




Stick with your high blood pressure treatment, or you may be in for a nasty surprise.



Canadian Coalition for High Blood Pressure Prevention and Control
http://auria.library.mun.ca/bp

HORROR HALLOWEEN SPECIALS

Sat. Oct. 22nd to Mon. Oct. 31st, 2005

MAKE-UP & DECORATIONS 50% OFF	CHIPS BOX OF 85 \$11.99	SESAME TREATS \$4.99 BOX	VOICE CHANGING SPOOKY MASKS \$6.99 <small>BATTERY OPERATED</small>
GLOW IN THE DARK SKELETON & BAGS \$1.00 EA.	PVC RUBBER MASKS \$1.99	GLOW IN THE DARK SPIDER WEB \$1.99	COLOURED WIG \$3.99

MANY MORE IN-STORE SPECIALS

BARGAINS BAZAAR

372 Queen St. E. (Sobeys Plaza) 519-853-8995



Halton Hills Ward 1 Councillor Jon Hurst was shown some of the Quality Daily Fitness (QDF) moves by Robert Little students Amelia Torraville, 10, (left) and Susanna Huotari, 9, as the students ran through their QDF routines in preparation of Saturday's Community Open House in Georgetown Market Place.

Photo by Ted Brown

Community groups will strut their stuff tomorrow

More than 50 organizations will be showcased at the Community Open House in Georgetown Market Place tomorrow (Saturday).

As fitness leaders they lead the students through 10 minutes of daily vigorous physical activity, while another 10 minutes of activity involves the classroom teacher.

Move For Health will be the theme of the open house, which is held every 18 months by the Cooperative Program Planning Committee (CPPC) of Halton Hills.

Burland will be at the CPPC booth with copies of the Canadian Intarmural Recreation Association (CIRA) resource package she helped write—*Everybody Move! Daily Vigorous Physical Activity*—which encourages kids and seniors to get active.

Active living programs, such as Ice Dreams, which encourages the development and use of new and existing outdoor rinks in Canada, will be promoted in the open house. Ice expert Karen Ford from the Town of Halton Hills will be on hand from 11 a.m. to noon to answer questions about building a backyard rink.

Also on hand from 1 to 2 p.m. will be fitness expert Liz Masson from Feet in Motion, who will offer advice on choosing the right shoes for fitness activities.


Further details on the Ice Dreams program are available at www.icedreams.ca.

Photos from the annual Halton Hills Camera Club Capture the Hills contest will also be on display.


Also slated to be at the open house are Robert Little Public School teachers Marie Burland and Kristen Parker, both Quality Daily Fitness Leaders from the school who will demonstrate some of their routines.

Youths who attend the open house can get a Volunteer Information Passport (VIP) at the CPPC booth and learn more about volunteer opportunities with various organizations.

For more information call Terry Alyman, Town of Halton Hills Director of Recreation and Parks, at 905-873-2601 ext. 2265.



The Regional Municipality of Halton



REQUEST FOR TENDER

Bid documents for the services listed below, addressed to the Manager of Purchasing, 1151 BRONTE ROAD, OAKVILLE, ON L6M 3L1 will be received until 2:00 p.m. Oakville time on the specified closing date. Bid documents can be seen or obtained through the Purchasing Division of the Corporate Services Department, same address as above, telephone 905-825-6000, extension 7011. If long distance charges apply, dial toll free 1-866-4HALTON (1-866-442-5866).

Documents will be available for pick up on and after Tuesday, October 18th, 2005. There is a non-refundable deposit of \$26.75 (includes GST). Bidders who request documents to be shipped from the Purchasing Department must include a handling fee of \$10.70 (includes GST) for this service.

Bids will be opened in public at 2:15 p.m. on the closing date specified in the Nelson Room at the above address. Those submitting bids are invited to attend.

Under no circumstances will facsimile or late bids be accepted or considered.

Lowest or any bid not necessarily accepted.

Halton Region relies on this advertisement to provide public notice of this business opportunity and is not obligated to notify any potential bidders in any other manner.

T-065-05
SUPPLY AND DELIVERY OF ONE (1) FOUR WHEEL DRIVE LOADER/TOOL CARRIER
CLOSING DATE: TUESDAY, NOVEMBER 1ST, 2005

T-066-05
SUPPLY AND DELIVERY OF ONE (1) FOUR WHEEL DRIVE INTEGRAL BACKHOE
CLOSING DATE: TUESDAY, NOVEMBER 1ST, 2005

J. MacCaskill, CA
Commissioner of Corporate Services

A. Mindenhall, CPPO,
Manager of Purchasing Services

www.region.halton.on.ca/shop

NOTICE OF PUBLIC INFORMATION MEETING

BULK WATER STATIONS

As part of Halton Region's customer service commitment with our bulk water haulers, we invite you to participate in a Public Information Meeting to discuss the proposed bulk water delivery program migration to specified potable and non-potable delivery sites.

Public Information Meeting is being held on:
Wednesday, October 26, 2005
5:30 p.m. to 7:00 p.m.
Presentation: 5:45 p.m.
Halton Regional Headquarters, 1151 Bronte Road, Oakville
Scotchblock/Merton Room

If you are unable to attend, please contact:
 Linda Petelka
 Manager, Business Improvement & Finance Ext. 7640
 E-Mail: petelkal@region.halton.on.ca

1151 Bronte Road, Oakville, ON L6M 3L1
 Tel: 905-825-6000 • Toll free: 1-866-4HALTON • TTY 905-827-9833 • www.region.halton.on.ca



Womens 3D Grid Hurricane 7

SAUCONY



Mens 3D Grid Hurricane 7

Loyal to the sport.



Your Active Footwear & Apparel Store

905-877-3201

49 Main St., Georgetown

hrs. M - W 10-6, T - F 10 - 8, Sat 10-5