257-8333**, or by e-mail elysian@attcanada.ca, for additional information.

Check our website at www.hacbaseball.com



Nordica Autumn Squares

(NC)—An apple dessert which rivals the appeal of the traditional pumpkin pie!
1 pastry recipe
1 egg white, slightly beaten

1-1/2 cup 375 mL
1/2 cup 125 mL
1/2 cup 125 mL
1/4 cup 50 mL
1 tsp 1 mL
1 tsp 5 mL
1/4 tsp 1 mL

apples, thinly sliced
walnuts, chopped
raisins
sugar
cinnamon
lemon zest
nutmeg

INTERNETWORKING™

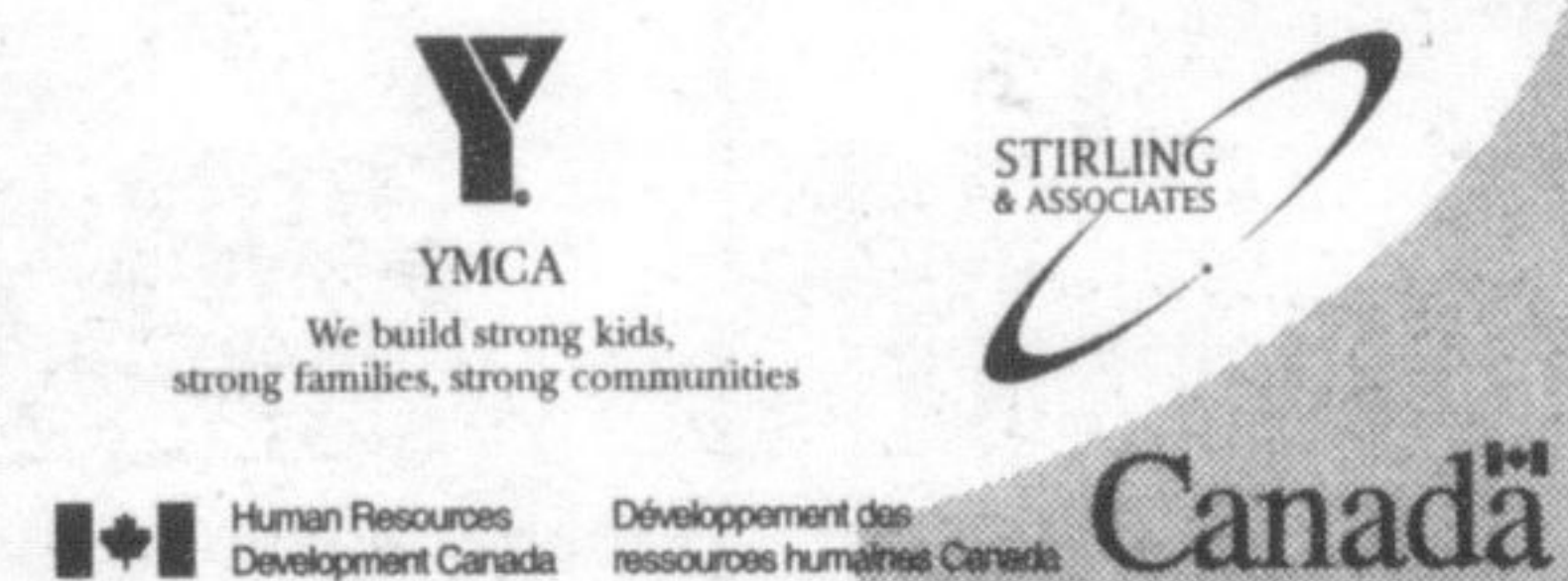
Looking for Work? Learn to use the Internet.

InternetWorking™ is a free 2-week program designed to teach unemployed people how to use the internet to search for jobs.

You'll learn how to:
Access hundreds of local job listings
Send your resume using email
Find and research companies online.

Classes start every 2nd week at the YMCA Career Development & Learning Centre in Burlington.

For info call: 905-681-1140
or 1-866-244-7244 toll free.



