

Pool result

Acton Lions Pool TADPOLE
Lisa Ann Susant, Donald Little, Chad Ferrin, Michael James Suzanski.

POLLYWOG
Paul Guy, Anaya Guy, Adelle Korba, Matthew Badin, Lee Stuart.

SUPERFROG
Jessica Cripps, Michael Kempton, Peter Lemstra, Julie Hume, Allen Reynolds, Brad Butler, Katie Tullman, Suzanne Neary, Kenneth Neary, Brent Chittenden.

YELLOW
Mark Malby, Jennifer Lunau, Andrea Lunau, Greg Richmond, Samantha Stewart, Brent Chittenden, Amanda Drester, Wesley Lemstra, Darryn McIntyre, Ian Sorenson, Nicky Assad, Laura Hamilton, Shyla Swan, Ryan Doran, Andrew Maru.

ORANGE
David Lemstra, Jenny Vanklink, Scott McIntyre, Janet Vanklink, Jennie Vanklink, Eza Sanderson, Hilda Hinjosh, Sheri Lyn Albert, Taffany Martin, Laura Miller, Amanda Cripps, Jocelyn Priest, Donna Morrison, Susan Lehman, Corrine Perrin, Tina Peterson, Maria Kallieris, Denis Kallieris.

RED
Sarah Waddon, Jenny Saunders, Jennifer Law, Jennifer Sorenson, Matthew Burt, Tara Toyne, Michelle Burt, Adam Malby, Simon Were, Virginia Pumphrey, Michelle Jordan, Stuart Little.

BEGINNER MAROON
Rebecca Vanklink, Diana Herfort, Kristy Haggitt, Jason Albert, Jay Lawrence, Josh Assad, Ellen Hamilton, Erika Schroll.

ADVANCED MAROON
Heather Freuler, Melissa Blais, Natalie Tullman, Zechorah McLaren, Jill Richmond, Paula Hardy, Melanie Rastel, Irene Law, Bradley Widiah, Allen Widiah, Dana Donovan, Ryan Donovan, Paul MacMillan, Scott Foster, Alastair McGillivray, Jason Albert.

SURVIVAL
Barbara Freuler, Billy Whalen, Jamie Weick, Hillary Walker, Desiree Barrett.

BLUE
Stacy Hunter, Sean Donovan.

LIFESAVER I
Sean Donovan, Stacy Hunter.

GREEN
Jennifer Foster, Andrew Little, Merry Little.

LIFESAVER II
Rhonda Whalen, Kim Pumphrey, Jennifer Foster.

GREY
Cathy Knighton.

LIFESAVER III
Robert Richmond, Jennifer Eccles.

WHITE
Eddie McCormick, Joann Scott.

Georgetown pool winners

Georgetown Indoor Pool TADPOLE
J.D. Murry.

POLLYWOG
Carelyn Boyd, Jordan Telley, Cathy Phipps, Mark Bulgan, Melanie Giguere.

SUPERFROG
Kathy Scruton, John Beague, Richard Cassimari, Andrea Brennan, Shalio Lewis.

YELLOW
Andrea Telley, Danielle Cary, Darryl Morris, Adam Lang, David Benzer, Terry Reza, Cory Reza, Kara Harrison, Randy.

ORANGE
Lesley Knight, David Benner, David Fishback, Sherri Lee Hurrellbrink, Kevin Moore, Debbie McGowan, Peter Johnson, Jeff Stacey, Michael Roe, Adeline Smit, John Bilik.

RED
John Brennan, Jason Stacey, Ann Bowman, Tom Beallie, Jeff Stacey, Michael Roe, Peter Johnson, Adeline Smit, Christopher Scruton, Menique Beakin.

BEGINNER MAROON
Denay Guignard, Kara Donnelly, David Roe, Cindy Rouillard, Freddie Cuffee, Sheila Stiles, Adam Altard, Shannon Nolan.

MAROON
Alan Altard, Shannon Nolan, Aaron Williams, Jason Telley, Diane Gravel, Sabrina Basset, Paul Cary, Greg Tyrrell, Russell Warren, Ian Walker, Bruce Tyse, Andrew Ashburnhall, Lynn-Ann Clarke, Paul McDonald, Deanna Guignard, Denay Guignard, Kara Donnelly, Jennifer Keady.

SURVIVAL
David James, Jane Griffin, Christopher Deshaene, Teresa McFadden, Laurie McQueen, Tatum Nolan, Tonya Morris, Gwen Morris, Diana Skoko, Yvonne Moore, Sharon McDonald, Kaye Rissel.

BLUE
Trevor Knight, Kelly-Lynn Page, David James, Jane Griffin, Teresa McFadden, Laurie McQueen, Christopher Deshaene.

LIFESAVER I
Paul Johnson, Jeannette Clarke, Cindy Seure, Jeff Farman, Megan Lisab, Amy Casper, Mark Edward.

