

# Now Playing

Ken Bond and Rockford Varcoe in  
Norm Foster's  
**"Opening Night"**  
Until June 26th Book Now!



104 Consumers Drive, Whitby

**905-668-2229**

[www.ClassActDinnerTheatre.com](http://www.ClassActDinnerTheatre.com)

## Nutritionals. PiMag™ Water. Magnetics. Far Infrared. NIKKEN.

For the sake of your body, these are the words you should understand. If there are any you don't recognize, call me. I'll explain.



Call  
**Carolyn Wilman**  
Independent Wellness Consultant  
**905-579-2668**

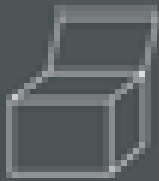
## Thousands now save on their power bills with this amazing mini oven...



At home, the cottage, your RV, the campground, your boat, and more...

Find out how Remoska can work for you.  
Call 905-430-0844, email [Remoska@intertradeavenue.ca](mailto:Remoska@intertradeavenue.ca) or visit [www.remoska.ca](http://www.remoska.ca)

## Do you have the tools to take your business to the next level?



Before you choose a marketing company, you need to be informed about what all marketing companies should have to offer.

Call 877-450-4545 or email [info@the-marketing-box.com](mailto:info@the-marketing-box.com) for a free checklist regarding things you should look for in a marketing company.

Compare what they have to offer, then have a look at us. We think you'll be surprised.

## The Marketing Box

All the tools you'll need to grow your business.

a division of Ramsey & Associates affiliated with Y2 Marketing



## Alzheimer Society DURHAM

Providing services and education for people with Alzheimer Disease or related dementia and their caregivers for 25 years

Call us today  
905-576-2567 or 1-888-301-1106  
email: [info@alzheimerdurham.com](mailto:info@alzheimerdurham.com)  
419 King St. W.  
Suite 207, Oshawa Centre  
Oshawa, ON L1J 2K5

[www.alzheimerdurham.com](http://www.alzheimerdurham.com)

## Protect Critical Data – Both yours and your customers!

If you're lucky, you don't know the sick feeling of having a computer stolen. Not only does your organization face the cost of replacing the asset itself, but YOU have a much larger exposure. Only the Krickit encryption key provides a solution that exceeds industry standards and secures your data. Contact us today for a FREE security report about how your business might be at risk. Call 877-450-4545 or email us at [info@ramseyconsulting.ca](mailto:info@ramseyconsulting.ca).

**Krickitware Inc.**



Vol. 3-24 June 14-20, 2004

[info@flyingcowontario.com](mailto:info@flyingcowontario.com)  
**877-450-4545; 905-668-2207**  
[www.flyingcowontario.com](http://www.flyingcowontario.com)

# Flying Cow Ontario



## Whitby Edition

**NO BULL**



## Advertise in "The Flying Cow!"

Everyone else is doing it.  
Why shouldn't you?  
**877-450-4545**  
[info@flyingcowontario.com](mailto:info@flyingcowontario.com)

Despite the march of technology, the number of yards which drives on the Professional Golf Association (PGA) Tour have increased since 1968: 24.8 (from 255 to 279.8)

Annual amount each year that Canadian families spend on food, according to Statistics Canada: \$5,220 • Number of kilograms of potatoes that the average Canadian consumes annually: 74 • Number of litres of beer: 68

Amount generated each year by the Canadian gardening industry: \$3.5 billion

Percentage of respondents to a Reuters/Zogby International poll who say that Frankenstein is the most frightening horror character: 22.5 • Percentage who say that Freddy Krueger is most frightening: 21.2 • Percentage who say that Dracula is scariest: 15.6

Year in which the song "You're so Vain" by Carly Simon first went to number one, touching off nation wide speculation about whom the song was about: 1973 • Amount paid by NBC executive Dick Ebersol in a 2003 charity auction to find out from Simon who the song was about, after which he was forbidden to tell anybody: \$50,000 • Percentage of people who think the song is about Warren Beatty: 54 Year in which women in Switzerland received the right to vote: 1971 • Year in which women in the country of Jordan got the right to vote: 1973 • Year in which Harvard Law School first admitted women: 1949

## WHEN COWS FLY

"When our older two girls were six and four years of age, we had a dinner time discussion about food and nutrition," says Maureen Chow of Vancouver, BC. "I explained to them that the chicken we were having had lots of protein for growing, the rice had carbohydrates for energy and fibre for digestion, and that the green beans were full of vitamins to keep us healthy. My six year old, Dee, asked several questions and definitely grasped the idea. Amber, my four year old never said anything. We all kept on eating, and the subject was seemingly dropped. A few moments later, I noticed that Amber had not made any progress with her dinner, and I figured my lesson had fallen on deaf ears. Just as I was about to speak to her for not eating, she jumped up, and yelled, 'I found them all!' She opened up her hand and showed us all of the seeds from inside of the green beans. 'Now I have all of the vitamin pills so I can stay healthy!' And with a self-satisfied smirk, she popped them in her mouth."

