

NEWS ADVERTISER



Hospital staff mark nursing week

NEWS/4

Plenty of smiles on special days

NAME DROPPING/25



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SUNDAY, MAY 5, 2002

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Fun and games for city youth

PICKERING — Golf, basketball, squash and tennis clinics are among the events planned for 'Youth fest 2002'.

Set for Friday, May 10 from 4 to 8 p.m. at the Pickering Recreation Complex, 1867 Valley Farm Rd., the event also features an inflatable obstacle course, summer job hunting help, grass volleyball, wheelchair basketball, giant soccer and more. All the activities are free.

Busing will be provided from all Ajax high schools and the McLean and Ajax community centres between 3:30 and 3:45 p.m. and returning at about 8:15 p.m. The Town of Ajax recreation services, the City of Pickering, The Youth Centre and YMCA are hosting the event, with financial contributions, services and supplies from the United Way of Ajax and Pickering and other local business.

Call 905-427-8811 or 905-420-6588.



RON PIETRONIRO/ News Advertiser photo

Board won't pay bill: Roy

Chairman says expense claim is 'inappropriate'

BY MIKE RUTA
Staff Writer

DURHAM — The Durham District School Board will not pay a roughly \$8,000 legal bill involving five trustees, says Elizabeth Roy.

The Whitby trustee and board chairman said the bill was delivered to education director Grant Yeo on behalf of five trustees and covers "services that were acquired by individual trustees". The bill is "inappropriate" and not a legitimate trustee expense, Trustee Roy said.

"For the majority of the trustees, the belief is, no, it should not be paid," she said. "I just wish the time and money would be spent on things more relevant to school."

Trustee Roy said the bill is related to "a lot of small things", including legal advice regarding letters of censure she issued a year ago to six trustees for conducting a special board meeting that was ruled not to have followed the proper protocol.

Pickering Trustee Paul Crawford, Scugog Trustee Martin Demmers, Ajax trustees Marilyn Crawford and Melinda Crawford, and Oshawa trustees Susan Shetler and Cynthia Steffen received the censure letters.

Trustee Roy said while "some trustees don't want this discussed publicly," others will likely ask to make a statement about it at Monday's standing committee meeting in Whitby.

She would only say "a trustee in the north...a male" submitted the bill. There are two north Durham trustees — Trustee Demmers and Brock-Uxbridge Trustee Nancy Lorraine.

Trustee Demmers did not return repeated calls on Wednesday, Thursday and Friday or respond to two e-mail requests for comment on the issue. But in a fax sent Thursday to the News Advertiser office he did acknowledge re-

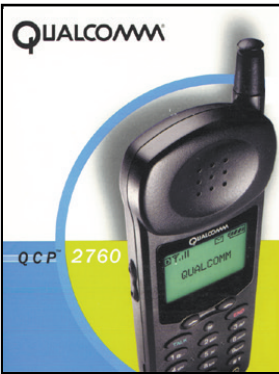
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On the run for Mother Earth

PICKERING — Vaughan Willard Public School students Katie Ivany (left) and Stephanie Angel keep a hectic pace as they pitch in to help clean their school grounds and a nearby ravine area. Children at the school teamed up to make the most of the cleanup.



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Trustees in dispute over submitted bill

TRUSTEES from page 1

ceiving the message, stated he was "very busy", and provided unrelated information regarding the board's education finance committee he chairs.

Trustee Steffen acknowledged she is one of the five trustees who billed the board, but wouldn't say what it is for.

"I really don't want to comment on that because the issues surrounding it are in-camera issues," she said. "In my opinion it's a legitimate bill and it's an in-camera item."

She added she's fine with the bill amount being made public, but not what it is for.

Trustee Melinda Crawford said she hasn't seen the bill and does not know its content.

"Whatever the legal bill is, I want to look at it, because if it has my name on it, I want to know immediately," she said.

Trustee Crawford acknowledged she sought legal advice from "many" lawyers after she received the censure letter from Trustee Roy. However, she said she did not or isn't billing the board for the services she sought,

which she said were free.

Asked if she has billed the board for any legal services she obtained on her own or as part of a group of trustees, regarding any other matter, Trustee Crawford replied, "I don't know."

Trustee Marilyn Crawford said Trustee Demmers approached her, said the censured trustees were thinking about hiring a lawyer and fighting the letters, and asked her to be involved. She said she declined.

"It was their initiative, it was theirs alone," said Trustee Crawford. "I was never under the impression that we needed a lawyer."

She noted the board has spoke with Aileen Ashman, the board's manager of employee relations/labour and legal, several times and "I trusted her advice to me."

The issue should discuss the board publicly and move on to more important matters, said Trustee Crawford. "It's stagnating the business again and this board can't afford to stagnate business anymore," Trustee Crawford said. "Let's get it on the table and deal with it."

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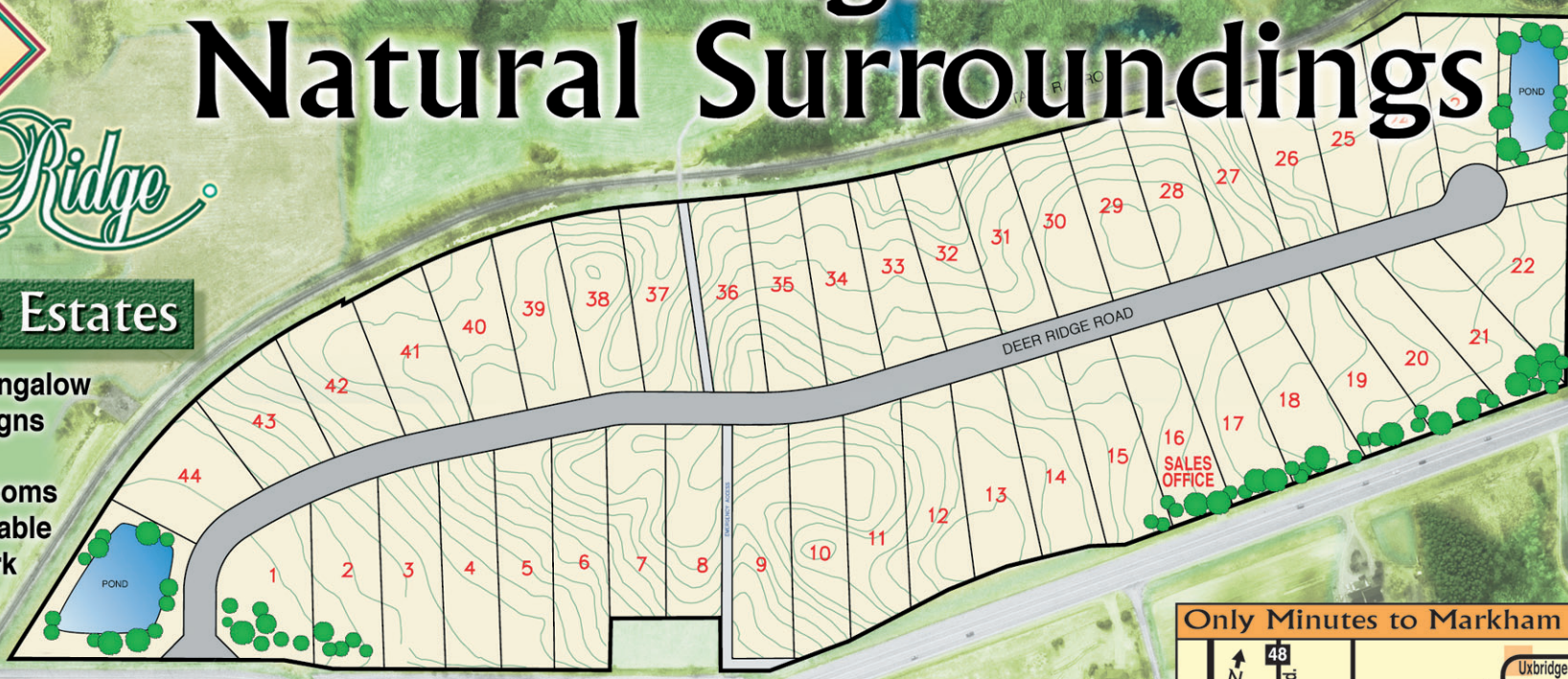
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Two Big Sisters organizations to serve Ajax-Pickering

Local Big Brothers group changes its name to reflect 'who we are'

BY MARTIN DERBYSHIRE
Staff Writer

DURHAM — Brothers and sisters fight — it's only natural.

But, it looks like a sibling rivalry of a different kind is rearing its head here in Ajax and Pickering.

The Big Brothers Association of Ajax-Pickering has changed its name to Big Brothers and Sisters of Ajax and Pickering. However, a different organization — the Big Sisters Association of Ajax-Pickering — already exists, serving the local communities since 1984.

"It came as a surprise this morning to learn that Big Brothers Association of Ajax-Pickering has decided to change it's name... this development is a matter of real concern to our community," said Marilyn Mitchell, executive director of the Big Sisters Association of Ajax-Pickering. "It is our understanding that Big Brothers' rationale for making this name change lies in their desire to attract female volunteers. Unfortunately, it will result in a great deal of confusion to potential volunteers, donors and those looking for appropriate services for their children in Ajax and Pickering."

But, the Big Brothers organization says it has no intention of causing confusion, in fact it has some misconceptions of its own to clear up — some of its programs are for girls too.

Big Brothers outgoing president Moe Pringle said the organization switched signatures to reflect the types of programs the group is running.

"In 1996 we launched an in-school mentoring program that has proven very successful in matching adult males and females with children," he explained. "Some of those matches became traditional Big-Little matches... the board

looked at it and our name doesn't reflect who we are and what we do. We needed a name to reflect that we've moved ahead." The name change also reflects what's happening with the national organizations. Last November, Big Brothers of Canada and Big Sisters of Canada merged into one new national organization — Big Brothers Big Sisters of Canada.

However, along with approximately one-third of the Big Sisters agencies across the country, the local Big Sisters chapter did not support the merger.

"For more than 15 years, the Big Sisters movement staunchly resisted pressure from Big Brothers of Canada to merge into a single, national organization. Our objections were based on the belief that the types of programs and services needed by young girls and young women could not be provided in a dual-gender organization," said Ms. Mitchell. "In addition, research has shown that services to girls and young women diminish in scope and size in a dual-gender setting."

Ms. Mitchell said she is not positive the Big Brothers name change will have a substantial effect on its ability to fundraise in the local community, but it will develop the need for Big Sisters to trumpet their unique place in the area.

"The differences between these two local agencies are significant," said Ms. Mitchell, adding that although Big Brothers' mandate is to provide role models for boys living in father-absent homes, Big Sisters invites girls from any family situation.

CLOCA at home in Pickering

PICKERING — A local conservation authority is saving the Audley Road Woods.

Obtaining its first property in Pickering, the Central Lake Ontario Conservation Authority (CLOCA) has been made custodians of the environmentally sensitive woodlot.

The woods, located on the northeast corner of the

Fifth Concession and Audley Road, has been deeded to CLOCA as a part of a land division application by a local developer.

CLOCA chairman and Pickering Regional Councillor Rick Johnson said he was "very pleased" to receive the land.

"Audley Roads Woods is our first property within the City of Pickering."

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ANDREW IWANOWSKI/ News Advertiser photo

Maternity nurse Sandra Haslam shares a moment with newborn Nathan Johnston. She has been a nurse in the Ajax hospital maternity ward for 34 years.

The more things change...

Despite many advances, nothing replaces care of a nurse

BY MICHAEL PELHAM

Special to the News Advertiser

AJAX — In the 36 years of Sandra Haslam's nursing career there's been a lot of change, but one thing has always remained the same.

"The baseline is, it's your own touch and your own feeling for (the patient)," despite all the developments in technology, said Ms. Haslam, a registered nurse at Rouge Valley Ajax and Pickering hospital.

National Nurses Week is being celebrated May 6 to 12 across North America to honour people like Ms. Haslam, who dedicate their time to a job that goes beyond the nine-to-five standard.

The recognition is largely appreciated in the nursing community, she said.

"It's a career, but it's more than a career, it's your life. It's a dedication," she said.

Ms. Haslam has been working in the maternity ward at Rouge Valley for 34 years.

"I still regard, after all the hun-

dreds of deliveries and newborns I've seen, that the miracle of birth is one of God's best creations," she said.

Since nursing is focused more on holistic care, Ms. Haslam said nursing techniques must adapt to changing family and social structures, as well as technology.

"We have so many social situations that we didn't have before," she said. "You're helping them to deal with parts of their home life, their social life, or their work life. It's an all-encompassing kind of job."

That's why it's been a benefit working in the same part of the hospital for so long, Ms. Haslam said. She's now taking care of babies whose mothers' were once taken care of by her.

"I've had opportunities to work in other areas, but I like being here, knowing the people that come in, knowing the community and seeing the hospital grow.

"We work darn hard to support (the patient), and not become big and impersonal."

But giving this kind of support is becoming more difficult, said Linda Cronenberg, a registered nurse in the emergency department at Rouge Valley.

"Unfortunately, we can't always

provide the privacy required by the people in the community that they deserve," Ms. Cronenberg said of the small emergency department.

The department sees approximately 42,000 patients a year, though it is designed for just 20,000.

"Often the role of a nurse is providing emotional support. It's disappointing when you're not able to provide that comfort in a private area," she said.

However, it doesn't stop Ms. Cronenberg from getting satisfaction out of the work she does.

April 30 was her one-year anniversary at the hospital. She recently received her RN diploma at Durham College after being a registered practical nurse for 22 years.

Ms. Cronenberg has plenty of advice for students getting into the profession.

"If someone tells you it's easy, that's not true," she said. "It's not easy, but it's worth it. You get a lot of personal satisfaction."

An awards ceremony for the educational achievements of nurses and other health-care professionals is being held Friday, May 10.

The event is being held at 2 p.m. in Sailwinds Restaurant, the hospital's cafeteria.

Hospital outpatient unit in new, temporary digs

Temporary home for outpatient procedures 'a very busy place'

BY MICHAEL PELHAM

Special to the News Advertiser

AJAX — Changes are taking place within Rouge Valley Ajax and Pickering.

Along with holding an open house April 25 for the new temporary ambulatory care unit (ACU), hospital officials also announced they were in the second phase of an initiative to build a permanent unit. Helping towards the goal that day was a \$300,000 donation from Purdue, a pharmacist research organization.

"The ACU is a very busy place," Dr. Fathi Abuzgaya, associate chief of staff for the Rouge Valley Health System, which has hospital sites in Ajax and Scarborough, said at the event. "Nearly 100 patients every day walk through it."

Paula Raggiante, manager in the ACU, noted while population growth is a factor in higher demand for the unit, development in technology and changing trends in how a patient is cared for also has more people being treated there.

"There's a shift toward outpatient care," she said. "There are less inpatients in the hospital, reducing the length of stay."

She added the changes are resulting in more patients coming in only for the day for an appointment, which is the purpose of an ACU — outpatient care.

Main improvements to the current ACU include brighter areas and a more modern look. Its location is near the cafeteria and one level below the ground floor.

The old location was on the fourth floor of the west tower, a space now being used for the child health-care unit.

"Reaction (from patients) has been positive," said Debbie Smith, a registered nurse who works in the unit. She said patients are pleased

with the convenience of the new location.

"Before, they had to travel up four floors. Here they have the cafeteria right across the hallway."

Lisa Carruthers, another nurse in the unit, said the new area is a little smaller than before, except for the larger treatment room.

"The rooms are smaller, but we'll adapt," Ms. Carruthers said. "We'll get used to it, it's workable. The clinic is running smoothly."

She is looking forward to the permanent unit, which will be on the ground floor of the hospital's future new tower.

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Editorial & OPINIONS

NEWS ADVERTISER MAY 5, 2002

Editorial

e-mail responses to shouston@durhamregion.com

To Russia with an eye out for Durham

ITER trip offers look at business, education opportunities for politicians

Amid all the scientific schmoozing that went on at the International Thermonuclear Experimental Reactor (ITER) negotiations in Moscow late last month, there was an excellent opportunity for Durham politicians to witness capitalism in action.

While the focus of the trip was clearly to lobby delegates for Canada's first-rate bid for ITER, the chance to see how much the free market has taken control in the former Soviet Union was too good to resist.

Barely a decade after the old communist regime was swept aside, Russia is in the throes of tremendous change. While much of the transition to a free enterprise system has its dark side, like rampant poverty and crime, the chance to help overcome these problems while making a profit, awaits those who are ready to invest in Russia. Durham Region Chairman Roger Anderson, Clarington Mayor John Mutton, and Pat Olive, Durham Region's commissioner of economic development, all saw with their own eyes the 21st century Russian experience.

Mr. Anderson and Mr. Olive attended the Canadian consulate in Moscow in order to try to forge strategic business alliances between Durham and Russian companies. Some 60 Durham businesses expressed an interest to Mr. Anderson and Mr. Olive in being part of an economic package that will be marketed to Russian companies.

As Mr. Olive noted, "the main thing is Russian companies are evolving. There are a lot of big companies and a pile of little companies with no sophistication, however in a few years, that will change. International Standards Organization (ISO) training for businesses could be provided by Durham College for Russian companies." In addition, Mr. Anderson and Mr. Olive were able to discover the Canadian consulate in Moscow will set up an agent in Russia for companies interested in exporting to Russia from Canada. Such opportunity can only improve the global outlook for Durham-centred businesses.

Iter Community Council chairman Gary Polonsky, in his role as president of the University of Ontario Institute of Technology (UOIT)/Durham College, also took the opportunity to mix lobbying for ITER with looking out for opportunities for the educational institutions he leads. Mr. Polonsky met with successful Canadians doing business in Russia and believes, "More Canadians can become active doing business in that part of the world. Currently about half-a-dozen countries are ahead of us, getting quick off the mark now that communism is dead and capitalism is alive. We (UOIT/Durham) may develop an education program in partnership with these successful companies."

While science was at the top of the Russia visit, business can certainly benefit by the Durham ITER team.



Letters to the editor

e-mail responses to shouston@durhamregion.com

Politicians have earned our contempt

To the editor:

So almost 70 per cent of Canadians see politicians as corrupt. Hardly surprising when you start at the top.

From Sir John A. Macdonald through Sir Wilfrid Laurier, to John Diefenbaker and Lester B. Pearson, love the man or hate him, he was the prime minister.

Then along came Pierre Trudeau with his antics and lack of class. He was followed by John Turner, who sleepwalked through the House, and Joe Clark, who might have been a real boon to the coun-

try but blew it and has never recovered.

The less said about the morass that was the Brian Mulroney period the better. Now we have a PM who has been tainted even more than Lyin' Brian.

Is it any wonder that politicians, as a species, are seen as bottom-feeders?

Who is to blame? We all are. Observing how the top office in the country has become available to those who live by the trough, we have come to expect nothing better. We have become inured to the antics of politicians when we should be outraged.

Until voters insist politicians function openly and with integrity we can expect no better than the herd we presently have.

J.A. Wright

Speak up on the job – it could save your life

Stay quiet on the job and it could cost you your life.

David Ellis, just 18, was university-bound with a bright future ahead of him. He was only two days into a summer job when he was killed after he fell into an industrial mixer.

David's father Rob has taken up the cause to make sure no other young people suffer the same horrible fate. He tours the province encouraging students to speak up if they feel their work site is unsafe, and to ask lots of questions about the work they'll be doing. Responsible employers, he points out, welcome such questions.

Mr. Ellis was in Oshawa Tuesday speaking to students at G.L. Roberts C.V.I. David, said Mr. Ellis, had no training on the mixer he was asked to operate.

