



## Your United Way In Action

*The United Way of Milton*

### Harrop Restaurant Charity Tables

A message from Robert Goderre and Staff at the Harrop Restaurant:

Effective January 19th, 2004 we started to charge \$20.00/table to anyone seated at either of our 2 designated Charity Tables only. Both tables seat up to 5 persons and are in front of a fireplace. You choose which of the 3 local charities (The United Way of Milton, The Milton Hospital Foundation and Halton Women's Place) you would like that \$20.00 donation to go to. The \$20.00 needs to be paid up front (cash or debit card) and a form filled out with name/address for tax receipt purposes (and of course you may choose to donate more than the \$20.00). It is our goal to raise in excess of \$30,000.00 per year from this idea/concept alone and a further \$20,000.00 in several other fund raising events we host annually. Please consider partnering with us in making a difference in the lives of those in need.

The United Way of Milton's volunteers and staff would like to thank the Harrop Restaurant for their continued support, and wishes to invite the community to participate in this event.

It is through the support of donors like the Harrop Restaurant that the United Way of Milton can fund such agencies as the Distress Centres.

### Distress Centres

There is nothing more precious than the voice of a friend when you're in the midst of a crisis. Sometimes, just to make it through the day, a good listener or someone to help you work your way through a problem makes all the difference in the world. The Distress Centres do just that - supports people in Milton, Oakville and surrounding areas, people who deal with some form of distress by providing a confidential, caring, compassionate, free telephone service for people of all ages. The 70 volunteers at the Distress Centres go through an intensive selection and orientation process, and a seven-week training course prior to volunteering for four-hour shifts answering distress calls.

Occasionally, the only consistent human contact some callers have are the volunteers at the Distress Centre, and callers depend on their volunteers for help with problem solving, decision-making, life perspectives and other skills they don't have or don't use regularly.

Some callers only contact the Distress Centre once, and many call back repeatedly as they attempt to deal with their problems. One thing all callers have in common is their need to talk things over with someone who is a good listener and who can help them work their way through their problems.

The Distress Centres' lines are open seven days a week from noon to midnight, and can be contacted at 905-849-4541 in Oakville, or 905-877-1211 in North Halton.

## 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](http://www.milton.unitedway.ca) E-mail: [office@milton.unitedway.ca](mailto:office@milton.unitedway.ca)

WE KNOW WHAT IT IS LIKE TO  
CELEBRATE THE GOOD TIMES.  
WE LIVE WHERE YOU LIVE.™



We care about your safety during this long weekend. Celebrate smart and safely.  
Don't drink and drive.



Don MacRae  
905-878-8109

LIKE A GOOD NEIGHBOUR



Anita Cutaia  
905-878-8871

STATE FARM IS THERE.™



485 Main St. E.  
Milton  
[statefarm.com](http://statefarm.com)

STATE FARM INSURANCE COMPANIES, CANADIAN HEAD OFFICE: SCARBOROUGH, ONTARIO

**SMOKING**  
what's the point?



Someday, you'll be offered a cigarette or be tempted to smoke. Before you start, think about it: every drag you take screws up your body.

Smoking can cause permanent damage to your body. Once a person starts, it becomes extremely tough to quit. And did we mention all that cash you'll be blowing in the process?

So, if you're tempted to start, ask yourself, "What's the point?"

