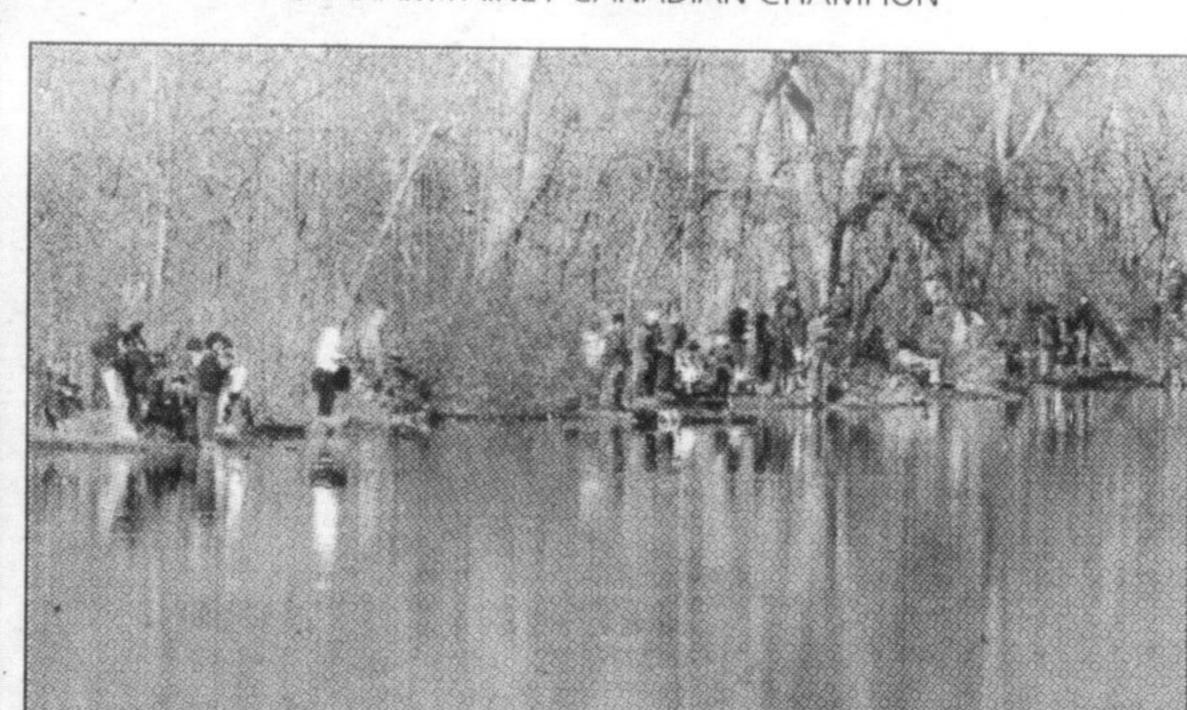
