

Yoga classes start

Yoga classes for adults and teens will be offered this summer in Mississauga. The monthly courses will be held twice a week at the following locations and times:

Burnhamthorpe Community Centre — Tuesdays and Thursdays from 9:30 to 11:30 a.m. July 2 to July 25.

Clarkson Secondary School — Tuesdays and Thursdays from 7:30 to 9:30 p.m., July 2 to July 25 and July 30 to August 22.

Huron Park Recreation Centre — Monday and Wednesdays, from 9:30 to 11:30 a.m. July 3 to July 29, and 7:30 to 9:30 p.m.

SHERIDAN COLLEGE CRAFT PROGRAM IN CO-OPERATION WITH MEADOWVALE RECREATION CENTRE JULY—AUGUST, 1974

- * CRAFT INSTRUCTION FOR CHILDREN AND ADULTS
 - * CHILDREN'S CRAFTS—10 A.M.—12 NOON MONDAYS TO FRIDAYS COMMENCING WEEK OF JULY 15th. FEE—\$2.00 FOR 3 CLASSES OF 2 HOURS DURATION CERAMICS, WEAVING, LEATHER, WORKING WITH WOOL, TIE DYE, PUPPETRY.
 - * ADULT CRAFTS — 1 P.M.—3 P.M. MONDAYS TO FRIDAYS. COMMENCING WEEK OF JULY 15th. FEE—\$12.50 FOR 5 CLASSES OF 2 HOURS DURATION PLUS \$5.00 MATERIALS FEE FOR CERAMICS. CERAMICS, WEAVING, LEATHER, PAINTING, WORKING WITH WOOL.
- NOTE * EVENING-CLASSES MAY BE OFFERED IF REQUESTS WARRANT THIS.
- * BABY SITTING SERVICES OF MEADOWVALE RECREATION CENTRE WILL BE AVAILABLE.
- * RECREATION—AT THE CRAFT TRAILER, MEADOWVALE RECREATION CENTRE, 6600 FALCONER DRIVE, MEADOWVALE SOUTH.
- CHILDREN—MONDAY, TUESDAY, WEDNESDAY 9.30 A.M.—11.30 A.M.
ADULTS—MONDAY, TUESDAY, WEDNESDAY 1.00 P.M.—3.00 P.M.
JULY 8, 9, 10.

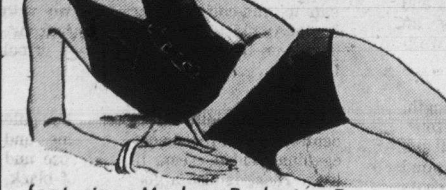
OR CHILDREN AND ADULTS MAY REGISTER WEDNESDAY EVENING, JULY 10th FROM 6.30 P.M.—8.30 P.M.

SHERIDAN COLLEGE BRAMPTON COMMUNITY SERVICES DIVISION 459-7533

MEADOWVALE RECREATION CENTRE 826-4861



SLIM-A-WAY exclusive LADIES HEALTH SALON



featuring: Modern Reducing Equipment SHOWERS • SAUNA LOUNGE • HAIR DRYERS Various Plans Available During Summer Months PARK ROYAL PLAZA 823-3210

Skewer a lamb chop

Chop yourself a new kind of a barbecue that's quick and easy — lamb chops on a skewer, New Zealand style.

This year you can grill loin lamb chops all summer, because more than ample supplies are already available at supermarkets. Season the chops for grilling in a vinegar and oil marinade, spiced to suite individual taste.

A wide assortment of extras can be added to the skewers — mushrooms, onions, tomatoes, green pepper, pineapple, water chestnuts, bacon squares, even shrimp.

A skewered lamb chop can be easy on the cook, for it should be cooked quickly. Try the following recipe for Lamb Chops on a Skewer.