This message brought to you by:

**The Canadian Champion**

Farm Fresh Fun

Milton Chamber of Commerce

# FARMERS' MARKET

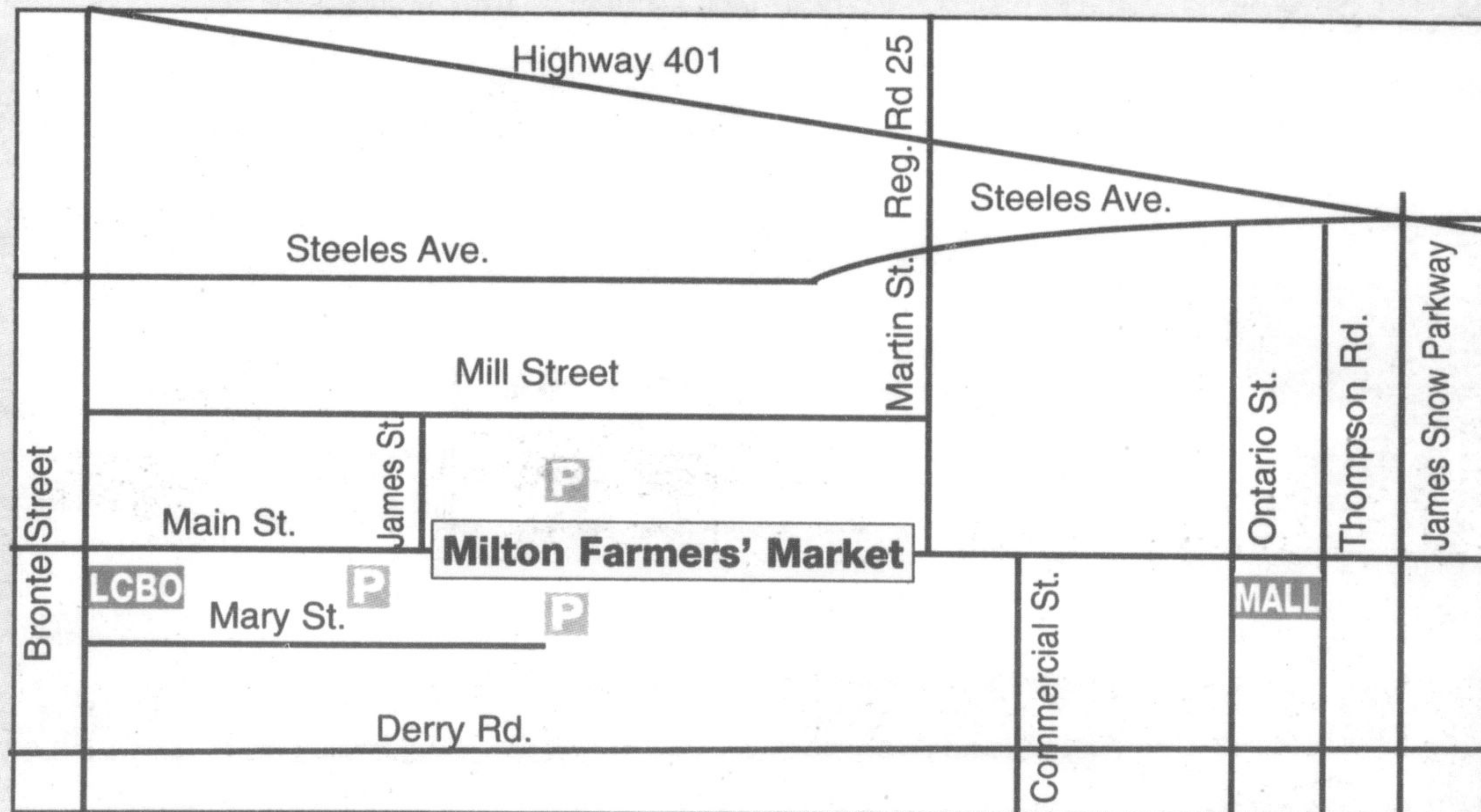
with over 40 vendors!

## Opening Day this Saturday!

Main Street from Martin to James

May 22<sup>nd</sup> to October 30<sup>th</sup>

7:00am to 12:00noon



Featuring fresh fruits and vegetables (including organic), meats and cheese, fish, baked goods, fresh-cut flowers and plants, handmade crafts and 'bacon-on-a-bun' at the Scholarship Café!

For more information please contact the Chamber at 905-878-0581