

# COMMUNITY



GRAHAM PAINE / CANADIAN CHAMPION

## On the move to help others

Milton is a haven for events that get people moving as well as raise funds for numerous charities. Here are photos from three such events held recently.

At left, the annual Heel 'n' Wheel-a-Thon in support of the Crohn's and Colitis Foundation of Canada took place on the trails surrounding the Mill Pond. Here, Lea Marshall, who raised more than \$1,600 in pledges, walks with her dog, Ribbon, and is joined by friends Brigette Audette and her daughter Allison, 8, and Jane Smyth.

Below left, hundreds of riders took to the scenic Niagara Escarpment to show their support for children with special needs by raising funds for the Zareinu Educational Centre. The Zareinu Ride for Kids with Special Needs, which began at Bishop Reding Secondary School, was part of the two-day fundraiser by the Zareinu Moveathon. The ride included a fully-supported athletic experience for avid cyclists willing to take on a 50-km, 100-km or 162.5-km challenge. All the riders also received post-ride massages and joined Zareinu Moveathon in a celebratory barbecue.

Below, the Heart Smart Peddlers representing Milton District Hospital's Cardiac Rehabilitation Program was one of several teams in the local 2010 Heart&Stroke Big Bike fundraiser for the Heart and Stroke Foundation.

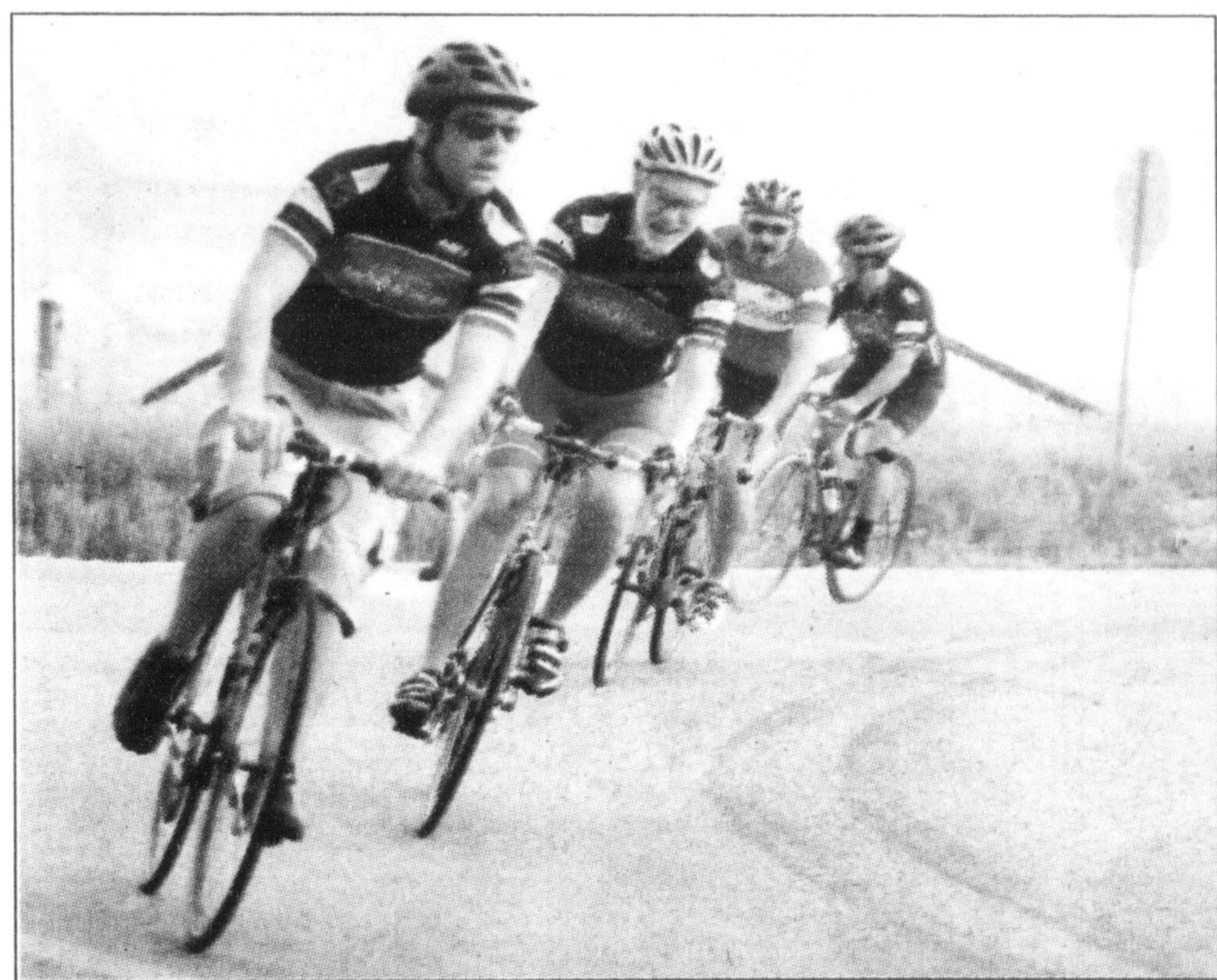


PHOTO COURTESY OF JIM CAMPBELL

**Country Heritage Park**  
A Farm & Country Experience

**All Colour  
Antique Tractor & Toy  
Show & Sale**

July 16th, 17th & 18th 10am - 5pm

*Friday Program:* • Lawn Tractor Pulls - 7:00pm-8:00pm  
Tractor displays • Club souvenirs  
• Park exhibits open 12pm-5pm

*Sat/Sun Program:* • Antique farm tractor pulls  
• Lawn tractor pulls • Collector Toy show/sale  
• Swap Shop • Machinery demos • Steam driven sawmill • Kid's pedal tractor pull  
• Park exhibits open • Country Canteen Open • Kid's Scavenger Hunt & Prizes • Features  
Ford tractors, cars & trucks

**Kids Country  
Farmer Olympics**

July 24th & 25th 12pm - 5pm

- Farm competitions for all ages
- Pedal harness horses to drive
- Hay bale toss
- Hammer the nail contest
- Three legged race contest
- Rubber boot kick contest
- Pedal tricycle slalom
- Fun for the whole family
- Awards
- Park exhibits open
- Country Canteen open

**Pirate Festival**

July 31st, August 1st & 2nd  
10am - 5pm

Arrrgh me hearties, board your pirate ships and set sail to the third annual Pirate Festival.

Pirate stages, merchants and food abound.

For more information, check out our website:  
[www.thepiratefestival.com](http://www.thepiratefestival.com)

**8560 Tremaine Road, Milton 905-878-8151**

Daily admission: Adults \$7, Children \$4, Family Package: \$20 (Some events differ) Programs subject to change.

Check out our website for all our summer events  
**[www.countryheritagepark.com](http://www.countryheritagepark.com)**