

2000 United Way of Oakville Campaign

Total amount raised: \$1,312,000

OUR GOAL
\$2.7 million

United Way
For more info: 845-5571

Business

To reach this section call 845-3824 Fax:337-5567

HAPPY ANNIVERSARY. Hopedale Shopping Centre at Third Line and Rebecca Street, marked a milestone in Oakville retailing recently when it celebrated its 40th anniversary. Lucky shoppers also received a sweet treat to mark the occasion courtesy of Diane Carpenter.

Photo by Riziero Vertolli



Mother of seven-turned-author cooks up meals for the rushed

By Nancy Alexander
SPECIAL TO THE BEAVER

As the mother of seven children, *Sandi Richard* could easily be forgiven for being on a first-name basis with the pizza delivery boy. Instead, this energetic lady has made it her mission to show families how they can cook nutritious meals on a daily basis with a minimum of time, effort and stress.

Richard, who hails from Cochrane, Alberta, is currently on an exhausting cross-country tour to promote her best-selling cookbook, *Life's On Fire: Cooking For The Rushed*.

She will be visiting Oakville tomorrow evening, Thurs. Nov. 9th, where she will make an appearance at Longo's (Trafalgar Road and Hwy. 5) at 7 p.m. to meet with customers and offer a cooking demonstration.

Richard is the first to admit that mealtime chaos used to be the norm at her house, with last-minute, pre-packaged foods often filling the bill.

"I was failing miserably at preparing dinner," she admits. "I'd be standing in the grocery store at 5 o'clock trying to decide on dinner that night, knowing we had to get kids to the hockey arena or a dozen other places."

On top of that, Richard had often battled weight problems and knew that proper planning and nutrition were essential in keeping things under control.

In short, mealtimes were providing her with plenty of stress but precious little else — a familiar scenario in many households.

All of that changed in a hurry, she says, after she read a magazine article about supper time being the most stressful part of a woman's day. Richard recognized herself as one of the harried moms in the article and decided on the spot, that cooking and eating did not have to be as difficult as she was making it.

Thus began a 10-year quest to find the best method to feed her family with a minimum of fuss and stress.

Her criteria were simple: food had to be fast, it had to be delicious, and you had to know what you were going to be eating for dinner at the beginning of the day so you would know how to eat throughout the day.

"I began to dissect my life and delve into my problem," says Richard. "The areas that mad me fail became very clear. I was do disorganized that I didn't have a clue what I would be eating that night. How could I possibly know what to eat all day if I didn't know what I was eating for supper. Let's say I've taken out the stuff to make Beef Enchilada Casserole. This is a very cheesy pasta dish. If I know I'm eating this for supper, I don't even feel like pasta, or cheese for that matter, at lunch. On the other hand, if I didn't know what I was having, in the day I might eat a fatty, high-carb lunch and by the time hunger set in at supper, my main desire was to fill my tummy with great food. If that food happened to be high in fat or carbs, oh well, hunger had taken over my brain."

Richard's answer to all of this nutritional guilt and mealtime stress was to get organized.

Her cookbook, *Life's On Fire*, offers a very structured approach to mealtimes, featuring 12 recommended weekly rotations of five easy and delicious dinners.

Meals are designed to be prepared on the fly or popped into the oven while running errands or spending time with family.

All recipes are easy to read and colour-coded to indicate prep-time (20 mins. max) and the amount of time from start to sit-down.

The book also features photos of "real food" without any photography tricks or touch-ups.

As Richard notes, it's real food for real people who need ways to take the stress out of mealtimes.

Since her book hit the stands just over a year ago, Richard says she has had letters from thousands of people who say the book has changed their lives for the better. A second book, *Getting You Through The Summer*, is due out in March.

New chapter for administrative professionals

In an effort to provide an additional resource to office professionals in the Burlington and Oakville areas, the **International Association of Administrative Professionals™** (IAAP™) has established a local chapter.

The mission of IAAP is to enhance the image of the administrative profession and to inspire and equip all office professionals to attain excellence through education, networking and teamwork.

Ontario Division of IAAP acknowledges the efforts of Kim Harasen, from AGRA Monenco, and Tracy Bryce, from Boart Longyear, members of IAAP since 1992 and 1996 respectively, who spearheaded the efforts to establish the BurlOak Bay Chapter.

On Nov. 16th, the following Executive Board of the BurlOak Bay Chapter will be installed:

- President, Kim Harasen, Administrative Assistant, AGRA Monenco
- Vice-President, Marilyn Dunn, Administrative Assistant, AGRA Monenco
- Secretary, Gail Gray, Administrative Assistant, Self-Employed

Additional local business firms represented by members of the BurlOak Bay Chapter include: Acres International, Boehringer Ingelheim Canada Ltd., Dana Corporation, Halton Catholic District School Board, Rosart Properties, Siemens, and WSIB.

The BurlOak Bay Chapter of IAAP will be officially chartered on Thurs. Nov. 16th, 2000, at a Chartering Reception in the Britannia Room at the Black Bull British Pub in Burlington. Cost is \$20. To reserve your space, contact Kim Harasen at kim.harasen@agra.com.

IAAP is the world's largest association of administrative professionals, with 700 chapters in the United States and Canada, and 40,000 members and affiliates worldwide.

ZENON in \$10 m deal

ZENON Environmental Inc. has entered into a commercial agreement with OTV (a subsidiary of Vivendi Water).

The agreement consists of up-front net proceeds of approximately Cdn. \$10 million and a supply agreement for the purchase of approximately Cdn. \$4 million of ZENON's proprietary immersed membranes.

Additional information is available at the company's website www.zenonenv.com.



