

COMMUNITY UPDATE

Contact: Wilma Blokhuis Phone: 905-845-3824 (ext. 250) Fax: 905-337-5567 e-mail: blokhuis@haltonsearch.com

WEDNESDAY, SEPTEMBER 3, 2003 • Page C2

Please forward announcements for Update to Wilma Blokhuis, Oakville Beaver, 467 Speers Rd., Oakville, Ont. L6K 3S4; Fax 905-337-5567, email blokhuis@haltonsearch.com, or call 905-845-3824 Ext. 250, BEFORE NOON Monday to be included. Notices are listed free of charge.

THURSDAY SEPTEMBER 4

Oakville Seniors' Center, 263 Kerr Street Open House and Pancake Breakfast, 9 a.m. - 1 p.m. Learn about Fall classes, day trips, volunteer opportunities and more. Phone 905-815-5966. Everyone welcome.

Registration for Oakville Power and Sail Squadron Fall-Winter Boating Courses, Sept. 4 and Sept. 8, 7 - 9 p.m., at TOWARF building, foot of Navy Street. Courses in Basic Boating, Piloting, Advanced Piloting and Celestial Navigation, towards earning Canadian Coast Guard operator certification, begin Sept. 15 and 18 at Oakville Trafalgar High School, 7 p.m. Call 905-469-3167 and leave message for call back, or visit <http://oakville.cps-ecp.org/>.

Halton VON Foot Care Clinic, Oakville Seniors Recreation Centre, 263 Kerr St., 1 - 4 p.m. Cost: \$20. By appointment only, call 905-815-5966.

Halton And Peel Professional Executive Network (HAPPEN) networking support group for unemployed business professionals, 8 a.m., in Mississauga. Speaker: Dick Cappon, *Will Your New Boss be a Hit Man?* Members \$5, non-members \$10. Call 905-339-0268 or www.happen.ca.

SATURDAY SEPTEMBER 6

Yard Sale for Kerr Street Ministries, Kerr and Prince Charles at Mike's Service Centre south of Speers, 9 a.m. - noon. All

proceeds to Kerr Street Ministries.

Fair Vote Canada - Halton Chapter meeting, 10 a.m. - noon at SAVIS office, Room 227 on the second floor of Hopedale Mall, Rebecca and Third Line. Find out about proportional representation in government. Everyone welcome. For more information, contact Gail Turner at 905-637-2279 or e-mail her at gbunty@cogeco.ca.

Ronald McDonald House in Hamilton is holding a garage sale - just in time for back to school. The house that love built at 1510 Main St. W. will hold the sale 10 a.m. to 2 p.m. Treasures include bedding and dishes, office and school supplies and toys. Call the house at 905-521-9983 for information or visit www.rmhamilton.ca.

Art on the Bluffs at Sovereign House, 7 West River St., presents Jane Lee and Gaye Courage to Sept. 17. Exhibition sponsored by Bronte Historical Society.

Parents Without Partners Singles Dance at Clarkson Community Centre, 8.30 p.m. - 1 a.m. Admittance for members is \$10, general public \$14, includes buffet, door prizes and much more. Clarkson Community Centre is located at 2475 Truscott Dr. south of the QEW between Southdown Road and Winston Churchill. Dress Code in effect. No Jeans, shorts, or running shoes please.

SUNDAY SEPTEMBER 7

Oakville Historical Society walking tours, *The Main Street of Old Oakville*, Sept. 7 and Oct. 5, and *The Houses of Old Oakville*, Sept. 21. All walks begin 2 p.m. at Oakville Historical Society office and archives, 110 King. Cost: \$10 includes tour booklet and refreshments. Call 905-844-2695 or visit www.oakvillehistory.org.

Michael Coren of CTS' Michael Coren Live at St. Hilda's Anglican Church, 1258 Rebecca. All welcome for 10 a.m. service.

