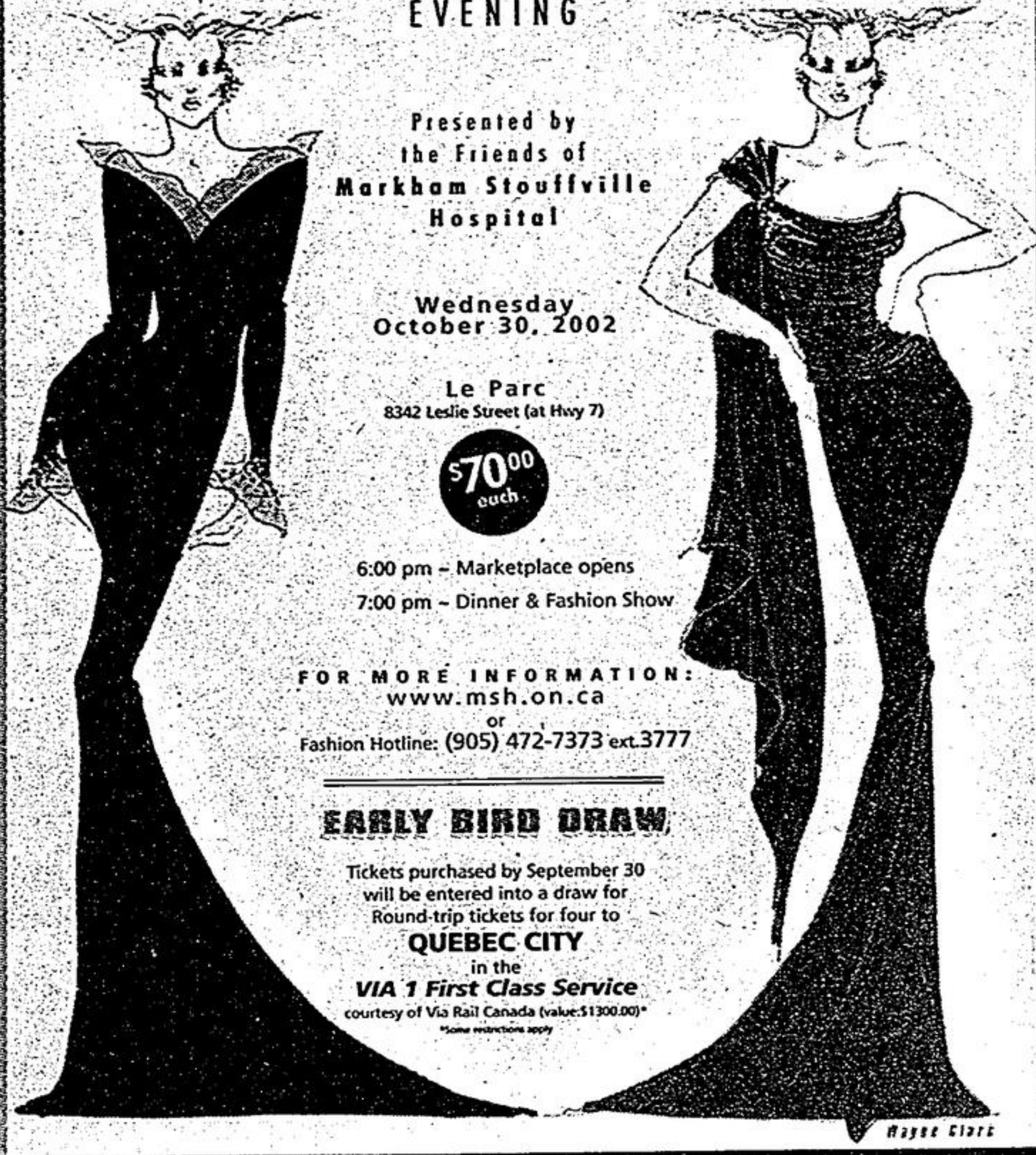


Canada

WHAT STYLE

FOURTH ANNUAL FASHIONS for LIFE EVENING



Presented by the Friends of Markham Stouffville Hospital

Wednesday October 30, 2002

Le Parc 8342 Leslie Street (at Hwy 7)

\$70.00 each

6:00 pm - Marketplace opens
7:00 pm - Dinner & Fashion Show

FOR MORE INFORMATION:
www.msh.on.ca
or
Fashion Hotline: (905) 472-7373 ext.3777

EARLY BIRD DRAW

Tickets purchased by September 30 will be entered into a draw for Round-trip tickets for four to

QUEBEC CITY

in the VIA 1 First Class Service
courtesy of Via Rail Canada (value \$1300.00)*

On

Wednesday
OCTOBER

ECONOMIST & SUN

FEATURED DESIGNERS

- Brian Bailey
- Wayne Clark
- Paula Lishman
- Pat McDonough
- Linda Lundstrom
- Roots Canada
- Peter Nygard
- Ross Mayer
- Dominic Bellissimo
- Izzy Camilleri
- Town Shoes

A message from The War Amps
"Safety is no accident, SO PLAYSAFE!"
For more information, call: 1-800-250-3030
This message brought to you as a community service of The Economist & Sun/Tribune

THE GREAT CHILI CHALLENGE

Stouffville's Dick Blackwell loads up on the garlic in his recipe.