12 New Zealand loin lamb chops ½ inch thick
6-8 small white onions, parboiled and peeled
1 large green pepper, cut into 6 to 8 pieces
6-8 large mushroom caps
6-8 firm cherry tomatoes

FOR MARINADE
½ cup oil
¼ cup lemon juice
1 clove garlic, mashed
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon oregano
¼ teaspoon thyme

Thaw chops so that they can be pierced with skewers. Thread chops flat on 4 to 6 skewers, alternating with vegetables. Combine oil and remaining ingredients; mix well or whirl in a blender. Brush skewers with mixture on both sides. Let stand about 15 minutes. Broil 4 inches from heat, about 5 minutes each side, basting with marinade occasionally. Makes 4 to 6 servings.

Festival will feed 10,000

This Saturday, free wine, bread and meat will be distributed to about 10,000 people by the Portuguese Catholic parish of Mississauga, and it's all because of tradition.

For the second consecutive year, the Salvador do Mundo Church is sponsoring the Festival of the Holy Spirit, which will be held June 28, 29 and 30.

According to Father Richards, minister of the parish, "The Festival is in commemoration of the Pentecost, which is held in remembrance of the descent of the Holy Ghost on the Apostles 50 days after the ascension (Easter).

But there is also another reason for the Festival. It's to commemorate a historical event that occurred in Portugal over 500 years ago.

"At the time of rule of Queen Elizabeth and King Dennis, in 1400, the Queen had a habit of distributing gifts to the poor during the Pentecostal Festival.

"She saw one poor man who had no gifts. She took off her crown and gave it to him as a gift. From then on, the people of Portugal started celebrating this Festival in memory of the great act of the Queen, by having a Parade of Crowns, and after, giving away free food, wine and meat to everyone."

To feed this year's crowd, the Festival of the Holy Spirit committee will distribute meat from three cows, use one-half ton of bread and have 500 portals or pints of wine. The committee consists of one paid member and 14 volunteers.

On the first day of the festival, June 28, the meat, wine and bread which will be offered to the people will be blessed. A Grand Ball will be held at Cawthra Arena, June 29, starting at 7:30 p.m. There will be a \$2 admission for the dance, and there will be a bar and food available.

Starting at 11 a.m. June 30, the Holy Spirit Parade begins at the Clarkson Arena. From there, it will go west on Arbor Road, south on Northaven, east on Atwater, then north on Cawthra to the arena.

Participants in the parade will include: 30 groups of girls carrying ornamental crowns and a banner embroidered with the sign of the dove, which is the symbol of the Holy Spirit; a 50 member Portuguese brass band, the Band of Our Lady of Fatima, from Toronto; 10 Portuguese clubs from Ontario; authorities of Mississauga, including Mayor Martin Dobkin; and the clergy of Salvador do Mundo church.

Following the parade, there will be a solemn service, then at 1:30 p.m., there will be the distribution of free food.

The estimated cost of the Festival, by Father Richards, is \$5,000 all of which is raised by donations.

Clarkson Youth Centre expands

The Clarkson Community Youth Centre has been operating out of Christ Church United, Mazo Crescent, since February, basically as a drop-in centre for youths.

This summer, with the aid of a \$5,511 Opportunity For Youth grant, the centre plans to expand its program and involve all age groups of the community.

Although it is primarily aimed at people aged 13 years and older, it will arrange senior citizen evenings, puppet shows for children and feature movie nights for families.

One of the activities planned is park clean-ups, where the Centre will provide food and entertainment. Movie nights, dances, coffee houses, bike hikes, camping overnight and daytime hikes along the Bruce Trail are also planned.

There will be a variety of athletic activities such as basketball, baseball, touch football and soccer. Arts and craft workshops, such as Yoga classes will be operating.

A common room will be available for quiet reading, music listening and cards. Billiards will also be provided.

The O.F.Y. grant is providing jobs for five youths who have organized these programs, which runs from June 24 to August 24. The centre will be open Mondays to Thursdays from 2 to 10 p.m., and office hours are from 8:30 a.m. to 10 p.m.