According to Mr. Ellis, 16,000



Ammar Aquil

Co-op student

shouston@durhamregion.com

youths across Ontario reported work injuries in the last year alone. The key word is 'reported' injuries.

Sixteen thousand injured. That number should not even be one. In today's society of computers, high-speed technology, and with the laws in place to protect us from almost anything, we have 16,000 injured young people. Yes, we have come a long way from the cold factories of the 1800s, and yes safety regulations are in place

to help us out, however, 16,000 youths are still getting injured at work.

One of the key reasons for these injuries is a lack of knowledge, and fear. As a student I have gone through many summers taking a few jobs along the way to make some extra cash. But the thought of an injury or even a life-threatening situation like David's has never crossed my mind.

All it takes for that to change is one second.

As an 18-year-old it is shocking, even disturbing, hearing some of the details about David's story. But I do understand him.

It was only his second day on the job. The new guy doesn't want to cause any trouble by asking too many questions.

That's what needs to be changed. Young people need to know they can

ask questions about the job tasks they're given and about equipment they're expected to work with.

Workers and employers should be completely familiar with safety procedures, and say 'no' to unsafe work. It is a law here in Canada; we have a right to say 'no'.

Mr. Ellis is trying to reinforce this, but Mr. Ellis is only one man. Future workers, and even today's workers must never let this tragedy repeat itself. Some students say \$14 an hour is worth the risk, but is it really worth a life? Your answer should be 'no'.

□□□

Ammar Aquil is a student at Pine Ridge Secondary School in Pickering. He is a co-op student with the News Advertiser's sister papers in Oshawa and Whitby, where he asks plenty of questions.

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Teenager on probation charged with sex assault

BY STEPHEN SHAW
Staff Writer
DURHAM — A teenage pedophile with convictions dating back five years is now charged with sexually assaulting a 13-year-old and breach of probation.

The youth, now 17, was released on probation in January after serving an 18-month custodial sentence for a string of violent sex attacks on young boys at a north Oshawa apartment building in 2000, when he was 15.

Thursday, an arrest warrant was issued by Durham Regional Police charging him with two counts of violating

probation terms that he remain away from all school property and not associate with anyone under 14.

The probe began earlier this past week after two Durham detectives recognized the teenager outside a local Catholic school Tuesday.

Further investigation revealed he had

visited the school on prior occasions, said Sergeant Paul Malik, police spokesman.

The teen was located at a local pool hall and arrested Thursday night.

He was subsequently also charged with sexual assault and interference.

"The allegation is that he recently befriended a 13-year-old boy, who he knew was under the age of 14, and sexually assaulted him," Sgt. Malik said.

The youth was held pending a bail hearing and was to appear in court Friday afternoon.

In 2000, the then-15-

year-old pleaded guilty to five counts of sexual assault, sexual interference and threatening in what prosecutor Greg O'Driscoll called "serial, predatory" attacks on four boys, ages eight to 10.

Court heard the teen confessed to sexually as-

saulting about a dozen boys in all, two of them mentally challenged. Most attacks involved simulated intercourse, while one included forced intercourse on an eight-year-old.

In 1997, when he was 12, the youth was convicted of sexually as-

saulting two Belleville brothers, ages five and eight, and given 18 months' probation.

A psychiatric report filed with the court during his sentencing hearing in 2000 described the youth as having an uncontrollable attraction to boys.

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70-Year-Old Woman Stuns Friends with 69 Lb. Weight Loss!

Carol Christian says, "I've ended my life-long battle with weight!"

My name is Carol Christian. I am retired. I was overweight my entire life – nearly 70 years. When every diet failed me, I gave up. Then I discovered a surprising weight loss secret – that wasn't a diet – and melted off 69 pounds of unsightly fat. My dress size plunged from a matronly 2X to a slender 14 in only nine months. My friends were stunned! If a 70-year-old retiree can do it, so can you! Here's how...

Dismal Days of Dieting

I tried every weight loss trick I could find. I struggled through fad diets, national diet programs, Dr. Atkins, and the grapefruit diet. I once even tried a Martini & Whipped Cream Diet! It was

ridiculous. I would either have no success or the weight would come right back on. Dieting was a constant battle. My weight was up and down like a yo-yo. I finally realized that, at my age, this was not smart! I was completely discouraged.

My Day of Reckoning

When I retired, I stopped fighting my weight and let the pounds mount up until I woke one morning to the horrifying realization that I was eating myself to death.

My friend had sent me a photo from my daughter's wedding. I looked at the picture and shuddered. I was shocked to see how large I had become. Yet I simply could not face another day of weighing and counting every morsel I ate. That was the day I saw the Positive Changes Hypnosis advertisement in the morning paper. I clipped the phone number, but postponed calling. I repeated this absurd performance for two more ads. Finally, I told myself, "Do it, Carol, it's your last chance."

I don't know what I was expecting from hypnotism. I confess that I was skeptical. Much to my surprise, the Positive Changes Center was professional and pleasant. The staff was happy and reassuring and my free screening was fascinating. My evaluator

made me feel at ease right away. I even got a demonstration of an amazing light and sound machine that would help me achieve hypnosis. Everything was explained and I never felt pressured. What a positive experience! Even the fee was reasonable. I decided that I was worth it.

18 Pounds in Two Months!

People are skeptical when they hear about hypnosis. I was even a little afraid of it. I had an image of a stage show and people making fools of themselves. That is just not how hypnosis works at all.

When I am hypnotized, I feel as if my body has gone to sleep, but my brain is focused on the positive suggestions I am hearing. It's relaxing, enjoyable, and I always feel in control.

Part of my problem was that I was on the see – food diet – I'd see food and I'd eat it! Suddenly I could walk past food and not even care. That was real progress for me.

There was once a time when I'd continue to eat long after I was stuffed simply because of taste. Hypnosis ended all that. My cravings, binges and poor eating habits are a thing of the past. I haven't overeaten since I started the program. I have learned to substitute the fattening chips and nuts with healthy choices, or I simply eat

less of them. I cook healthier and it's fun. I am drinking water and enjoying it.

Friends ask me what I'm 'allowed' on my diet. I say that it isn't a 'diet,' it's a new way of eating. I can eat anything I want. It's just that what I want has changed. That's why I never feel deprived.

Positive Changes Hypnosis helped me shed 69 lbs. If I can do it at 70, anyone can!

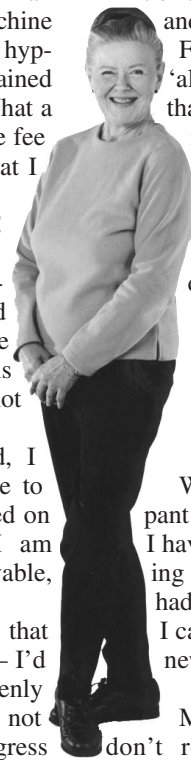
The New Me!

What a delight when my pant size is 6 inches smaller! I have even dug some clothing out of my closet that had never fit me. What fun! I can't wait to buy a whole new wardrobe.

Do What I Did...

Most slender people don't realize how miserable being overweight can be. When I think of all those years when I hid within my loose clothes, could barely bend over and tie my shoes, and hid from mirrors that would reveal the truth.

Best of all, I am confident that I will keep my weight off permanently because hypnosis makes it so easy! That's why I recommend Positive Changes Hypnosis



I even tried a Martini & Whipped Cream Diet! It was ridiculous.
Carol Christian before 69 lb. Weight loss

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Knapsacks filled with practical goodies for needy kids

Durham Children's Aid, Zellers team up to provide care packages

BY PAULO SANTOS

Special to the News Advertiser

DURHAM — The Durham Children's Aid Society has volunteers packing knapsacks for children who leave their homes with nothing.

Zellers recently donated 100 knapsacks along with gift certificates and \$2,000.

The bags consist of practical items like shampoos, toothbrushes, deodorant, a toy or a book, and a journal or picture frame.

"Our foster parents, volunteers, and social workers brought to our attention some of our children are coming in with nothing," said Yvonne Williams, fund development co-ordinator for the Durham Region CAS.

"A lot of our children come in on an emergency basis, and sometimes there isn't enough time for a child to pack any personal belongings," she added.

Ms. Williams said though the knapsacks were a first for the Durham CAS this year, the project will continue in future.

"It's estimated we'll probably acquire between 100 to 200 bags every year, at least," she said.

"So, it's not a project that's going to end now."

The knapsacks will be distributed to CAS workers when they go to pick up a child, to the three CAS locations in Durham, and to some foster parents.

"It may seem like such a small thing to some people, but it gives the child something he can hold on to," said Ms. Williams. "It gives her something she can call her own."

Four volunteers worked on packing the bags and shopping for the items.

Ms. Williams said some volunteers who work on these projects have been foster children themselves.

Carol Martel, a CAS volunteer for the past four years who worked on the knapsack project, said both her parents were killed during the Second World War and, as result, she was orphaned.

"I kind of know what it's like not to have a permanent home or parents," she said.

"We all have a responsibility to make sure that children are safe and that they have opportunities. They are tomorrow's leaders.

"They are tomorrow's visionaries, and we want to make sure that we provide them with every opportunity we can."

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Introducing the Board of Directors of The Rouge Valley Health System Foundation

The Rouge Valley Health System was created four years ago by bringing together two outstanding hospitals — the Centenary Health Centre in Scarborough and the Ajax-Pickering Health Centre in Ajax.

The Health System has developed a powerful vision for the future of health care in our communities, and a detailed plan to deliver excellent care, close to home. The plan involves expansion, addition of new medical services and updated equipment and infrastructure. The total cost of this plan is more than \$90 million. Of that, \$34 million must be raised privately in our communities.

That's the job of the Rouge Valley Health System Foundation. The directors of the new Foundation were drawn from the two previous hospital foundation Boards and the community at large. They are dedicated and energetic men and women who believe that the people of east Toronto and west Durham deserve the same quality of health care enjoyed by people elsewhere in the Greater Toronto Area. Please join us in thanking them for their powerful leadership, hard work and dedication.



It's in our nature to care.

Ponder that pond before jumping

BY JANE McDONALD
Staff Writer

DURHAM - Sometimes nature co-operates. Those with luck on their side and horseshoes up over the garden arbour may have a bubbling brook meandering through their acreage, a spring-fed pond or natural lake to work with. But even if a river doesn't run through it, you too, can have a water garden.

But first, "think about it," advises Bob Burns.

"Don't jump in just because the neighbours have one," adds Mr. Burns, owner and operator of Burns Water Gardens. "In general, a water garden requires plants and plants have special requirements. If you want fish and only fish, then you need a different plan. Or if you want a fountain or reflecting pool ... you need to know where you're going before you start. You can have fish and plants, plants and a fountain, but you have to know what you want most and modify."

The growing popularity of water features in residential gardens and landscaping designs has Durham Region gardeners flocking to Mr. Burns's specialized garden centre in Baltimore (at Cobourg). Concentrating solely on water garden plants and supplies for 11 years, he and his wife Rowena have six ponds on display. They carry the necessary liners, pumps and all

other equipment a water gardener might need. Best of all, Mr. Burns provides advice.

"I stand beside the (display) pool a customer likes and tell them, 'This is what you do. This is what you don't do, and why.' I also give them a sheet of instructions and

our Web site address," he

explains. "Ninety-nine per cent of people can build their own."

The cost for a water garden - even if the homeowner does all the digging and lugging around of liners and rocks him or herself - can be considerable. "The sky's the limit," says Mr. Burns. "A bronze statue pouring water into the pond can cost \$1,000. But a reasonable pond averages about \$1,000 in total." And that price can be much less with an inexpensive source of rocks. Suitable water garden plants are usually added each year like annuals are to a flowerbed. Plants like the water hyacinth are specialties at Burns Water Gardens, where the plants are actually grown.

"We know how to tell someone how to look after them," says Mr. Burns.

The most popular pond size he sees water gardeners choose is the 15-foot-by-13-foot in a kidney shape. Ian Craig of Oshawa started out a bit smaller 10 years ago when he became a ponder. "It was 2.5 feet deep by 8 feet by 6 feet, which I thought was pretty good."

Mr. Craig and his wife Margaret enjoyed water gardening so much, and especially the fish (that also take care of any mosquitoes), they decided to build on that success. Today, a river really does run through their standard north Oshawa neighbourhood backyard.

They've expanded their water garden to include two ponds connected by a bridge that crosses the small river. Each pond holds 2,500 gallons of water, and the number of fish has grown to 50.

"You must have an adequate size pump for filtering," urges Mr. Craig. "We also have a waterfall situation to fill the needs of having both adequate aeration of the water and to keep the water moving."

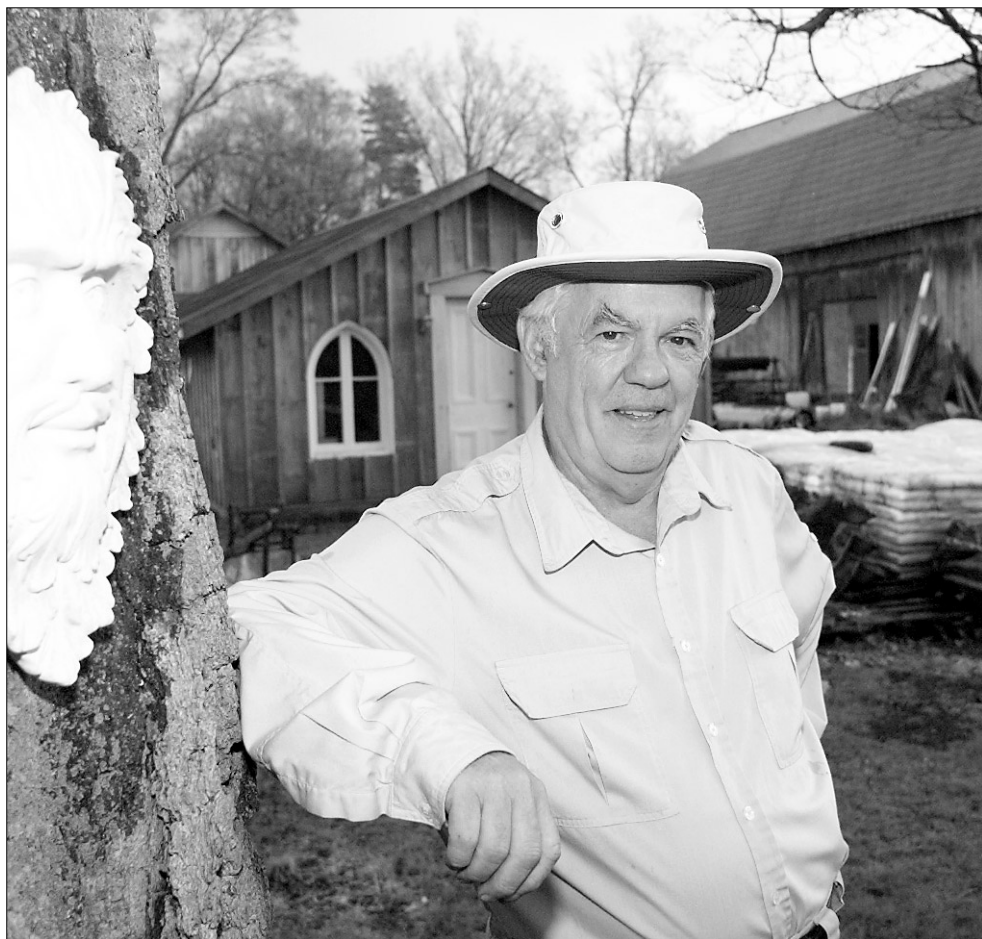
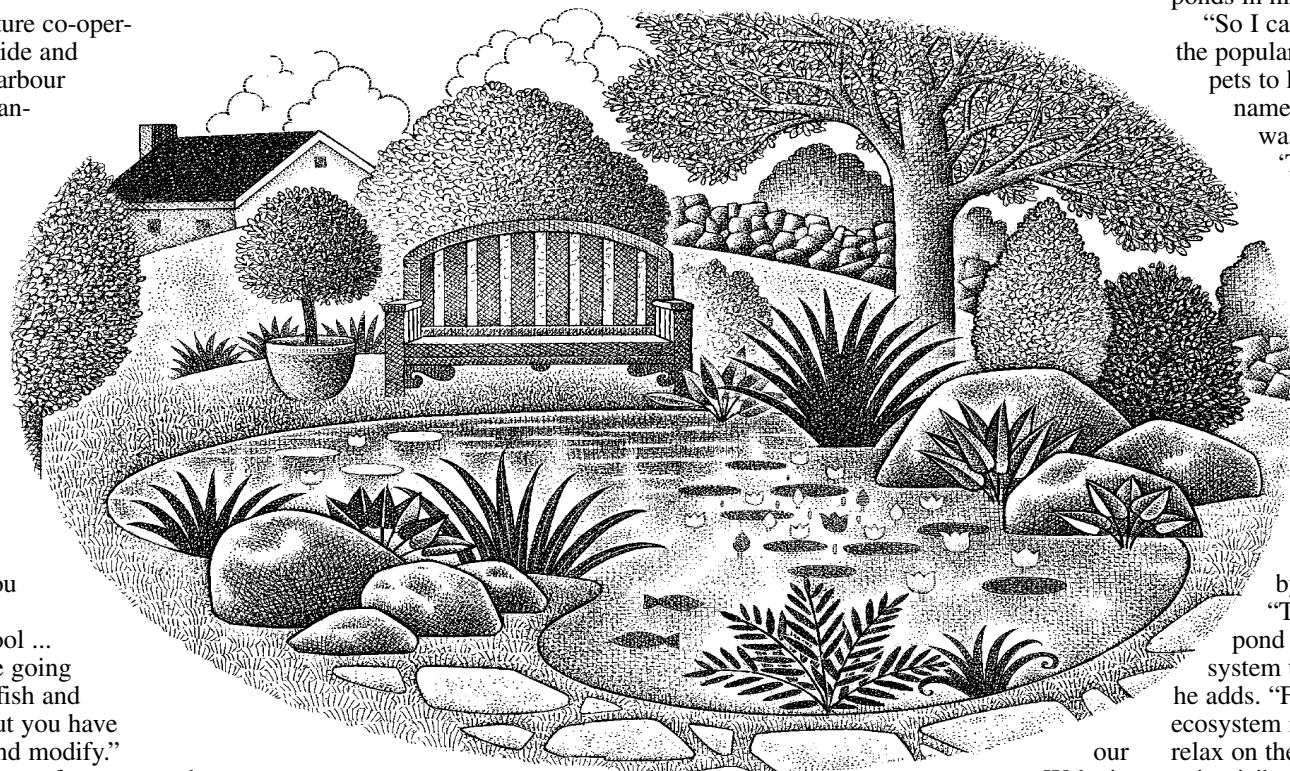
Though some water gardeners prefer more natural looking green ponds, Mr. Craig runs the water for his through an ultra-violet system to take care of most

algae with a filter catching the rest. The ponds in his backyard are clear.

"So I can see the fish," he explains. Of the popular Koi variety, the fish are like pets to him and his wife. Each has a name. There's 'Papa-fish,' because it was a Father's Day gift; 'Lemmon,' 'Tiger' and 'Nondescript,' are names chosen for the others' colouring, or lack thereof.

When asked if maintenance is high, Mr. Craig says he doesn't think so. "Once every two to three weeks, I clean the filter foam and parts and brushes," he says. "It takes only about 30 minutes."

At night, strategically placed lighting illuminates the Craigs' aquatic creations. The din of city traffic is drowned out by water falling after a busy day. "The things that make the whole pond are the bullrushes and the plant system that also help purify the water," he adds. "Frogs come in. It's a whole ecosystem in and of itself. And it's fun to relax on the patio with a glass of wine and enjoy it."