The Best Chili In Town

- 1/4 cup olive oil
- 2 large yellow onions, peeled & coarsely chopped (about 4 cups)
- 10 medium gloves garlic, peeled and minced

- 1.5 lb (750 g) ground beef
- 1.5 lb (750 g) beef chuck trimmed of fat and cut into 1/2 inch cubes
- 2 tsp salt
- 6 tbsp mild, unseasoned chili powder
- 2 tbsp ground cumin from toasted seeds
- 2 tbsp dried oregano, preferably Mexican
- 2 tsp cayenne pepper, or to taste



"Affordable Luxury" at



Our staff nurture caring relationships with our residents.

- Security Systems
- Large Luxury Suites
- Elegant Dining
- 24 Hour Professional Nursing & Support
- Daily Housekeeping
- Recreational Activities Services

1955 Steeles Ave. East (At Leslie)
Willowdale, Ont. • Tel. (416) 498-5588
Visit our website at www.thegibson.on.ca

owned and operated by
EXTENDICARE ORCA APPROVED MEMBER OF ONTARIO RESIDENTIAL CARE ASSOCIATION
An Association of Quality Retirement Facilities

- 1 28-oz (796 ml) Italian plum tomatoes, crushed and well drained
- 4 cups beef stock or canned beef broth
- 2 19-oz (540 ml) dark red kidney beans, rinsed and drained

Add olive oil to a large skillet over medium heat.

Add onions and garlic. Lower heat slightly and cook, stirring once or twice until very tender, about 20 minutes. Meanwhile set a 4 1/2 to 5-quart heavy flameproof casserole or Dutch oven over medium heat.

Add ground and cubed beef, season with salt and cook, uncovered, stirring often, until meat is evenly crumbled and has lost all its pink colour, about 20 minutes.

Scrape onion and garlic into the beef. Stir in chili powder, cumin, oregano and cayenne pepper; cook stirring for 5 minutes. Stir in tomatoes and beef stock and bring to a boil.

Lower heat and simmer, uncovered, stirring occasionally, for 90 minutes.

Taste, correct seasonings, and continue to simmer, stirring often, for another 30 minutes or until meat is tender and the chili reduced to your liking.

Stir in kidney beans and simmer another five minutes.

Makes 6 to 8 servings.

IS LIFE GETTING COMPLICATED?

Are you stressed out...
Do you want to build your self-confidence and meet new people... Are you looking to get a great workout and have fun... Try Tae Kwon Do... a time-honoured tradition perfect for modern life.

Accepting New Students for Fall Registration

Authentic Tae Kwon Do FITNESS CENTRE

(905) 947-1235 7676 Woodbine Ave. Unit 9, Markham Ontario
(Beside Mandarin Restaurant)

FREE FOR CLUB MARKHAM

A Great Fitness Value!
Buy 1-Get 1 FREE*

FREE 30-Minute PERSONAL TRAINING SESSION*

When you join us by Sept 20, 2002. By appointment only.

FITNESS

- Personal Trainers
- State-of-the-art exercise gym
- New free weight room
- Large aerobics studio with cushioned floor
- Fitness Evaluation & Program

POOLS

- Indoor Swimming Pool with adjacent Garden & Patio
- Aquafit Classes
- Whirlpool, Steam Rooms & Dry Saunas

CLUB MARKHAM

Located in the
Hilton Suites
Toronto/Markham Conference Centre & Spa
8500 Warden Avenue.
(at Hwy#7)
905-470-2400

SQUASH

- 5 International Squash Courts
- Squash Professional & Pro Shop

SERVICES

- Chiropractic & Rehab. Services from MARKHAM PAIN CLINIC
- Free Towel Service and Grooming Aids
- Free Parking

CHILDREN

- Supervised CHILD CARE - open 7 days a week - see Club for hours

We offer reciprocal Membership privileges at THE ADELAIDE CLUB (Downtown) and ONTARIO RACQUET CLUB (Mississauga). Ask us for details.

Club Markham... for all seasons... for all reasons. Fit us in this fall.

*Buy 1 Entrance Fee - Get a Second Free. Based on Annual Adult Fitness Memberships only. Valid until September 20, 2002. Not good with any other discount offer.