**Political Correctness For Kids:** Your homework isn't missing; it's just having an "out-of-notebook experience." • You're not sleeping in class; you're "rationing consciousness." • You don't have smelly gym socks; you have "odour-retentive athletic footwear." • You weren't passing notes in class. You were "participating in the discreet exchange of penned meditations." • You're not being sent to the principal's office. You're "going on a mandatory field trip to the administrative building."

The school of agriculture's Dean of Admissions was inter-viewing a prospective student, "Why have you chosen this career?" he asked. "I dream of making a million dollars in farming, like my father," the student replied. "Your father made a million dollars in farming?" echoed the dean much impressed. "No," replied the applicant. "But he always dreamed of it."

## TRUE NORTH TRIVIA

1. Which 'kilted' Canadian author wrote 'Lost in the Barrens', 'Never Cry Wolf' and 'Tundra'?
2. What is the name of the main sugar in milk?
3. What animal is represented on the Canadian two dollar coin?
4. Which chemical element is also known as quicksilver?
5. What is the "Honeymoon Capital" of the world?
6. How often do deer grow their antlers?

Flip page over for answers.



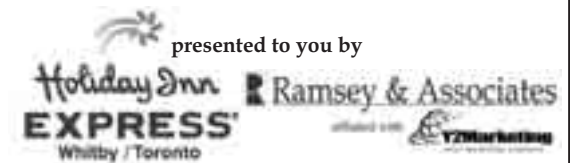
## Advertise in "The Flying Cow!"

Everyone else is doing it.  
Why shouldn't you?  
**877-450-4545**  
[info@flyingcowontario.com](mailto:info@flyingcowontario.com)

## Win a FREE night in the Jacuzzi Suite at the Whitby Holiday Inn Express

Ramsey & Associates and the Whitby Holiday Inn Express are offering Flying Cow readers a FREE night in the Holiday Inn Express Jacuzzi Suite (a \$250 value, some conditions apply).

All you have to do is answer the question and fill out the information at the bottom of this advertisement and send it to 22 Gartshore Drive, Whitby, ON L1P 1N7, or visit [www.flyingcowontario.com](http://www.flyingcowontario.com) and apply to win online.



Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Where did you get your copy of Flying Cow? \_\_\_\_\_  
Where would you like to see Flying Cow? \_\_\_\_\_  
What's playing at Class Act Dinner Theater? \_\_\_\_\_



## Lead a healthier lifestyle...

Neways products can help improve the quality of your life.

Neways finds the best in science and nature to create unique, powerful, and safe products. We have high-quality, healthy personal care products, nutritional and cosmetics that can help you improve your life.

For more information on what we have to offer, please call Scott Coish at 905-999-7552 or visit our website, [www.ineways.com/sljc](http://www.ineways.com/sljc)

## Has your business hit that glass ceiling?

The Dundas Group consists of individual businesses coming together with the same ideas and concepts for developing a one-stop business center. Our resources can help take your business to the next level of success. Add your company to our growing team and help your business go to the next level.

## The Dundas Group

400 Dundas Street West, Suite #200  
Whitby, Ontario L1N 2M7

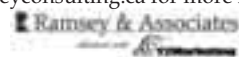
Phone: 905-430-0859  
Fax: 905-430-8207  
Email: [info@dundasgroup.ca](mailto:info@dundasgroup.ca)

## We'll teach you everything you need to know about marketing your business...



Ramsey & Associates can provide you with the marketing, business development, and operations experts you need to educate your clients on the principles of effective marketing, strategic planning and business growth.

Call 877-450-4545 today or visit [www.ramseyconsulting.ca](http://www.ramseyconsulting.ca) for more information.



## Flying Cow Ontario



The Flying Cow can be found at the following locations in the Whitby area...

Subway, Queens Common  
Country Style Donuts, Queens Common  
Starr Ave Burger, Brock St. and Starr Ave  
Mr. Sub, Brock Street  
Blue Sea Fish and Chips, Brock Street  
Dairy Queen, Dundas Street  
Mr. Sub, Dundas Street  
Coffee Time Donuts, Brock St and Keith St.  
Cafe Amaretto, Brock Street

Coffee Time Donuts, Rosland Rd and Garden St  
Anderson Medical/Dr. Eaper, Manning Dr and Anderson St.  
Class Act Dinner Theatre, Consumers Road  
Holiday Inn Express, Consumers Road  
Gordon Biersch, Consumers Road  
Pita Deli, Champlain Drive  
Whitby Chamber of Commerce, Brock Street

## We're waiting!!

For you to advertise in The Flying Cow!  
Call 877-450-4545  
or email [info@flyingcowontario.com](mailto:info@flyingcowontario.com)  
for more information!