GREEN
Jennifer Ryan, Trent Cull, Michael Farman, David McDonald, Carole Burnes, Gillis Quimet.

LIFESAVER II AND III
Jim Ashburnhall, Sandra Penrice, Brent McIntyre, Andra Bergama, Yolanda Bergama.

ORANGE
Jason Knight, Rod Pasma, Alastair Kermack, Tracey Moore, Graham Edwards.

LIFESAVER III
John Beallie, Mark Talbot, Ryan McDonald, Derek Pollitt.

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SUPER BUYS

SAVE 1.00

Redpath
FINE GRANULATED
White Sugar
2 kg BAG
.99
(SALE OF 10-9-90)
(Limit 10 bags per family purchase)

SAVE 1.32/kg *The Butcher Shop* **SAVE .60 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
OUTSIDE CUT, EYE REMOVED

Boneless Round Roast
6.15 / 2.79
/kg / lb

SAVE 3.00

Coca-Cola
REGULAR & DIET COKE OR REGULAR & DIET SPRITE
CASE OF 24-280 mL TINS
4.99
(750 mL btl. 49¢ plus .30 btl deposit)

SAVE 1.50

Robin Hood
ALL PURPOSE VELVET CAKE & PASTRY INSTANT BLENDING
Robin Hood Flour
2.5 kg BAG
1.99

SAVE .66/kg-.30 lb

COMBINATION PACK-CONTAINS: 2 RIB ENDS
2 LOIN ENDS, 4 CENTRE CUT CHOPS

Loin Pork Chops
4.39 / 1.99
/kg / lb

SAVE 1.10/kg-.50 lb

SIRLOIN TIP, RUMP OR INSIDE CUT ROUND

Boneless Beef Roasts
6.59 / 2.99
/kg / lb

SAVE UP TO 2.80

Tide
POWDERED LAUNDRY
Tide Detergent
12 LITRE BOX
7.99

SAVE 1.50

Robin Hood
ALL PURPOSE VELVET CAKE & PASTRY INSTANT BLENDING
Robin Hood Flour
2.5 kg BAG
1.99

SAVE .66/kg-.30 lb

SWEET PICKLED

Back Bacon End Cuts
5.05 / 2.29
/kg / lb

SAVE 1.10/kg-.50 lb

SCHNEIDER'S

Oktoberfest Sausage
500 g pkg
2.79

SAVE UP TO 2.80

Tide
POWDERED LAUNDRY
Tide Detergent
12 LITRE BOX
7.99

SAVE 1.50

Robin Hood
ALL PURPOSE VELVET CAKE & PASTRY INSTANT BLENDING
Robin Hood Flour
2.5 kg BAG
1.99

SAVE .66/kg-.30 lb

FRESH, LEAN

Ground Beef
439/199 /kg / lb

(INSIDE CUT ROUND STEAK 7.25/kg-3.29 lb)

Round Steak Full Slice
659/299 /kg / lb

TENDERIZED

Cube Steak
725/329 /kg / lb

POINT (CENTRE CUTS 5.93/kg-2.69 lb)

Brisket Beef End Cuts
549/249 /kg / lb

RIB OR 3 TO 3 1/2 LB CUT TENDERLOIN PORTION

Pork Loin Roasts
439/199 /kg / lb

PORK LOIN RIB PORTION (COUNTRY STYLE)

Spare Ribs
439/199 /kg / lb

FRESH, SHANKLESS, PICNIC STYLE (SHOULDER BUTT 2.84/kg-1.29 lb)

Pork Shoulder Roast
262/119 /kg / lb

PICNIC SHOULDER (SHOULDER BUTT 3.95/kg-1.79 lb)

Boneless Pork Roasts
373/169 /kg / lb

FROZEN, NEW ZEALAND

Loin Lamb Chops
659/299 /kg / lb

GLOBAL MEATS, BRISKET

Corned Beef
549/249 /kg / lb

GRADE 'A', FROZEN, Eviscerated, CORNISH

Game Hens 22 oz avg
417/189 /kg / lb

SAVE 1.10/kg-.50 lb

PICNIC SHOULDER OR SHOULDER BUTT

Pork Chops
351/159 /kg / lb

CANADIAN QUEEN, HOT OR SWEET

Sausage Italian Style
417/189 /kg / lb

SWIFT (FIREBRAND WIENERS, REG OR ALL BEEF 1.99)

Premium Wieners 450 g vac pac
1.49

LAND-O-FROST, THINLY SLICED, ASSORTED VARIETIES

Cooked Meats 71 g pkg
.79

TOWN CLUB, SLICED

Side Bacon 500 g vac pac
2.59

OMSTEAD, FROZEN, DRESSED

Breaded Smelts 351/159 /kg / lb

U.M.F., FROZEN (SOLE FILLETS-4.39)

