

Correction

An incorrect address for the Milton branch of the Canadian Red Cross was provided to The Champion and was used in a story about donations for flood victims in Badger, Newfoundland.

The correct address to send donations is 100 Nipissing Rd., unit 5, L9T 5B2.

The Champion regrets the error.

New Red Cross program helps youths deal with fear of disasters, terrorism

There's no doubt about it. Global unrest, terrorism and the threat of war are causing fear and uncertainty in many Canadians.

The Red Cross is encouraging all Canadians to cope with their fears by

obtaining information that can help them better prepare for an emergency.

Facing Fear is a new Red Cross program developed with the support of Royal and SunAlliance. It's meeting a demand from teachers and educators in Canadian schools to help young people deal with their fears regarding terrorism and tragic events.

The goal of the program is to help youths aged 5 to 16 years prepare for disasters and know how to deal with the aftermath.

"One of the most empowering tools in dealing with fear and uncertainty is knowledge," said Marjory Gaouette, branch manager of the North Halton Red Cross. "It is comforting just knowing how to prepare and how to protect yourself and your family in the event of an emergency situation."

The Facing Fear curriculum supplements the Canadian Red Cross Expect the Unexpected program, which provides educators with information and activities on natural disasters such as hurricanes, floods,

earthquakes, tornadoes and storms.

Disasters in all forms, man-made or natural, can strike quickly and without warning. They can force evacuation or home confinement. Being unprepared for a disaster can shatter a person's life.

Knowing what to do when disaster strikes will help people control the situation better and be in a position to recover more quickly. For this reason, the Canadian Red Cross says, "Expect the unexpected— plan for it."

"The Red Cross is dedicated to making preparedness information accessible to all Canadians, not only in schools but in every community," said Ms Gaouette.

The Red Cross Be Prepared Not Scared booklet can be obtained through the North Halton branch of the Canadian Red Cross, located at 100 Nipissing Rd., unit 5.

For more information about Red Cross disaster preparedness programs, call Marjory Gaouette at (905) 875-1459 or visit www.redcross.ca.

Public forum on crisis response

Halton Regional Police in conjunction with Burlington Counselling and Family Services will host a public forum on crisis response later this month.

Richard Sale, a member of the crisis support response teams at the World Trade Center and during the Oklahoma City bombing, will speak.

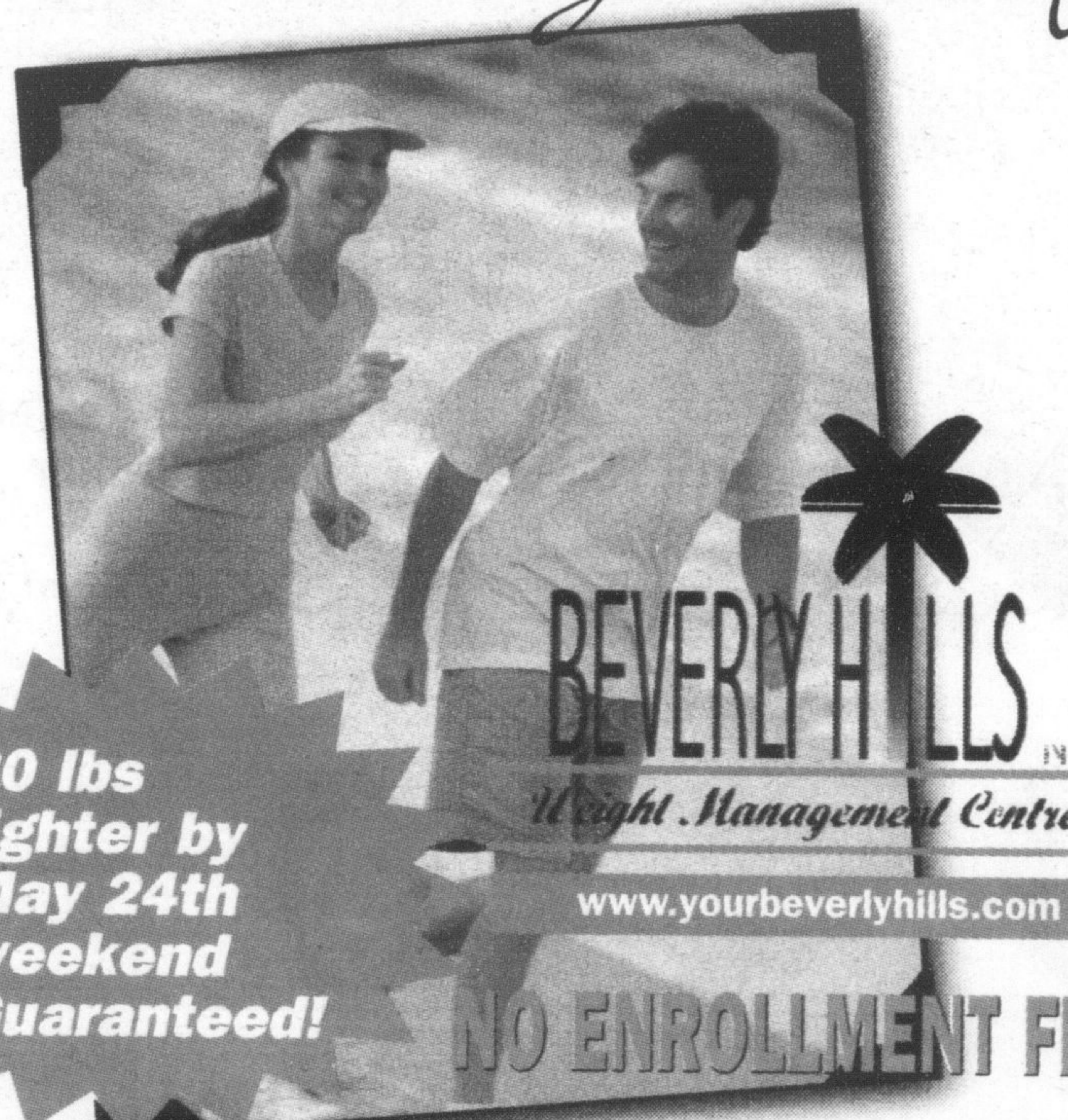
Mr. Sale has been trained in crisis intervention by the FBI National Academy and Crisis Intervention Institute.