Funds and volunteers are required by the group. Interested persons can contact one of the workers at the office, 822-5454.

The following is a list of upcoming events planned by the centre, for the next few weeks:

JUNE 26 — Clean-up at White Oaks Park, from 5 to 8:30 p.m. Entertainment by Mother Earth Theatre.

JUNE 27 — Advance, featuring Cronus, from Toronto, from 8:30 to 11:30 p.m. Admission 50 cents.

JULY 4 — Coffee House, in the basement of Christ Church with local talent.

JULY 5 — Mississauga Puppet Troupe, starting at 1:30 p.m., for children aged 13 and under.

JULY 11 — Movie night, for all ages, will include Poppy is also a Flower, starring Marcello Mastroianni, Omar Sharif and E.G. Marshall. Also On the Buses, starring Reg Varney. Movies start at 7:30 p.m., admission is \$1.49 for adults, 99 cents for students.

The Centre would also like to act as a job agency, to link people who need odd jobs done with students who would like to earn money. Phone the office at 822-5454 for more information.

Ladies fitness

A nine-week Ladies Fitness program has started at the Huron Park Recreation Centre, 2460 Stavebank Rd., sponsored by the Parks and Recreation Department.

The one hour fitness program is held Mondays, from 9:30 to 10:30 a.m., followed by a half hour swim. It is a graduated exercise program which will benefit individual needs.

The fee is \$9 for the 9 week program. For more information, phone 279-7600 ext. 238.

Advertise camps: CVCA

More advertising is needed to promote the camping reservation system put into effect this year at Terra Cotta Conservation area says the Credit Valley Conservation Authority.

The recreation and parks advisory board made the recommendation for more advertising of the service to the CVCA Thursday night.

The advance reservations guarantee a camping spot in advance. The program is being run this year on an experimental basis.

For further information contact the Authority at 451-1615.

MISSISSAUGA CHURCH DIRECTORY

ANGLICAN

Clarkson Church of St. Bride, Clarkson Road — 822-0422 Services: Summer Schedule Services 8 a.m. and 10 a.m. Nursery and Kindergarten 10 a.m.

Cooksville Church of St. Hilary, 2055 Huronario St. 279-2304 Sunday Services 11 a.m.

Church of St. Luke, 1513 Dixie Rd. (just South of Q. E.) 278-1811 Morning Worship 8:30 and 10:30 a.m.

St. John the Baptist Church, 719 Dundas St. E. Dixie Mississauga 277-0462 Sunday Services 9:00 a.m. 10:30 a.m. Church School 10:30 a.m.

Lorne Park St. Pauls Church, 1190 Lorne Park Rd. 278-4765 Sunday Service 8:30 & 10:30 a.m.

St. Peters Erindale Dundas St. W. at Mississauga Road 277-3251 Sunday Services 8:30 a.m. & 10:30 a.m. Church School & Nursery 10:30 a.m.

Trinity Church — Port Credit 26 Stavebank Rd. N. 278-1992 Service Hours 8 a.m. and 10 a.m. until Sept. 1st

PENTECOSTAL

United Pentecostal Church 1155 Indian Rd. Mississauga Sunday Services 10 a.m. Sunday School

10:45 Morning Worship 7:00 Evangelistic Service Wed. 7:30 p.m. Family Night 822-6809 Rev. Allan Shalm A Friendly Welcome

THE UNITED CHURCH OF CANADA

Cooksville United Church Mimosa Row & Floradale Dr. 277-2338 Rev. H. Wyman, B.A. 11 a.m. Morning Worship 11 a.m. Sunday Church School Nursery & Baby Care

Port Credit First United, 151 Lakeshore Road West 278-3714 Ministers Rev. F.H. Joblin, B.A., B.D., D.D. Rev. R. Catherine McKeen, B.A., B.D. Morning Worship — 10:30 a.m. Church School Up To 11 Years Of Age — 10:30 a.m. 12 Years And Over 11:45 a.m.