TOPPING

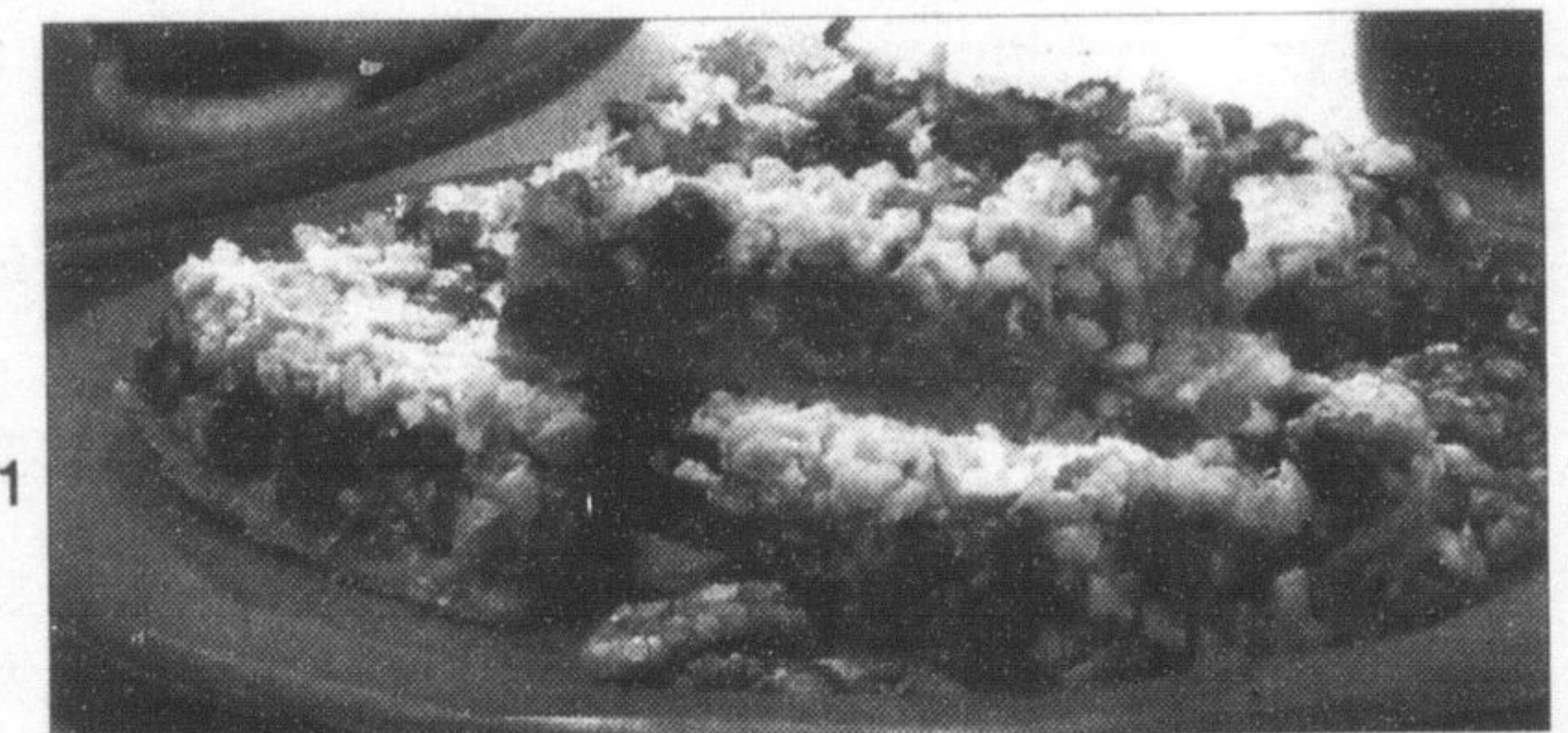
2 eggs, lightly beaten
1/2 cup 125 mL
11/4 tsp 1 mL
1 cup 250 mL
1 tsp 5 mL
1-1/2 cups 375 mL