PEG McCARTHY/ News Advertiser photo

Bob Burns says before putting in a water garden 'think about it' and develop the right plan that fits your landscape and your requirements. He says 99 per cent of people can build their own water garden.

More for ponders to ponder

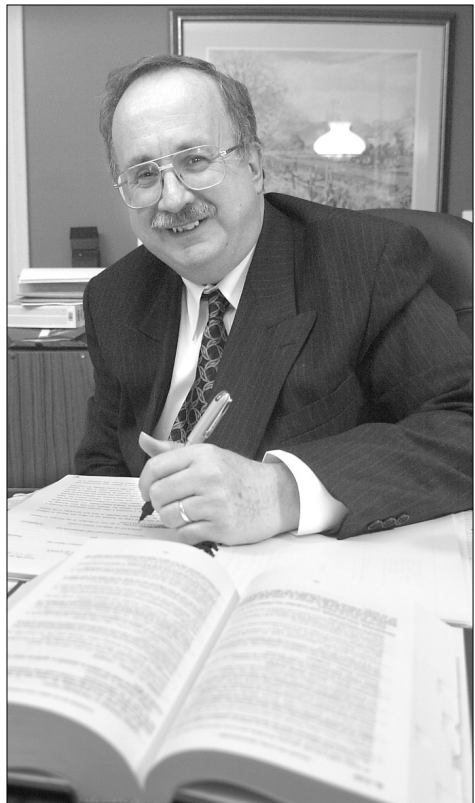
- It's important to check local bylaws regarding fencing and safety requirements before installing a residential water garden. There are specific provincial guidelines for swimming pools and in many municipalities, for smaller water features, as well. No matter what the regulations are, serious consideration must be given to the fact small children can easily drown in only a few inches of water. Upon the installation of a water garden, a homeowner's liability insurance may also increase.

- Water and fish can attract certain intruders like raccoons and some birds. Ponds should therefore be deep enough and built with hiding places so fish can evade predators.

- Sources of water runoff feeding a pond, and which contain large concentrations of insecticides, herbicides and fertilizer, could cause problems for fish and plant life. Such runoff should be monitored, controlled and/or diverted.

- Fish stay healthiest in larger ponds and some varieties can even spend the winter outside if the water is deep enough. Winter weather can be too harsh for smaller fish but if a pond is deep enough, large fish can survive. Proper maintenance of all aspects of water gardens should be addressed in the fall and again in spring.

Ajax man chosen to help bring down barriers



Ajax resident and lawyer Duncan Read has been appointed to a provincial advisory council on reducing barriers to the disabled.

BY MARTIN DERBYSHIRE
Staff Writer

AJAX — Duncan Read witnesses the obstacles to access for persons with disabilities everyday.

"I see the barriers in my day-to-day life as a lawyer and in my day-to-day life just wandering around," he said. "Whether it's the person in a wheelchair who can't get up a curb or can't use the washroom in a restaurant that has no ramps — those are the barriers."

And, Mr. Read, a small business and litigation lawyer who has lived in Ajax since 1983, knows many of those barriers firsthand.

At four years old he was diagnosed with polio and now walks with a cane and brace.

He said he often sees movie theatres that aren't wheelchair friendly and remembers a divorce hearing that took place in a parking lot because the courthouse was not wheelchair accessible.

"I think that makes a statement that (people with disabilities) are not part of the mainstream," he said. "We need to move towards being barrier-free."

The provincial government proclaimed the Ontarians With Disabilities Act, 2001 in February of this year and an accessibility advisory council, designed to aid the Province in moving towards a barrier-free society, was established.

When the call for volunteers came, the Ontario March of Dimes submitted Mr. Dun-

can's name for a spot on the council. He served as past-president of the organization. On May 1, he was one of five members named to the group, and the only from Durham.

"The accessibility advisory council will play a critical role in achieving a province where existing barriers are removed and no new ones are created," said Ontario Citizenship Minister Carl DeFaria, who the council will advise on issues of access, independence and opportunity. "We are moving forward and keeping our promise to the 1.9 million people in Ontario with disabilities."

And, while Mr. Read is committed to working towards a barrier-free province, he accepts there is a lot of work ahead.

"This council will lead to a process where we can identify and remove those barriers ultimately, but it's going to take a long time," he explained. "It won't happen overnight."

The council will also advise the minister on implementing the act and preparing regulations, as well as provide input on programs of public information related to the act, the accessibil-

ity for persons with disabilities, and services provided or funded by the Province.

The act itself requires municipalities, universities, colleges, school boards, hospitals, public transit organizations, transportation providers, and public offices to develop plans to make their buildings, programs and services more accessible.

"We're going to move towards being barrier-free... that's our ultimate goal, but its not going to happen quickly," added Mr. Read. "This is the first step."

Third shift expected at GM in Oshawa


Automaker to make announcement Monday

DURHAM — General Motors of Canada president Michael Grimaldi is set to make "an important business announcement" in Oshawa on Monday.

Speculation is he will announce a third shift for the No. 1 car plant at the afternoon press conference, although neither GM nor union officials would confirm this.

GM and Local 222 of the Canadian Auto Workers have been negotiating for some time over a third shift at the plant, which makes the popular Impala and Monte Carlo.

The plant employs about 2,500 people on two shifts. A third shift would add about 1,000 jobs but they won't be new jobs. There are currently about 500 people on layoff at the Oshawa plants and more laid off in St. Catharines and Ste. Therese who will be offered the jobs.



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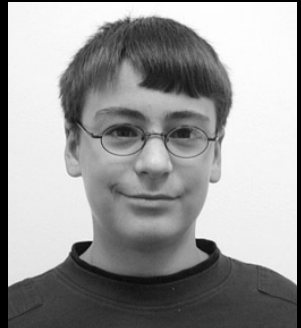
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Task force works to improve mental health services, programs in Durham

BY MICHAEL PELHAM

Special to the News Advertiser

AJAX — Durham Region groups had their say last week about what changes should be made to the mental health system in Ontario.

The Central East (Whitby) Mental Health Implementation Task Force is putting together focus groups of physicians, caretakers, and families dealing with mental illness in an effort to find better ways to provide service.

A public information forum was held April 24 at Rouge Valley Ajax and Pickering hospital.

"A comprehensive range for the consumer is necessary for people with mental illness," Jean Achmatowicz-MacLeod, chairman of the task force, said during a presentation to the public. "It's also important these services are nearby."

The task force was appointed by the Ministry of Health in 2001, based on its report, 'Making it happen,' which Ms. Achmatowicz-MacLeod called the "blueprint". The Central East task force encompasses the areas serviced by the Whitby Mental Health Central: York and Durham regions, the City of Kawartha Lakes, and Haliburton, Northumberland and Peterborough counties.

"It's difficult to provide service in sparsely populated areas in the north," Ms. Achmatowicz-MacLeod said, referring to places such as Haliburton and the City of Kawartha Lakes, where transportation isn't as good, and there are few mental health facilities.

This is one area the task force is seeking to improve. Another mandate is to get the Ministry of Health to increase funding.

Durham currently has an estimated 12,818 people living with mental illness, said Marie-Anik Gagne, a coordinator for the task force.

"Durham is way underfunded," Ms. Gagne said. Compared to provincial standards, Durham's mental health services receive \$12 per capita less than other regions.

The task force is mainly aimed at improving services for adults with mental illness, although prevention, detection and treatment for children are also being examined.

In the past, Ms. Achmatowicz-MacLeod said mental health programs in the Central East region have gone without attention from the ministry.

"We've been the have-not part of the province, and everybody recognizes it," Ms. Achmatowicz-MacLeod

said. "But (the ministry) has made little effort to improve it."

Challenges the region faces in improving the current system include high population growth, servicing rural areas with poor transportation, a growing elderly population, and putting more investment into current community services.

Brigid Phelan works at Colborne Community Services, an agency for people with mental illnesses. She volunteered to be in a focus group because she sees the need for improvement.

"This is a great opportunity," she said. "We have to be more cohesive, we have to have more crisis services."

But for community-based services to grow, "We need more funding, there's no question about that," she said.

The task force is now in Phase 2, which should be completed in June. This includes refining recommendations, developing an implementation plan, and estimating the cost of reforms. Ms. Gagne said the changes will likely take place over a five-year period.

"It's going to take time to change," said Ms. Achmatowicz-MacLeod. "But if we don't start now, it'll never happen."



RON PIETRONIRO/ News Advertiser photo

Wizards of Oz

PICKERING — Altona Forest Public School's production of 'The Wizard of Oz' is being staged May 8 and 9. Ready to hit the stage are cast members (front row, from left) Sarah Russell and Mahy Riad. Back row, from left is Laura Russell, Brenden Woodrow and Trevor Mason.

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Durham Windows and Doors

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Asthma education, testing free at upcoming clinics

DURHAM — In recognition of World Asthma Day, which is Tuesday, the Lakeridge Health Community Asthma Care Centre will be travelling to three communities.

Lakeridge Health Port Perry, Oshawa and Bowmanville will each host a free clinic day for people with asthma.

All asthmatics are invited to the clinics where an asthma educator will test breathing peak flow with a meter, monitor your medication devices for proper use and answer any questions you may have about asthma.

Port Perry's clinic take place Monday at the Medical Associates of Port Perry, 462 Paxton St., from 9 a.m.-1 p.m.

On Tuesday, Oshawa will have its clinic at Lakeridge Health Oshawa, 1 Hospital Court (Front Lobby) from 8 a.m.-1 p.m.

On Wednesday, Bowmanville's clinic is at Lakeridge Health Bowmanville, 47 Liberty St. S., main level, from 9 a.m.-1 p.m.

Contact 905-576-8711 ext. 4824 for more information.

Golf to support kids' nutrition

DURHAM — Golf in an upcoming tournament and feed a child breakfast.

Sylvan Learning Centre is sponsoring and organizing a tournament on behalf of Durham's Child Nutrition Project. The group supplied 500,000 snacks and breakfasts to children in local schools and community groups last year.

The tournament is on Saturday, May 11 at Blue Spruce Ridge Golf and Country Club in Bethany, northeast of Oshawa, and begins at 9 a.m. sharp.

Call Sylvan Learning Centre at 905-404-1818 for more information or to register.

Caribbean cultural group hosts Sunday tea

PICKERING — The Pickering Caribbean Cultural Association holds a seniors' day tea party from 12:30 to 3:30 p.m. Sunday, May 5 (today).

The event takes place at the Pickering

Recreation Complex, 1867 Valley Farm Rd. south of Kingston Road. It's free and there's entertainment.

Call Pat at 905-427-7344 or Susan at 905-420-5196.

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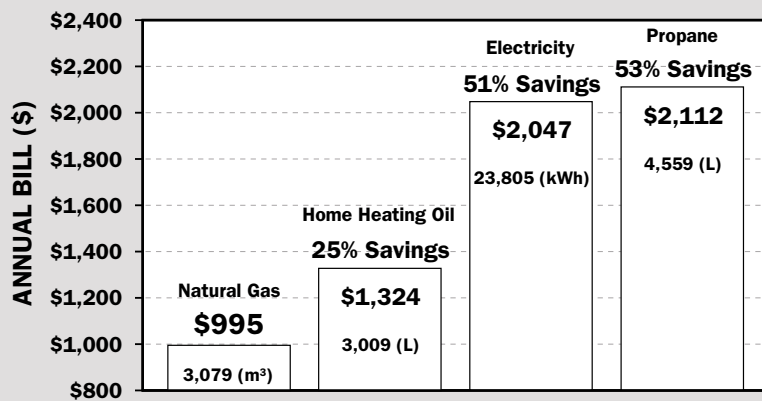


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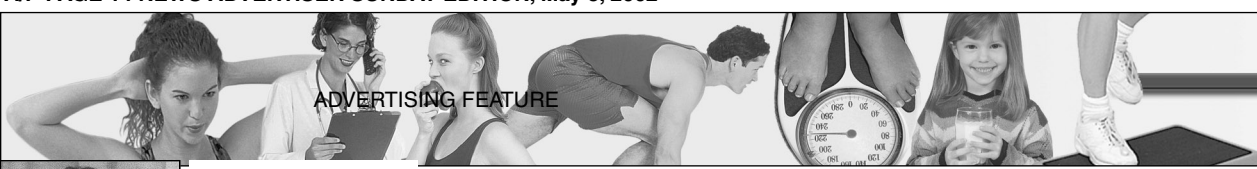
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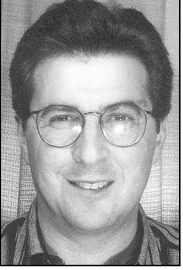
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ADVERTISING FEATURE

BETTER HEALTH



Ronald J. Klein,
B.Sc.,
D.P.M.
Podiatrist-Foot Specialist

Let's Ask The Podiatrist → Morning Heel Pain Can Spoil Your Entire Day

dition known as plantar fasciitis, an inflammation of the plantar fascia, a thick, fibrous, connective tissue running from the inside of the heel to the toes. It is responsible for maintaining the arch of the foot.

the beginning of an activity. It will then lessen after a few minutes of walking but will reoccur after a rest of with prolonged movement.

Although the symptoms are in the heel, the heel is not the problem. Plantar fasciitis occurs as a result of excessive pronation and a flattening of the arch. This causes the foot to lengthen, leading this inflexible fascia to pull away from the

heel bone. The end fibres will develop some micro tears, swelling and inflammation.

Some of the predisposing factors leading to plan-

tar fasciitis are:

- 1) a flattening of the arch (lengthening of the foot)
- 2) increased pronation
- 3) high arched rigid

feet

- 4) inappropriate shoes
- 5) toe or hill running
- 6) soft terrain running (for example jogging)

CONTINUED ON PAGE 16

Ask the Podiatrist: I began feeling pain in my heel and arch approximately 1 year ago. It has gotten progressively worse in the past 3 months. The pain is most intense when I first get out of bed in the morning, or when I first stand up. It then seems to ease somewhat. It feels like a bruise on the inside of my heel right where the arch begins. What might this be and how can I treat it?

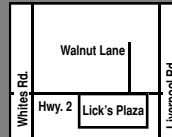
It sounds as if you're describing a con-

CONGRATULATIONS To Mr. Ian Shiach

Congratulations to Mr. Ian from Dr. Jeremy Willenburg, Angela E., Melissa, Angela B. and Denise of Walnut Grove Dental Office Pickering.

Mr. Shiach was chosen as the winner in our Adult Cavity-Free Club for "Dental Health Month" and receive an Oral-B 3D Excel pulsating toothbrush. Keep up the good work!

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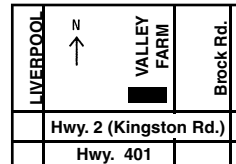
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Health & FITNESS

NEWS ADVERTISER MAY 5, 2002

Feeling a little sexy and wondering why?

Are you feeling a little sexy lately and have no idea why it's happening? If that's the case you had better check your medicine cabinet. You may be taking a well-known product sildenafil (Viagra) approved for the treatment of erectile dysfunction (ED) without knowing it. How can this happen?

Health Canada recently issued an alert to health care professionals about the safety of a herbal product called Hua Fo. Manufacturers claimed it was the "natural" Viagra for men. The suggested dosage is two tablets twice a day.

What medical consumers don't know is that each tablet of Hua Fo contains 9.2 milligrams of sildenafil. That means a dosage of 36.8 milligrams of sildenafil a day.

The recommended dose of Viagra for ED is from 25 to 100 mg. So 9.2 mg of Hua Fo taken over a 24-hour period isn't going to send most men racing after Julia Roberts. But it may make them a trifle twitchy!

The company that markets Hua Fo has co-operated with Health Canada to get its product off the market and is investigating how sildenafil found its way into the herbal medicine.

This is not the first instance when males wondered why they were starting to feel a little antsy. In December 1999 another herbal product, V-King, was removed from the market. It too was found to contain sildenafil.

Feeling sexy without knowing why isn't a serious problem. But if males are also taking cardiac medication containing nitrate, the combined use could trigger a life-threatening decrease in blood pressure.

Paracelus, the father of modern pharmacology five centuries ago, wrote that 'All drugs are poisons. It is a question only of dosage.'

This applies to both herbal and prescription drugs.

Don't fall into this trap when consuming so-called 'natural' herbal products. To many consumers the word 'natural' implies



W. Gifford-Jones, M.D.

The Doctor Game
shouston@durhamregion.com

a safe product. But some of the world's greatest poisons such as hemlock and strychnine are derived from plants.

One of the most tragic incidents involved 48 Belgian women who attended a weight-loss clinic from 1990 to 1993. They developed various degrees of kidney failure from taking a Chinese herbal preparation containing stephania tetrandia and magnolia officinalis.

Some reactions may not be easily diagnosed by doctors. For instance, unexpected severe bronchospasm may be due to yohimbine and hepatitis can be triggered by jin bu huan, a traditional Chinese herb.

Large amounts of licorice over

a long term can decrease blood calcium.

This in turn can alter the action of drugs such as digitalis that depend on potassium levels. And Evening Primrose Oil may increase the risk of seizures when given with phenothiazines.

The old adage of 'let the buyer beware' is never more true when so many people are taking several drugs at once. Sometimes the end result can be worse than the original sickness.

For example, a person may start out taking a pill for blood pressure and as a result develop a wheeze. So he is then prescribed a drug for asthma which upsets the stomach and prevents sleeping. To treat the upset stomach Tagamet is taken which causes mental confusion. Then because of jitteriness and insomnia, valium is added. Tagamet, however, increases the blood level of valium and makes it more toxic. What started as a hypertension problem then winds up being diagnosed as possible senile dementia.

J.B. Moliere wrote in 'Le Malade Imaginaire' 300 years ago that "nearly all men die of their medicines, not of their diseases."

Things are not that bad today. There are many herbal and prescription drugs that add to the quality of our lives. It's simply a matter of not getting carried away by the epidemic of 'pillitis' that has become so much a part of the North American culture.

Sir William Osler, one of this country's great physicians, aptly analyzed the present situation. He remarked that, "A desire to take medicine is perhaps the great feature that distinguishes man from the other animals!"

This problem isn't going to go away. For instance, in 1990 consumers spent \$1.5 billion on herbal medicines.

Today it has soared to over \$15 billion.

And just in case you're one of those eager herbal enthusiasts and getting a trifle romantic, I'd suggest you take a look at what's in the medicine cabinet.

SPINAL HEALTH WEEK

ADVERTISING FEATURE

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care since chiropractic was discovered in 1895.

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1. Avoid unnecessary chemical toxins (caffeine, nicotine, sugar, alcohol, preservatives)
2. Eat a well balanced, nutrition dense diet. (A diet that consists of 75% fruit and vegetables. Decrease consumption of dairy products, red meat and processed foods).
3. Continue with Chiropractic care. (Consider your future health and do not confuse lack of symptoms with optimal well-being).
4. Maintain a positive mental attitude.
5. Drink at least 2 litres of water daily
6. Receive proper rest (7-8 hours per night)
7. Perform the exercises recommended by your chiropractor.
8. Participate in an active life style. (in addition to the exercises recommended by your doctor, it is important to exercise at least twice per week).
9. Eliminate unnecessary mental and emotional stress.
10. Enjoy quality time with family and friends.

OTHER PROCEDURES

Your doctor may recommend additional procedures or suggest other ways to help reduce inflammation, provide relief, or enhance the healing process. These may include ice, heat, muscle and soft tissue rehabilitation, nutritional advice, exercises, or other procedures.

