

1st ANNUAL 3 ON 3 BALL HOCKEY TOURNAMENT
THURS. JULY 1ST CANADA DAY

Great Prizes • Great Food • Lots of Cocktails
\$25.00 per team

All Games are in back parking lot.
 270 Main St. East, Milton
 Call to confirm your team 905. 693. 0113

*Tournament starts at 12 noon and ends when it ends.

BRYDEN'S Come discover Milton's newest destination!
 905-693-0113
 270 Main St. E., Milton
 Come on by for the early shift and discover Bryden's Brilliant Brunch!

Local man to walk 760 km in support of cancer program

Stephen Kay to walk from Windsor to more than 22 cities and towns

To say Milton resident Stephen Kay is on the run is an understatement.

Starting tomorrow, Mr. Kay will help fight cancer in his own way as he walks from Windsor to more than 22 cities and towns in Ontario, finally ending up in Ottawa July 26.

In total, Mr. Kay's 'Miles To Go' fundraising walk will cover 760 km, during which he'll walk six days and take one day off each week for rest.

Mr. Kay said he has personally experienced the devastating effects of cancer, witnessing six of his family members be diagnosed with the disease.

He said he now wants to help

others cope with the debilitating fear and anxiety that accompanies the diagnosis.

Money he raises will go toward Healing Journey at Home. Healing Journey at Home provides kits free of charge to help stop the anguish of a cancer diagnosis and assist in making life more meaningful for patients one step at a time, he explained.

The program was developed by cancer survivor and doctor Alastair Cunningham at the Princess Margaret Hospital in Toronto.

It's only recently that the program has been made available in the form of a take-home kit that contains more than eight hours of video, audio cassettes and books,

as well as information for on-line chat room facilities to talk to Dr. Cunningham and his staff.

Mr. Kay's goal is to raise \$100,000 to provide 1,000 home kits to cancer patients.

This is the second leg of Mr. Kay's journey. Last summer he began the first of his two-part endeavour, walking from Kitchener to Princess Margaret Hospital.

Miltonians who want to make a donation to Mr. Kay's efforts can e-mail him at email@healingjourneyathome.com.

For more information on the program, or if you or someone you know could benefit from a kit, visit www.healingjourneyathome.com.

Miltonians invited to tour local gardens from 11-4 this Sunday

Each year there are a few great summer events Miltonians have come to depend on.

The Milton and District Horticultural Society's annual garden tour is one of them.

This year the tour — dubbed the Butterflies and Blooms Garden Tour — will take place Sunday from 11 a.m. to 4 p.m. rain or shine.

Tickets cost \$7 each or \$10 for a family.

Tickets are available at Spice O' Life at Main and Charles streets, Peggy's of Milton at Milton Mall, Delacourt's at Martin and Main streets, Spring Ridge Farms on Bell School Line and Nesters on Guelph Line in Campbellville.

Tickets will also be sold Sunday at the Milton Town Hall garden from 11 a.m. to 2 p.m.

For more information, call (905) 854-1364.

