



Photo by GRAHAM PAINE

Now that's creative

Three-year-old Ryan Lambert — dressed as 'Thomas the Tank Engine' — shows big brother Christopher, 6, his pumpkin collection pail prior to heading out for Halloween trick or treating. Christopher had his wheelchair decked out like Percy of 'Thomas the Tank Engine' fame.

1 in 10 women will develop BREAST CANCER

For the centre nearest you call:
1-800-668-9304

The risk increases with age.
The Ontario Breast Screening Program provides breast examination and a mammogram at no cost to women who are 50 years of age or over.
Make your appointment today!

After all... It's your life

The Ontario Breast Screening Program is a program of The Ontario Cancer Treatment and Research Foundation

A GIC that gets noticed.



Financials GIC Plus

11.2%

Historical 5 year compounded annual return.
For illustrative purposes only.

TD Market Growth GICs: The potential for higher returns plus GIC protection.

Surprisingly great income potential with protection of your principal. That's why Market Growth GICs from TD Canada Trust get so much attention.

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Halton Healthcare

BREATHWORKS:

Living with Chronic Obstructive Pulmonary Disease (COPD)
A free public education seminar presented by Halton Healthcare
as part of their "Living Healthy" series

The Lung Association, Halton Branch, in partnership with Halton Healthcare Services invites you to attend a free seminar entitled "BREATHWORKS: Living with Chronic Obstructive Pulmonary Disease (COPD)" on **Tuesday, November 9th, at 7:00 p.m. at the Southside Community Church in Milton.** Displays will be available at 6:30 p.m. Appreciation to the Milton District Hospital Foundation for helping make this event possible.

The speaker is Dr. Antonio D'Urzo, a physician who is an advisory member of the BreathWorks Program for The Lung Association.

Chronic Obstructive Pulmonary Disease (COPD) is a disease that limits the flow of air from lungs due to airways being "obstructed" or blocked. It includes two major breathing diseases — chronic bronchitis and emphysema. Both make breathing difficult and cause breathlessness.

If you are worried you may have COPD or you have been diagnosed, The Lung Association's BreathWorks Program can help. BreathWorks offers support and practical information to help you:

The BreathWorks **PRIME** Plan is a 5 – point program based on goals which are important to develop your own "preventative maintenance plan" to help cope with the physical challenges and emotional hurdles of COPD.

1. Prevent the progression of your COPD
2. Relieve your symptoms.
3. Improve your health and ability to be physically active
4. Manage your COPD by preventing and treating flare-ups
5. Establish your COPD team.

If you are interested in attending this seminar at the Southside Community Church in Milton from 7:00 to 9:00 p.m. on Tuesday, November 9th, please register by calling 905-338-4379. ASL interpreter services will be available by pre-booking only by November 4th: by e-mail: cpopp@haltonhealthcare.on.ca or fax: 905-878-0498. If you are unable to attend, but wish more information on this topic, speak to your physician or visit the BreathWorks web site www.lung.ca/breathworks or call the BreathWorks helpline at 1-866-717-COPD (2673), or The Lung Association at 1-800-972-2636 or www.on.lung.ca.

1. The amount of the return, if any, on the Financials GIC Plus depends upon the change in the S&P/TSX Banks Index over the term of the GIC. The maximum return is capped at 100% for a five year term and capped at 23% for a three year term. The total percentage change in the index from June 30, 1999 to June 30, 2004 was 69.62%, which is equal to an annualized compounded rate of return of 11.2%. For the period April 13, 1998 to April 13, 2001, the S&P/TSX Banks Index had a percentage change of -5%; consequently, such a GIC purchased and held over that period would have yielded no return. The principal amount of the Financials GIC Plus will be repaid in full at maturity. The minimum principal amount is \$1,000 for non-registered accounts and \$500 for registered accounts. The product is not redeemable prior to maturity. A disclosure statement with complete details of the features of the Financials Plus GIC is available at your local TD Canada Trust branch. The Financials GIC Plus product is not sponsored, endorsed, sold or promoted by Standard & Poor's or the Toronto Stock Exchange, and neither makes any representation, warranty or condition regarding the advisability of investing in this product. "S&P" is a trademark of The McGraw-Hill Companies Inc. TSE is a trademark of the Toronto Stock Exchange. These marks have been licensed for use by The Toronto-Dominion Bank.