



Canadian Red Cross

Tsunami Disaster Relief

One of the worst disasters in history has affected us all. Help the massive relief effort by making a cash or cheque donation to the Canadian Red Cross at any Sport Mart store in Canada.

Cheques payable to: South Asia Tsunami Relief Fund



Visit www.sportmart.ca to find your nearest store.

FORCE holds free family skate night — just for fun

Group takes breather from fighting proposed quarry to enjoy the season

By **ROBIN DOWNTON-POIRIER**

Special to The Champion

Friends of Rural Communities and the Environment (FORCE) held a free family skate night at Carlisle Arena December 27 to celebrate the holiday season.

Sponsored by Hamilton Councillors Margaret McCarthy (Ward 15) and Dave Braden (Ward 14), the night was very enjoyable, said FORCE chairman Graham Flint.

"The mood was very festive and fun," said Mr. Flint. "At the peak time of the evening, there were

over 100 people skating, although many people came and went over the two hours."

The event wasn't a fundraiser for FORCE's initiative to stop the proposed Lowndes Holdings quarry on Concession 11 East in Flamborough near Milton, although the event was tied in with a food drive for the Flamborough Food Bank.

"We really just wanted to have some fun and enjoy the season with family and friends," said Mr. Flint.

"We have lots of time for fundraising and (working on) stopping the quarry, but we also need to

enjoy the nice aspects of this initiative, those being spending time with family and friends and just getting together. We collected four or five boxes of food for the Flamborough Food Bank, which is great as well. Our community needed this time together. We'd like to thank Margaret McCarthy and Dave Braden for making it happen."

Mr. Flint said the next few months will be quiet for FORCE as Lowndes Holdings' quarry application is considered for approval. He estimated that a decision and public meeting will be held in late spring or after.

For more information on FORCE, visit www.StopTheQuarry.ca or call (905) 659-5417.

Wintery fun at Crawford Lake

Enjoy the wintery weather at Crawford Lake's Snowflakes and Snowsnakes Festival February 6.

Visitors can participate in many outdoor activities at the event, which runs from 10 a.m. to 4 p.m.

Try out a pair of snowshoes during one of the snowshoeing demonstrations, or experience the thrill of racing a 'snowsnake' down an icy track in a rousing traditional Iroquoian game. Then, gather around the fire for a free marshmallow roast.

Those who stop by the festival can also hike, snowshoe or cross-country ski on the 19 km of trails in the park.

When it comes time to warm up, join staff in a reconstructed 15th-century Iroquoian longhouse to listen to traditional First Nations legends. Free craft making and discovery hunts will be available for kids.

The first 20 cars of the day will receive a free gift and everyone is welcome to enter the free raffle to win more great prizes. Admission is \$6 per person and children aged under 4 years get in free.

Crawford Lake is located on the corner of Guelph Line and Steeles Avenue. For more information, call (905) 854-0234 or visit www.conservationhalton.on.ca.

odds are, you'll win big.

Herbal Magic lotto

There's a one in 500,000 chance of winning the lottery. At Herbal Magic, winners are guaranteed.

RESULTS GUARANTEED

RESULTS GUARANTEED

RESULTS GUARANTEED

0661 28855 067394

Lose your weight for \$20⁰⁵/month

Platoria

- get back on track after the holidays
- lose up to 15lbs quickly
- kick start healthy weight loss

15% OFF*

Retail Clients Only
*one coupon per purchase, expires Jan. 31, 2005

WM-4000 Ultra™

- controls appetite
- increases energy
- reduces water retention

20% OFF*

*one coupon per purchase, expires Jan. 31, 2005

Magic Money

- top quality herbs, minerals, and vitamins
- guaranteed potency, superior absorption
- excludes mandatory

\$5

*one coupon per purchase, expires Jan. 31, 2005

Q.U.I.T.™ KIT

- reduces nicotine cravings
- eases withdrawal symptoms
- be a non-smoker in as little as 3 weeks

20% OFF*

*based on purchase of 3 bottles, one coupon per purchase, expires Jan. 31, 2005

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

ask for the impossible.
it's our specialty.

www.herbalmagicsystems.com



15 Martin St.
CARRIAGE SQUARE
905-693-9594

Monday to Friday 9-7
Saturday 9-1