sugar
salt
milk scalded
vanilla extract
Nordica Cottage Cheese

Preheat oven to 425°F (220°C). Line 8x8" (20x20cm) ungreased pan with pastry. Brush with lightly beaten egg white. Mix together apples, walnuts, raisins, sugar, cinnamon, lemon zest and nutmeg. Spread mixture over pastry. Bake for 20 minutes. Remove from oven, set aside and reduce heat to 325°F (160°C). Blend together thoroughly, eggs, sugar, salt, scalded milk, vanilla and cottage cheese. Pour over apple mixture and return to oven for 40-50 minutes. Cool before serving. Cut into squares.

To serve: garnish with Gay Lea Real Whipped Cream and dust with cinnamon. Makes 20 squares. Preparation time: 15 minutes. Baking time: 1 hour - 1 hour and 10 minutes.

- News Canada



-Dare to Dream-

Classical Ballet

(R.A.D & Cecchetti)
General Division
Professional Division
Pointe
Pas de Deux

Character - Folk Dance

Spanish Dance
Modern/Jazz

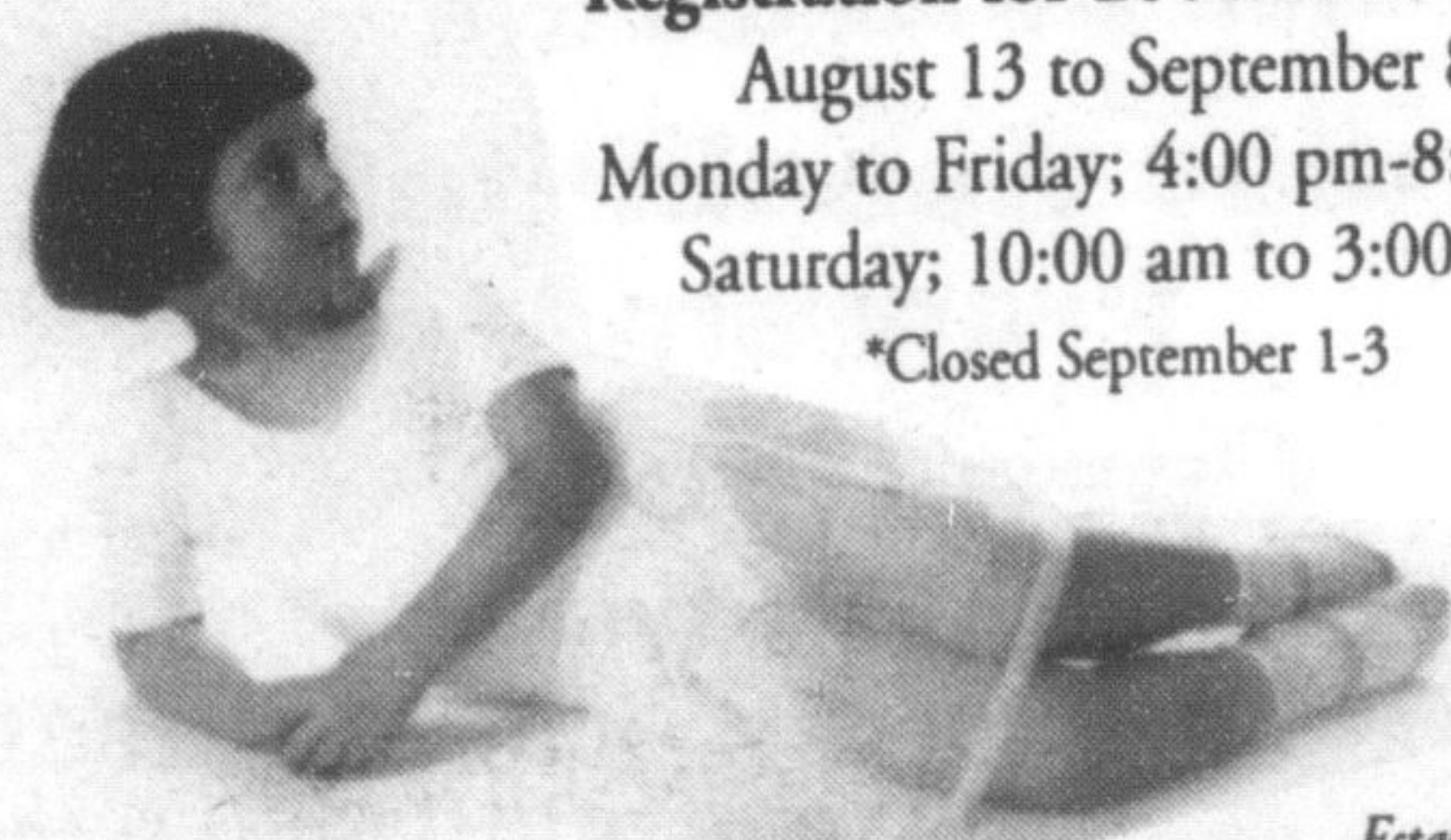
Pilates Body Conditioning

Adult Classes
(Daytime & Evening)



Students perform with the Oakville Ballet Company in Oakville's own "The Nutcracker". The school is registered as an Educational Institution with Employment and Immigration Canada. Classes are taught by highly qualified teachers from professional backgrounds.

Registration for 2001/2001 Season
August 13 to September 8*
Monday to Friday; 4:00 pm-8:00 pm
Saturday; 10:00 am to 3:00 pm
*Closed September 1-3



Oakville School of Dancing

Amanda Anderson, Principal
Frank Bayliss, Administrative Director

260 Robinson St, Oakville ON L6J 1G6
905-844-7035

Awesome Picking
Farm Winery, Raspberries,
Flowers, Elderberries, Peaches,
Supersweet Corn,
Ready picked Apples, Haunted
Forest, Straw Mountain,
Hay Rides, Playground, Animals
Craft Fair September 29th & 30th



Rosie Raspberry

