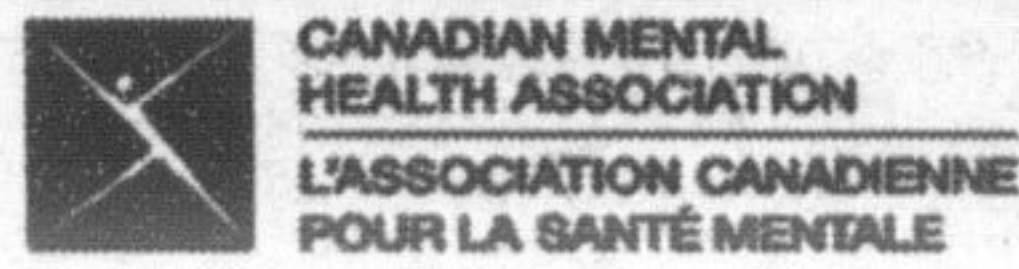




Your United Way In Action
The United Way of Milton



CANADIAN MENTAL HEALTH ASSOCIATION
 L'ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

United Way of Milton is now in a position to launch an endowment fund — named *The Legacy Fund*. The purpose of setting up an endowment fund is to create a venue for loyal donors to make a contribution with which they can impact our community in perpetuity. The capital from *The Legacy Fund* will remain intact in perpetuity with all of the investment income earned from the fund to be used to initiate and support prevention programs within human service agencies. The focus on prevention and education will, in time, reduce the agencies need to respond to only the immediate needs of clients and will allow them to focus on the development of an even healthier and vibrant community. One of the United Way of Milton Funded Agencies is Literacy North Halton.

Canadian Mental Health Association

Mental Health Week, May 3-9, 2004, is a national week aimed at raising awareness about the importance of good mental health. To achieve good mental health it is important to aim for balance in our lives and the theme of the week, "Making Connections" underlines the importance of reaching out to those who can help us achieve that balance.

Mental health problems and mental illness affects everyone. According to Health Canada, approximately 20% of individuals will experience a mental illness during their lifetime, and the remaining 80% likely will be affected by mental illness in family members.

A healthy society is based on healthy attitudes. Although awareness and understanding of mental illness has increased over the years, there still remains a sense of fear and shame about mental illness. Social exclusion continues to be one of the largest barriers faced by people who experience mental illness. A mentally healthy society is one where this fear and lack of acceptance will finally be overcome. People with a mental illness need extra support — not fear or blame or shame — in order to get and stay well. With the right support and access to appropriate treatment, people with mental illness are competent, contributing member of our society.

Each year Halton Healthcare Services offers a free seminar to highlight Mental Health Week. This year, in partnership with Canadian Mental Health Association, Halton, the seminar is "Understanding ADHD" on Thursday, May 13, 2004 at 6:30p.m. at the 707 Galaxy Banquet Hall in Oakville.

Canadian Mental Health Association (CMHA) is the creator and the lead agency of Canada's Mental Health Week. The core message is that mental health is part of everyone's health. CMHA Halton provides services and educational programs for individuals with mental illnesses and for the general public in the Halton area.

Take some time during Mental Health Week to learn more about mental illness. Check out our website at www.cmha-halton.ca or call us at 905-693-4270 for more information.

The United Way of Milton – Neighbours Helping Neighbours

How can you help?

- If you work outside of Milton and donate by payroll deduction - please designate your donation "home" to The United Way of Milton.
- Make a direct donation • Attend a United Way of Milton Special Event