Cod Fillets 454 g pkg
3.19

SAVE UP TO 2.80

Tide
POWDERED LAUNDRY
Tide Detergent
12 LITRE BOX
7.99

MINUTE, LARGE FLAKE, QUICK COOKING **SAVE .60**

Old Mill Oats 1.35 kg beg
.99

RECONSTITUTED LEMON JUICE **SUPER BUY!**

Realemon 625 mL btl
1.49

SUNNYGOLD, SEEDLESS, FROM SUNNY AUSTRALIA **SAVE .60**

Sultana Raisins 750 g cello pkg
1.39

SWEETENED CONDENSED MILK **SAVE .30**

Eagle Brand 300 mL tin
1.79

SAVE .50

AYLMER, FANCY

Tomato Juice
.99
48 fl oz tin

SAVE .80

REGULAR, FINE OR EXTRA FINE GRIND

Nabob Tradition Coffee
3.49
369 g vac pac
(Regular or Fine Decaf 369 g vac pac 3.99-SAVE .50)

JANE PARKER, SLICED (MADE WITH 100% PURE VEGETABLE SHORTENING) **SAVE .34**

100% Whole Wheat Bread 675 g loaf
.69

JANE PARKER, SLICED **SAVE .20**

Cheese Bread 450 g loaf
.99

JANE PARKER **SAVE .40**

Spanish Bar Cake 539 g cake
1.39

BOURBON CREAM, FROSTING, ASSORTED CREAMS, 17 ASSORTMENT COFFEE CREAM, GARDEN CREAM **SAVE .30**

Peek Frean 200 g pkg
1.29

SAVE 1.60

REGULAR 10 OZ JAR

Instant Nescafe Coffee
5.99
(Vita or Colombia 8 oz jar 6.49-SAVE UP TO 1.40)

SAVE .40

CHOICE

Aylmer Tomatoes 28 fl oz tin
.99

ASSORTED VARIETIES, REGULAR OR NO SALT **SAVE UP TO .30**

Del Monte Vegetables 14 fl oz tin
.69

ASSORTED VARIETIES INCLUDING NATURES BLEND **SAVE .44**

Del Monte Juices 1 litre tetra brick pack
.99

ASSORTED VARIETIES **BUY 3-SAVE .59**

Pamper Cat Food 3 6.5 oz tins
1.00

SAVE .60

FROZEN, CHOCOLATE, VANILLA OR LEMON

Sara Lee Layer Cakes 13 oz pkg
1.39

MARTINS, RECONSTITUTED **SUPER BUY!**

Apple Juice 48 fl oz tin
.99

CHEFMASTER, PARCHMENT WRAPPED **SUPER BUY!**

Margarine 3 lbs
1.59

NORDICA, 2% PARTLY SKIMMED **SAVE .64**

Cottage Cheese 500 g ctn
1.49

SAVE .60

SOLID WHITE, IN OIL OR WATER - 7 OZ TIN

Clover Leaf Tuna
1.99

ASSORTED VARIETIES (Lasagne 500 g box 1.19) **SAVE .66**

Primo Pastas 28 fl oz tin
.99

PRIMO, PLAIN **SAVE .40**

Spaghetti Sauce 28 fl oz tin
1.09

YOUR CHOICE, TOOTH PASTE **SAVE UP TO .30**

Ultra Brite 50 mL tube
.79

WHITE SWAN, 3-PLY, WHITE, YELLOW OR BEIGE **SUPER BUY!**

Facial Tissue box of 200 sheets
.89

THE FARM at A&P

CANADA NO. 1, PROD. OF ONTARIO

Blue Concord Grapes 4 litre bskt
2.99

CANADA NO. 1, PROD. OF ONTARIO

Prune Plums 4 litre bskt
2.99

1-PLY BATHROOM TISSUE, ASST COLOURS **SAVE .84**

White Swan Tissue pkg of 4 rolls
1.39

SAVE .70

2-PLY, PRINTED GREEN, ORANGE OR GOLD PKG OF 2 ROLLS

White Swan Decorator Towels
.99

CANADA NO. 1, PROD. OF U.S.A., RED OR

Black Grapes 4 litre bskt
2.18 / .99
/kg / lb

CANADA NO. 1, PROD. OF ONTARIO

Bartlett Pears 4 litre bskt
3.99

CANADA NO. 1, PROD. OF ONTARIO

Potatoes 20 lb bag
3.29

CANADA NO. 1, PROD. OF ONTARIO

Fresh Cauliflower each
.99

PROD. OF ONTARIO

Fresh Broccoli bunch
.99

PROD. OF ONTARIO

Pepper Squash 3/1.00

ON SALE THIS WEEK AT A&P

KD Gourmet Stainless Steel Cookware
1 1/2 QT Saucepan with cover
each 9.99

1818 STAINLESS STEEL WITH 3 LAYER TRI-PLY BOTTOM FOR BETTER COOKING