Drive North of 401 on Hwy #25. Drive east on road #10

ANDREWS SCENIC ACRES
Milton 905-878-5807
www.AndrewsScenicAcres.com

Programs Start October 9th

The Centre's pre-apprenticeship programs provide short-term, comprehensive training that allows you to start a new career in less than a year.

Industrial Electrician
Industrial Mechanic
Precision Machining and Tooling

905-333-3499 / 878-1240
www.thecentre.on.ca

Limited Seats Available

The Centre
Skills Development & Training

Broccoli and Mushroom Calzone

(NC)—Thinly sliced and full of fresh produce... a really appetizing appetizer!

2 tsp 10 mL
1 1/2 cups 375 mL
1/3 cup 75 mL
1 clove garlic, minced
1 egg, beaten
2 cups 500 mL
3/4 cup 175 mL
1/3 cup 75 mL
1 tsp 5 mL
1/4 tsp 1 mL
1 pkg (283 g) refrigerated pizza crust

vegetable oil
sliced mushrooms
chopped red or green pepper
cooked and drained broccoli
Nordica Cottage Cheese
grated Parmesan cheese
dried basil
pepper

In medium skillet, heat oil over medium-high heat, sauté mushrooms, peppers and garlic for 3 minutes until lightly browned. Cool. Reserve 1 tbsp beaten egg. In bowl, combine remaining egg, broccoli, cottage cheese, Parmesan cheese, basil and pepper. Stir in mushroom mixture. Unroll pizza crust onto lightly greased 15x10" (37.5x25 cm) baking sheet; press out dough over filling to make oblong shape. Spoon broccoli mixture down centre of dough. Fold dough over filling, pinching all edges to seal. Brush with reserved egg. Cut a few slits in top to vent. Bake at 425°F (220°C) for 15-20 minutes or until browned.

Makes 4 servings. Preparation time: 15 minutes. Baking time: 15-20 minutes.

- News Canada

Pick Your Own Apples

Ready Now:

McIntosh Cortland Empire
Freshly Made Apple Cider

Williams' Orchards

Open Weekends And Holidays
9:00am to 5:00pm