CHIROPRACTIC CARE IS SAFE

Chiropractic adjustments are safer than aspirin, muscle relaxers and back surgery. Dozens of research studies have documented the safety and effectiveness of chiropractic adjustments. When compared with traditional approaches, chiropractic care is remarkably safe. In fact, millions of chiropractic adjustments are safely delivered to satisfied patients every day!

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SPECIFIC ADJUSTMENTS

The primary course of care will be specified chiropractic adjustments. This will help return individual spinal bones to their proper motion and position.

There are hundreds of ways of using carefully directed and controlled pressure to restore better position and motion to "stuck" or fixated spinal joints.


This may require a quick thrusts, or in other instances a slow, constant pressure. Sometimes, only one area of the spine is adjusted, and other times the entire spine will receive attention. Some doctors use only their hands, while others will use special tables or instruments. Sometimes, the patient's own body weight is used. Every doctor has a preference based on training, clinical experience, and the particular problem of the patient.

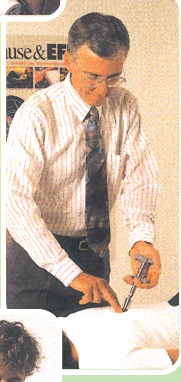
Some adjusting approaches




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BETTER HEALTH

Let's Ask The Podiatrist

FROM PAGE 14

on the beach)
 7) increased age or weight
 8) pregnancy can cause feet to lengthen and splay

Treatment for plantar fasciitis involves R.I.C.E., rest, ice, compression, and elevation. Exercises are also of some benefit. These include rolling the arch on a tennis ball, picking up a towel with your toes, and achilles tendon stretches. Also working your quadriceps will help. Women may find wearing a

shoe with a slight heel height of 1 to 1 1/2 inches will help maintain better arch height and thus ease some symptoms. Oral anti-inflammatories, cortisone and physiotherapy only address the inflammation and the cause which is the foot mechanics.

The best treatment is prescribing a custom made foot orthotic. It will control the foot mechanics and minimize pronation while supporting the arch. It will decrease the

pull of the fascia at the heel, thereby lessening the inflammation and pain. Orthotics should always be made for a negative impression plaster cast in a non-weight bearing position. This will reproduce the foot in a normal arched neutral position.

Resolution of the pain with orthotics can take from several weeks up to 4-6 months, depending on how long you have had the problem. If pain persists longer, a

surgical plantar release may be indicated.

As with most other problems, it is important to address symptoms as soon as they appear. The longer you have the pain the longer it will take to resolve the problem.

If you have a specific question you would like answered or a topic you would like addressed, please send it to ASK THE PODIATRIST c/o The News Advertiser.

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Want to get around Moscow: take the better way

Snarling traffic means Metro most efficient

SOMEWHERE 30 kilometres north of the Kremlin a monument marks the spot where the advances of Nazi forces into the city were halted by severe weather in December 1941.

Today, foreign tourists and businessmen advance on the city from about the same vantage point, though with more benign intent. Here Sheremetyevo, Moscow's international airport, was built in 1959 providing the main port into the city.

Sheremetyevo services almost 10 million passengers a year, according to the Russian National Tourist Office. In 1996, the airport was reorganized into a joint stock company, a public-private partnership, with almost 150 airlines from more than 100 countries accessing Moscow via its 2,400-acre site. While parts of the airport seem tired and dingy, others have obviously had a makeover, including the departure area that features about 10 modern duty-free shops that, like the rest of the city, have embraced capitalist principles.

The country's main carrier is Aeroflot Russian Airlines. Established in 1923, Aeroflot was the No. 1 carrier for the former USSR but was best known for its poor safety record.

The company has worked hard to change that image. Now, it's one of the world's largest commercial carriers moving air traffic in and out of Russia to 54 countries around the globe. In the past three years Aeroflot has improved its record to a 99-per cent safety standard rating, well within international regulator standards and well above its ratings of a decade ago. Aeroflot's more than 100-plane fleet includes new Boeing 777 and 767s. Toronto to Moscow on Aeroflot's direct 9.5-hour flight is a pleasant journey.

Once you're on the ground, however, Moscow traffic can be defined as anything but pleasant. Despite attempts by the city to ease gridlock with road expansions that span up to 16 lanes, Moscow is in a traffic crisis resulting from a proliferation of cars since the fall of communism. The 30-km trip into or out of the airport takes the better part of an hour filled with the impermeable smell of diesel and leaded gas. Air quality is not a high-

Life in Moscow: Beyond the ITER negotiations



Clarington Planning Director David Crome has a tête-à-tête with a Moscow shopping mall clown, just one of the many Muscovites making a living in the very hot promotional industry.

STORIES AND PHOTOS JACQUIE McINNES/STAFF WRITER

MOSCOW



Before departing for Moscow the Durham delegation heard many conflicting stories of what we would find there. It's not surprising because the 'New Russia', as its tourist office calls the Russian Federation, is very much a country in transition still struggling to define itself a decade after 73 years of communist rule came to an end. While Moscow, in many respects, is very similar to any cosmopolitan European city, much of rural Russia remains in another era, without many of the conveniences its urban sister now takes for granted. And even in the city, the social problems that inevitably come with a democracy and open economy are now becoming painfully apparent. President Vladimir Putin seems anxious to lift the curtain wide open and both expose and address Russia's social ills. If his leadership can survive the political perils of ruling in difficult times, there's no telling what further changes, and progress, the next 10 years could bring.

Food, food glorious food

Russians love international, traditional fare of all kinds

TWO ALL-BEEF patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun.

Lunch in downtown Moscow today is as likely to be a Big Mac combo (or for the younger set, a boxed Happy Meal with a Furby toy tossed in) as a nice hot bowl of borscht, the traditional Russian beet and cabbage soup.

In fact, pretty much any food you might have a taste for, from tacos to burgers to smoked salmon and Russian caviar, is available at the hundreds of restaurants that line the city's streets.

When McDonald's Canada president George Cohon negotiated the opening of the food conglomerate's first restaurant in Pushkin Square, Moscow on Jan. 31, 1990, he didn't just create precedence for foreign investment. The event broke the chain's record for opening day customers served anywhere in the world. Even today, that site, just outside the Kremlin, is the restaurant's busiest site across the globe despite the fact, for a large majority of Muscovites, the low-priced fare is still beyond the means of the family budget.

The average Muscovite earns only a few thousand roubles a month, (equivalent to a few hundred Canadian dollars) about the same amount a tourist can easily blow in a day. But the city does a large tourist trade with a steady stream of business people from Europe and an emerging upper-middle class to cater to. In the new economy, there may be working stiffs but there are also executives and well-paid expatriates living in Moscow.

Last year 7.4 million people from beyond the former Soviet Union visited the Russian Federation. Foreigners injected \$4 billion into the Russian economy. For tourists and the city's new capitalists, there is a plethora of well-heeled restaurants where the best wines, seafood and international cuisine can be had, at a price not so different from what one might expect to pay in a Toronto restaurant of equal par.

Language is no barrier to good eating for anglophones as most restaurants offer menus with English subtitles. Most servers understand enough English for basic communication but even when you encounter one who does not, pointing to the menu item is remarkably effi-



A Nescafé kiosk on a Moscow street offers coffee and bottled water, a staple of Russian life, to passersby. Although beer is readily sold on the city's streets it is still difficult to get a cup of coffee to go, but the increasing influence of western culture in Russia could soon change that.

Road rage, Moscow style

ROAD from page 23

light of Moscow life. Once in the downtown, motorists receive little relief as rampant road rage is fuelled by hundreds of narrow laneways and one-way streets lined with cars parked wherever their driver's determined to exit them. The U-turn is an acceptable, and well-used, driving practice in this city.

The saving grace of the Moscow commuter is its 150-plus-station subway system that can take passengers from the heart of the city to the suburbs in 20 minutes flat. The Metro is not only an efficient way to travel around the city quickly and cheaply, but reminders of Stalin's empire-building era are everywhere from mosaic-tiled ceilings to gilded statues, making a trip an

event in itself. The Metro tunnels also make safe routes for pedestrians trying to cross some of the city's wide main streets that, when traffic isn't at a standstill, are more like highways than urban roads.

Public transportation is also provided by buses, streetcars and a multitude of taxis, some official and some run by individuals, who supplement their income picking up would-be passengers for a negotiated price.

If you have the time though, the best way to get around Moscow, with its rich historical architecture at every turn, is simply to walk. Providing you know where you're going, a stroll through the city is no more dangerous than any other urban city, at any time of day or night and it's far more picturesque.

Welcome to Moscow. Motorists climb out of their cars in impatience during a rush-hour jam heading into Moscow. Things don't get much better in the huge city that suffers from chronic road rage.



Coffee to go? Take a seat

COFFEE from page 23

cient.

In the city's restaurants, pitchers of vodka flow freely as toasts are made in traditional Russian style. Champagne, wine, liqueurs or, yes, a Black Russian, are equally accessible. Liquor stores are plentiful and beer is sold on the street, where it is often drunk as well.

Coffee, on the other hand, is a little harder to find on a take-out basis. Walk into a café and ask for a coffee to go and you are likely to be met with a blank stare and told to take a seat. But, the tides may be changing as western influence continues to take hold. A Nescafé kiosk on one major Moscow thoroughfare is a promising start for those homesick for a Tim Hortons. Availability of 'American' coffee is increasing, including at the 'Great Canadian Bagel' where bagels are served with a vertical cut down the middle, not sliced horizontally, North American style.

Ironically, it was at this namesake of our homeland where the Durham delegation came across the greatest language barrier. True Russian coffee is a stronger, smaller cup, more espresso-style. Its robust but smooth flavour is easy to get used to, especially after a night of vodka.

The bliny, a crepe-like creation, is served in many Moscow restaurants, usually topped with salmon or sturgeon caviar, sour cream, lemon and onion. Dessert blinies are served with imported strawberries and other fruit although ice cream is the dessert staple and can be purchased on most street corners, from vendors through the city's many parks and in almost every restaurant.

Like every other sector of Russian life, the food market has opened up and though spring had barely arrived in late April, the markets featured fresh fruits of all kinds. There were also fresh flowers clearly not grown in the local climate for those who prefer food for the soul.

While restaurant eating may be continental, home cooking is still the staple of the Muscovite diet.

In a Moscow orphanage just south of the Kremlin we were guests at an early dinner served around 3:30 in the afternoon for the children returning from school. The meal began with vegetarian borscht, the absence of meat in respect for the lent period leading up to Orthodox Easter, May 5. Various breads, pickles, marinated mushrooms and dried fruit were set on the table. The borscht was followed by a main meal of white rice, peas and fish of undetermined origin. The Russian word for this fish is something like ice, our host explains, grasping for an English translation, but we remained mystified. Regardless, its mild flavour was pleasant. Salmon, sturgeon, pike and trout are the most common fish served in Russia. We were served fresh cranberry juice, a popular beverage and vitamin booster



McDonald's is their kind of place. The first Russian McDonald's location opened in Pushkin Square in Moscow's downtown Jan. 31, 1990, and remains the world's busiest restaurant for the fast-food chain.

to accompany our meal.

Back on the street, the ice cream vendors offer pre-packaged desserts or Neapolitan cones, already scooped, sitting in their freezer carts. A week in Moscow and my pants are decidedly tighter than when I arrived.

A little taste of Russia

Russians know how to use their winter vegetables and hot borscht is a great way to beat the cold.

There are hundreds of borscht recipes to sample on the Internet. Or try this recipe for hot borscht. Sausage or beef chunks make a nice addition.

4 cups of vegetable stock
3 large beets
1-2 carrots
2 onions
2 celery stalks
1 parsnip
1 cup of shredded cabbage
1 cup of tomato paste
1 tsp sugar
1 clove of garlic, chopped

Peel beets and shred coarsely. Chop other vegetables. Boil stock and add beets, carrots, onions, parsnip and celery. Simmer in covered pot for 20 minutes. Add cabbage, tomato, sugar (if desired) and garlic. Simmer 15 minutes until cabbage is tender. Can be garnished with dill and sour cream.



Clarrington Planning Director David Crome turned the camera on *This Week* reporter Jacquie McInnes as she shows orphans at the Saints Mary and Martha Orphanage their pictures on her digital camera. On her left is Oksana, eight, who just recently lost her mother. On the right is 11-year-old Svetlana, who was starved to the point of near death when she was rescued and taken to the Orthodox Sisters of Mercy.

The other side of freedom

Homeless children carry the burden of democracy

SVETLANA IS 11 though she looks little more than seven, her bird-like body a permanent reminder of the life she left behind.

Now restored to health, though still stunted in growth from her previous malnutrition, the little girl plays in the courtyard of a run-down but loving orphanage in south central Moscow, just a short walk from the Kremlin. There she is cared for, nourished physically, mentally and spiritually by an order of nuns who operate a home for more than a dozen homeless girls, educating them to one day become nurses or to work in other professions of their choice.

Svetlana was starving almost to the point of death when she was rescued and brought to the Convent of Saints Martha and Mary, out of the care of her grandmother, the child's guardian who loved the little girl but was incapable of caring for her. When she first came to the orphanage, the nuns could only nourish her with small portions of water, slowly working up to tiny portions of solid food before she eventually recovered enough to eat proper meals.

In the dusty courtyard, Svetlana throws a well-worn soccer ball to eight-year-old Oksana. Much bigger than her older playmate, Oksana is shy around the adults. She has just arrived at the orphanage about a week before our visit, after her mother, the only relative willing or able to care for her, died.

Unfortunately, the girls' different, but equally unfortunate stories are not so uncommon in the decade since the fall of the communist government and the transition to democracy.

While Russians can now rejoice in free choice and the opportunity to make their own path in life, many also struggle with this freedom. It requires a self-sufficiency foreign to a nation of people who grew up having their basic needs provided for.

For Oksana and Svetlana, rescue by the Sisters of Mercy was a happy ending that for an estimated three million Russian children simply does not come to pass. That is the number of youths estimated to be living in neglect within the federation. Hundreds of thousands of those children are believed to be living on the streets, usually around train stations in the country's largest urban areas.

"Most of these children are what we call 'social orphans,'" says Kayla Gaeva, a worker with the Russian Children's Welfare Society Inc., an international charity that helps finance the orphanage among its other charitable projects. Social orphans often have parents or relatives but for financial reasons or due to drug and alcohol dependencies - a large social issue in this



Oksana sits in the bedroom she shares with three other girls in the Saints Mary and Martha Orphanage in Moscow. Many children are not as fortunate as Oksana, who is well cared for by the Orthodox nuns. Hundreds of thousands of Russian "social orphans" live in railway stations and on city streets across the country.



One of the Orthodox Sisters of Mercy chats with some of the girls at the Saints Mary and Martha Orphanage. They stand outside the church, built by the Grand Duchess Elizabeth, who gave up her position and used her wealth to form the convent. The church, located on the compound confiscated by the state in 1918, has not yet been reinstated to the convent.

country - they cannot care for the kids. "Statistics are vague," on how many children are actually on the street," she says.

"Mostly they travel from railway station to railway station. Most come to Moscow" because it is the richest city in Russia. They come hoping for a better life.

Instead what many of the children, often as young as seven years of age, find is a one-way ticket into prostitution and begging. "The younger children are adopted by the older ones," relates Ms. Gaeva. "They are prostituted or forced to beg and give money to the older ones."

There are state orphanages where some children are lodged until they reach about 18 years of age - in varying conditions of care - at which point they are sent into the world to find their own way. The suicide statistics for young adult teens are high because they are often unprepared to provide for themselves. But for most of the social orphans, even a state orphanage is a dream that will never be realized. There simply aren't enough spaces and besides, the bureaucracy of getting them into the system is daunting.

The problem over the past decade has been exacerbated by the fact the government didn't want to admit there was a problem, says Jessica Rothman, a Swedish missionary who founded Love's Bridge, a charity that lobbies businesses to provide financing and materials to Russia's orphanages. At one time the organization ran a soup kitchen for the homeless children but a few years ago, when Moscow was hosting a youth Olympics, all the children were rounded up and sent to other parts of the country, she relates. The kitchen was ordered to shut down and its volunteers warned they would be imprisoned if they continued to operate, she adds. Now, she says, there is an increasing openness about the problem and within Russia more media attention is being brought to the issue. "Now the government realizes it has a problem and is trying to deal with it," she says. Businesses too, especially foreign-owned companies, are trying to help.

"Charity is a foreign concept to Russians," says Ms. Rothman. In a country where everything that was deemed necessary was always provided, the transition to a society where some people need a hand up, and others are willing to provide it, is going to take a little longer to find its way.

Making it work

Moscow's transition through a new economy

IT IS ONE OF THOSE ironic coincidences that Russia's new post-communist flag flies the same colours as its one-time adversary and the largest capitalist power in the world, the United States.

It's symbolic of the changes that have been made since the red-white-and-blue flag - dating back to Peter the Great - replaced the Soviet hammer and sickle on Dec. 25, 1991 when Mikhail Gorbachev resigned, the Soviet Union broke up and Russia did a free fall into democracy and an open market economy.

Changes had already begun in the mid-1980s under Mr. Gorbachev's glasnost (openness) reform plans but with the new Boris Yeltsin government the changes shifted into high gear, almost bankrupting the country in the chaotic process that ensued.

Today, some stability is slowly returning, especially in Moscow, considered the rich cousin to its poor counterparts in the rest of the federation.

In the capital city, neon advertising is juxtaposed against the stoic historic buildings they're plastered onto. Banners of various colours and messages fly over the main streets at 100-metre intervals. Kiosks selling everything from videos, calculators and watches to food and tourist souvenirs line the city's streets and Metro (subway) stations.

The city's business-friendly mayor has welcomed investment to Moscow with open arms, encouraging it with a restoration plan that includes revitalization projects throughout the downtown and an aggressive street-cleaning and maintenance program to keep the city at its most welcoming.

Street cleaners drive along the city streets at dawn dumping gallons of water onto the main roads in an attempt to wash away grime that leaves you blowing black residue from your nose by the end of the day. Window washers and garbage attendants are perpetually working to keep the infrastructure shiny and clean.

New investment, including western luxury hotel chains, large retailers and foreign conglomerates that see Russia as the new frontier of the 21st century, has helped the city take the leap into the new economy. A new affluence is evident in the Moscow shopping districts where Levis, Benetton and even Fredrick's of Hollywood peddle their wares. But the homeless and beggars - a new breed in a country where the state once cared for everyone - are a reminder not all are prospering.

There's still much work to be done, the country's president, Vladimir Putin, admitted in his late-April economic speech. He called on the country's leaders to push even harder to become competitive and help the country's economy improve.

For the first time, entrepreneurial Muscovites have an opportunity to live the life of the self-made man or to bankrupt themselves in the attempt. They no longer have the restrictions, or the safety net, of the Soviet government.



On Moscow's 800th anniversary in 1947, seven large skyscrapers were built by Stalin, who felt Moscow was not keeping pace with its North American counterparts. The gothic vysty dom (high-rise) buildings are scattered through Moscow and include the foreign affairs ministry (above).

"There is not so much unemployment as self-employment in Moscow," relates Jessica Rothman, a Swedish missionary who has lived in Moscow assisting its orphanages for the past five years. From market stalls to home-based business, the average Muscovite is learning how to supplement the official income with retail ventures and side businesses, many geared to tourists. The average person may not earn union rates at the country's factories but with the new economic freedom, many have quickly become savvy to the ways of earning a little unofficial income, Ms. Bridgeman suggests.

In Izmaylovo Market, her point is taken. At a large open-air craft and artist market on the outskirts of Moscow, aggressive salesmen and women press the tourists for a sale. A man approaches me holding out an army hat filled with various pins and medals. He asks if I would like to buy the hat he once wore in conscripted service, still a requirement for young Russian men.

