

**LOOK
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IN TODAY'S
NEWSPAPER!**

Walk Of Hope

Canadian Hero has walked 13,700 km around North America for children at extreme risk.

Norman Ball, an extraordinary and passionate 59-year old Canadian grandfather has just completed his 22 month 13,700 kilometre walk, around North America for children locally and around the world. He has walked through 2 winters, snow, winds, 9 mountain ranges, deserts, grasshopper plagues, extreme southern heat, truck fumes, rush hour, walking 6 days a week.

He has walked to rescue, feed, clothe, house, educate and train children.

Mayors, Premiers and Governors throughout North America have recognized Norman's heroic effort for children. And declared annual Walk of Hope Days. One person can make a difference. Norman proves that fact with every step he takes.

You can meet and congratulate Norman Ball, this great Canadian by attending the Dinner Concert on Friday, November 15th, at the Sheraton Parkway by calling 905-886-0516. You can join the symbolic walkathon with Norman at Nathan Phillips Square, Toronto City Hall, Saturday November 16th 12 - 4 p.m. for a B.B.Q. and great entertainment. The Walk of Hope Canada Foundation, Inc. is a not for profit foundation. More details and pledge forms at www.walkofhope.org



Joanne Gellatly, Director of Sales and Marketing, Bryon Wilfert, MP Oak Ridges, Judy Soper Walk of Hope, events coordinator, Dianne and Norman Ball.



Silent Auction

Sheraton Parkway
Toronto North

Door Prizes

Hotel, Suites & Conference Centre

600 Hwy 7 East Richmond Hill Ontario, L4B 1B2
Toll Free 1-(800)-668-0101 Direct (905) 881-2121



Featured At The Sheraton & Best Western Parkway

Canadian hero Norman Ball
Walked 13,700 km for Children.
www.walkofhope.org

Join us to Support
The Walk of Hope
Friday, Nov. 15th 2002 6:30 pm
The Grand York Ball Room.

Charity Dinner & Concert Gala

Exquisite 4 course meal
Outstanding performers: M.C. Dina Petty
Only \$60
Reservations please call: (905) 886-0516
or hotel direct: (905) 881-2121
(including taxes & gratuities)

Get Fit For Free At Curves

Pre-season training! Get in shape before the New Year and join the fun. The rest of the year is free at Curves in Stouffville. Give us 30 minutes, 3 times a week and you will see results. The special runs from Nov. 11th-Dec. 20th. Monthly payments don't start until Jan 1/2003.

The program is easy to follow and Curves sets up an individual program for each member, depending on their goals, whether it be for weight loss, firm and tone or both. Monthly progress reports are encouraged so that you can keep on top of your goals and celebrate each milestone. Weight loss guidance is offered in a group or one on one.

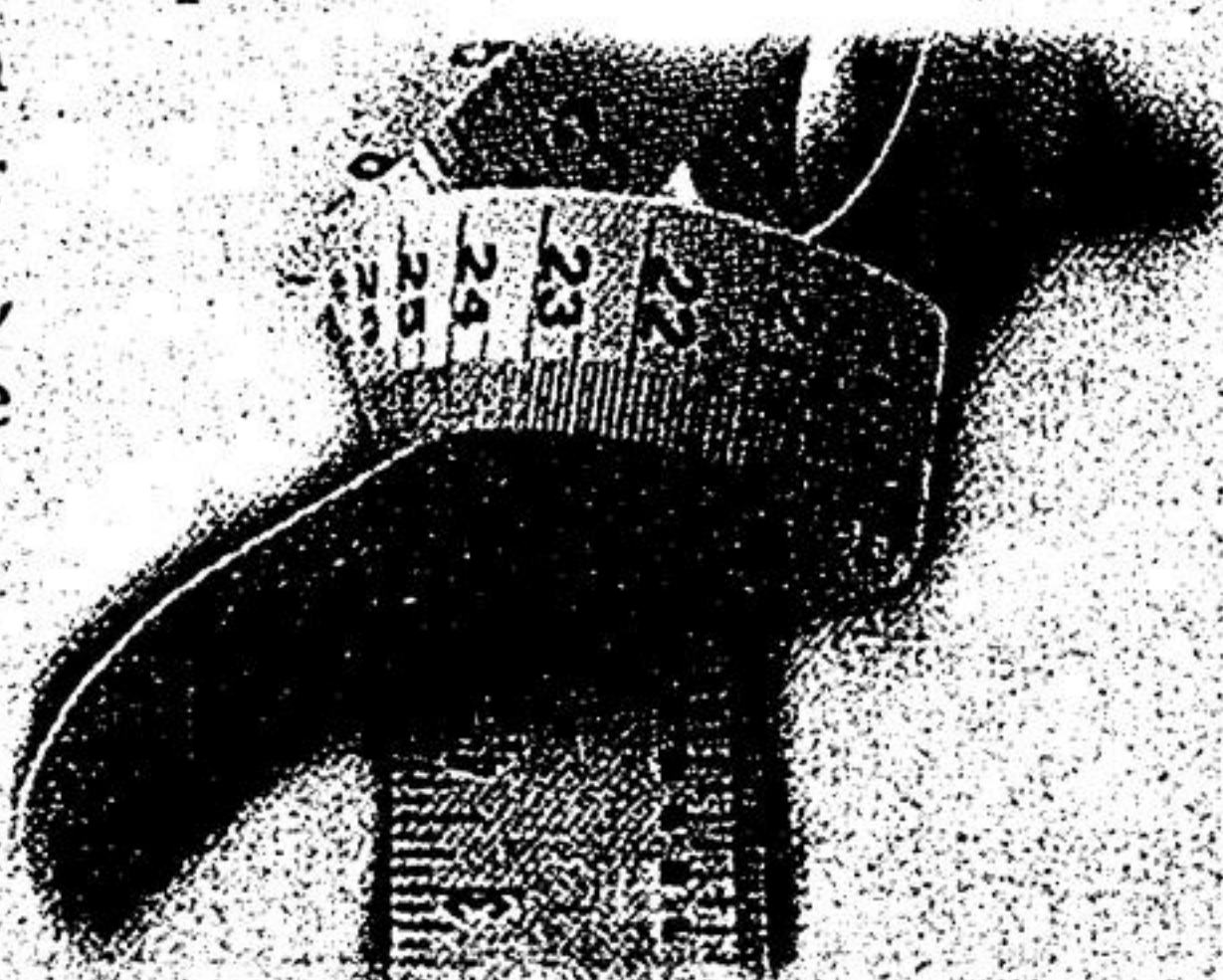
The equipment is specially designed for women working every major muscle group in a complete, non-stop, target-heart rate