**So...do you have time to do things you like?  
If you don't, then something's wrong.**

I can show you how to make money and have time to play...whatever you want, whenever you want. Because at Nikken, we think your life should be as important as you livelihood.



Call

**Carolyn Wilman**  
Independent Wellness Consultant

**How much do you know about marketing your business?**

Call 877-450-4545 or email info@the-marketing-box.com for a free checklist regarding things you should look for in a marketing company.

Compare what they have to offer, then have a look at us. We think you'll be surprised.

**The Marketing Box**

All the tools you'll need to grow your business

**Save your reputation - Losing data can cost you your business**

The Krickit™ encryption key is the only truly secure solution on the market. It will protect all of the sensitive data on your computers and offer a level of encryption that exceeds government standards in both in Canada and the US. Contact us today for a FREE security report about how your business might be at risk.

Call 877-450-4545 or email us at info@ramseyconsulting.ca.

**Krickitware Inc.**



**Don't know where to find The Flying Cow?**

Tell your local business to call about getting The Flying Cow put in their establishment!  
Call 877-450-4545 or email linda@flyingcowontario.com to get the Cow in your favorite business today!

**Your Ad Here!!**

Contact us about advertising in The Flying Cow!

Call 877-450-4545 or email info@flyingcowontario.com

**Can't Find the Flying Cow?**

Tell your local business to call about getting The Flying Cow put in their establishment!

Or call 877-450-4545 or email info@flyingcowontario.com to get the Cow distributed in your business today!

### GUERNSEY GIGGLES

Joe had asked Bob to help him out with the deck after work, so Bob went straight over to Joe's place. When they got to the door, Joe went straight to his wife, gave her a hug and told her how beautiful she was and how much he had missed her at work. When it was time for supper, he complimented his wife on her cooking, kissed her and told her how much he loved her. Once they were working on the deck, Bob told Joe that he was surprised that he fussed so much over his wife. Joe said that he'd started this about 6 months ago, it had revived their marriage and things couldn't be better. Bob thought he'd give it a go. When he got home, he gave his wife a massive hug, kissed her and told her that he loved her. His wife burst into tears. Bob was confused and asked why she was crying. She said, "This is the worst day of my life. First, little Billy fell off his bike and twisted his ankle. Then, the washing machine broke and flooded the basement. And now, you come home drunk!"

A poor vagabond, travelling a country road in England, tired and hungry, came to a roadside Inn with a sign reading: "George and the Dragon." He knocked gently on the door. The Innkeeper's wife stuck her head out a window. "Could ye spare some victuals?" he asked politely. The woman glanced at his shabby clothes and obviously poor condition. "No!" she said rather sternly. "Could I just have a pint of ale?" "No!" she said again. "Could I at least sleep in your stable?" "No!" by this time she was fairly shouting. The vagabond said, "Might I please...?" "What now?" the woman interrupted impatiently. "D'ye suppose," he asked, "I might have a word with George?"

### HOLSTEIN HISTORY

Herman Smith 'Jackrabbit' Johannsen (1875-1987), ski pioneer, was born June 14 at Norway in 1875; died at Piedmont Quebec Jan 5 1987. Johannsen moved to Canada after World War I and settled in Piedmont Quebec. He started building ski trails across the Laurentians in 1932, including the Lachute to Ottawa marathon. Because of his energy and style, the local First Nations people gave him the nickname 'Jackrabbit'. In 1979, at age 104, he became involved with the Jackrabbit Ski League, a national cross-country ski program started in his honour.

June 14, 1994, Vancouver BC: Fans rioted in the streets after the NHL Canucks lost the Stanley Cup to the New York Rangers 4 games to 3 at Madison Square Garden. Police used TV news videotapes of the riot to lay charges. It was the first Ranger win in 54 years.

### TIPS FROM FARMER JOHN

Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.  
Don't overdrive your headlights at night, especially in areas where animal crossing signs are posted.  
Brush some beaten egg white over a pie crust before baking to yield a beautiful glossy finish.

### UDDER MUTTERS

Once I've thought of it, it just spills out. Writing is like controlled dreaming. ~ John Gray, playwright, quoted by Stephen Godfrey in 'The Globe and Mail', 7 Sept. 1985.