The event will take place March 19 at 7 p.m. at St. Christopher's Anglican Church, 662 Guelph Line.

Those interested in attending should phone Burlington Counselling and Family Services at (905) 637-5256 or e-mail info@burlingtoncounselling.com.

There's no admission cost, however, donations for the family services organization will be accepted.

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Allison's of Milton

Catering business like poetry on a plate

Reading any one of the more than 400 custom menus created by Chef Allison Vaux is immediately a mouthwatering experience.

Warm scones with homemade preserves. Caramelized lemon tartlets. Crab and avocado finger sandwiches. Handmade truffles. Roasted butternut squash soup with caramelized apples.

The hugely-popular grilled chicken sandwich with pancetta, asiago cheese and tomato and pesto mayonnaise on a freshly made baguette.

It's poetry on a plate - culinary poetry courtesy of Vaux's catering company called Allison's of Milton.

And the Milton chef's work is as prolific and deliciously memorable as the 19th century Irish writer George Bernard Shaw - "...there is no love sincerer than the love of food."

Vaux's own love of food is rivaled only by her love of cooking.

In 1995, the Milton native headed to the Stratford Chef School and following graduation, "turned into a sponge" apprenticing in restaurants, teaching in cooking schools, managing and event planning. She also enhanced her chef training taking additional courses in nutrition and wine selection.

Allison's of Milton, established last September. In a 500-square-foot industrial kitchen on Bronte Street, Vaux has been wowing corporate clients with her intriguing flavor combinations and custom menus.

Praise has been echoing across town, and throughout Burlington and Oakville where her gourmet catering has graced breakfast, lunch, teatime, snack and dinner tables at many corporate functions, weddings and home gatherings. She's the only local caterer listed as one of three preferred by the Halton Region Museum where a recent \$2.5 million renovation has made this a sought after venue in the community.

Vaux limits her capacity to 150 people. Any more than that, she said, impacts on the quality of food, which is her paramount concern. "I have to oversee every platter, every single item on it and every detail of every ounce of food before it is presented to guests," said Vaux.

As an executive chef, she surrounds herself with support staff who share her meticulous passion for high quality ingredients, fine preparation and beautiful presentation. Seven chefs, nine wait staff and three bartenders assist Vaux. And her sister, Meredith Vaux takes care of the details outside the kitchen, co-ordinating everything from simple dinners and home cooking party lessons to a series of elaborate company events at which a variety of dietary restrictions must be accommodated.

