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Dateline is a free listing of coming Cancer Society, the Centre for 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., 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.

## Wednesday Jan. 24

The Milton Safety Committee meets at 7 p.m. at the Milton police station on Childs Drive. For more information, call Jan Mowbray at (519) 853-4492 or e-mail her at jan@janmowbray.ca.

Carp, Canada's Association for the Fifty Plus, Halton chapter, meets at 7:30 p.m. at The Burlington Senior's Centre, 2285 New St., with a lawyer talking about power of attorney and wills. Guests are welcome. For more information, call Harry Bowers at (905) 335-5717.

Adult drop-in volleyball takes place from 2 to 3 p.m. at the Milton Leisure Centre. The cost is \$3.50 for the hour.

Milton District Hospital holds a oneon-one breastfeeding clinic with a certified lactation consultant from 1:30 to 3 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

A free seminar on quitting smoking takes place at 7 p.m. in the Oakville-Trafalgar Memorial Hospital auditorium. It's presented by Halton Healthcare Services together with the Canadian

need for this program".

save lives.

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southern California.

Addiction and Mental Health, the Halton Council on Smoking or Health, the Heart and Stroke Foundation of Ontario and the Lung Association. To reserve a seat, call (905) 338-4379.

## Thursday Jan. 25

Milton District Hospital holds a oneon-one breastfeeding clinic with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

The Fine Arts Society of Milton's Evening Group of Artists meets from 7 to 10 p.m. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call Janis at (905) 854-5753.

The Deck youth centre, 200 Main St. (rear entrance), invites students in grades 6 to 8 to drop by between 3:30 and 6:15 p.m. to play a game of pool or just hang out. High school students are invited between 7 and 10 p.m.

The Burlington Prostate Cancer Support Group, sponsored by the Canadian Cancer Society, meets at 7 p.m. at 1251 Northside Rd. in Burlington (off Mainway, between Guelph and Walkers lines). The group offers information and support for newly diagnosed clients, those getting treatment and survivors of prostate cancer. Family and friends are welcome. For more information, call (905) 332-0060.

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its Spanish Women's Social Group from 12:30 to 2:30 p.m.

STOP SMOKING IN ONE

HOURTM GUARANTEED

Shirley Tilden, Smoking Cessation Specialist runs the stop

smoking practice, THE BUTT STOPS HERE, enabling smokers

to stop smoking for life by attending a one-hour, personalized

Citing an Oxford University study\* proving the Stop Smoking

session, that comes with a lifetime guarantee.

in One Hour<sup>TM</sup> system has over a 95% success rate, Shirley says, "There are

many people and systems that claim you will quit smoking. The system in

which I've been trained has the highest success rate in the world - it's effec-

tive, and without any withdrawal symptoms. With over 47,500 deaths in

Canada per year from tobacco, and teenager smoking rates close to the nation-

al average at 25% (based on Statistics Canada 2001 data), there is clearly a

acupuncture to 'going cold turkey.' Most of my clients are skeptical at first -

until they finish their session - and find themselves with absolutely no desire

to smoke. Many of them smoked for years and never return to their habit.

Local Doctors and Dentists refer their patients to me in an effort to extend and

"Aside from the health benefits associated with smoking cessation, ancillary

Smoke Free International, the company holding intellectual property rights

to the Stop Smoking in One Hour<sup>TM</sup> system, was founded in Great Britain, and

has been offered in the United States since 2003, where over 100,000 clients

have successfully quit smoking. Its corporate headquarters are located in

For further information or to schedule an appointment, call Shirley Tilden,

benefits accrue to the non-smoker, like reduced life and auto insurance policy

"Many clients tell me they've tried every-thing from patches to gum to

### Friday Jan. 26

Express the Arts takes place at the Milton Café on Ontario Street North (opposite Spokes 'n Slopes) from 7 to 9:30 p.m. with an open mike format featuring poetry, guitar and an art gallery.

Patronato INAS (Canada) has a new office in the Milton police station on Childs Drive that's open the last Friday of every month from 9 a.m. to noon. The organization offers free help with tasks including pension, citizenship and disability application. No appointment is necessary. For more information, call Valeria Citton at (905) 507-3189 or Mimmo Rizzo at (905) 856-9926.

Milton District Hospital holds a group session breastfeeding clinic with a certified lactation consultant from 11 a.m. to 12:30 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

The Deck youth centre, 200 Main St. (rear entrance), invites high school students to drop by between 7 and 11 p.m. to play a game of pool or just hang

## Saturday Jan. 27

The Milton branch of the Royal Canadian Legion, 21 Charles St., holds a meat roll at 4 p.m. in the clubroom.

St. Paul's United Church, 123 Main St. E., holds its Card-a-Rama night at 7:45 p.m. with bridge, euchre, prizes and refreshments. Tickets cost \$10 and

see more DATELINE on page A9

## Funding applications are now accepted

The Halton Healthy Community Fund (HHCF) is now accepting funding proposals for 2007.

Those looking for more details on the initiative can attend an information session February 1 from 1 to 3 p.m. at Hugh Foster Hall.

The HHCF is made up of a group of funding partners that financially help worthwhile, community-based projects that make Halton a healthier community.

The partners include Halton Region, the City of Burlington, Burlington Community Foundation, towns of Halton Hills, Milton and Oakville, Ministry of Community and Social Services, Community Foundation of Oakville, Ontario Trillium Foundation and the United Ways of Burlington and Greater Hamilton, Halton Hills, Milton and Oakville.

To register for the information session call (905) 878-7252, ext. 2604. To obtain a copy of the 2007 HHCF guidelines call (905) 825-6000, ext. 7901. Information is also available at www.halton.ca.

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## For more information, call (905) 847-5520 or visit www.haltonwomenscen-

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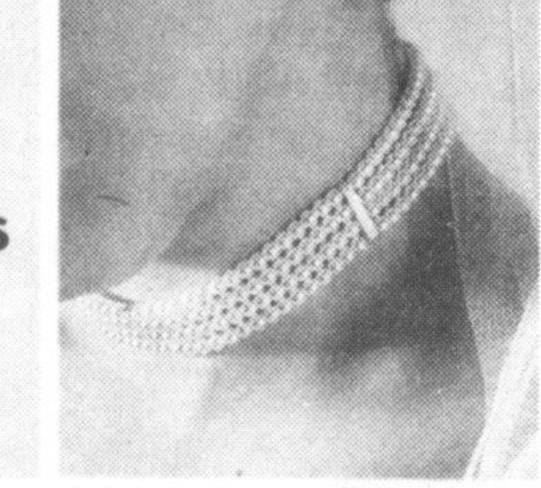
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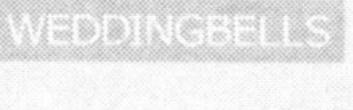
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