Tel: (905) 875-2550 Fax: (905) 875-2402

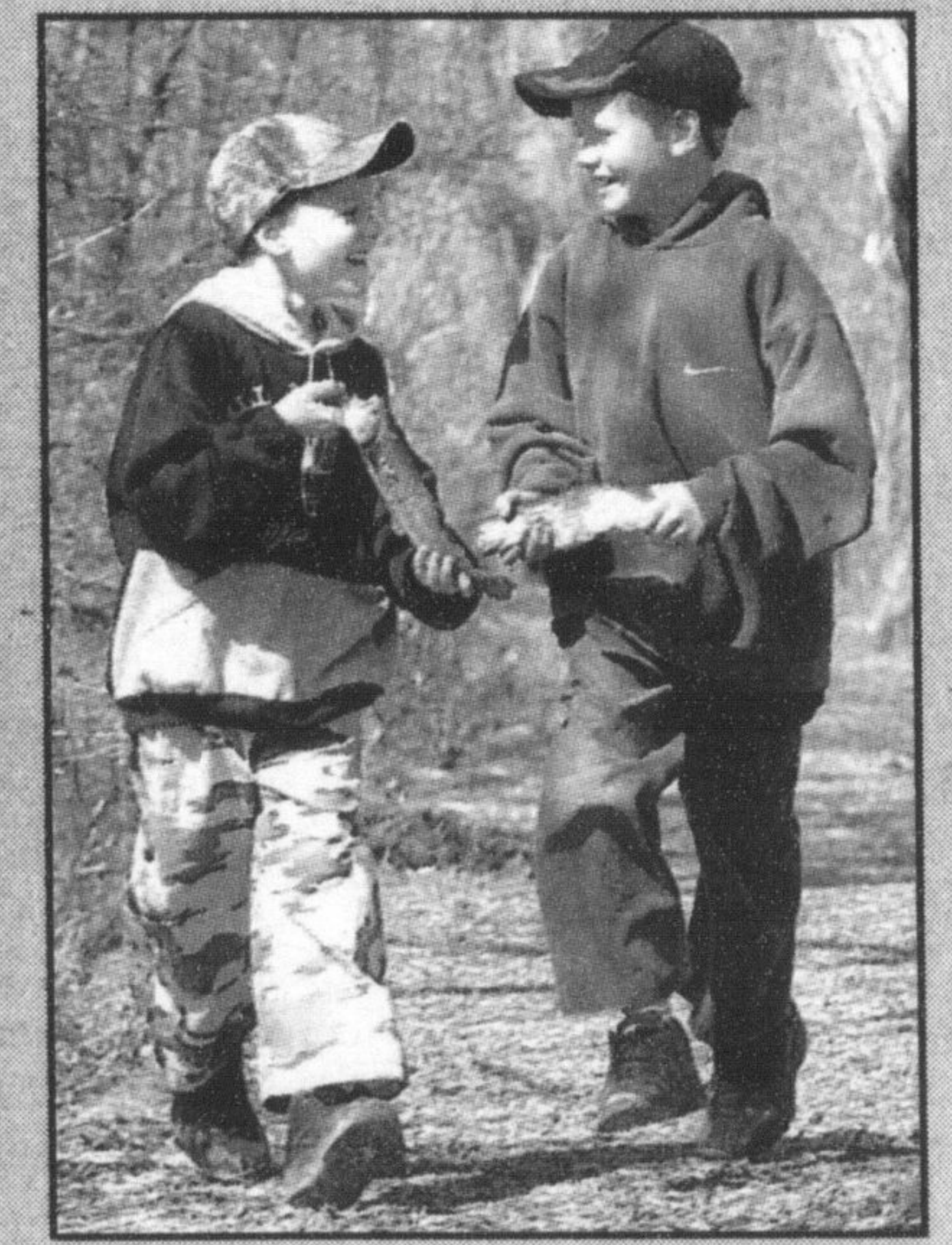
URL: www.milton.unitedway.ca E-mail: office@milton.unitedway.ca



Catch of the day

Five-year-old Nicholas Haringa (at left) shows off his catches of the day during the Kids Fishing Derby at the Mill Pond Saturday. Below, friends Anthony Marzillano, 10, and Patrick Swica, 11, share fishing stories as the two walk along the pond bank with their 12 and 13-inch rainbow trouts. Hundreds of young anglers took part in the popular annual event hosted by the Halton Sportsmen's Association and the local Royal Canadian Legion and M & M Meat Shops.

