Dateline

Saturday Mar. 5

The Fine Arts Society of Milton holds its annual **art show and sale** — 'From Heart to Hand' — from 9 a.m. to 3 p.m. at the Milton Sports Centre, on Santa Maria Boulevard at Derry Road. Everyone is welcome.

The Women's Centre, 210-1515 Rebecca St., in Oakville holds free **peer counselling** in-person or over the phone from 10 a.m. to noon by volunteers for women facing abuse, grief/loss and relationship issues. No appointment is necessary. For more information, call (905) 847-5520.

The Milton Stamp Club hosts the **Milton Stamp Fair** featuring 14 diversified dealers at the Milton Seniors' Activity Centre, 500 Childs Dr., from 10 a.m. to 5 p.m. For more information, call (905) 878-1533 or e-mail alman@globalserve.net.

Euchre takes place at the Hornby Co-operative Nursery School at 7:30 p.m. Everyone is welcome.

The Salvation Army, 100 Nipissing Rd., unit 3, holds its **yoga workout** from 9:30 to 10:45 a.m. and its **book club** from 11 a.m. to noon. For more information, call (289) 242-1432 or e-mail jen@khicommunity.com.

Registration for Brookville Masters Slo-Pitch League takes place from 2 to 4 p.m. at Mohawk Inn, 9230 Guelph Line. For more information, visit its Web site at www.webhome.idirect.com/~bearmugs.

Monday Mar. 7

The Women's Centre, 210-1515 Rebecca St., in Oakville holds free **peer counselling** in-person or over the phone from 10 a.m. to 3 p.m. by volunteers for women facing abuse, grief/loss and relationship issues. No appointment is necessary. For more information, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **CyberCafé** from 1 to 4 p.m. The cost is $2 for members and $4 for non-members. For more information, call (905) 875-1681.

Tuesday Mar. 8

Holy Rosary Catholic Women's League hosts a presentation entitled **'Development and Peace's Emergency Relief Program'** at 8:15 p.m. in the parish hall next to the church, 139 Martin St. Everyone's welcome.

The Salvation Army, 100 Nipissing Rd., suite 3, holds a **scrapbooking group** from 7 to 9:30 p.m. Bring along photos and a scrapbook. Basic supplies are provided at no cost. It also holds its **Busy Hands, Creative Minds** group from 9:30 to 11 a.m., with games, crafts, songs and stories for parents and their pre-schoolers. For more information, call (289) 242-1432 or e-mail debra@khicommunity.com.

St. John Ambulance meets from 7 to 9 p.m. at the community centre on Mary Street in Norval. New members are welcome. For more information, call (905) 877-7658.

TOPS (Take Off Pounds Sensibly) meets at 6:15 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. This is a non-prof-

• see more DATELINE on page 18

Fishers and hunters are prone to hypothermia. Wear a PFD and layered clothing.

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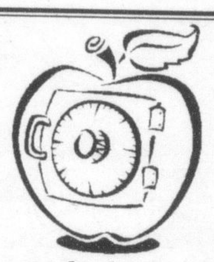
Q: Do you have a personal investment plan?



A: For a balanced portfolio include:
1. Physical activity
2. Healthy eating
3. Your doctor's advice

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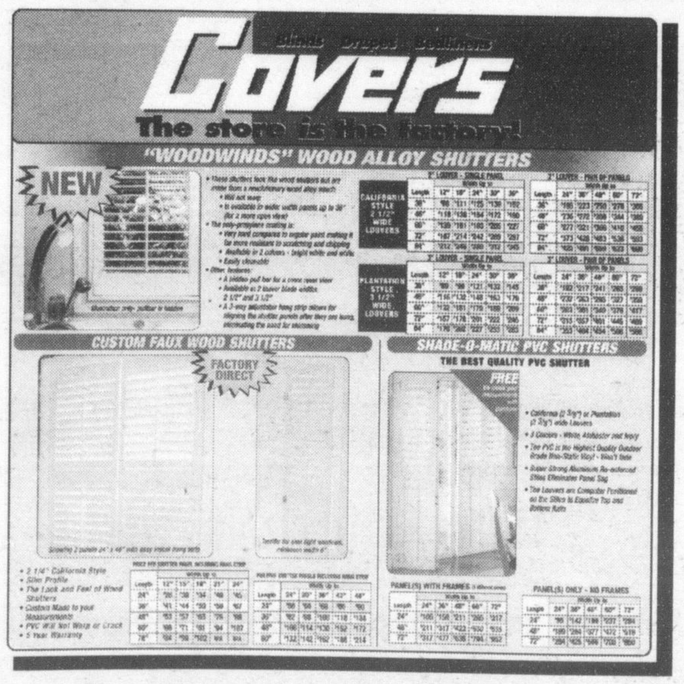

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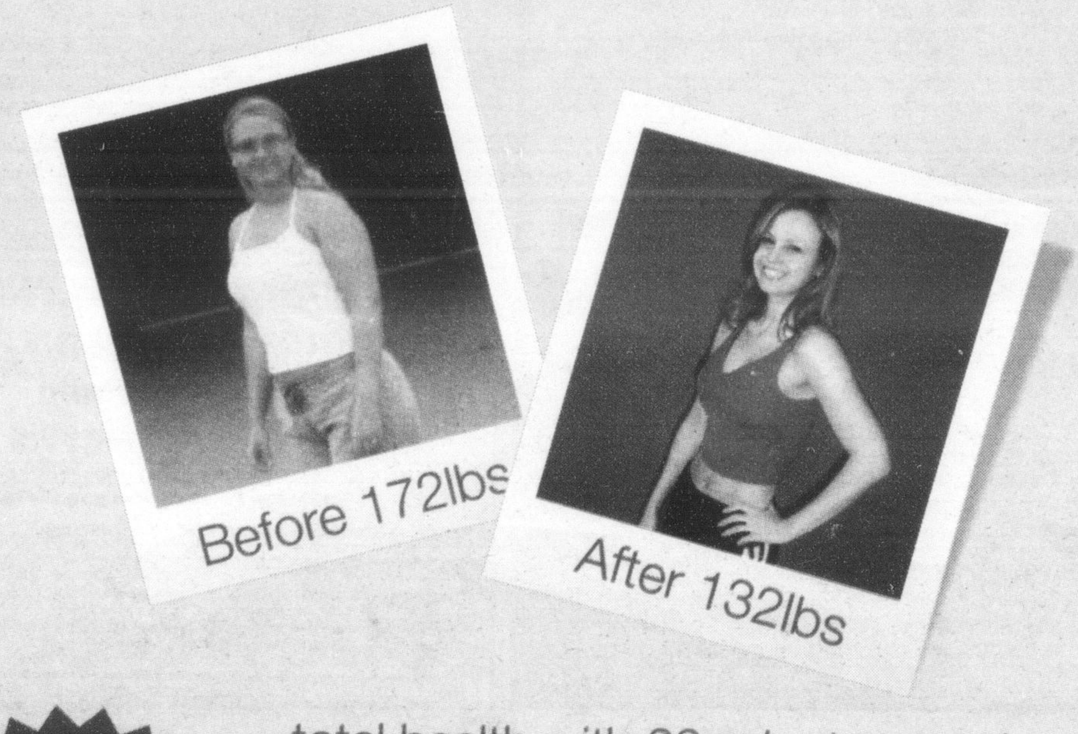

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