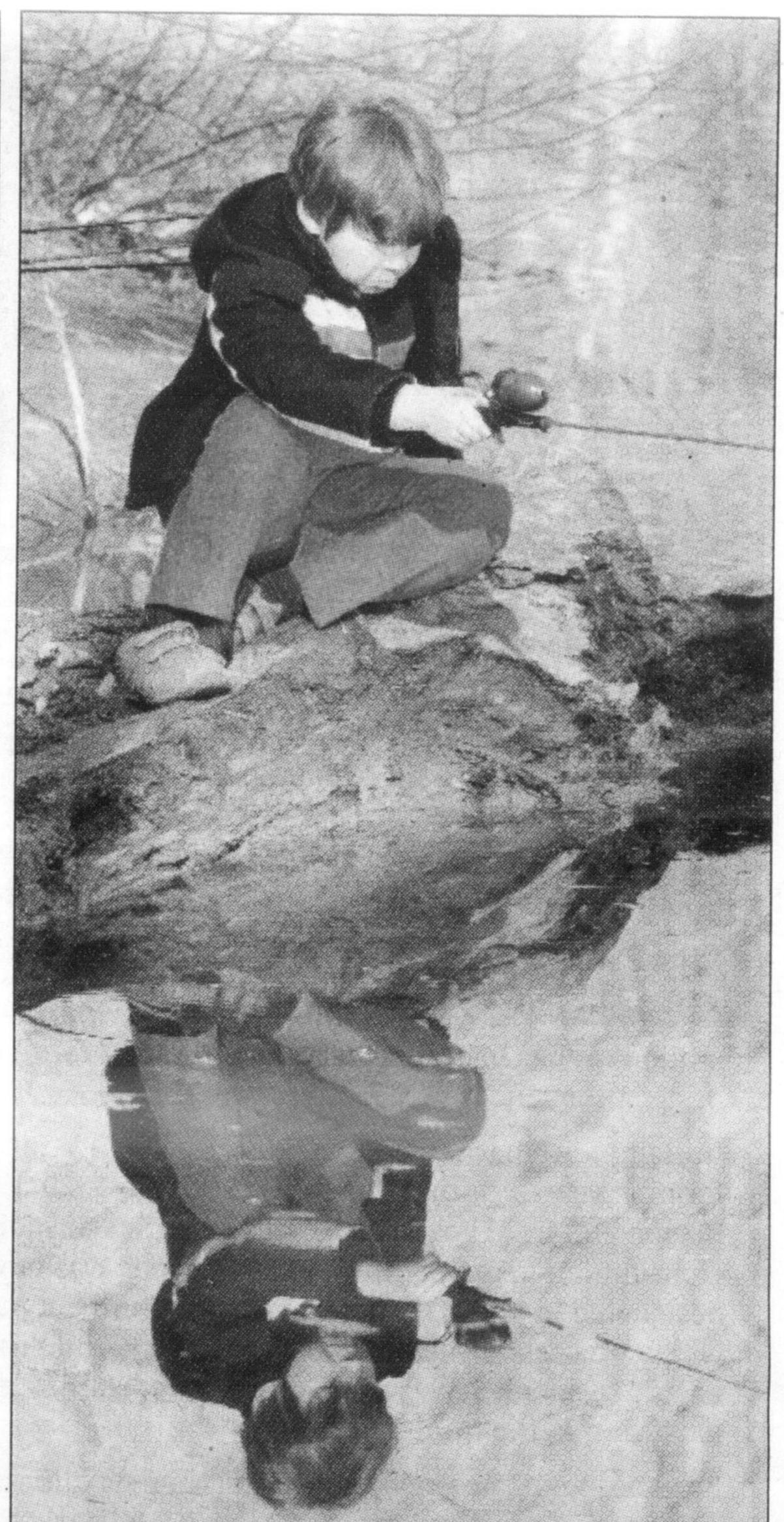