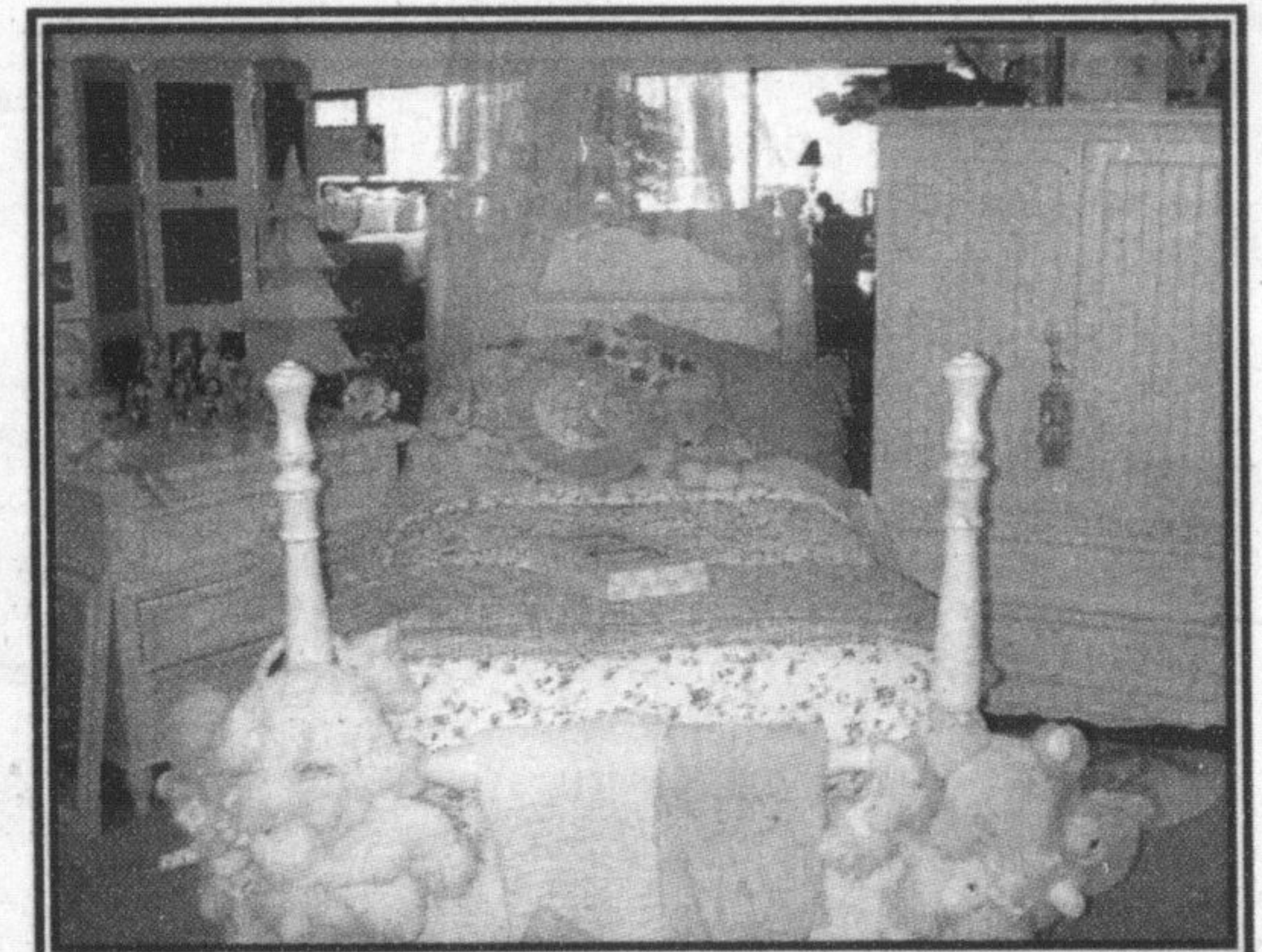
Photos by GRAHAM PAINE



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