"These are my medals," he explains pointing to the unidentifiable pins. "But I need money," he adds, suggesting he will sell this treasured part of his uniform for about the equivalent of \$15 American. I would be more sympathetic to his tale of courage and woe if our delegation hadn't already stocked up on several identical souvenirs of Russian military in Red Square a day earlier.

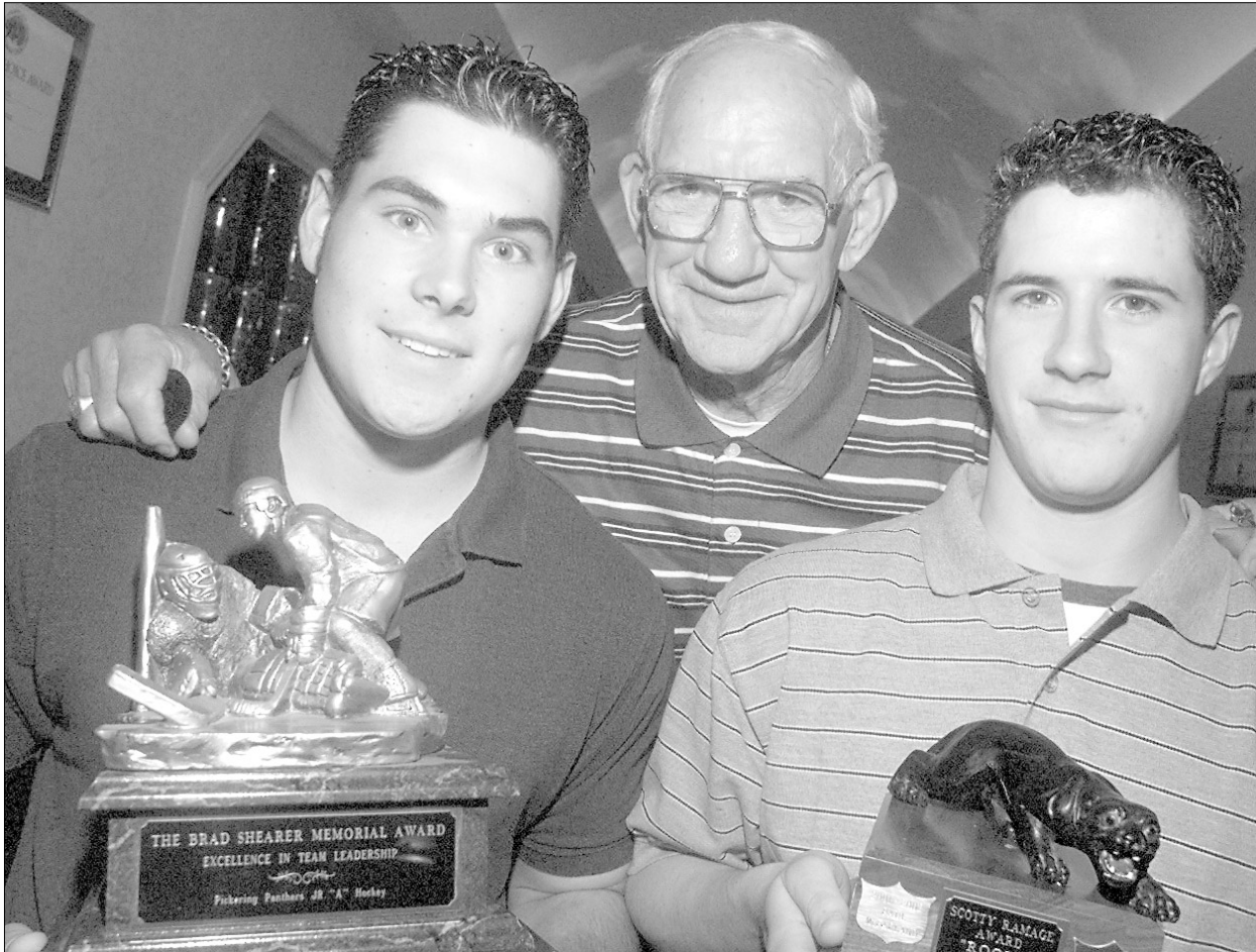
Born at night but not last night. The Muscovites not doing the selling will need to learn fast the capitalist caveat, buyer beware.



In Izmaylovo Market, in the north end of Moscow, vendors peddle their arts and craft to locals and tourists alike. Many of the items are geared to western tastes and, in true capitalist fashion, salespeople are not shy to press their wares with hard-sell tactics. Moscow is filled with open markets of all sorts where locals fulfil many of their basic shopping needs.



Where the state once filled the shelves, international retailers now do the job at the GUM (pronounced gomme) Department Store, a massive shopping complex located at Red Square.



A.J. GROEN/ News Advertiser photo

Pride of the Panthers

PICKERING — The Pickering Boyer Pontiac Panthers OHA Ontario Provincial Junior 'A' Hockey League squad handed out its hardware to deserving players at the club's annual banquet at the Mandarin Restaurant Wednesday night. Garrett Winder, left, the team captain, was the recipient of the Brad Shearer Memorial Award for leadership. Winder was also the winner of the Boyer Cup as the Panthers "three stars" award winner. Meanwhile, Paul McFarland, right, was the recipient of the first Scotty Ramage award for rookie of the year. Ramage, the long time Panthers' trainer, presented the award to McFarland.

Tournament title perfect capper on season for Pickering tykes

PICKERING — The Pickering Panthers tyke 'red' select hockey team finished its season in fine form, winning the championship at the annual Shamrock Tournament in Scarborough.

Pickering captured the title by going undefeated in five games, winning the final two in shootouts over West Hill and Cedar Hill. The tournament victory followed on the heels of a playoff victory in the York-Simcoe Minor Hockey League Tier II Championship.

The tykes were on fire in the playoffs, beating Lindsay in two consecutive games in the best-of-three opening round. Pickering then used overtime to defeat Ajax 'white' in the final game of a three-game series. The red then beat the Pickering Panthers 'blue' select team two



Members of the Pickering Panthers tyke 'red' select hockey team celebrate after capturing the championship at the annual Shamrock tournament.

straight in a hard-fought best-of-three series to win the York-Simcoe East championship.

The selects crossed over to play the West Division champs, the Richmond Hill Stars, for the league champi-

onship. Pickering swept the best-of-five series.

Pickering also finished as champions and finalists at the Pickering and Peterborough tournaments, respectively. In Peterborough, Pickering advanced to the championship

game against the hosts, but suffered a loss in the final.

The selects went undefeated, including an overtime victory against Stouffville in the final, to win the Pickering tournament crown.

Pickering won their final 16 games and 21 of their last 23 to end the season.

Team members are: Christian Bentley, Christopher Bentley, Cameron Elwood, Michael Giardino, Joshua Grant, Steve Hann, Jeffrey Heard, Ryan Hickey, Cameron Hudson, Brandon Kirkup, Daniel Moy, Wil Pointon, Daniel Renouf, Andrew Thomson, Alex Young, Cooper Gibbins and Andrew Polley. Roy Elwood coaches the team, assisted by John Giardino, Shawn Renouf and Ray Gibbins. The manager is Maryann Gibbins and the treasurer is Ann Bentley.

Sign up for summer of youth hockey

AJAX — A summer hockey league for area youths is still looking for players in a few age groups.

The Ajax Summer Hockey League, entering its third season at the Ajax Community Centre, is looking for more players to fill out the rosters in the tyke, atom and especially

bantam age groups.

The summer league's novice and peewee divisions are close to being full.

The 14-week non-contact hockey schedule runs May 14 to Aug. 16.

All games are played on weekdays.

For more information, call 905-924-1213.

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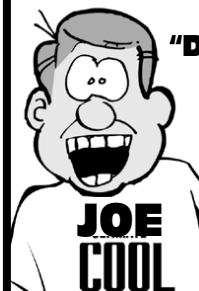


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ANDREW IWANOWSKI/ News Advertiser photo

Preparing to pitch

PICKERING — Pickering High School Trojans' pitcher Ian Wight gets ready to let fly with a pitch in Lake Ontario Secondary School Athletics (LOSSA) high school boys' baseball game against the Pine Ridge Secondary School Pumas at Pickering's Kirkey Field. The Trojans won 13-2.

Area girl runs the floor, hoop events at gym meet

DURHAM — A local rhythmic gymnast earned two medals last weekend while competing in a high-profile event in Quebec.

Victoria Edwards, nine, of Ajax, a member of the Durham West Shooting Stars Rhythmic Gymnastics Club, took part in the 19th annual Défi Sportif competition in Montreal April 26 to 28.

Edwards, the youngest participant in the rhythmic gymnastics event, won a bronze medal for her floor and hoop routines.

Défi Sportif is a unique multi-sport event involving athletes of the five types of disabilities: auditory, physical, psychiatric, intellectual and visual. Athletes of all levels participated.

The event attracted 2,000 athletes from Canada and abroad who participated in 16 sports, in-



VICTORIA EDWARDS

cluding badminton, ball hockey, basketball, bocce, cycling, rugby, goal ball, soccer, tandem cycling, volleyball, swimming, track and field.

Jane Ramsey, head coach of the Durham West Shooting Stars, coaches Edwards.

National Nursing Week

May 6 to 12, 2002

Nurses are always there for you

Florence Nightingale is a name that has long been associated with nursing. The founder of a hospital for handicapped women in London, England, Nightingale revolutionized nursing in 1859 by creating the profession's first formal training program. Nursing has evolved greatly since Nightingale's time, and today's nurses are highly trained health specialists. But the one thing that has remained constant is the compassion with which nurses perform their duties.

As our population ages, the occurrence of chronic health problems will continue to rise. Despite advances in modern medicine, this increase in illness places more pressure on caregivers, which are more often than not other family members. This is where "family nursing" can be of immense help. Rather than providing all the health care, family nurses support families who want or need to be directly involved in caring for a sick family member. This approach views the family as the primary care unit, and gives it greater control when it comes to making health decisions.

May 6 to 12 is National Nursing Week in Canada. This special week was first celebrated in 1985 to highlight the contributions made by the nursing profession. This year the focus will be on the importance of families being able to care for sick family members. This week will also highlight the positive relationships that exist between families and nurses.

If you are caring for a sick family member and would like to find out more about family nursing, visit the Canadian Nurses Association web site at www.cna-nurses.ca. You will also find more information on National Nursing Week.



Having the support of a trained nurse can be extremely helpful for families caring for a sick family member.

Ontario Nurses Association

Canada's public health care system is under attack. If we lose Medicare, you and your families won't have access to the health services you rely on now.

The Ontario Nurses Association is 46,000 registered nurses and allied health professionals are asking you to get involved in the fight for our national health care system.

Help us to protect and improve Medicare.

The Ontario Nurses Association extends heart felt congratulations and best wishes to the nurses of Ajax and Pickering this Nursing Week - May 6-12

Nurses: Trusted. Essential.

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Comcare Health Services would like to thank all our nurses for their continued commitment to compassionate, quality care.

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- Kobi Yamada

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PAUL BIONDI/ News Advertiser photo

Iman Alrefai gives daughter Ruba a hand with her writing during Southwood Park Public School's sixth annual reading night. Southwood also shared top honours with St. Patrick Catholic School in the Ajax Public Library's battle of the books competition

Library's book battle goes to Southwood Park, St. Patrick schools

AJAX — Two schools took home gold in the Ajax Public Library's battle of the books.

Twenty Ajax schools participated in the event, held April 23 at the McLean branch. The battle had schools receive a publication reading list last fall which students had to read and review in preparation for a series of questions at the competition.

Southwood Park Public

School won gold and the championship trophy in the junior division (Grade 4, 5, and 6), which had 11 schools. Lakeside Public School came in second place and St. Patrick Catholic School took third.

In the senior division (Grade 7 and 8), the first-place trophy went to St. Patrick Catholic School, the silver to Southwood Park, and Lincoln Alexander Public School won bronze.

MAY DAYS!
MAY DAYS!
MAY DAYS!
May 7-11

Watch for
our full page
ad in
Wednesday's
WHEELS

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RPNs,
students
invited
out to
dinner

DURHAM —
The Durham Lakeview council of Registered Practical Nurses Association of Ontario will hold a dinner Monday, May 13 to celebrate Registered Practical Nurse Day.

The dinner is scheduled to start at 6 p.m. at the Honey Garlic Restaurant, 250 Bayly St. W. in Ajax.

All RPNs and practical nursing students are welcome to attend the dinner.
Call Shiela at 905-432-7604 for more information on the event, or for more information on the organization.

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May 3, 4, 5 Fri: 4-10 - Sat: 11-10 - Sun: 11-7

Pickering Recreation Centre
1867 Valley Farm Rd., (From Hwy 401, Exit 399, North on Brock Rd., Left on Kingston Rd./Hwy 2, Left on Valley Farm Rd. - first set of lights)
Admission Only \$5 - Valid All Weekend
Under 12 Free With Adult - Free Parking

NUTRITION PROJECT COORDINATOR
35 HRS. WK. (2 YEARS)

A highly motivated, innovative and creative individual is required to manage future development and expansion of breakfast/nutrition programs and maintain current programs for children throughout Durham Region. A diploma or degree in human services and 3 to 5 years experience in community development is preferred along with

- Experience working with volunteers and professionals from a variety of sectors
- An understanding of child hunger & poverty issues & Durham Region
- Proven organizational skills including knowledge of computers
- Ability to develop and implement an evaluation process
- Financial management and fund development experience
- Excellent written and oral communication skills
- Public Relations experience
- Some evening work will be required; a reliable vehicle is essential

Please submit cover letter and resume for this position by Monday, May 13, 2002

Child Nutrition Project Hiring Committee
Social Development Council of Ajax-Pickering
134 Commercial Ave., Ajax, Ontario L1S 2H5
Fax: (905) 686-4157

MOTHER'S DAY
You are invited to
A MEMORIAL SERVICE
For a Mother — For a Child

A safe place to grieve
An enriching way to grieve
and celebrate the rest of the day

May 12, 9:00 a.m.
The Church at Erskine Cemetery
(Fairport at Finch)

(There will also be a service on Father's Day)

For more information phone
Dunbarton-Fairport United Church
(905) 839-7271
Ad sponsored by McEachnie Funeral Home

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Hollywood helps out local rescue organization

Durham search and rescue group gets funding from film industry association

\$60,000.

"We'll be receiving funds raised through the upcoming auction, which will be held in Toronto sometime in October," says Brad Cooper, media and public relations manager for OVERT.

The alliance holds charity auctions that feature items donated by actors, directors, producers, and crew members of popular movies and television series. Some of the TV shows involved in this auction are: 'The West Wing,' 'ER,' 'Buffy the Vampire Slayer,' and all of the 'Star Trek' series. Some of the movies include 'Star Wars,' 'Jurassic Park,' 'Cast away,' and 'Hannibal.' The 'Phantom of the Opera' is also a part of this auction.

"This includes props from the set, items used by

the actors, clothing that was worn, and other things like that," says Mr. Cooper.

He added the organization was surprised to receive funding from the alliance because it hadn't asked for it.

"The confirmation of this couldn't have come at a better time because of our struggles to get funding," he said.

OVERT has been trying to get the support of the provincial, regional, and

municipal governments for years, but can't seem to get any funding, except from one municipality, he said.

"Clarington and Mayor John Mutton were right on board," says Mr. Cooper. "They are showing us their support and providing us with funding."

Through the municipal grant program, Clarington provided OVERT with \$5,000 this past year.

Mr. Cooper says funding goes into equipment and

basic operating costs.

"Every crew member has to have the proper equipment when they're out in the field," he said. "Without them being properly equipped, it jeopardizes their safety in the field as well as their ability to perform what they're doing."

"Following Sept. 11,

you never know when something might happen," says Mr. Cooper, "and without funding we can't provide our people with the training and equipment required to take on extra tasks."

OVERT is also looking to one day set up a headquarters for the organization.

Special to the News Advertiser

DURHAM — Lights, camera, donate.

The Ontario Volunteer Emergency Response Team (OVERT) has been chosen by the Ontario Picture Industry Charitable Alliance as the Canadian charity of choice to receive funding.

OVERT, a Durham-based organization consisting of 160 volunteers, primarily provides search-and-rescue assistance to local police. The organization will receive a donation ranging from \$30,000 to

Keep your basement units safe: fire officials

AJAX — Local firefighters are reminding basement or accessory apartment residents the units should meet fire safety requirements.

Also, Ajax homeowners who have second dwelling units in their homes are reminded they are accountable for these needs.

"Owners are responsible for providing a safe unit and tenants have the right to live in a unit that complies to the fire safety requirements of the Ontario Fire Code," said Thom Evered, chief fire prevention officer with Ajax Fire and Emergency Services.

Requirements include working smoke alarms, exits from the unit and electrical safety authority approvals.

There is a \$25,000 fine or one year in prison for each violation.

The department offers inspections and helps owners

meet the requirements at a cost of \$107.

To make an appointment with fire department officials, call 905-683-7791.

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YMCA

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For information and registration for the fall in Sparks, Brownies, Guides Pathfinders, Sr. Branch or leaders come on out...

May 12th
2:30 - 4:30

Ajax McLean Community Centre
 Clarendon Community Centre
 Pickering Rec Centre (Arena Entrance)

Giving one day

to the fight against cancer could



add years to the lives of others



Volunteer some time on May 31st
 for the **Canadian Cancer Society's Durham Relay for Life.**

With the support of our volunteers, participants and sponsors, *Relay for Life* is helping make cancer history. We need your help at this year's event. Volunteers are needed to assist with parking, team registration, food and beverage and luminary assembly. Come for an hour or stay all day, by getting involved you are helping in the fight against cancer.

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LET'S MAKE CANCER HISTORY

Canadian Cancer Society / Société canadienne du cancer

To find out more about *Relay for Life* in Durham call 905-725-1166 or 905-686-1516

Name Dropping

NEWS ADVERTISER MAY 5, 2002

Birthdays

“Our three darling daughters are celebrating birthdays! Big sis **Nicole** is turning eight May 11. Eight will be great! **Sarah and Karen** share a birthday May 5. Six will be super! Lots of love and best wishes from dad, mom, nana, nanny and grampie.”



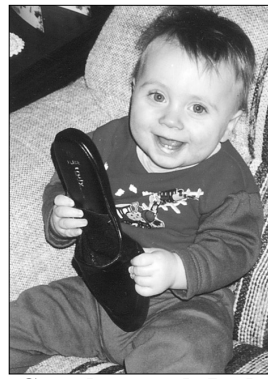
“Our ray of sunshine is one! **Mikala Lavalley** celebrated her first birthday April 14. Happy birthday sweetie. With love from Mommy, Daddy and brother Josh.”

Birthday



“Our ray of sunshine is one! **Mikala Lavalley** celebrated her first birthday April 14. Happy birthday sweetie. With love from Mommy, Daddy and brother Josh.”