GONE FISHING: Milton youths and their parents descended on the Mill Pond Saturday morning for the annual kids fishing derby, put on by the Halton Sportsmen's Association. Clockwise from left, eight-year-old Rocco Daurizio and friend J.T. Vanbolhuis, 9, show the two trout they caught. Nine-year-old Nora Draper fishes through one of the steel fence rails. Two-year-old Luke Cleland gets a hand with his casting from mom Leanne. Seven-year-old Liam Waciuk can't hide his frustration at not getting a bite, while he's reflected in the still waters of the pond. Young anglers line the edge of the pond.

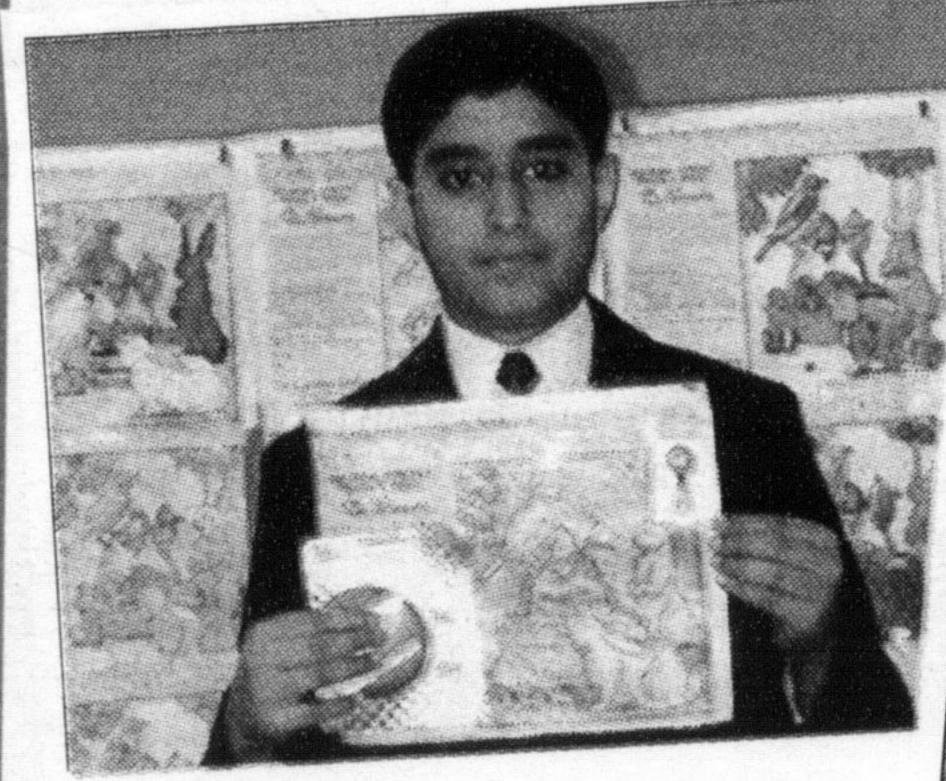
GRAHAM PAINE / CANADIAN CHAMPION



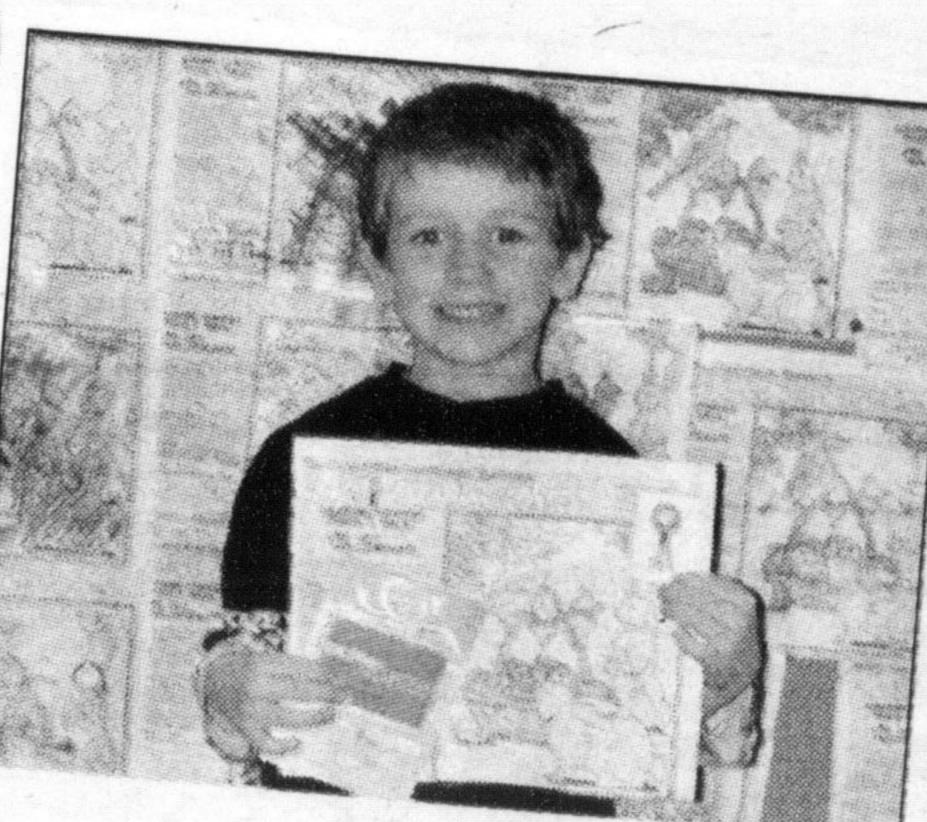


Thank you to all who entered our

There were over 75 entries and they were all fantastic!