Why do people vote Liberal or Conservative, even after they have indicated dissatisfaction with their traditional party? I think the reason is that when they are in the polling booth and as they hold the pencil, poised to bring it down onto the ballot, the ghost of their Liberal or Conservative grandfather appears, grabs the pencil, and makes the X for them. ~ David Lewis, NDP

### SIGNS FOR BOVINES

**ARIES** (March 21 - April 20)

It's time to start following your own path. Your ideas are on target and your talents noteworthy, however, your personal life may be under scrutiny if you spend all your time working.

**TAURUS** (April 21 - May 21)

You will be eager to pursue your creative interests. You will receive compliments for what you achieve. Family outings will bring you closer together.

**GEMINI** (May 22 - June 21)

Watch what you say to the people you live with. Home-improvement projects will go well. Organization and working quietly on your own avoid discord.

**CANCER** (June 22 - July 23)

Listen to what everyone has to say and you will have a good view of the dynamics of any situation that arises. Arguments will erupt if you get into a debate with others.

**LEO** (July 24 - Aug. 23)

Financial matters should be your concern. A sudden turn of events could change things. Lock your money up in a long-term conservative investment.

**VIRGO** (Aug. 24 - Sept. 23)

Get out and get busy. Take action and do whatever is necessary to be your very best. Exercise and proper diet will help your disposition a great deal.

**LIBRA** (Sept. 24 - Oct. 23)

Go after a promotion, but if it doesn't come through, consider working for a company that will appreciate your talents. Bills left unpaid or deals unfinished will only cause problems later on.

**SCORPIO** (Oct. 24 - Nov. 22)

This is a great day to reevaluate your motives and your desires. Consider making a change, especially if you feel bored or unchallenged.

**SAGITTARIUS** (Nov. 23-Dec. 21)

Be prepared to defend your methods. Unfinished business will make you look like you haven't been thorough. Tie up loose ends.

**CAPRICORN** (Dec. 22 - Jan. 20)

This is a great day to get to know better someone who interests you. Social activities will lead to new opportunities. Partnerships will flourish if you communicate your intentions.

**AQUARIUS** (Jan. 21 - Feb. 19)

You may want to take care of financial or legal concerns before the weekend begins. A secret affair may tempt you. Be cautious; it will only lead to trouble.

**PISCES** (Feb. 20 - March 20)

Social activity will lead to all sorts of interesting circumstances. People from your past are likely to pop back into your life. Your intuition will be acute.

1. Farley Mowat
2. Lactose
3. Polar Bear
4. Mercury
5. Niagara Falls
6. Annually

### TRUE NORTH TRIVIA SOLUTIONS

Advertise in The Flying Cow!

Everyone else is doing it. Why shouldn't you?

877-450-4545 info@flyingcowontario.com

**Now Playing**

Ken Bond and Rockford Varcoe in Norm Foster's "Opening Night" Until June 26th Book Now!

104 Consumers Drive, Whitby  
**905-668-2229**  
www.ClassActDinnerTheatre.com

You're probably not getting all you can from your business.

We can help.

At Ramsey & Associates, we specialize in marketing, sales, and business development strategies. We'll work with you to help you meet your sales and advertising goals by creating solid plans to make your business be all it can be.

You can get started with the foundations of these successful strategies by getting our free 2 CD set that will detail how you can turn your marketing and advertising into an effective tool.

Call 877-450-4545 or email us at info@ramseyconsulting.ca. The CDs are free and we guarantee they'll change the way you do business.

**Ramsey & Associates**  
www.ramseyconsulting.ca

**Enjoy a Cow!**

The Flying Cow is your local light-read for all kinds of beef-eating establishments across Ontario. Pick one up today!

**Flying Cow Ontario**

www.flyingcowontario.com

**What'cha reading?**

We're sure it's not half as interesting as The Flying Cow! Pick one up today!

**Flying Cow Ontario**

The Flying Cow can be found at the following locations in the Whitby area...

Subway, Queens Common  
Country Style Donuts, Queens Common  
Starr Ave Burger, Brock St. and Starr Ave  
Mr. Sub, Brock Street  
Blue Sea Fish and Chips, Brock Street  
Dairy Queen, Dundas Street  
Mr. Sub, Dundas Street  
Coffee Time Donuts, Brock St and Keith St.  
Cafe Amaretto, Brock Street

Coffee Time Donuts, Rosland Rd and Garden St  
Anderson Medical/Dr. Eaperl, Manning Dr and Anderson St.  
Class Act Dinner Theatre, Consumers Road  
Holiday Inn Express, Consumers Road  
Gordon Biersch, Consumers Road  
Pita Deli, Champlain Drive  
Whitby Chamber of Commerce, Brock Street