Birthday



Kyle Jones turned one April 29. Wishing “our big guy” a happy birthday were **Grandma and Dedo Milenkovski, Uncle David, Mommy and Daddy.**

Birthday



Happy birthday to **Jen**, who turned 19 April 30. “Wow. Slow down girl — you’re growin’ up too fast! Lots of love from **Mom, Dad, Sean, Raz and Baby, and Thumper.**”

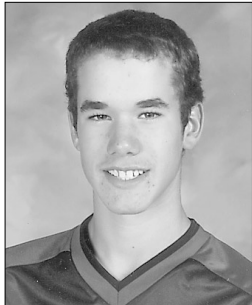
Birthday

“Special birthday wishes go out to **Sean**, who turned 14 May 2. You just keep gettin’ better lookin’ with each passing year. Lots and lots of love from **Mom, Dad, Jen, Raz, Baby and Thumper.**”

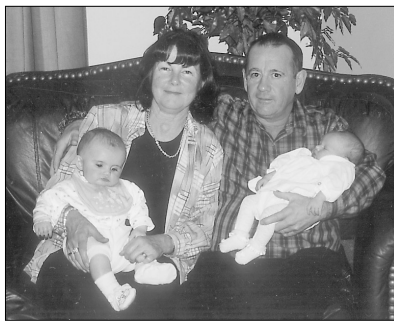


Birthday

“**Justin McQuillen** turned 14 May 2. We want to wish you a very happy 14th birthday and also congratulate you on your acceptance to Trinity College School. We are all very proud of you. Love **papa, mom and brothers Matthew and Aaron.**”



35th anniversary



“Following in the footsteps of their parents, whose marriages are both going strong well past 55 years, **Ralph and Cathy** will celebrate their 35th wedding anniversary May 6. From serving the best fried legs in Oshawa to having the ‘Foxiest’ golf greens in Ajax, this partnership works at home and in business. After raising two great sons and then acquiring two daughters by marriage, their crowning glory in the past year has been the births of their two beautiful granddaughters, **Allyssa and Renee.**”

Birthdays



The **Al Rivett** household (News Advertiser sports editor) was hopping with birthdays in April. Son **Brock** celebrated his 17th birthday April 21 with a family dinner, which included his girlfriend **Elizabeth** who made the trek from Bowmanville to be with her blue-haired beau. They later celebrated on their own with a movie at the Oshawa Centre. Daughter **Hailey** celebrated her ninth birthday April 27 at Chuck E. Cheese’s in Whitby with her friends **Richelle and Linnea**. They had more fun than kids should be allowed to have. Birthday wishes from **dad and Debbie, Taylor, Colleen, Maureen, Maxwell Max (woof) and Ziggy (meow).**



90th birthday

“Congratulations and best wishes went out to **Eileen White (Carlton)** on celebrating her 90th birthday April 24. A party was held at Ballycliff Lodge where she resides. Friends and relatives wished her all the best and years of good health, which she currently enjoys.”



Birthday

“A great big happy birthday to **Jeffrey Farmer** who turns four May 6. Jeffrey will enjoy a party with friends and family on his special day. Love, hugs and kisses from **mom, dad, Caroline, Danielle, grandma, papa, grandma Nan, grampa Ed, uncle James, aunt Zio and cousins.**”



Birthday



“**Jennifer** turned seven April 26. Happy birthday Jennifer, with love from **Mom, Dad and Suzanne.**”

Birthday

“Happy sixth birthday to **Susan Stanley** on May 7. Susan is caring for ‘The Twins’ with cousin **Emily** in this photo. A happy birthday for a special girl. Love from **grandma and grandpa.**”



Birthday

“A very special birthday wish for our daughter, **Madilyn Darrach**, who has a gift for creating happiness by simply being herself. Happy sixth birthday, Sweetie. Love **mommy, daddy and little brother Joseph.**”



Birthday

“Happy sixth birthday to **Riley Sinnott** on May 10. We love you lots. Have a great year. Love **mommy, daddy, Breyan and Darby.**”



Birthday

“Our little monkey, **Grace Butler**, turns one May 5. Lots of love and kisses from **mommy, daddy and big sister Erin.**”





**1794 Liverpool Road
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THIS WEEK'S CAKE WINNERS ARE:

1. Mikala Lavalley
2. Kyle Jones
3. Sean Ronayne

Winners may go directly to Baskin Robbins to receive their FREE cake. (Please provide identification)
PRIZE VALID UNTIL SAT., MAY 11, 2002

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Don't forget to send in your ballot for this collection period before May 10, 2002 for your chance to win a TV.



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510 General Help

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CANADA'S LARGEST mattress manufacturer looking for full time and part time sales associates for new retail showroom in Durham area. Thorough sales training provided. Please fax resume to (905) 624-3054.

COUNTER HELP afternoon shift 3 p.m. - 11 p.m. for Country Style Donuts, 355 Bay St. West, Ajax. Call (905) 427-6382 before noon.

505 Careers **KEY ACCOUNT MANAGER**

Candle manufacturer experiencing explosive growth is seeking outstanding Key Account manager who has the expertise to bring a new product line to targeted accounts in the United States.

Reporting to the General Sales manager you will be responsible for the development and execution of product introduction and long term plans for approved accounts.

Your mandate will be to develop and execute account level business programs which will encompass forecasting, monitoring and achieving goals. As our ideal candidate you should have a university degree, experience managing key accounts and sales of consumer products to mass merchants, big box and department stores in the United States.

To be successful in this role, you must possess strong negotiating, analytical and communication skills and be a team player.

For consideration please Email your resume stating income expectations to: lwalker@oldport.net

505 Careers **US NATIONAL SALES MANAGER**

Giftware Importer/Exporter experiencing explosive growth is seeking an experienced US National Sales Manager who has the expertise to manage a US Agency Sales Force.

Reporting to the General Sales manager you will be responsible for motivating the sales force and to exceed sales goals. You have an inquiring mind and the ability to analyze sales information and make strategy recommendations accordingly. You are creative and able to recommend promotions and programs for both sales representatives and customers as incentive for sales growth and be able to report on their effectiveness.

To be successful in this role, you must possess enthusiasm and have experience in managing the sales process and people associated with it. Your analytical skills are well honed and you are an extraordinary communicator. Extensive travel is required.

For consideration please email your resume stating income expectations to: lwalker@oldport.net

510 General Help **510 General Help** **510 General Help**

Youth Vision Co-ordinator

sought by United Way of Ajax-Pickering (also serving the Township of Uxbridge) to work with "project teams" across Durham Region.

Qualifications for this 10 month contract include:
✓ Knowledge of youth issues
✓ Experience in: working with budgets, public speaking & report writing
✓ Ability to work independently as well as with a team
✓ Proven problem solving and innovative skills
✓ Current drivers license and reliable transportation

For more information check our website: www.ajaxpickering.unitedway.ca

Please forward your resume by May 18, 2002, stating salary expectation to:

Ms. Edna Klazek, Executive Director, United Way of Ajax-Pickering 407 - 95 Bayly Street W., Ajax, ON L1S 7K8
E-mail: uwayap@durham.net, Fax: 905-686-0609

CIRCLE ME! - Ad company looking to fill areas throughout organization. No experience required. Paid training, full time permanent and seasonal full time available. Call Courtney at (905) 576-4425.

COUNTER/ COLLATERS needed to prepare flyers in Ajax, paid cash bi-weekly. Piece work. Serious enquiries only. Call (905) 619-1293. Please leave message.

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- Exper. Forklift Operators (\$10.00/hr +)
- Skilled Machine Operators (\$11.00/hr +)
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Office Positions:

- Receptionists
- Administrative Staff
- Call Centre Reps
- Data Entry Clerks

Minimum 2 years related experience required for office positions listed above.

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Walk in to Quantum Management Services Monday to Friday 9:00 am to 3:00 pm
305 Milner Ave., Suite 311
Scarborough, Ontario
(corner of Markham Rd. & Milner Ave.)
Bring a void cheque and find out about our Direct Deposit Program or
Meet us at the Pickering Rec Complex- Room #3
Tuesday, May 7th, 2002 1:00 pm to 3:30 pm
1867 Valley Farm Rd (off Hwy 2)
Pickering, Ontario

510 General Help **510 General Help**

General Insurance Auto Underwriter
Small general insurance company located in Cobourg requires an **Experienced Automobile Underwriter.** Minimum 3 years experience.
Resumes to M. Mills, 973 Rae Ave., Bridgenorth, ON K0L 1H0

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All candidates must have good communication skills
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Customer Service Representative

The ideal candidate will have excellent communication skills, bilingual (French/English) essential, a minimum of 1 year previous in-coming call centre experience, a strong commitment to qualify, and a proven ability to deliver results.

If you are an energetic person with a strong drive for success you will enjoy being part of the Nokia team. We offer a friendly work environment, excellent benefits, and a competitive pay structure. Please forward your resume in confidence to:

Nokia Products Limited
Attn: HR Department [NOKIA]
601 Westney Road South
Ajax, Ontario L1S 4N7
Fax: (905) 427-3285
Email: hr.ajax@nokia.com

No phone calls please. We thank you for your interest; however, only those considered for an interview will be contacted.

HELP WANTED

We are looking for people with excellent customer service skills who enjoy dealing with the public.

Come Join Our Team

We Have Openings In
Grocery • Produce • Meat Deli • Bakery • Front End
Part-time employment for cashiers and clerks for day, evening and weekend shifts, up to 24 hours per week. Experience in retail or grocery is an asset, but we will train.

Please apply in person at:
Constantine's Independent Grocer
1900 Dixie Road
Pickering, ON L1V 1V4

We thank all individuals for their applications, however due to the volume of resumes received, only those selected for an interview will be contacted. Please no phone calls.

CRAFTERS/VENDORS wanted for new store in Pickering. Telephone (905) 725-1622 (416) 918-4787.

DRIVER WANTED - AZ, BC and USA, 3 years experience, minimum age 25, abstract. Fax resume to 987-3630

CUSTOMER SERVICE ORDER TAKERS
\$17.00/hr average FULL TRAINING PROVIDED
Call Tim 905-435-0280

CUSTOMER SERVICE marketer wanted part evenings. Experience preferred in insurance or real estate industry. Please call nette, 905-668-9669 ext. 2.

DRIVERS G CLASS experience an asset. Shifts required. Fax resume to (905)666-02

510 General Help

COSTCO WHOLESALE

Is Holding a

* JOB FAIR *

At Our AJAX LOCATION

Saturday May 11th
10 a.m. -1 p.m.

For the Following

SEASONAL POSITIONS

- Bakers
- Meat Cutters/Wrappers
- Photo Lab Technicians
- Opticians
- Cashier Assistants
- Stockers
- Lot Attendants
- Food Service Personnel

Please Bring Resumes to:

COSTCO WHOLESALE
150 Kingston Rd. East
Ajax, Ont. L1Z 1E5

22 PEOPLE NEEDED

For Promotion in Advertising for the Security Protection & Prevention Industry

No experience necessary due to Corporate Internal Training program

A head on product behind on good people

For interview Jeff
(905) 426-1322

REQUIRED

50 DOCK WORKERS F/T

- Start immediately
- Days/Afternoons
- Local Durham & surrounding area

Please call:
TRI-WAY PERSONNEL INC.
PHONE: 905-427-2479
1-866-870-5162
FAX: 905-427-2681

DURHAM PRINT SHOP requires part time press operator, 3 days/week, experience necessary. Please fax resume to 905-571-2126

DZ DRIVER needed for Markham based company. 3-4 days per week heavy lifting involved. Not an hourly paid position. Fax resume and abstract to 905-477-6520 or deliver to 500 Alden Rd. #2, Markham.

ECE TEACHER required for busy Childcare Centre in Clarendon. Start immediately. Call 905-649-2315.

ECE REQUIRED for Maternity contract, at P.R.V.D.E. Learning Centre in Uxbridge. Please fax to 905-427-8155.

E-MAIL PROCESSORS needed! 1-2 k/mo. part time, 3-5k/mo. full time. No experience necessary. Online training provided. Need computer and internet access. To reply opportunities66@hotmail.com

ESSENCE CAFE IS LOOKING for experienced mature server. Smart serve an asset. 905-665-5733.

ESTHETICIAN WANTED Theresa's Touch of Esthetics, downtown Whitby. Please drop resume off at 924 Brock St., N. Whitby. (905) 430-6060

FULL TIME POSITION IN WHITBY for experienced Dental Assistant - Receptionist, who is motivated efficient, and friendly. Excellent communication skills and Abletend required. Attractive hours. Fax Resume to 905-668-1970.

EXPERIENCED PAINTERS needed as soon as possible, to do new home construction. MUST be experienced with sprayer. Work local Oshawa/Bowmanville. Top dollar paid per sq.ft. Serious inquiries only. Days (905)431-5591 or evenings (905)725-9303

EXPERIENCED PREP COOK needed immediately. Full-time, for new Italian spaghetti & pizza restaurant in Port Perry. Italian cuisine. Call Steve or George 905-985-7766.

FRESH AIR, exercise and more. Call for a carrier route in your area today. 905-683-5117.

HAIRSTYLIST part-time or full time looking for friendly, happy, self motivated people. Call (905)576-0967 or (905)668-5266

HANDY PERSON needed with body work experience. Full-time, DZ license an asset, benefits. Call (905)686-8529. Own transportation required.

HELP WANTED Att'n: work @ home internet/computer users needed \$25-\$125/hr. www.2moremoney.com/hess Call 1-888-862-9381.

HOT, HOT, HOT! \$500/wk. 15 positions available immediately for hardworking people with strong work ethic. Call Beverly @905-576-5523.

INTERNATIONAL COMPANY expanding, put your PC to work, free info online. www.123takecontrol.com

INTERNATIONAL COMPANY expanding PT/FT, \$25 - \$75/hr. Exciting work at home opportunity. Free info. Call 1-800-551-6867 or www.drivenbydreams.net

LABOURERS required for busy roofing company. Must have minimum 2 years experience. Vehicle is an asset. Call (905)427-8613

PART TIME EXPERIENCED salesperson required for Pickering appliance location. Fax resume to 905-420-3903

PART-TIME EVENINGS. Suitable for homemakers & students. Easy phone work. Call for interview 905-426-1322

PART-TIME SALES HELP for Mattress Store. Please call (905)426-1470, ask for Bob.

510 General Help

LIKE TO BE MOTIVATED OR MOTIVATE?

- ✓ Like to laugh?
- ✓ Have fun?
- ✓ Be part of a team?

AND MAKE ABOVE AVERAGE INCOME?

Call Gary between
9:30am - 4pm Monday
(905)426-1322

Local Oshawa Company Seeking Full & Part-time **TELEMARKETERS** To join our Team

- No selling
- Hourly wage
- Pay day every Friday
- On bus route

Call Today! Start Tomorrow!
(905)720-2479

ORDER DESK

Full time, career opportunity, multi-tasks, will train, computer skills, people skills and dependable

Fax resume to: (905) 420-7101
Email: jimkeast@idirect.ca

Q.A. ENGINEER / SUPERVISOR

Rapidly expanding Tier 1 & 2 automotive parts manufacturer of high volume electrical/mechanical components located in Scarborough, requires a qualified candidate. Knowledgeable in QS9000, a university graduate, an effective communicator with strength in establishing procedures and quality processes, and capable of rapid promotability. Attractive salary, benefits and profit sharing. Respond in confidence to: VAN HEES PERSONNEL INC., 115 King St. W., Dundas, Ont. L9H 1V1. Phone (905) 627-5472 Fax (905) 627-5473
Email: info@vanheespersonnel.ca
web site: www.vanheespersonnel.ca

SUMMER + FULL TIME POSITIONS

Crew Managers required to supervise outside sales team. Drivers license required, car allowance, earn \$600-\$1200 per week after paid training program.
Call (905)723-1862

LAKE SCUGOG ROOF TRUSS is currently looking for experienced full time Sawyers and production workers. Applicants must be able to work shift hours. Competitive wages available to qualified experienced applicants. Please apply in person Mon. - Fri. between 9 a.m. - 5 p.m. at Lake Scugog Roof Truss, 11 Van-Edward Dr., Port Perry or fax resume to: (905)985-0225.

LANDSCAPE CONSTRUCTION one installer & one foreman position. Minimum 5 years experience installing interlock pavers, steps, retaining walls, planters, wood decks. Must provide references. Must have valid drivers license and own transportation. Call University Works (905)666-9690.

LANDSCAPE CONSTRUCTION FOREMAN Min. 5 years exp. in hard and soft products. DZ license an asset. Full time year-round position \$15-\$19 per hour. 905-623-0962

LANDSCAPE CONSTRUCTION personnel, for well established year round North Pickering based landscape company. Minimum 3 yrs. experience in interlock and pisa stone. Fax resume to (905) 619-0788.

LOCAL DURHAM House-cleaning Company requires Part-time House Cleaner, daytime hours, Monday-Friday. Must have own vehicle. 905-666-0727 or drop resume off to: 52 Slater Cres. Ajax.

LUBE TECHNICIAN PLUS ASSISTANT MANAGER -full + part time, hourly wage plus bonus. Experience needed. Valid drivers license. Apply at Pennzoil, 195 Westney Rd. S. of 401 Ajax. (905) 427-6796

PEOPLE WANTED lose 10 to 30 lb in the next 30 days! Products are Naturally Derived Guaranteed for information call 888-707-5086.

WANTED - PART-TIME Experienced Bar Tender for busy neighbourhood pub. Apply with resume to: 221 Nonquon Rd., Oshawa (905)728-8665

PUT YOUR PC TO WORK

Work from home
P/T \$1,400
F/T \$5,000

Training provided
Call 416-631-3650
www.nowbewise.com

RIBO LICENSED CSR for busy Pickering Village office for maternity leave. Could lead to permanent position. Please fax resume to 905-683-4276

SALES PEOPLE needed part-time and full-time. Sales experience required. Call Jeff (905)655-9063

SATURDAY Full day +some part-time, for Ajax car dealer. Duties: driving, running errands, helping in shop. Must have valid clean drivers license +drive standard. \$7.00/hr. 905-427-2415

SAY GOODBYE TO DOWNSIZING - Put yourself in charge! build an exciting career at Primerica Financial Services, where you're the boss. You determine your own hours, territory, even compensation! For more information call Susan 905-436-8499 or 1-866-787-3918.

STUDENTS SUMMER JOBS 14-18, afternoons and weekends. Start today get paid today. Door-to-door, all staff are commission paid and are guaranteed to earn \$9.00/hour or more. Must be energetic! Port Perry, Uxbridge, Oshawa, Whitby, Pickering, Ajax and surrounding areas. 905-621-0548 Cash paid daily.

STUDENTS/DRIVERS - Age 12 - 15. After school cash. Needed in Durham area. Earn over \$100 cash p/w plus bonuses. Also t/t supervisor needed in Bowmanville. Must have mini van or suv. Earn \$100 - \$250 cash daily (905) 809-4008.

510 General Help

The Durham Region Unemployed Help Centre is currently recruiting a JOB DEVELOPER

Resume/Cover letter must demonstrate the following skills:

- Strong Sales/marketing background including cold prospecting/handling objections
- Managing with quotas/budgets, writing reports
- Highly independent, self-driven
- Excellent customer service skills, well presented
- Believe strongly in the potential of all people
- POSITIVE ATTITUDE
- Must have reliable transportation

Salaried position, no commission
Telephone (905)579-1821
Fax: (905)579-1857
e-mail: info@unemployedhelp.on.ca
Closing Date: May 9, 2002
The DRUCH is an equal opportunity employer.

GARDEN BASKET
FOOD MARKETS
Quality & Freshness Since 1929

CAREER OPPORTUNITIES

DELI MANAGER & PRODUCE MANAGER POSITIONS AVAILABLE. MANAGING EXPERIENCE AND GOOD PEOPLE SKILLS ARE REQUIRED FOR THE POSITION APPLIED FOR.
Excellent Pay and Benefits

FULL TIME HELP WANTED

Positions available for **EXPERIENCED MEAT CUTTERS, GROCERY CLERKS, PRODUCE CLERKS, AND DAIRY CLERKS.**
Excellent Pay and Benefits

Apply in person at:
THE GARDEN BASKET
9275 Markham Rd., (at 16th Ave.) or at 7155 Woodbine Ave. (just N. of Steeles)
Or Fax RESUME TO: 905-305-8221
We appreciate all responses, but regret that only those selected for an interview will be contacted.