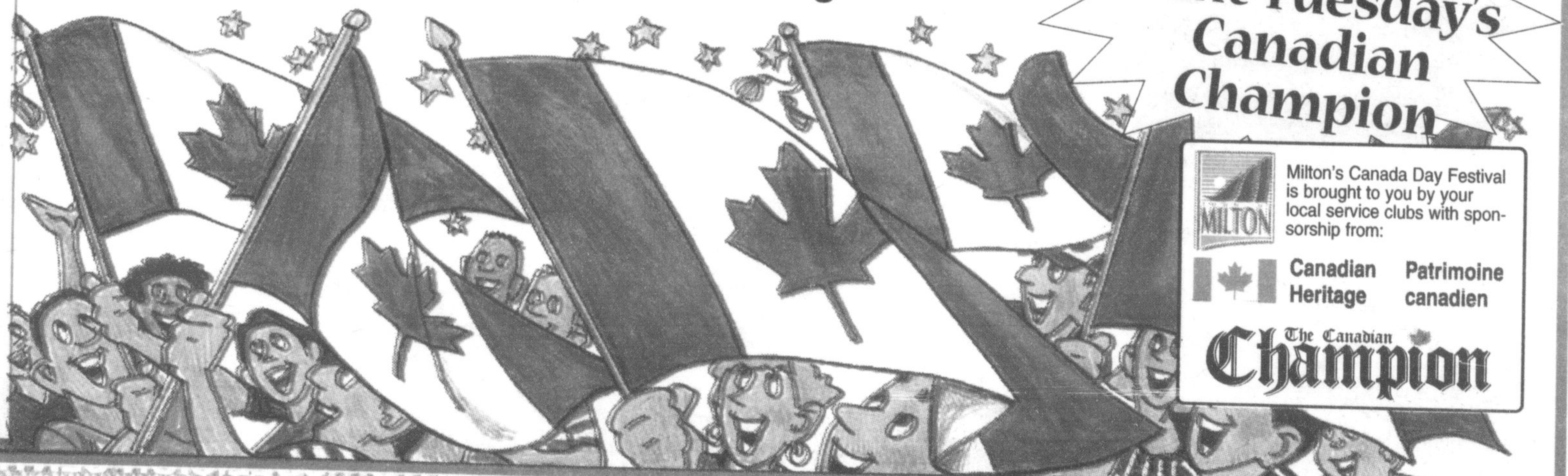
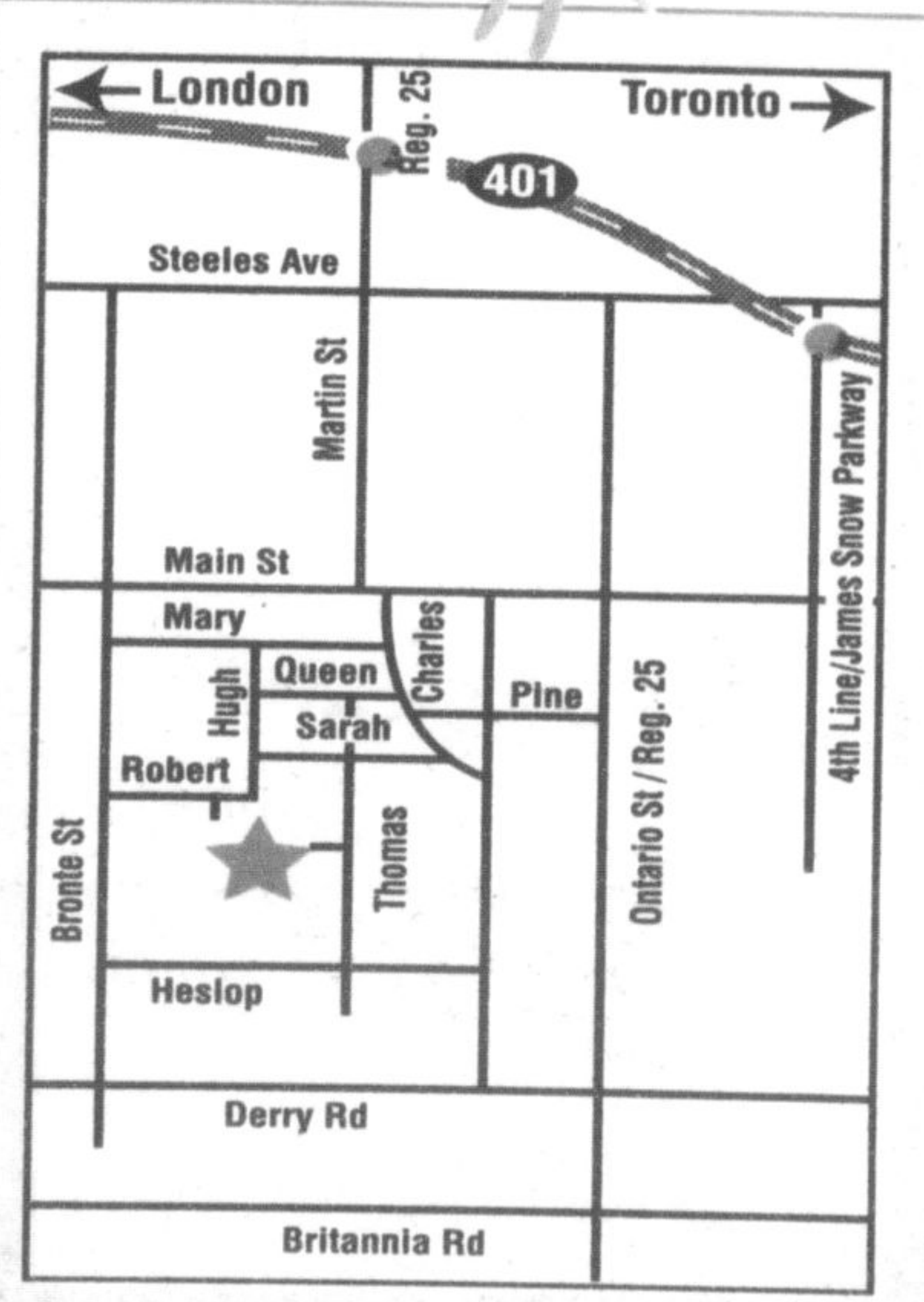
Milton Celebrate's CANADA DAY

Thursday, July 1
The Fairgrounds

Join the fun!

Canada Day activities for the whole family all day long followed by a live concert and a fabulous firework show in the evening.

Look for schedule in next Tuesday's Canadian Champion



Milton's Canada Day Festival is brought to you by your local service clubs with sponsorship from:

Canadian Heritage Patrimoine canadien

The Canadian Champion