

SHARE a little MAGIC!


A little time can make a HUGE difference in a child's life!
With several volunteer programs to choose from, one is sure to suit your schedule.

Big Brothers Big Sisters of York

905-727-1251 www.bbbsy.ca

This message brought to you as a community service of The Economist/Sun-Tribune

INVEST IN CANADA'S BEST



John Paulino
Investment Representative
34 Civic Ave., Unit 101, Stouffville,
Bus (905) 640-9559
1-888-631-3348
Fax 905-640-9916
www.edwardjones.com
Member CIPF

Edward Jones
Serving Individual Investors

THE ARTHRITIS SOCIETY

TOMORROW'S GIFT

Whether it's a bequest, a gift of life insurance or a charitable annuity, you can plan to ensure continuing support for arthritis research. Nearly four million Canadians who have arthritis are counting on you.

For more information about our planned giving program, contact The Arthritis Society.

GIVE... to give HOPE

Richmond Hill

580-5177

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NEW YEAR'S RESOLUTION
Complete a Triathlon



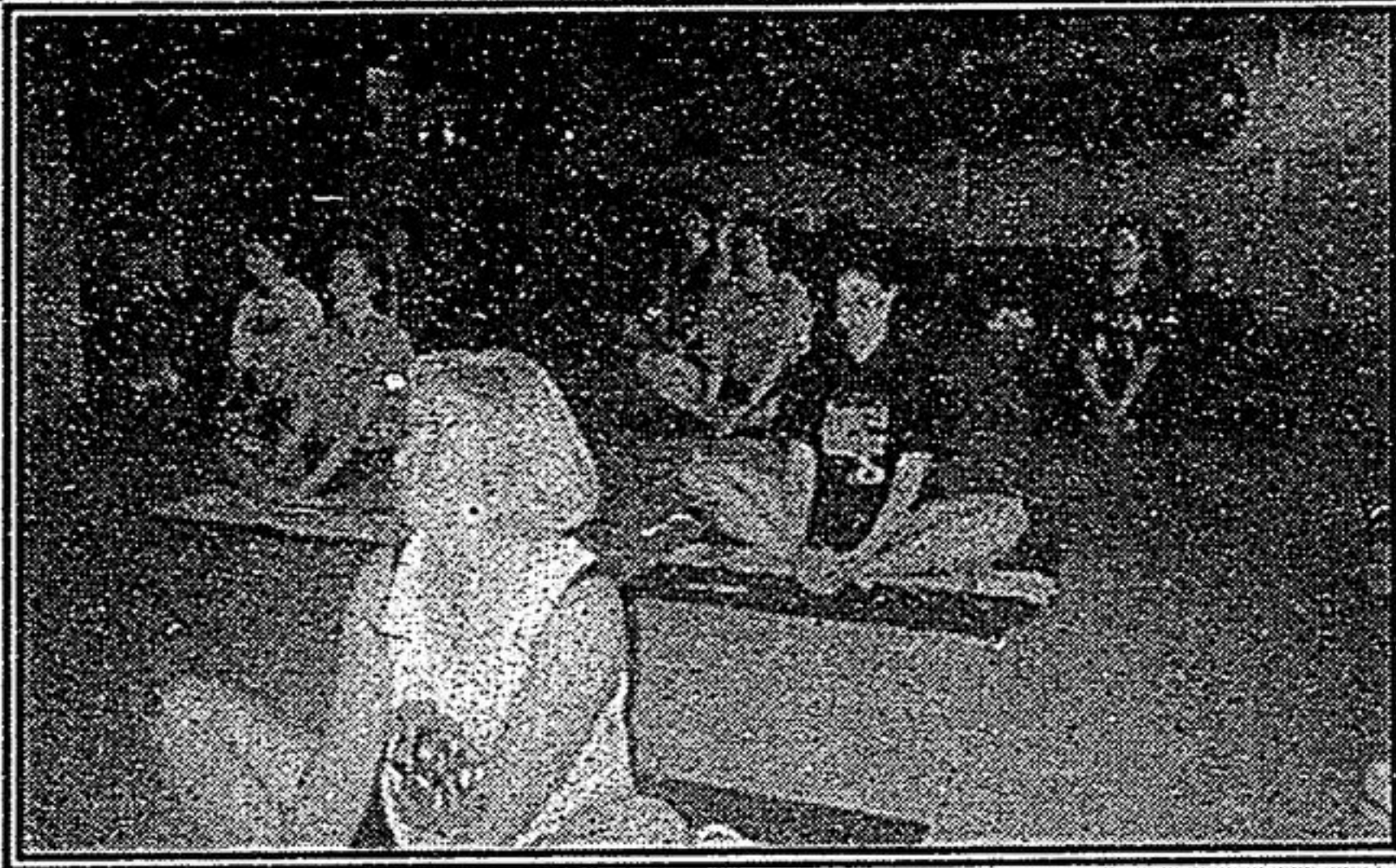


Triathlon Training Program
@Lebovic Centre - Stouffville

Program
2 coached swims per week
1 cycle spin workout
Personal Training Program

Introduction Meeting
Jan. 12th at 7:30
Lebovic Leisure Centre
E-mail: petermcquillan@rogers.com

EXCLUSIVELY AEROBICS
Fitness for Women by Women
86 Ringwood Dr. Unit 221,
Stouffville



!! PILATES and FUSION !!

Fusion: Pilates, incorporating the use of flexbands, stability balls and yoga principles for the ultimate in core conditioning.

Monday 9:15 a.m. Pilates
Tuesday 7:00 p.m. Pilates Fusion
Thursday 9:15 a.m. Pilates Fusion

12 week sessions starting the week of Jan. 10/05
Cost \$75+G.S.T.

Also offering @9:15 am Tuesday STEP
Wednesday ATHELETIC CARDIO and Friday INTERVAL Classes
To register call 905-887-1248

MARKVILLE TOYOTA

CONSTRUCTION SPECIALS!



During construction please enter from Laidlaw Ave. just off Hwy #7 (east of McCowan)

ALL DEMO TOYOTA'S
over 15,000 km get **0%** Financing O.A.C.
up to 36 months and up to \$10,000 C.O.B. = \$0
Payments = \$277.78/mnth with this coupon

HUGE SELECTION!

MARKVILLE TOYOTA SERVICE COUPON
\$10.00 OFF

Use this \$10.00 coupon towards any service work over \$50.00