THE NEWS ADVERTISER

Is looking for carriers to deliver papers and flyers door to door Wed. Fri. & Sat. by 6:00 PM. in their neighborhoods.
call 905-683-5117

TELEMARKETERS NEEDED

to set up appointments only \$500+ weekly promoting international co. Call Monday & Tuesday 905-434-5375 ext 223

STUDENT OPENINGS

Local firm has immediate openings with flexible schedules.

- \$17.25 starting pay
- Scholarships avail.
- Work w/other students

CALL NOW!
Mon. - Sat. 9am-6pm
905-666-2660
workforstudents.com/on

TELEMARKETERS required for a Pickering based company. Part-time position, 3 evenings a week. Call 905-427-8613.

WINDOW & DOOR Installer required. Must be expert at capping, vinyl sliding exp. an asset. No tools required. Must be clean, neat and reliable. Only experienced need apply. Call 905-665-4900

514 Salon & Spa Help

ANGELA'S ESTHETICS has expanded. Requires full-time mature Esthetician with minimum 1yr. experience for our full service day spa. Fax resume: 905-666-7457 or email to: info@the-stress-shop.com

AQUILIBRIUM the next Salon and Spa seeking nail technician and hair stylists with clientele, to join our motivated staff in newly renovated, comfortable 3-level environment. John 905-404-9097

510 General Help

TRENTWAY - WAGAR

Requires **FULL TIME OPERATIONS ASSISTANT**

DUTIES INCLUDE:

- Dispatching
- Payroll charter bookings
- Data entry

Applicants must demonstrate strong computer, organizational, communication and problem solving skills. Related transportation experience is preferred. Please fax resume to:
Ed Page (905) 666-1327

UPSCALE BOUTIQUE

has room available for professional massage therapist or aromatherapist. Call for information (905)666-0613
References required.

VELCAN FOREST PRODUCTS

Has an position available in their **ACCOUNTING DEPARTMENT**
Fax resumes to: (905) 571-0679

WAREHOUSE MANAGER

Required for small Electronics firm in Scarborough. Qualified applicants will have previous shipping/receiving, warehouse management and supervisory experience. Must possess excellent organizational skills.
Please fax resume to: 905-509-8318

Are you age 16 - 24 and looking for work?

We can help you find a job.

Come to one of the following Job Connect Information Sessions!
Thursday, May 9, 2002
12:30pm - 2:00pm
Free Food • Free Stuff • Job Opportunities (Pizza while supplies last)
Or drop in throughout the week!

YMCA Durham Employment Services
1550 Kingston Road, Suite 16, Pickering
(Hwy. 2 & Valley Farm Road)
(905) 427-7670

Your YMCA charitable United Way 11930 7060 RR001

514 Salon & Spa Help

Topcuts

One of Metro's larger Unisex Hairstyling chains has openings in Ajax/Pickering for recent high school graduates and experienced stylists.

- Your own styling station immediately
- Guaranteed basic and commission
- Convenient hours in clean, modern salon
- Equipment supplied
- Advanced technique and management training
- Progressive promotion opportunities
- Benefit plans

Check out your prospects
Call
(416) 223-1700

515 Skilled & Technical Help

DIE-MAX TOOL & DIE LTD.

Due to our continued growth we require dynamic & motivated individuals for:

DAY/NIGHT SHIFT

- o TOOL MAKERS & APPRENTICES
- o GENERAL LABOUR

FAX RESUME TO: 905-619-1671
email: diemax@idirect.com

515 Skilled & Technical Help

KIA

LICENSED TECHNICIAN

Kia of Pickering requires licensed technician. Excellent pay plan and benefits. On going manufacturer training. Import experience an asset.
Fax resume to: 905-421-9292

525 Office Help

BOOKKEEPER You must have a degree or diploma in business management with 3 years experience in accounting as well as experience computerized payroll and accounting programs. Excellent communication and public relations skills are essential. Long-term care experience will be given a priority. Must drop off a resume by May 2002 to Administrator, V. Cliffe Terrace 1460 Highways #2, Courtice Ontario L1E 3C0

LEGAL SECRETARIES (Estate). We are a law firm dedicated to excellence in closing residential real estate transactions in Durham Region. We have both Junior (Coordinator) and Intermediate (Specialist) positions available. We offer a modern oriented work environment. Our Port Perry main office is a competitive compensation package. Please email george@titlers.ca or fax 985-3758.

REAL ESTATE SECRETARIES Part-time week-ends & evenings. Real Estate & Commission experience. Call Dick 839-2121

PART-TIME (12-16 hours evening (5-9pm) weekly Receptionist. Computer experience essential. Real estate experience preferred. Must be mature and reliable. Fax resumes to 905-5455.

530 Sales & Age

CHRYSLER DEALERSHIP Port Perry is looking for a licensed salesperson for a new future without the pressures of a big dealership. Don Sr. (905) 985-7354

COMMUNICATION Sales person required immediately. Must have some familiar voice, data, fibre, and wireless. Potential for advancement. Salary commensurate with experience. Fax resume to 519-570-1344

EARN \$40K PLUS Sales A weight loss centre needs an ambitious, self-motivated person to sell weight loss programs. Must have sales experience and a healthy style. Fax resume and cover letter to: E Welsh (905) 3343

SECURITY SHOP has openings for experienced salesperson. We market Quality security products. We will train Top commission to self server. Fax only please 905-2684

535 Hospital/Medical

CARDIOLOGY OFFICE Whitby requires part time tech/nurse. Experienced stress test/ekg/holter. Fax (905) 668-8778

CHIROPRACTIC ASSISTANT needed part-time. Drop resume at 3000 Garden Suite 208 (Loblaws Plaza) Whitby or call (905)430-1344

COMMUNITY NURSE HOME port perry has full part time positions available for RPNS, if interested resume by fax (905) 985- or mail to box 660, Port Perry L9L 1A6.

DENTAL ASSISTANT level II and receptionist/office manager for progressive GP practice with ortho/TMJ for must be proactive, able to work independently, show initiative. Dental experience required. FT and PT positions available. Excellent pay and nuses. Send resume to #797 P.O. Box 481, Oshawa ON L1H 7L5

F/T DENTAL RECEPTIONIST with experience required for general dental practice, assisting experience desired. Call (416) 281-9398

LEVEL 11 PDA required starting the beginning of June days in Scarborough, 1 day every 3rd Friday in Pickering. Please fax resumes to: 831-5975.

M.S.W SOCIAL WORKER

Full time-family support worker
School age program
Fax resume to
Denise
416-267-9446

MEDICAL Office Receptionist required P/T for a clinic in South Oshawa. Experience helpful but not essential. Friendly and desire to be of service to our patients are of importance. Send resume to: South Oshawa Family Medical Centre, Lake Vista Square, Wentworth St. W., Oshawa L1J-6P4

NURSES REQUIRED P/T busy clinic in South Ajax. or drop off resume: South Family Doctors, Cloverleaf Plaza, 955 Westney Rd. Ajax L1S 3K7

- 515 Skilled & Technical Help
- 515 Skilled & Technical Help
- 515 Skilled & Technical Help
- 515 Skilled & Technical Help

We have a position available for a dedicated team player.

Senior Truss Designer

Candidates must be actively working or have recent experience as a Senior Truss Designer. House framing and construction industry knowledge and the ability to work with an industry-specific computer program are essential. Experience with MITEK is preferred.

Interested applicants should forward their résumé to:
205 Peter Street, Port Hope, Ontario L1A 3V6
Attention: Dave Jochim

*While we thank all applicants, only those selected for an interview will be contacted.
 No telephone calls, please.*

An Equal Opportunity Employer



Custom Stainless Steel Fabrication Shop specializing in food equipment is looking for a person fully experienced in layout and the operation of a power shear and a power brake.
Call Bill McGuire (905)686-8955.

TRUSS DESIGNER

With 2 or more years experience to fill a position in our busy design office in the GTA. Field experience in framing or other construction fields is definitely an asset. Rushwood Truss offers a competitive salary and complete benefits.
Fax your resume to 905-623-9984 or E-mail to: jobs@rushwood.ca

525 Office Help 525 Office Help

ADMINISTRATOR
for New Home Sales Office of major home builder in Ajax.

Must have both people and computer skills (Excel & Word). Must also be able to work evenings and weekends.
Please fax resume to 905-619-0546
Attention: Trudy

530 Sales Help & Agents 530 Sales Help & Agents

MAKE BOOKS YOUR BUSINESS!!

An opportunity has arisen for a Marketing Distributor in the Scarborough/Whitby area. No selling is involved, just daily deliveries to new accounts and existing customers.

- Full Training • Field Support
- A guaranteed min. per year income of \$40K

You Provide: • Self-motivation • Organization • Customer Service • Storage for stock

Call or visit our website:
1-877-325-4766
www.alironmarketing.com

535 Hospital/Medical/Dental

PDA/DENTAL Assistant HARP certified, 2 days & occasional Saturdays for Orthodontic Office, York Region. Fax to (905)642-9692

PHARMACIST MANAGER - Clinical Practice. Experienced team of 4 pharmacists and 9 techs requires manager for medical building location, nursing home service, home infusion. Great growth and opportunity. Peterborough, On, a university city, 1 1/2 hours north east of Toronto. Community living at country prices, recreational area, close to schools, hospitals, culture. Excellent salary, generous profit sharing program and benefits. Fax resume Medical Pharmacies (905) 420-7342. eakers@medicalpharmacies.com

RN/RPN immediate opening for a busy walk in clinic in ajax. to cover rotating shifts. Approximately 50 hr. bi weekly. (905) 767-2277

RMT NEEDED FOR BUSY center. Existing clientele in place of approx. 6 to 8 messages daily. 60/40 pay structure. Call Audrey @ 905-619-2639

RMT REQUIRED for established massage therapy clinic, downtown Whitby. Please call 905-665-7111.

540 Hotel/Restaurant

THE PALACE EAST now hiring door staff & short order cook. Apply in person at 947 Dillingham Rd., (905)420-2595

WAIT STAFF WANTED immediately in Pickering (Brock/Hwy. 2). Full time or part-time evenings. Please call Debbie at 905-683-7444

540 Hotel/Restaurant

COOK/MANAGER needed from Monday to Friday to operate a facility of approximately 400 people. Preference will be given to applicants certified in safe food handling and whims training. Please send resume to File # 796 Oshawa This Week P.O. Box 481 Oshawa, ONT. L1H 7L5.

570 Employment Wanted

SUB-CONTRACTOR - 7 years renovation experience, own truck and tools. New to the area, looking for work. Home-owners or contractors. Call 705-277-2916.

100 Houses For Sale

RESIDENTIAL / COMMERCIAL duplex, 2 kit., 2-4 pc. bath-room, 5 bedroom home in Montague P.E.I. Large treed lot 50 x 200, private b/w with deck, renovated, close to beach and golf course. Would make great vacation home or bed and breakfast. Call (902) 838-4532 after 6 weekdays or weekends. Pics available upon request.

GRANDVIEW/TOWNLINE - Open house. Sun. May 5 2-5, 2+1 bedrooms, back split, immaculate, newly renovated, formal dining room, family room, finished basement, w/o to patio, beautifully landscaped, garage, FAG, C/A, 905-576-0017
 www.miky.com/er

PRIVATE SALE - Raised bungalow with legal 2-bdrm basement apt (rental income). Preferred area. \$164,900 42 Glanville Cres. Bowmanville. Call for appt. 905-697-0420

100 Houses For Sale

LITTLE BRITAIN (North of Port Perry) 2500sq ft bungalow. Skylights, gas fireplace, hardwood floors, 2 1/2 acres w/spring fed ponds, tennis, putting green. Call John Hanford 1-888-983-4448
 www.finehomes.ca Open House Sat-Sun, May 4 & 5, 12-6pm

COURTICE, 29 Newport Ave., 4lvl. / 4 bedroom back split, finished top-bottom, large kitchen with skylights, wall-to-wall oak pantry, ceramic backplash, hardwood n dining room, c/v, C/A, 11/2 car garage, fully fenced, great location, walk to schools, 905-435-0101.

LAKEFRONT!! Only \$135,000 1500sq.ft. home or cottage. All appliances, security, executive condo concept, country club community, tennis, golf, swimming pool, sauna/jacuzzi. Only 35 min. East of Toronto. Act Now! 905-623-3194 V.J. Lauesen Realtor MLS Listing

BEAUTIFUL 2450 SQ FT 4bdrms, 4 baths, 2 storey on 50x100ft lot, Hermitage, Ajax. Huge solarium kitchen w/ breakfast bar, c/ac, hardwood, ceramics, gas t/p, partially finished basement, big 2-tier deck, nicely landscaped, underground sprinkler system, \$324,900. Call 905-427-9249

SELLING YOUR house privately? Your own web-page, 6 photos & text \$49.99/6 mths. Save \$5-no commissions
 www.privatehomes4sale.com or call 1-866-315-8343. Private vacation rentals
 www.privatehomes4rent.com

LUXURY COURTICE TOWNHOUSE (Nantucket) 3-bedroom, finished basement, backs onto conservation land C/A,C/V,D/W. Large deck, low condo fees, \$169,900. 905-435-0670 Open House Sunday 1:30-3:30.

BRICK CENTURY HOME 4-bedrooms, 2-baths, 2 Kitchens, newer plumbing, wiring, central roof, gas furnace, central air, 59x132' lot, 2 drive-ways, dry bsmt., non-smoker, big front porch. \$148,000. 905-725-9904

SUPER LOCATION - North Oshawa, 3 bedrooms, 2 1/2 baths, 5 appliances, new 1700 sq. ft. detached 2 storey home. \$207,900. Private sale. Open House May 4, 5 1-4 p.m. 1442 Trowbridge Dr., (905) 720-2464

GORGEOUS COURT LOCATION - 4 bedrooms, 4 baths, finished basement, central vac/air, heated in ground pool, large pi-shaped lot, fireplace, gas stove, new windows, new roof \$254,900. (905) 665-1441.

PICKERING - DIXIE / GLENANNA, 2,000 sq. ft. on quiet crescent. 4 bedrooms, Excellent location, upgrades, 2 car garage, near all amenities. (905) 420-5697. \$279,900. www.privatehomes4sale.com

135 Lots & Acreages

ACREAGE - 400 (recreational property) 2 lakes, log cabin, newer survey, year round access. "Hunters Paradise" North of Napanee \$165,000. Vendor will hold mortgage. (705)876-7766

140 Investment/Bus. Property

OSHAWA 4 UNIT townhouse for sale. \$330,000. Annual income \$36,000. For more info call Ed at 905-434-7792

150 Office & Business space

OFFICE / PROFESSIONAL SPACE 400-2400 sq. ft. Prime downtown Whitby location. Ground floor. Private entrance and parking Call Joanna @ 905-579-6245.

160 Business Opportunities

\$\$ GOVERNMENT - Funds \$\$ Grants and loans information to start and expand your business or farm. 1-800-505-8866

ACTORS AND MODELS! Looking for an agent? www.myscreentest.ca The Agent Finding Solution™

CHIP TRUCK FOR SALE Haliburton Town. Near high school, turnkey on site, parking, 3 Garland fryers, new vent system, new waterheater, till, BBQ, 10'x10' shed, all utensils/equipment. 905-433-0857

OWN YOUR OWN paint ball proshop, phazer zone in oshawa has space or rent for paintball enthusiasts, \$25k investment. Call Tom 9 a.m. - 5 p.m. 571-7584

UNLIMITED POTENTIAL! Make big money every time someone buys groceries. No selling. FREE details 1-888-748-5486 ext. SK383

170 Apts. & Flats For Rent

1 & 2 BDRMS Available immediately or June 1st. 2 locations, 350 Malaga Rd., Oshawa. \$650 & \$760 per month inclusive. No pets. Call anytime (905)576-6724 or 905-242-4478

1-BEDROOM APARTMENT available May 1st, \$650/month plus hydro. Central Oshawa. Call Bill 905-404-9602.

2 BEDROOM basement apart. Brand new. Appliances, cable, parking included. \$800 per month, 1st/last, South Ajax. Available. May 1st. No smoking or pets. 905-426-6037. (416) 910-6037, 905-426-6670

2 BEDROOM luxury apartment in executive area of Whitby. Includes indoor parking, gas fireplace, central air, separate laundryroom, cable, utilities. \$1550/month Available July 1st/last, references, no pets. 905-668-9898

2-BEDROOM in quiet triplex, laundry facilities, walk to Oshawa Centre, first/last/references required. No pets, ideal for seniors, parking for 1, avail. June 1st, \$765/mo, includes heat only. 905-728-2590

3 BEDROOM flat on main floor house, own parking, air appliances, Harwood & 401, Ajax, available June 1st, \$1,200 inclusive, first and last. 416-520-6899.

3 BEDROOM main floor apartment in bungalow, Wilson Rd. N., all utilities included. \$975. Available June 1st. Telephone (905) 433-1211


A NEWLY RENOVATED 1 bedroom walkout basement apt. in Pickering. Laundry, separate entrance, parking, no smoking, references, first/last, \$800/mo inclusive. Available now. 905-509-3888 or 647-280-4074

AJAX - 67 Church St. Large 2-bdrm avail. immediately, includes parking, hydro, new appliances. \$1000/month. First & last. (905)426-1161

AJAX -1 bedroom basement, large living area, separate entrance, own washer/dryer, parking, available June 1. \$650/month inclusive, first/last. Call 905-427-7409

102 Open Houses 102 Open Houses

OPEN HOUSE



The Manors of Brandywine
 45 Generation Blvd. Scarborough
 Rental: 416-284-2873

SAT. & SUN. MAY 4 & 5, 11am - 4 pm

A unique community nestled in 14 acres of landscaped grounds * Rouge Valley at your doorstep * Steps to schools & TTC * close to Hwy 401 & Hwy 2 * Minutes away from the Toronto Metro Zoo!

170 Apartments & Flats For Rent 170 Apartments & Flats For Rent

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OPEN HOUSE
Testa Heights Apts.
Every Sat. & Sun.
12pm - 4pm.

- Adult lifestyle building
- Newly renovated

2 Testa Rd., Uxbridge
905-852-2534

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RENT-WORRY FREE
1, 2 & 3 Bed. Apts.
Well maintained, modern Appliances. All Util. included.
On site super, maintenance & security.

Rental Office: Mon - Fri. 12 noon - 8pm
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VALIANT PROPERTY MANAGEMENT
905-579-1626
 www.gscrentals.com
 e-mail: valiant@speedline.ca

AJAX 2-LEVEL BACHELOR with skylight. Shared laundry & yard, parking, no dogs/cats, non-smoker, \$825 per month, available June 1. Call Mike weekdays 905-427-4077 ext.24 evenings/weekends 416-258-7742.

AJAX BASEMENT apartments 2 bedroom \$850, 1 bedroom \$750, separate entrance, parking, laundry, utilities included, 1st/last, credit check, absolutely no pets, 905-683-5641, 416-315-9432

AJAX BRIGHT +CLEAN 1 bedroom basement apartment with walkout to backyard, private laundry. Non smoker, no pets, references. Avail. immediate. \$725 plus. Call Bernie 416-896-3944

AJAX HWY 2 / CHURCH, 2 bedroom basement, partially furnished, \$950 per mo. utilities and cable included. \$1,300 sq. ft. separate entrance, 2 parking, share laundry, storage room, no smoking/pets, 1st/last, references, 9905) 427-8297 available June 1st.

AJAX, CHURCH/DELANEY spacious bright, beautiful 1-bedroom walkout basement apartment. Non-smoker, no pets. Utilities, separate entrance, cable, parking, Available June 1st. First/last. Call (905)683-8055.