South Peel Naturalist Club field trip to Toronto Islands from Hanlan's Point to Centre Island to view migrating birds including warblers, shorebirds and hawks. Leader: Glen Coady. Beginners welcome. Dress appropriately, bring lunch, drinking water and bug repellent. Be prepared for a long, but easy walk. There is a charge for the ferry and parking at the ferry terminal. Meet at 7:30 a.m. in the parking lot of Cawthra Arena on the east side of Cawthra Road just south of the QEW. Call 905-820-2571.

Horseshow, 9 a.m., at Oakbridge Equestrian Centre, 1354 Burnhamthorpe Rd. W., Oakville. Hunters, Jumpers and Hack Divisions. Everyone welcome. For information call 905-257-3999.

Joshua's Valley Fellowship: A new Sunday evening Bible study on the Book of Luke is being offered at John Knox Christian School, 2232 Sheridan Garden. Class taught by Pastor Jim Lagnese of Calvary Chapel of the Finger Lakes Region, and starts at 6:30 p.m. All are welcome. For more information, call 905-845-0074 or e-mail calvarychapel@cogeco.ca.

Singles Dances every Sunday night, ages 30 and up, dress code, buffet, at Finnegan's Wake, 379 Speers. Call Steve, 905-616-0266 or visit www.keepintouchsocial.com.

Rattray Marsh Volunteer Work Day, 9 a.m. - noon. Meet at Bexhill Road entrance. Dress appropriately for weather and wear work gloves. Work will include maintenance, garbage pickup, path upkeep, cutting invasive vegetation or planting for regeneration of disturbed areas. Sponsored by Rattray

Marsh Protection Association, 905-823-1572, and Credit Valley Conservation 905-670-1614 ext. 243.

MONDAY SEPTEMBER 8

Bronte Horticultural Society, 7:30 p.m. Bronte Yacht Club, Lakeshore Road West opposite Walton Memorial United east of the bridge. Speaker: Hugh McArthur, volunteer with the Long Point Observatory and Randy Wilson, wildlife artist, will talk on bird observation and attracting birds and butterflies to the garden. New members welcome. Phone 905-634-4051.

Oakville Osteoporosis Group monthly meeting, 1:30 p.m., St. Michael's Church, 181 Sewell, Trafalgar north of QEW, off McCraney. Topic: *All Calcium Pills are Not Equal* - bring calcium pills for comparison. Call Phyllis Spillone, 905-829-4863.

Weekly Walks by the Water along Waterfront Trail with the Bronte Bunch. Group walks every Monday year round for fun, fitness and friendship. Meet at back door of Coach and Four, Lakeshore and Bronte. Walk begins 7:15 p.m. Après walk refreshments. Beginners welcome. Approximately 7K walk, 1.5 hours. Call Sylvia, 905-616-2330.

TUESDAY SEPTEMBER 9

The Ridge Seniors - Iroquois Ridge Older Adult Centre at Iroquois Ridge Community Centre holds Open House, 1 - 4 p.m. Demonstrations, displays, and complimentary refreshments. Call 905-338-4255 ext 3745. Everyone welcome.

Equilibrium - a mental health support group for people dealing with unipolar and bipolar depression meets at 7:30 p.m. at St. Dominic's Parish Centre, 2415 Rebecca St. Dr. Karl O'Sullivan, psychiatrist - *What's*

New in Mood Disorder Treatment. For more information call CMHA at 905-693-4270.

Alpha Prayer Meeting, 7 - 8 p.m. at Hopedale Presbyterian Church. Twelve churches in Oakville offering the Alpha course this fall or winter will be hosting this prayer meeting to pray for the National Initiative of Alpha and the upcoming courses. Call Bronwen Bruch at 905-842-0630 or email bruch3@cogeco.ca.

Oakville Seniors Camera Club (for people 50 plus) at the Seniors Centre. Are you interested in photography, improving your photo taking skills? New members welcome. First meeting 7:30 p.m. Fee \$3 per person. Enquiries, Mary Basteat at 905-827-0836.