Offer expires Jan 27, 2005
One coupon per repair, order maximum, no cash value.

5362 Highway #7 (Just East of McCowan, turn north on Laidlaw.) **905-294-8100**

ADVERTORIAL

CON*NECTing with Success

Did you know that 90 per cent of apprenticeship training in Ontario goes on right in our public colleges, or that Job Connect places approximately 13,000 young unemployed people in jobs annually, or that Ontario Colleges provide more than 350 diploma, degree and certificate programs related to the operations functions of the automotive manufacturing industry? The wealth of opportunities offered in Ontario's colleges is exciting - especially knowing that they work to prepare students for real-world business and industry jobs. To highlight this breadth of education and training and the extensive business connections that enhance its effectiveness, in January, Metroland will introduce a brand new publication called Ontario's Colleges: Partners in Business.

The mandate of Ontario's Colleges of Applied Arts and Technology is to provide accessible, quality career education and training to enhance social and economic development throughout Ontario and meet local, regional and global marketplace demands. This challenge is met at 24 Community Colleges in 200 locations across the province that serve thousands of full-time and part-time students. In Ontario's Colleges: Partners in Business, you will find information on current college-related topics such as apprenticeship, Job Connect and TOWES (Test of Workplace Essential Skills). Discover what is happening across the province in applied research, custom curriculum development, continuing education, multi-site training, E-learning and the dynamic automotive sector.

This special section sponsored by The Colleges of Ontario Network for Education and Training (CON*NECT) will be distributed in the January 2005 issue of Metroland Business Times Newspapers: Brampton, Cambridge/Guelph/Kitchener/Waterloo, Durham, Halton, London, Mississauga, Niagara, Northumberland, Toronto, Simcoe and York.

To receive a complimentary copy, email your request to: careers@metroland.com

CON*NECT
Colleges of Ontario Network for Education and Training