After Vaux meets personally with each client to create a custom menu, they're left with the same infectious enthusiasm toward food that she has. And once they've tasted it, it's very likely their taste buds are transcended into their own unforgettable delicious nirvana. For all your corporate and social catering call one of our event coordinators.

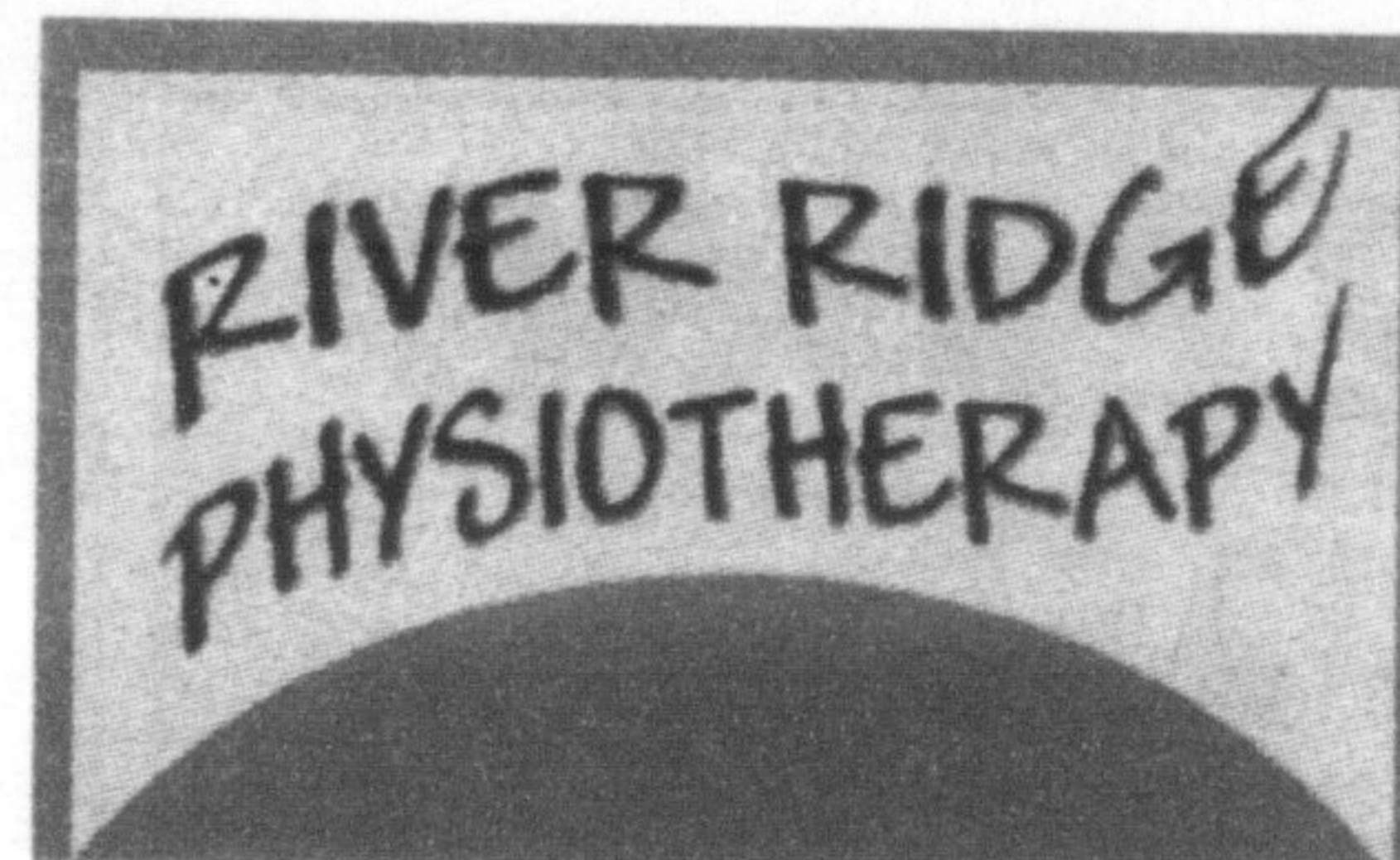


From left, Allison's of Milton event coordinator Meredith Vaux and chef Allison Vaux show a gourmet dessert tray at their Bronte Street kitchen.

Allison's of Milton
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