Rameel Ahmed



Aaron Alava

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Rameel and Aaron each won \$25 Gift Certificates from Zellers and SportChek

The Canadian Champion 555 Industrial Drive, Milton 905-878-2341

Go Cooking Celebrates A Taste of Burlington

ABOUT A TASTE OF BURLINGTON

A Taste of Burlington is an initiative of Tourism Burlington, Aldershot BIA, Burlington Downtown and local eateries. Participating restaurants offer prix-fixe lunch and/or dinner menus, offering visitors the opportunity to enjoy a range of culinary experiences in some of Burlington's finest restaurants. Visit tasteofburlington.ca for a list of currently participating restaurants and menus.

During May and June, Go Cooking is partnering with A Taste of Burlington, to provide a sneak preview of some of the wonderful restaurants to be featured in the upcoming Summer Program, which runs from July 18 to August 1.

Go Cooking Chef's Table Evenings

A Taste of Burlington Series

Enjoy an intimate evening in our state-of-the-art kitchen, and savour culinary delights expertly prepared by some of Burlington's top chefs. Each course is perfectly paired with a wine sampling, hand-picked by our professional sommelier. Check out gocooking.ca for complete menu descriptions and registration information.

\$60* per person, per event for subscribers \$70* per person, per event for non-subscribers

Featured Taste of Burlington Restaurants

Stone House Restaurant - Monday May 16 Roots, Campbellville Walker's Fish Market -The Purple Heather -Tuesday May 24 Siam Dish -Downtown Bistro & Grill - Tuesday May 31 Pepperwood Bistro -Paradiso Restaurant -Rude Native -Monday June 13 Red Canoe Bistro -Tuesday June 14 LaCosta Nuova -**Tuesday June 21** West Plains Bistro -Monday June 27

CREATIVE KITCHEN CLASSES

Join local culinary experts as they demonstrate kitchen skills and techniques during informal daytime sessions in the Go Cooking kitchen. Classes are limited to small groups to facilitate interaction and learning. Small samples are served along with light refreshments.

\$20* per person, per event for subscribers \$25* per person, per event for non-subscribers

Butchering Techniques and Marinades With Michael Carruth, Greensville Gourmet, Dundas Wednesday, May 18, 2011

Canning & Preserving With Krista Harrington, From These Tuesday May 17 Wednesday, June 8, 2011 - 1:00-2:30p.m.

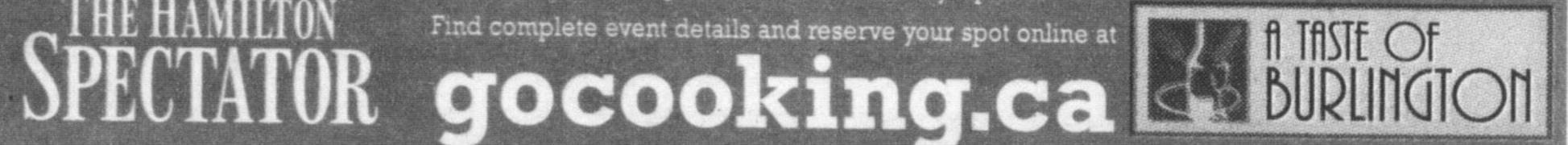
Monday May 30 Barbeque Techniques With Shawn Rocchi, Pair of Pears Monday June 6 Catering, Hamilton Tuesday June 7 Wednesday, June 29, 2011 1:00-2:30 p.m.

THE HAMILTON

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Registration Opens at 8 am Wednesday April 20

Find complete event details and reserve your spot online at



*All registration fees subject to HST. Full payment required to reserve seat. We accept VISA, MasterCard and American Express. Please note any known food allergies at time of registration. Sorry, no refunds or exchanges. All Go Cooking events are located at The Hamilton Spectator, 44 Frid Street, Hamilton.