Dateline

Dateline is a free listing of coming events only. The column is available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible if demand is low.

Notices for Dateline should be handed in at the office of The Champion, 875 Main St. E., mailed to P.O. Box 248, Milton, Ont., L9T 4N9, faxed to (905) 878-4943, or e-mailed to miltoned@haltonsearch.com. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items aren't accepted by telephone.

Friday July 15

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its Relaxation and Visualization program from 11 a.m. to 12:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds euchre at 1:30 p.m. The cost is \$2 for members and \$4 for nonmembers. It holds its weekly Friday barbecue for \$6. Contract bridge takes place at 10 a.m. The cost is \$2 for members and \$4 for non-members. Its Campbellville Evening Bid Euchre Party takes place at the Lions Hall in Campbellville at 7:30 p.m. The cost is \$2.50. This is the last day to reserve a vendor's table at the seniors' centre's Mom-to-Mom Sale of gently used children's items August 27. Interested moms or dads can purchase a table for \$15. For more information on any of these activities, call (905) 875-1681, ext. 2753.

Friday July 15 - September 5

Mountsberg Conservation Area holds its Lazy Days of Summer from 10 a.m. to 5 p.m. daily with hiking and biking trails, fishing, the PlayBarn, and birds of prey demonstrations from 1 to 3 p.m. Wednesdays to Sundays. For directions or more information, visit www.conservationhalton.on.ca or call (905) 336-1158.

Crawford Lake Conservation Area holds its Season of the Three Sisters daily from 10 a.m. to 5 p.m. with fun in the reconstructed Iroquoian village and furnished

1: Why did the

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longhouses. Visitors can enjoy games, craft making, a daily discovery hunt and video presentations. There are also trails to hike. For directions or more information, visit www.conservationhalton.on.ca or call (905) 336-1158.

Saturday July 16

The Oakville branch of St. John Ambulance holds its Emergency First free peer counselling from 10 a.m. to 3 Aid with Infant and Child CPR. To register or for more information, call (905) 469-9325, ext. 0.

Mountsberg Conservation Area holds its Damsels and Dragons program from 1 to 3 p.m. with a visit to the pond to find some of the oldest insects on earth and then examine them. Tickets cost \$12 for adults and \$8 for kids. For tickets or more information, call (905) 854-2276.

Euchre takes place at the Hornby Cooperative Nursery School at 7:30 p.m. Everyone's welcome to attend.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds the first event in its Summer Journaling Workshop Series, called 'The Power of Your Other.' It focuses on how to use journaling to channel the inner wisdom of the right brain and takes place from 10 to 11:30 a.m. at 2545 Sixth Line in Oakville. To register or for more information, call (905) 257-1988.

Saturday July 16 – 17

Country Heritage Park holds its Discover Heritage Skills event from noon to 5 p.m. featuring demonstrations of various skills prevalent in agriculture more than 100 years ago including blacksmithing, carriage-making, a milk industry exhibit, a 1910 schoolhouse and more. Tickets cost \$7 for adults, \$6 for seniors and \$4 for kids. For more information, call (905) 878-8151.

Sunday July 17

St. John Ambulance, Oakville branch, holds a one-day babysitting course for kids aged 11 to 15 that teaches leadership, confidence and first aid skills and includes a babysitter's kit. To register or for more information, call (905) 469-9325, ext. 0.

Crawford Lake Conservation Area holds its Archeology Adventure Day from 10 a.m. to 5 p.m. featuring a variety of activities including pottery making, videos,

vate for artifacts. Admission costs \$6 per person and children 4 years old and younger get in free. For more information, visit www.conservationhalton.on.ca or call (905) 336-1158.

Monday July 18

The Women's Centre, 210-1515 Rebecca St. (Hopedale Mall), in Oakville holds its p.m. for women facing abuse, grief/loss and relationship issues. To register or 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.

Monday July 18 – 22

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its Peer Support program Mondays to Fridays from 10 a.m. to 2 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

Tuesday July 19

Help for Parents, a Halton parent support group, meets in the evening in the basement of the church at 5720 New St. in Burlington. This non-denominational selfsupport group helps parents of children who are in trouble at home, at school or with the law or who are abusive or taking drugs. The group is a member of Association of Parent Support Groups in Ontario. For more information, call 1-800-488-5666 or visit www.apsgo.ca.

Calling New Parents, a free program for parents and babies aged 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the Ontario Early Years

Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

Milton District Hospital holds a breastfeeding clinic with a certified lactation consultant from 9:30 to 11:30 a.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

The Women's Centre, suite 210 in Hopedale Mall at Rebecca Street and Third Line, in Oakville holds peer counseling from 10 a.m. to 3 p.m. by phone or in person for women facing abuse, grief/loss and relationship issues. For more information or to register, call (905) 847-5520.

A Cappella Showcase, a four-part harmony chorus, invites women who enjoy singing to its Summer Sing program. It meets from 7:30 to 10 p.m. weekly at the Masonic Hall on Regional Road 25 between Derry and Britannia roads until August 16, with a performance at the end. For more information, call Cathy at (905) 278-1222 or Hilary at (905) 876-1970.

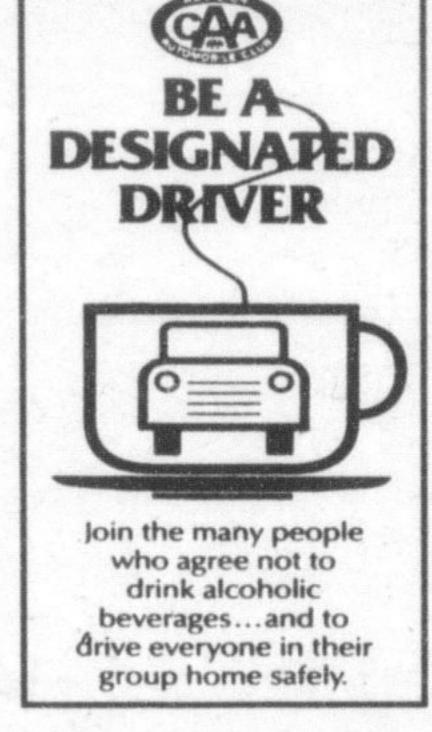
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Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in Gentle Yoga program from 1:30 to 3 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its Evening Euchre Party at 7:30 p.m. The cost is \$2.50. Its Downsizers Weight Loss Club takes place at 10 a.m. The cost is \$2 for members and \$4 for non-members. For more infor-

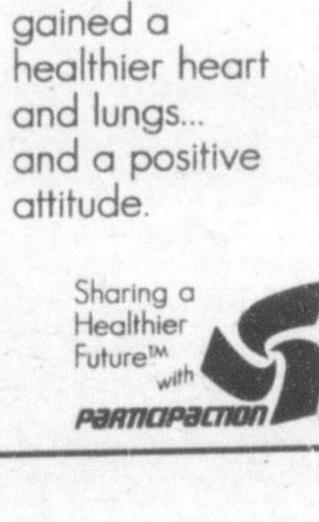
see more DATELINE on page A31











A: To live longer.

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By walking

the chicken