workout that only takes 30 minute. No waiting for equipment! Staff members ensure that you are enjoying the workout and are doing each exercise correctly. The exercise program is modified to suit individual health requirements, fitness levels, and ages from 18-90 years young.

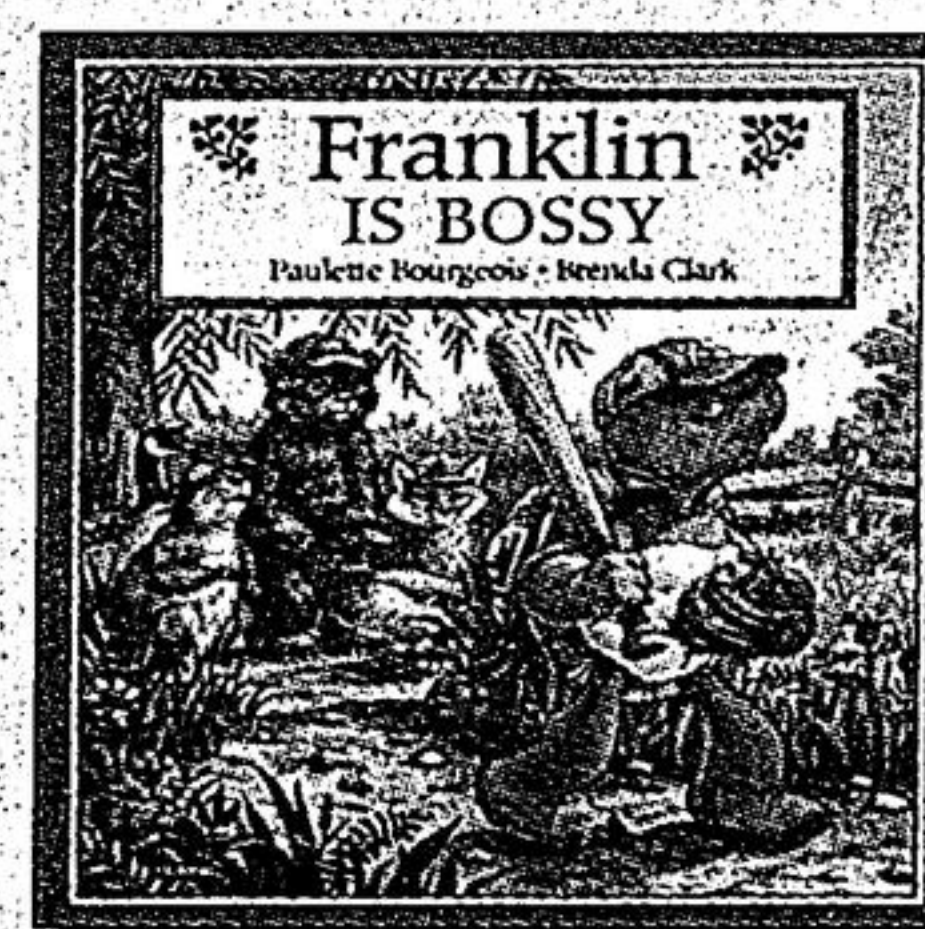
Sticking to your exercise plan is fun. A 90 minute workout only takes 30 minutes and includes a warm up, cardio and strength training, cool down and stretching.

Join Now and get fit for free at
6306 Main St. Stouffville
905-642-4392

Offer based on 50% of service fee. Min 12 mos c.d. program Expires Dec 30, 2002.



**My Books
Special
Story Time**



**Saturday, November 16 at 2:00 pm
Sunday, November 17 at 2:00 pm**

Chapters Markham - Woodside Centre, 3175 Highway 7

Join us for a special story time as representatives from **Kumon Math & Reading Centres** read stories from the Kumon Recommended Reading List.

There will be songs, loot bags and lots of fun!

Chapters
www.chapters.ca

KUMON®
MATH & READING CENTRES
Learning How To Learn™

All readings have been selected from Kumon's Recommended Reading List. See stores for a selection of titles. For more information about Kumon or to find the centre nearest you, call 1-800-ABC-MATH or visit www.kumon.com.

**ARRIVE ALIVE...
Please Don't Drink and Drive**



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