Are you looking for a caterer?

English Bay Catering

By Kym Funnell
ADVERTISING FEATURE

In just a little over three years, English Bay Fish and Chips has carved a niche in the Oakville area as a higher class of fish and chips restaurant, and the couple that brought you this award-winning dining establishment and Miss Robyn's Ice Cream Parlour has yet another surprise for you.

"People are continually asking if we offer catering services," explains James Stewart, owner of English Bay Fish and Chips, and executive chef for 15 years. "We get calls all the time, and now we're finally able to say, 'Where can we help you?'"

Although he keeps busy with English Bay Fish and Chips and as the Executive Chef at a local golf course, James has offered his abilities for private functions in the past, catering to the occasional wedding or corporate lunch affair. As his delectable cuisine has been well-received by various groups and gatherings before, James made the decision to officially open *English Bay Catering Company*, the answer to all your catering needs!

Upon calling for catering inquiries, one will realize the ease in which they have created this new side of English Bay. James' wife Tricia will meet with clients to customize a menu for your special event, creating a menu to suit your tastes and budget. Once the menu has been designed to meet your preferences, this certified Chef du Cuisine applies his talent and passion to prepare exquisite dishes and savoury entrées.

English Bay Catering is awaiting your call to serve your group, from a private family dinner to a wedding or corporate function (whether it be breakfast, lunch or dinner). Call today for a free menu, (905) 337-3378.

Stock Market Boom or Bust?

How to profit either way.

Learn about a Revolutionary Investment Strategy

Tuesday, November 14th, 2000

7:00 p.m. to 8:30 p.m.

Holiday Inn Oakville

590 Argus Road "Trafalgar B" Room
Oakville

(Registration at 6:30 p.m. • Refreshments served)

Through this unique strategy you will discover that there is a better way to build your financial future.

Investorplus.com is in the business of helping you build wealth through real estate investing properties.

Seating is complimentary but limited so please RSVP early to request your reservation

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IT show tomorrow

The 2000 GTA Technology Information Show takes place on Thurs., Nov. 9th, from 1 p.m. to 7:30 p.m. at the Mississauga Convention Centre (Highway #10 and Derry Road).

The one-day exhibition will put the spotlight on leading firms in the area of business technology development hardware and sophisticated software to eBusiness specialists and Internet access providers.

Admission is \$25 and FREE for online pre-registered. For additional information, call 519-741-8795 or visit www.technology-show.com/gta.

Sithe

COMMUNITY UPDATE

Southdown Station

Cleaner, Competitive Electricity for Ontario's New, Open Market

As part of Sithe's continuing dialogue with the community, Sithe is holding an Air Quality Public Meeting to address local air quality concerns.

Thursday, November 9, 2000
Clarkson Secondary School
2524 Bromsgrove Road
7:00 – 9:30 p.m.

Representatives from Sithe will make a short presentation and scientists, engineers, medical health experts and regulatory specialists will be available to answer questions.

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BY-LAW NOTICE

PLANNING ACT

NOTICE OF THE PASSING

OF ZONING BY-LAWS BY

THE CORPORATION OF THE CITY OF MISSISSAUGA

TAKE NOTICE that the Council of the Corporation of the City of Mississauga passed By-laws 0545-2000, 0546-2000 and 0547-2000 on October 25, 2000 which repeal By-laws 0484-2000, 0485-2000 and 0486-2000 due to interpretative problems. By-laws 0484-2000, 0485-2000 and 0486-2000 were advertised previously on October 18, 2000.

AND TAKE NOTICE that the Council of the Corporation of the City of Mississauga passed By-laws 0548-2000, 0549-2000 and 0549-2000 on the 25th day of October, 2000, under Section 34 of the Planning Act R.S.O., 1990, c.P.13, as amended. These three By-laws replace the repealed By-laws 0484-2000, 0485-2000 and 0486-2000.

AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the By-laws by filing with the Clerk of the City of Mississauga not later than the 28th day of November, 2000, a notice of appeal setting out the objection to the By-law and the reasons in support of the objection, together with a cheque in the amount of \$125.00 payable to the Minister of Finance for each of the By-laws.

Only individuals, corporations and public bodies may appeal a Zoning By-law to the Ontario Municipal Board. A notice of appeal may not be filed by an unincorporated association or group. However, a notice of appeal may be filed in the name of an individual who is a member of the association or group on its behalf.

Explanation of the purpose and effect of the by-laws:

By-law 0548-2000 to amend Zoning By-law 5500 (former Town of Mississauga), By-law 0549-2000 to amend Zoning By-law 65-30 (former Town of Streetsville) and By-law 0550-2000 to amend Zoning By-law 1227 (former Town of Port Credit) pertaining to accessory buildings and structures (inclusive of attached and detached private garages) and play equipment on residential lots used for a detached, semi-detached or street row dwellings, by:

- defining the terms accessory building, height of accessory building other than an attached private garage, flat roof of a detached private garage and play equipment;
- further regulate the number, height, size and siting of accessory buildings and structures (including attached and detached private garages) on residential lots. In some cases, the zone provisions vary based on the area of the host residential lot.

These replacement By-laws differ from their predecessors by including new or additional provisions that, among other things:

- restrict the size of an attached private garage to 75 m²; and
- continue to allow an attached private garage to project beyond the front wall of a dwelling, unless otherwise prohibited;

Further information regarding these By-laws may be obtained from David Harrold (905) 896-5851 or Carol-Anne Munroe (905) 896-5733 of the Planning and Building Department.

Dated at Mississauga this 8th day of November, 2000.

Arthur D. Grannum
City Clerk