Mississauga Applewood, 2067 Stanfield 277-4162 Rev. Donald V. Stirling

Summer Church Service June 16 - Sept. 1 9:30 a.m.

Clarkson Christ Church, 1700 Mazo Crescent 822-0271 Rev. T.A. Morgan Summer Worship Service 10 a.m. Combined services with Clarkson Presbyterian Church Nursery Provided

Erindale United Church Rev. Glen A. Park, B.Th. 1444 Dundas Crescent Sunday Service — 11:00 a.m. 277-4837 Sunday, June 30 Minister — Rev. Allan Smith

St. Luke's-on-the-Hill 3101 Constitution Blvd. Applewood Heights Junior Congregation 9:30 a.m. & 11 a.m. Service of Praise Sunday 11 a.m. Rev. Charles Clarke Rev. Keith Woollard

Lakeview United Church 1023 Greaves Road 1 Block East of Cawthra at Lakeshore 278-0201 Rev. David Walker 11 a.m. Church Service and Church School

Lorne Park St. Stephen's-on-the-Hill 998 Indian Rd. 278-9245 Rev. Paul O. Morrow Sunday Service 11 a.m. Nursery Provided

BETHESDA UNITED CHURCH

3311 Fieldgate Dr. (1 Block South Of Bloor) Rev. Donald Bell, B.A., B.D. Sunday Worship 11 a.m. Jr. Service and Nursery Sunday School 625-7923 — 625-2336

LUTHERAN

Central Mississauga Lutheran Church Now meeting in the Auditorium Square One Shopping Centre Family Worship 10 a.m. Pastor Rev. Guenther Dahle, M. Div., M.A. 270-9988 A Warm Welcome

Christ Our King Lutheran Church 2150 Dundas St. W., Erindale, Ont. William A. Gatz, Pastor Sunday School and Sunday Worship Service — 10 a.m. Phone - Church 822-8931 Parsonage 822-9949 Summer Worship Service — Wednesday, 8 a.m.

CHURCH OF ST. MARK LUTHERAN

130 Mineola Rd. E. Mississauga

Vacation Bible School July 2 to 5, 7 to 12, 14, 21, 28 Aug. 4, 11, 18, 25, Sept. 7, 9 - 11:30 a.m. Mrs. Erma Bruer, Supt., 822-1309 Rev. Neville Mirschin, Pastor 278-2122

PRESBYTERIAN

Clarkson Road Presbyterian Church Clarkson Road North, Rev. E.F. Dutcher, B.A. 11 a.m. Morning Worship Church School 11 a.m. — Babies to Gr. 3 9:45 a.m. — Gr. 4 to High School

BAPTIST

LORNE PARK BAPTIST SUNDAY Lorne Park 1500 Indian Rd. Near South Sheridan Way 9:45 Family Church School

Worship (11 a.m.) Minister C.W. Lohnes BA BD STM

YES WE CAN

Upholster YOUR FURNITURE DURING YOUR VACATION

Our CRAFTSMEN WILL MAKE YOUR SUITE LIKE NEW

- Competitive Pricing
- Workmanship Unconditionally Guaranteed
- Excellent Range of Quality Materials
- Custom Draperies
- Wood Refinishing
- Free Estimates & Advice by Appointment
- Pick-up & Delivery Service

Our expert advice is at your fingertips.

Call Head Office & Plant 678-2626

ROYAL CREST UPHOLSTERY 7502 BATH ROAD, MALTON, ONT.

FABULOUS! ... our only word for this SALE

COATS AND SUITS UP TO... 50% OFF!

SPECIAL GROUP DRESSES Values to \$80.00 Clearing \$10⁰⁰ at

Spring and Summer Dresses

30% TO 50% OFF!

De Macpherson

The Charges charge card CHARGEX It buys almost anything

2416 Bloor St. West — 766-4004 Fairview Mall — 491-1061

STORE HOURS: 9:30 - 6 P.M. Friday 9:30 - 9 P.M.