Oakville Newcomers Club monthly social, 7:30 p.m., 707 Galaxy Banquet Hall, 475 North Service Rd. Meet convenors of interest groups.

Silverthorn Division Girl Guide registration for all ages at Oakville Town Hall, 6:30 - 7:30 p.m. on Sept. 9 for girls in the Cedarwood and River Glen Districts (Trafalgar to Sixth Line) and on Sept 10th for girls in the Falgarwood and Sheridan Districts (Trafalgar to Mississauga border). For further information call 905-849-6142.

Burlington-Oakville-Hamilton Tourette Syndrome Support Group resumes meeting the second Tuesday of each month, beginning Sept. 9. New families are welcome to join us starting at 7:30 p.m. at Knox Presbyterian Church, 461 Elizabeth St., Burlington. Contact Kathy at (519)-766-7649 or Kathleen at 905-561-3762.

Halton VON Foot Care Clinic, Sir John Colborne Centre for Seniors, Tuesdays 1 - 4 p.m. Cost: \$20. By appointment only. Call 905-815-5960.

THE OAKVILLE BEAVER

Dining & Entertainment

Oakville's Bi-Weekly Dining and Entertainment Spotlight

AGABI MEDITERRANEAN CUISINE RESTAURANT

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- Shawarma
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- Taboule

134 Lakeshore Rd. W., Oakville
905.338.1888



Heart and soul of Mediterranean cooking can be found at Agabi

Owner Essam Farag takes pride in the fresh and healthy meals Agabi offers its customers. The secret to Essam's healthy chicken is Agabi's slow roasting, vertical broiler that melts away all the fat in chicken (pictured above).

ADVERTISING FEATURE

Love at first bite never had a truer meaning than at Agabi. With his heart and soul, Agabi Mediterranean Restaurant owner Essam Farag works diligently and quietly, transferring the art of cooking in his soul to his delicious dishes. With over 20 years of experience in cooking, Essam uses his background of French cuisine and knowledge of Middle Eastern cooking to prepare each meal to perfection.

Essam prepares an eclectic menu selection of Greek, Lebanese and Egyptian cuisine right in front of your very eyes in an open concept kitchen. Whether it's lunch, dinner or take-out, Agabi offers a fresh and healthy alternative to enjoying a meal out.

The secret to Essam's healthy chicken is Agabi's slow roasting, vertical broiler that melts away all the fat in chicken, leaving it at the bottom of the broiler and not in your food. The result is a healthier chicken - mix it with fresh herbs and vegetables and you have a delicious and healthy meal. A must try is Agabi's best-selling Chicken Shawarma. The thin sliced chicken is slowly roasted and then lightly grilled.

But Agabi offers more than just chicken. Essam is always hard at work devising new menu items his clients will love. Most recently added to the menu are his Frito Misto De Mari (a mixture of fried seafood) and Braised Lamb Shank.

"I try to use the method of French cuisine to enhance Mediterranean food. I am always working on expanding the menu to offer the best to my customers," he says. "We make everything from scratch, from A to Z. But we try to keep the menu small, so it will always be fresh."

If it's vegetarian you're after, Agabi caters to those seeking vegetarian dishes. For a more exotic choice, try the Vegetarian Stuffed Grape Leaves; California Grape leaves stuffed with a mixture of rice, greens and fresh herbs served hot or cold with Tzatziki sauce.

Agabi also offers a variety of seafood items, and has a great selection of Mediterranean wine.

Agabi means love in the old Egyptian language, and it certainly holds true for Essam's savory cuisine. The menu items are reasonably priced, making it affordable for both lunch and dinner gatherings, as well as take-out.

The restaurant is also available for special functions. Agabi is located on 134 Lakeshore Rd., (with free parking!). Call 905-338-1888.

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