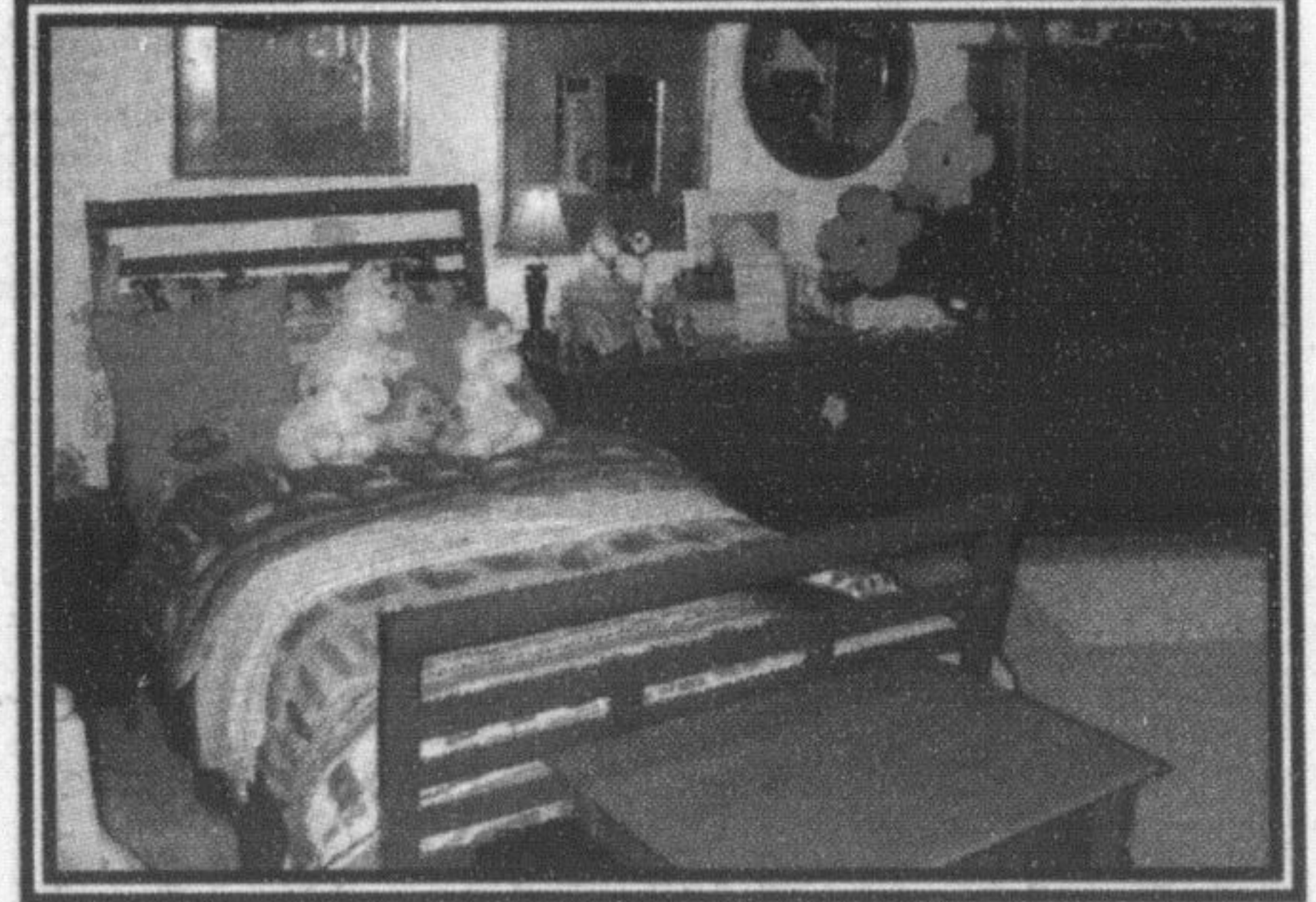
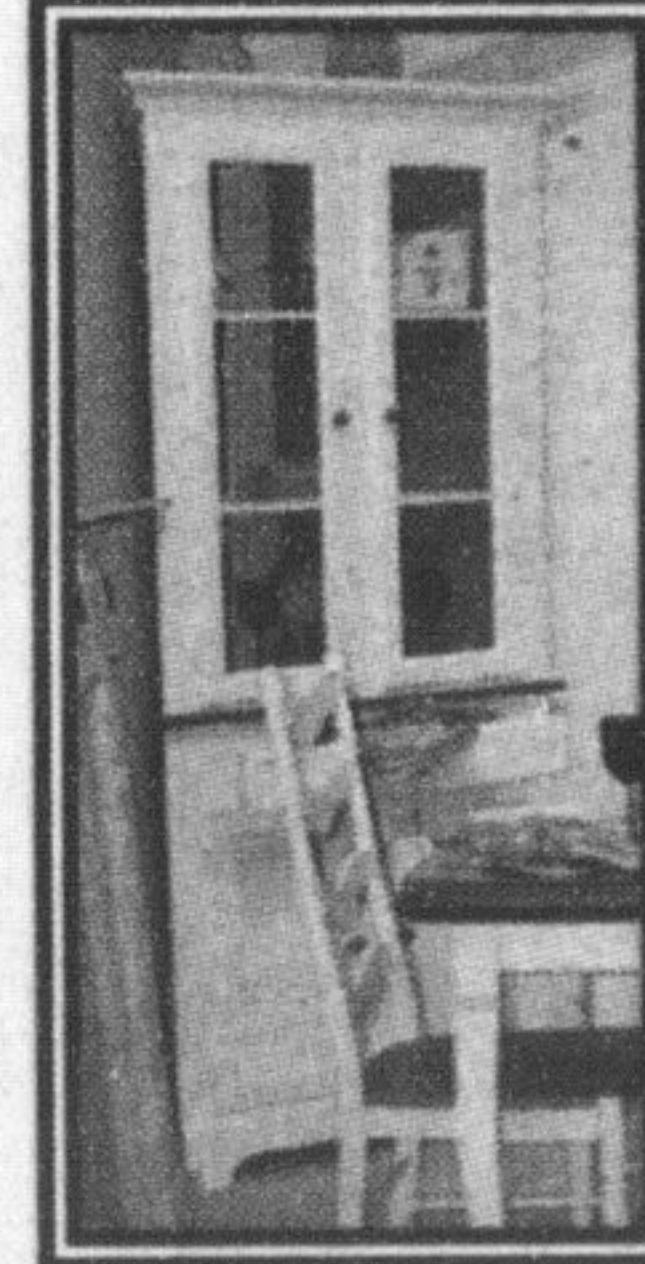
