

# Opinion

## Family time...

Tomato paste comes from tomatoes...  
It's so simple.

Chit-chat over dinner, touching base with those you love, catching up on all that's happened throughout the day — all over a hearty meal.

Connection over a good meal is what has made fine dining an art.

Healthy communication and nutritious meals are also mainstays of family life, good health and the stuff that help children grow strong in every way.

Last Thursday's edition of the *Champion* featured the launch of the new HealthyFam column penned by Oakville restaurateur Julia Hanna (also posted at insidehalton.com). The monthly column features a recipe from Hanna, and readers can look to upcoming contests, too.

During this summer season when fields are abundant with produce and people get back to their family through time spent together, the value of heartfelt conversation around the dinner table — and all that comes with it — is in the spotlight.

The new column works in tandem with Hanna's own efforts to reconnect Canadians with good food and family — a principle this newspaper wholeheartedly supports.

Hanna has a vision... the best of the past taken into the future. In it, Canadian families once again crowd around the dinner table, enjoying delicious, healthy food together while discussing the day's events. The table is full of steaming bowls of food, salads and fresh-baked bread just like nonna used to make.

Family members scoop food onto their plate as they talk — a scene Hanna believes was lost somewhere in our society's evolution as quality food and time-honoured traditions were traded for convenience. In fact, Hanna thinks there's a crisis in North America on this point.

Indeed, family members could benefit from slowing down, connecting with one another and relearning the joy of eating.

That makes a whole lot of sense... enjoy the column.

## SNAPSHOT



## Supporting Halton's youth

Oriana Bowers (right), communications co-ordinator for Reach Out Centre for Kids, accepts a cheque for \$20,000 from (from left) Don Smart, Janet Lucas, Rob Green, Jennifer Greenwood, Warren Mills and Gary Winch (founder) of Wingham Group Inc. Benefit Consultants. The funds came from donated employee commissions as well as corporate donations in conjunction with the company's upcoming September 17 golf tournament at Piper's Heath Golf Course in Milton.

## Letters welcome

*The Canadian Champion welcomes letters to the editor. We reserve the right to edit, revise and reject letters.*

*Letters must be signed with first and last name, and the address and the telephone number of the writer included for verification purposes.*

*Email your letters to [kmiceli@miltoncanadianchampion.com](mailto:kmiceli@miltoncanadianchampion.com) or send by mail to 555 Industrial Dr., Milton, Ont., L9T 5E1, or leave them at our office.*

*Our office hours are Monday to Friday from 9 a.m. to 4 p.m.*

## Editor's Desk



**Karen Miceli**  
MANAGING EDITOR

## I sure missed my favourite things to do in town

I haven't been out and about much in Milton for a while. I spent most of the spring, eight weeks to be exact, at home recovering from major surgery.

I did manage after a doctor's appointment in June to drop by Springridge Farm on the day of its first-of-the-season strawberry crop. I certainly wasn't up for strawberry picking but was pleased to be taking home a basket of ready-picked berries.

So I've been back to normal activities for almost three weeks now, busy catching up on my favourite things to do in town.

Beside going to Springridge Farm, I love to:

- Stroll around the Mill Pond
- Dine at a restaurant in historic downtown
- Walk the indoor track at the Milton Sports Centre
- Shop and grab a bite at Milton Mall
- Go up the ski lift at Kelso Conservation Area (but I will have to wait until the fall).

It feels good to be getting moving again. By the way, thank you to Milton District Hospital for the great care.

*Karen Miceli can be reached at [kmiceli@miltoncanadian-champion.com](mailto:kmiceli@miltoncanadian-champion.com).*

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