

True Cruising



RATES INCLUDE AIRFARE FROM TORONTO, CRUISE AND TRANSFERS.

Norwegian Dawn 7 DAY EASTERN CARIBBEAN

MIAMI > AT SEA > SAMANÁ (DOMINICAN REPUBLIC) > ST. THOMAS
TORTOLA > AT SEA > GREAT STIRRUP CAY > MIAMI

December 2

Best Available
Inside Cabin
\$839

Best Available
Oceanview Cabin
\$899

Best Available
Balcony Cabin
\$1249

Fees included: \$162. Transportation/Government taxes and fees additional: \$303.

Norwegian Sun 7 DAY WESTERN CARIBBEAN

MIAMI > AT SEA > ROATAN (HONDURAS)
BELIZE > COZUMEL > AT SEA > MIAMI

December 15

Best Available
Inside Cabin
\$879

Best Available
Oceanview Cabin
\$939

Best Available
Balcony Cabin
\$1169

Fees included: \$162. Transportation/Government taxes and fees additional: \$311.



Norwegian Jewel 9 DAY SOUTHERN CARIBBEAN

MIAMI > AT SEA > SAMANÁ (DOMINICAN REPUBLIC) > TORTOLA
ANTIGUA > BARBADOS > ST. LUCIA > AT SEA > MIAMI

January 4

Best Available
Inside Cabin
\$1289

Best Available
Oceanview Cabin
\$1469

Best Available
Balcony Cabin
\$1809

Fees included: \$209. Transportation/Government taxes and fees additional: \$311.

Norwegian Pearl 9 DAY SOUTHERN CARIBBEAN

MIAMI > SAMANÁ (DOMINICAN REPUBLIC) > TORTOLA
ANTIGUA > BARBADOS > ST. LUCIA > AT SEA > MIAMI

February 8

Best Available
Inside Cabin
\$1209

Best Available
Oceanview Cabin
\$1439

Best Available
Balcony Cabin
\$2079

Fees included: \$209. Transportation/Government taxes and fees additional: \$289.



Toronto departures: Rates are per person based on double occupancy for new individual bookings and are subject to availability and change at time of booking. Rates based on lowest categories available at time of print. Pre and post accommodation when required due to flight schedules are at an additional cost. Cruise line promotional fares may be withdrawn at any time, without prior notice. Limited Time Offer. Certain restrictions apply. Flights operated by Westjet, Skyservice and Air Transat. For full terms and conditions to the 2006-2008 Cruise brochure, Ont. Reg #50009486.



519-853-1553
1-888-833-8953
FAX: 519-853-1559
379 Queen St.,
Acton ON L7J 2N2

Best Price, Best Service Since 1972

66-year-old Victor Bissonnette tackles perimeters of Lake Erie on his bicycle

by Matthew Reid

He's on the road again. For the second year in a row, Acton resident Victor Bissonnette, 66, has tackled the task of cycling around the perimeter of one of the Great Lakes. This year's trek took him around the perimeter of Lake Erie, a distance of 1,170 km.

The journey took 12 days in total, nine days of cycling and three days of sightseeing. Bissonnette was accompanied by his wife Carmen, fellow cyclist Ken Chupa, and his wife Norine Chupa.

This year's adventure took the four-person crew across Southwestern Ontario, Michigan, Ohio, Pennsylvania and New York State, with 57 hours logged on the bike. They left from Fort Erie on August 23 and stayed at certain points, or "milestones," along the way. Stops included Port Dover, Port Stanley, Luna Pier, Michigan, Mentor, Ohio and Dunkirk, New York, just to name a few. The trip ended back at Fort Erie on September 3.

Bissonnette and Chupa travelled the highways and country roads that circled the enormous lake. They endured days of sun and heat, days of



TRUSTY BIKE: Victor Bissonnette shows off his bike at his home. He says the bike must have over 5,000 km on it by now.

rain, and days of uncomfortable wind.

Last summer, Bissonnette cycled around Lake Ontario, a trek that took nine days to

complete. He chose to bike around Lake Erie this year because of its similar size.

"Lake Ontario was a very successful trip," says Bissonnette. "So the next logical one was Lake Erie."

Bissonnette, who turns 67 this November is also a type 2 diabetic. He was diagnosed in 2000, so he decided to take up hiking and biking to try and get his condition under control by means of diet and exercise. He has been off prescription drugs since 2004.

Training for such an endeavor required cycling trips that might seem horrendous to some, not to Bissonnette. His training for the Lake Erie tour included a ride from his front door close to Crewson's Corners, to Orillia and back in two days.

"It works out to be about 180 kms," explains Bissonnette, "We go a bit past Orillia to my brother-in-law's place, stay overnight, and cycle back the next day."

Bissonnette says he would like to tour all the Great Lakes eventually. However, he thinks he and Ken Chupa will take the next year off. The remaining three lakes, Lake Superior, Huron and Michigan are at least twice as

large as Lakes Erie and Ontario, therefore making them more of a challenge.

"Everything I've read says up around the Sault and the TransCanada, it's very dangerous, there is no shoulder, there's a lot of trucks," says Bissonnette. "For a large part it probably is not all that pleasant and very dangerous."

However, he says he would like to tackle either one or both of Lake Michigan or Lake Huron.

"If we did the four, I think that would be good," Bissonnette says.



The Regional
Municipality of Halton
www.halton.ca

Connect with Your Future

Job Fair

Open to the public

Free resumé assessments
Admission and parking are free
Access to employers from a variety of industries

Thursday, October 18, 2007
Burlington Convention Centre
1120 Burloak Drive, Burlington
12:00 p.m. - 5:00 p.m.

Come prepared...
Bring your resumé! Dress for success!

For further information contact

Halton Region

905-825-6000, ext. 7121

or email: employmentservices@halton.ca

1151 Bronte Road, Oakville, Ontario L6M 3L1

Tel: 905-825-6000 • Toll Free: 1-866-4HALTON • TTY: 905-827-9833 • www.halton.ca

270907

READ THE
TANNER

Chiroprapist
/ **Foot Specialist**

DEANNA WILSON B.Sc., D.Ch.

Thompson Wellness Centre
25 Main Street North
Acton, Ontario L7J 1V9
519-853-3460

- Foot/Nail Care
- Sports Injuries
- Pediatrics
- Diabetic / Arthritic
- Foot Conditioning
- Custom Orthotics and Footwear
- Home visits