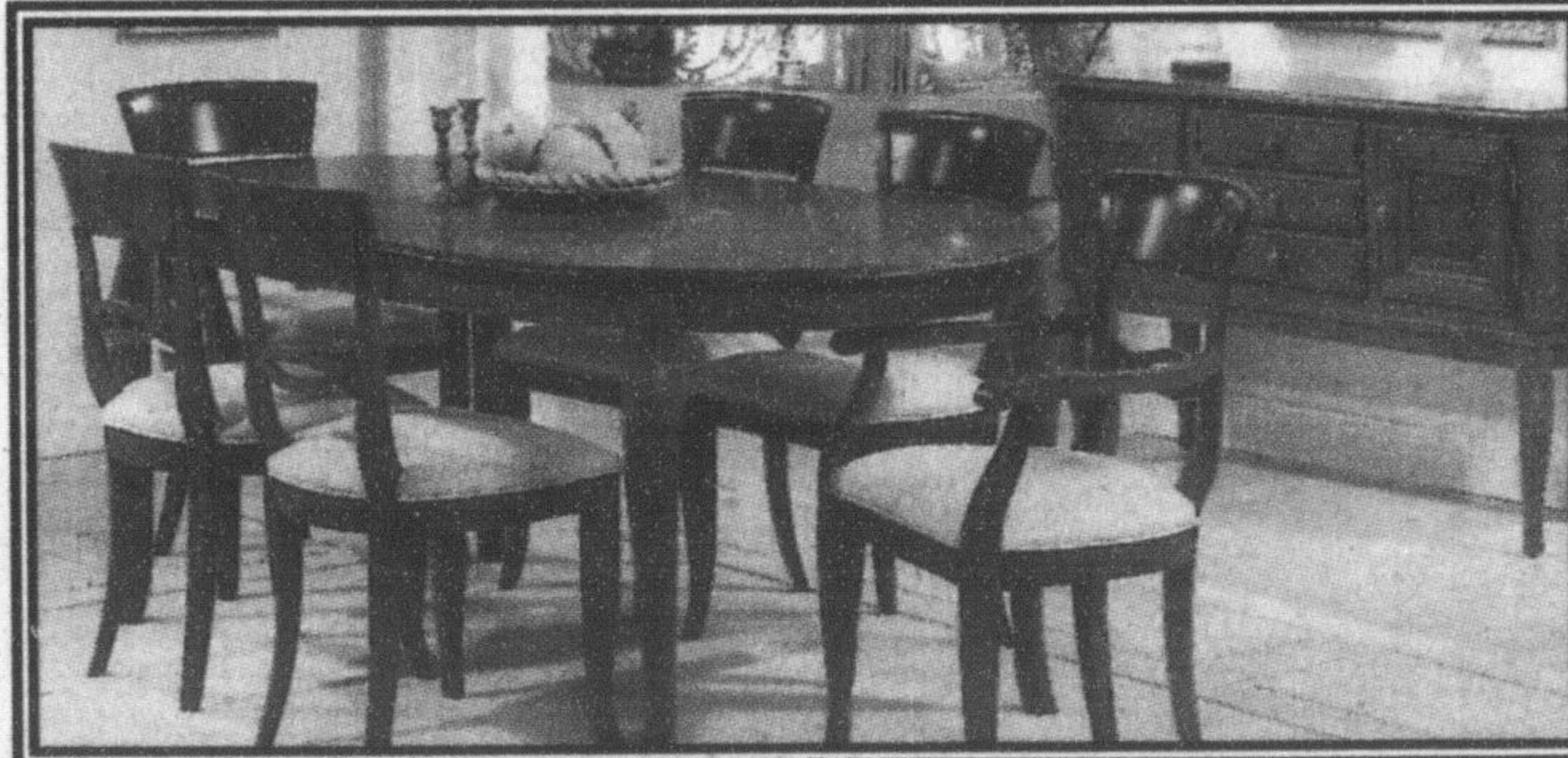
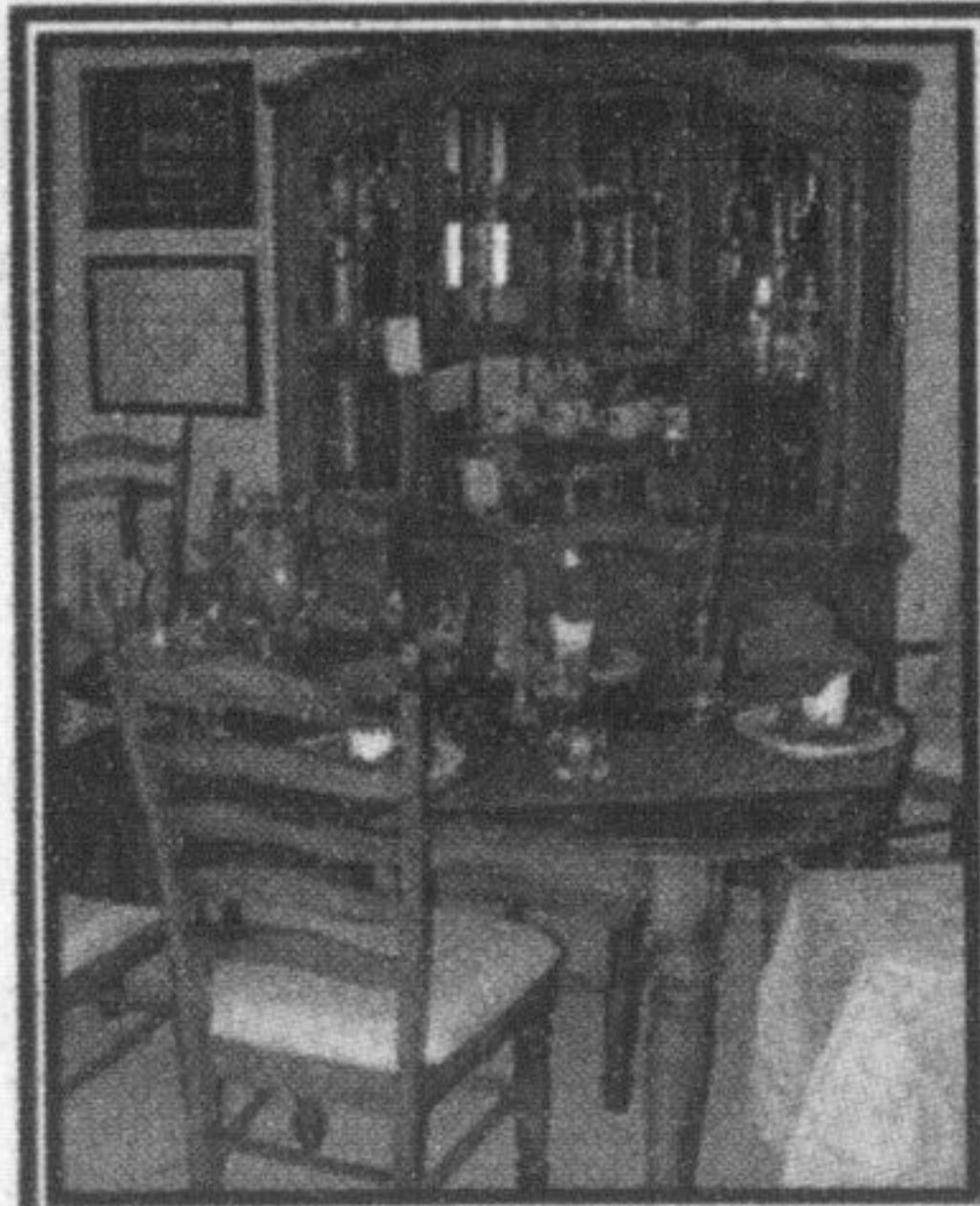
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***sale ends Sunday, May 2/04**



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