AVAILABLE IMMEDIATELY in Whitby Apt. building, spacious, carpeted, newly painted, with balcony, close to bus, shopping, all utilities included, first/last required, no pets, 1-bedroom \$800 2-bedroom, \$900, 3-bedroom \$1,000 Call (905)767-2565.

AVAILABLE June or July 1, large, bright basement bachelor, open concept, must see. N.W. Oshawa, near amenities. Separate entrance/laundry/parking/cable, \$650-\$675 inclusive, suitable for mature, quiet-non-smokers/no pets. First/last. (905)579-0197.

BOWMANVILLE, bright clean 1 bedroom apt, avail. June 1, close to 401, first & last required, parking laundry, cable and utilities included. 905-697-5917.

170 Apartments & Flats For Rent

OSHAWA, 2 bedroom apt. in 6-plex, 1 parking, large living/dining rooms, kitchen, fridge stove, \$875 inclusive, no dogs/cats. first /last/ref. Avail. June 1, 905-571-4066

PICKERING - Bright one bedroom basement apartment, separate side entrance, suitable for single, non-smoker, no pets. \$650 all inclusive. Call (905) 831-7351 or weekends (416) 960-7457.

PICKERING - Brock & Major Oak area, walkout basement 1 bedroom apt, very clean, non smoker, no pets, separate entrance, first & last \$650 inclusive. 905-427-0260

PICKERING, 2-BEDROOM apartment, separate entrance, available immediately. Close to schools & shopping. \$900/month plus 40% utilities. Call (905)509-8911 or (647)274-4544

PICKERING, 2-BEDROOM basement apartment, no pets, no smoking, \$900 per month inclusive. Available June 1st. Call (905)831-9452

PICKERING, WHITES/401, 2bdrm basement apt walk-out, separate entrance, fireplace, 3pc bath, laundry, \$900 inclusive. Walk to beach/bus. Avail. immediately. Call (416) 895-7911

PORT UNION/401, clean bright, 2 bedroom basement, adults preferred. Parking, cable, laundry, non smokers, no pets. \$850 inclusive. (416) 471-1984

PROFESSIONALLY decorated and completely furnished walkout studio apartment. Bright, never lived in, cozy gas fireplace, art deco kitchen, open concept. References, \$975, all incl. Available immediately. 905-509-6085. (snp)

PROFESSIONALLY FINISHED huge 1-bedroom basement apartment, Whites/Strouds. Parking, separate entrance, cable, laundry included. non-smoking, no pets. Available May 1st, references required. \$750/month first/last. Call (905)421-9090.

REGENCY PLACE - 15 Regency Cres., Whitby. Adult Lifestyle Apt. Complex. Clean quiet building. Excellent location. Quiet setting across from park. All utilities included. Call 905-430-7397.

SCARBOROUGH, 1 bedroom basement apt, non smoker, no pets, cable & utilities included, no laundry, close to Rouge Hill Go station. Avail. Immed. (416) 287-0907.

SPACIOUS well-maintained - 1, 2 & 3 bedroom apts. Avail. at 900 and 888 Glen St. Some with walk-in closets, paint provided. Close to schools, shopping centre, GO Station. Utilities included. Call (905)728-4993.

BRIGHT, NEW, gorgeous, legal basement apartment, 2-bedrooms, 1-1/2 baths, laundry, air conditioning, separate entrance, upscale neighbourhood, no pets, no smokers, \$900 plus 1/3 utilities. (905)686-6165.

CENTRAL OSHAWA, 3-bedroom from \$899-\$950, May, June/July 1st; 2-bedroom from \$799-\$850 for May/June/July. 1-bedroom \$750 for June/July. Well-maintained building, near all amenities. 905-723-0977 9am-5pm

LIVERPOOL/BAYLY, 2-bedroom apartment, very spacious, lots of storage, laundry, parking, May 7th. Call Faiz (416)402-7150 or (416)994-6209.

LIVERPOOL/HWY #2 large 2-bedroom upper level apartment, close to amenities/GO, available June 1. \$900/month +40% utilities, first/last, references. Call 905-421-0091

NORTH OSHAWA, 2 bedroom, very clean and quiet building, all inclusive except cable. No pets. Available June 1. \$825. Call 905-579-9600 or 905-436-6408.

ONE & TWO BEDROOM apts. available immediately. Conveniently located in Uxbridge in adult occupied building. Appt. to view call 905-852-2534.

ONE & TWO bedroom apts., living room, dining room, kitchen, parking, hardwood floors, first & last, no pets, references. Available June 1st. Close to hospital. Call (905) 723-1647, (905) 720-9935

ONE BEDROOM with private kitchenette & bathroom, cable/laundry included. Near Oshawa Centre. No pets. \$550/month. First & last. Avail. immediately. 905-721-0690

OSHAWA - 2 BEDROOM apt. washer/dryer each floor. Very quiet, exclusive, adult preferred building. 905-579-9016

185 Houses For Rent

Now you can own a new home suite in Clarington Aspen Heights II only 25 min. east of TO

For only \$660 per month guaranteed for 5 years including P&I and CMHC fees.

Hurry! Limited # of 2 bedroom suites for \$119,990.

Only \$789 per month Guaranteed
 It's easy! \$500 initial deposit, total 5% down. On Approval.
Call 905-427-8605

170 Apartments & Flats For Rent

WHITES/401 - LARGE 1 bdrm basement apt., laundry, fireplace, a/c, parking, cable, utilities incl. \$795/month. Non-smokers, no pets. Avail. June 1. First/last. Call (905)837-9378

WHITES/HWY 2, large bright basement apt, parking, appliances, non-smoking, no pets, references, first/last. \$950 inclusive. Available immediately. Call Diane 416-346-1163 or 905-421-0110

WHY rent when you can own your own home for less than you think?!! Call Dave Haylock Sales Rep. Re/MAX Summit Realty (1991) Ltd. (905) 668-3800 or (905) 666-3211.

185 Houses For Rent

WHITBY - SEMI DETACHED bdrm under 2 floors of hool Dunlop/Annes St area. All utilities & utilities Shared laundry. Avail. immediately. First & last. Call 6pm 905-706-5200

190 Townhouse For Rent

CARRIAGE HILL - OSHAWA 2 & 3 bedrooms available. Close to school and downtown shopping. (905) 434-3972.

191 Housing Wanted

UNIVERSITY MOM with girls looking for housing in Simcoe St. S. - Conant area, near Cedarvale P.S. School, South Oshawa. P upper level or main floor, 2-3 bedrooms, reasonable. Available for June 1st. Do wish to share accommodations. Please call (905) 0067 after 6 p.m.

192 Rooms For Rent & Wash

2 FURNISHED ROOMS rent in Pickering available immediately. \$450 & \$500 month. Call (905)427-7444

AJAX LARGE ROOM, sh facilities, \$400 per mo. Non smoker, no pets, close to Go and 401. Available immediately. Call (905)619-9 after 5 pm

AVAILABLE IMMEDIATELY Furnished room in Pickering, light kitchen facilities, near Pickering Station, PTC/GO. \$180 weekly. (905)420-4318.

NORTH-OSHAWA one nished bedroom to rent, kitchen/bath, large-deck, private country home, 1-lot. Parking, laundry, stove available. \$450 incl. June 1st. No smokers. 626-3099.

194 Shared Accommodation

AVAIL. MAY. 1ST - Nice in quiet home. Full use in house, parking, close to OC, bus. Working professional, non-smoker preferred. pets. \$475 first/last. Call 728-1850

AJAX, CLOSE TO GO to share large home, 1 r, \$450/month all include would suit professional son. Call (905)686-0508

AVAILABLE IMMEDIATELY Oshawa, furnished room bright very clean house, 3 large kitchen & bathroom run of house, non-smoking parking, laundry, near amenities. \$440/month. 404-8479

BEDROOM unfurnished, o house in Oshawa, laundry, utilities, use of kitchen \$ month, first/last. Prefer v ing adult, available immediately. Call after 3pm. 728-7328

SHARE LOVELY HOME one other in Ajax. Share amenities. Avail. June Call 905-686-6543 after 6pm

WHITBY, THICKSON/HWY large clean house to share. Suitable for working professional. Cable, laundry, conditioning, and all utilities included. No pets, non-smoking environment. Available immediately. \$550 incl. first/last. Call (905)743-3 (snp)

OSHAWA - TO SHARE nished home. Adelaide/ Quiet street, no smokers, pets, suit single woman, parking, available immediately. \$450 incl. (905)720-1533.

PINETRES, ravine lot. S junior executive house. Courtye, 4 pc. bath,

310 Articles for Sale

COME ANTIQUING THIS WEEKEND AT ANTIQUE DISCOVERIES SEVERAL PARTIAL ESTATES ARE HERE!!!!

Gibbard dining table and 4 chairs, oak dining set, pine cupboard, dressers, bookcases, oak desks, pine harvest table, oak icebox, tea-wagons, tables, chairs, china and more! Plus many (new) wrought iron tables at below cost prices.

Many Unique Gift Ideas for Mother's Day - Browse 3 buildings full of treasures!

ANTIQUÉ DISCOVERIES
78 Old Kingston Rd. Ajax (Highway #2 near Church)
Sat. 10 - 5, Sun. 11 - 5, (905) 683-8243

200 Vacation Properties

FENELON FALLS, Sturgeon Lake, private lakefront 3-bed-room modern cottage, all conveniences, cable. No pets. \$600/weekly. Call (905) 623-7637.

205 Rentals Outside Canada

CLEARWATER, FLORIDA, fully furnished, air conditioned, 2-3 bedroom manufactured homes. Pools & hot tub, near beaches & major attractions. Children welcome. Photos \$275 weekly (less than motel) (905)683-5503.

209 Cottages

A BALSAM LAKE, Fenelon Falls quiet family resort. Home Keeping Cottages, weekdays & weekends in May & June. www.sandybeach-trailer.com toll free 1-877-887-2550

215 Campers, Trailers, Sites

1990 5TH wheel, 32 ft. HOLIDAY RAMBLER TRAVEL TRAILER, sleeps 6, queen size bed, large fridge, 4 burner stove, good condition. 905-372-2036.

1999 MALLARD 30ft(r) sleeps 6, \$22,000. Florida room 20'x8' and furniture, shed 8'x8' on Lake Scugog, Port Perry on lot @ Marina. (905)576-8282.

2001 GOLDEN FALCON DS, 28' 5th wheel, 2 slideouts, central vac and much more. Perfect shape. Best offer. Call 905-668-5198

31 FT. PROWLER, sleeps nine, 3 bunks, double bed, kitchen tip out, c/a, furnace, 40 ft. deck, 2 sheds, 6 ft. bay resort, Buckhorn. \$15,000. (905) 435-0874

31' GLENDETTE TRAILER, 2 tip outs, sleeps 6, 18x10 deck, near Casino Rama. \$8000. Call Sam (905)426-2550.

A BALSAM LAKE, FENELON FALLS - new 12x40 Golden Falcon Park Model on lake-view seasonal sites. www.sandybeach-trailer.com Toll free 1-877-887-2550

NEW PARK -RICE LAKE large seasonal 10 new sites. Pool, beach, docking, rec. hall. North Lander Trailers for sale. Park Model rentals weekly. Call (705)696-3423. Website: www.dreamlandresort.on.ca

230 Sports Equipment

1973 AIR STREAM TRAILER, 20' Land yacht globetrotter, single axle, new tires, awning, all original, rare model, needs some restoration. Full price \$7500. Call (905)619-0137

234 Pools & Supplies

EARLY BIRD SPECIAL - 16x30 O.D. Kayak Pools with decks and fence, limited quantity, from \$4,995.00, 25 year warranty. 416-798-7509, 1-800-668-7564.

279 Tutoring Service

TUTORING
Kindergarten to Grade 8

- Basic Math
- English Skills
- Child & Youth
- Studies Major

905-509-1818

TUTORING AVAILABLE

FOR HIGH SCHOOL MATH STUDENTS
MANY YEARS OF EXPERIENCE
\$25/HOUR
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MANY YEARS OF EXPERIENCE
\$25/HOUR
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310 Articles for Sale

BUFFALO MEAT - Farm fresh, available weekends 10am-6pm. Startek Buffalo Farms, 2011 Shirley Rd., Port Perry. Call 905-985-3384

CANADIAN LOUDSPEAKER Factory Sale: Home theatre, bookshelves, sub-woofers, studio monitors, amplifiers, EQs, X-overs, etc. Trade ins considered. 1-877-304-2666

CARPETS SALE & HARDWOOD FLOORING: carpet 3 rooms from \$339. (30 sq. yd.) Includes: carpet, premium pad and installation. Free estimates, carpet repairs. Serving Durham and surrounding area. Credit Cards Accepted Call Sam 905-686-1772.

CARPETS! CARPETS! CARPETS! 3 rooms carpeted with pad and installation \$299 (32 yds.). SPECIAL BUY - 24oz. Berber, 10 colours, \$7.50/yd. 32oz Berber, 12 colours, \$8.50/yd. 45oz Nylon Saxony, 30 colours, \$13.50/yd. NO HIDDEN COSTS. Free shoot at Home Service. Guaranteed Best Prices. SAILLIAN CARPETS, 905-373-2260.

310 Articles For Sale

ComputerDeals.Net P-4 tower of power with CD-burner \$888. Pentium internet starter \$249. Laptops, big selection from \$399. New ultrafast 2-way satellite internet, available anywhere. We love doing upgrades & difficult repairs. (905)655-3661

CUSTOM PINE FURNITURE Garden chairs, planter boxes, wishing wells and more made to order. Terry for estimate: 905-432-9115

DINING ROOM SET, hutch buffet, 6 chairs with table. Kenmore washer/dryer, very good condition. Call Agnes 905-430-7134.

DININGROOM 14 PCE cherrywood, 92" double pedestal, 8 Chippendale chairs. Buffet, hutch, server, dovetail construction. Still in boxes. Cost \$14,000. Sacrifice \$5000. (416)746-0995.

Direct TV HU FIX, \$15. 30 day warranty. Unlooped HU \$20. Also do H cards. Call 905-424-8615

DIRECT TV SYSTEM w/card, loader, & support \$449. Hu unlooping \$25 while you wait, system w/card \$249, 3m 90-day warranty \$50 Amazing Electronics, 601 Dundas Street, Whitby. 905-666-7732

3PC. RECLINING SOFA set \$975. La-z-boy recliner \$75. Metal 6x8 shed \$50. Maple kitchen table & 4 chairs \$150 or best offer. Call (905)837-2121

PIANO SALE - Annual Year End Sale Starts May 1st on all 2001 models of Roland digital pianos, Samick pianos. All Howard Miller clocks. Large selection of used pianos (Yamaha, Kawai, Heintzmann etc.) Not sure if your kids will stick with lessons, try our rent to own. 100% of all rental payments apply. Call TELEP PIANO (905) 433-1491. www.Telep.ca WE WILL NOT BE UNDERSOLD!

POOL TABLE 3.5'x7' slate, coin op. style, 1200. New 27" stereo TV, \$350. New 1000 watt microwave w/turntable, \$120. Arcade video games-Samurai Fighter, Buck Rogers, \$600/each. Pentium II computer system, w/15" monitor \$350. Call 905-439-4789

AFFORDABLE APPLIANCES HANK'S APPLIANCES. Matching fridge/stove, good condition \$249; Washers reg/extra-cap \$149/up. Dryers extra/reg \$125/up. Selection apt.-size washers/dryers. Selection fridges \$150/up. Side-by-sides \$299. White/almond stoves, full/apr-size \$150/up. Portable dishwashers \$225/up. Visit our showroom. Parts/sales/service. 426 Simcoe St. S. Mon-Fri 8-6pm, Sat 9-5pm, Sun 11-4pm. (905)728-4043.

ANTIQUÉ dresser circa 1850, 3 drawer, hand carved two finger drawer pulls, valued at \$1,500. Bob 905-373-6082.

ANTIQUÉ MAHOGANY corner curio cabinet \$1500. Mahogany desk \$400. Grandmother's chair \$250. Art Deco dresser w/mirror \$300. Call 905-579-5023 to arrange appointment

APPLIANCES refrigerator, stove, heavy duty Kenmore washer & dryer. Also apartment-size washer & dryer. Mint condition, will sell separately, can deliver. 905-839-0098

AUTOFRY MODEL MTI-10, automated, enclosed, vent-less deep frying, fire suppression system, \$4000. Pasta producing machine, 5 dies, 40lbs. per hour, \$1500. Counter soft ice cream, yogurt machine, \$1750. New condition 905-986-1991

BEDROOM SET, 8pce cherry-wood. Bed, chest, tri-dresser, mirror, night stands, dovetail construction. Never opened. In boxes. Cost \$9000. Sacrifice \$3500. 416-748-3993

DINING ROOM SET, nine piece table & six chairs buffet and hutch two tone solid wood, must sell \$3000 negotiable. Evenings 905-428-9467.

310 Articles for Sale

MUST SELL COLEMAN 6-1/2x12' Hardtop camping trailer \$3000; Utility Trailer 4'x8' \$300; 6.25 HP Mastercraft Lawnmower 21" blade, electric start, drive \$250; Freezer 22"wx34"x35"L (3 years) \$250; Freezer 27"wx35"hx51"L \$100; Stove \$150; Refrigerator \$200; 2 black heavy duty stormdoors \$150; New wheelbarrow \$80; 37 chairs, 5 tables (Restaurant) \$250. Call 416-418-4698.

NASCAR FANS GREAT GIFTS for Mother's Day, Father's Day, or special occasions. Pictures, Posters, Die Casts & Collectables Call Gary 905-436-7975

NATURAL MEAT - Chemical free beef/pork freezer packs. Save 40% of supermarket value. Also frozen chickens and lamb. (Limited supply). (905)983-5370 or (905)432-3652

NEED A COMPUTER...DON'T HAVE CASH? The original IBM PC, just \$1 a day...no money down! AOL & Internet FREE for 1 year! The Buck a Day Co., call 1-800-772-8617. www.buckaday.com

NURSES UNIFORMS, Health care, Durham College, Dental, Veterinary, Scrub sets. Rubi - 905-579-0246 Fri. Sat. Sun. East Mill Plaza, 600 King St. E. at Wilson Rd. (A&P Plaza) Oshawa.

PHONES FROM \$9.99 & up; Cordless phones \$24.99 & up; Vista 350 \$59.99; 2.4GHz from \$69.99; VCR Hi Fi, 4-head \$89.99; DVD Toshiba \$179.99; Call 905-571-7500. Closed Sunday's

PIANO TECHNICIAN available for tuning, repairs, & pre-purchase consultation on all makes & models of acoustic pianos. Reconditioned Heintzmann, Yamaha, Mason & Risch, & other grand or upright pianos for sale. Gift Certificates available. Call Barb at 905-427-7631 or check out the web at www.barbhall.com Visa, MC, Amex.

PLAYOFF TICKETS: for Toronto Maple Leafs & Toronto Raptors & concert tickets. Will also buy tickets. 905-626-5568

PLAYSTATION MOD CHIPS PS1 basic chip \$35; Stealth chip \$60; PS2 Version 1 & 2 \$75; Version 3 \$95; Version 4 \$125; All work guaranteed. Install while you wait. Beatrice/Wilson area (905)721-2365

POOL TABLE, Professional Tournament, Ridley from England, 6ftx12ft, 1-3/4" slate, solid mahogany frame, 8-8" solid mahogany turned legs, originally \$12,000. Asking \$3,500. Will deliver; also gas dryer. 905-263-9965

RENT TO OWN new and reconditioned appliances, and new TV's. Full warranty. Paddy's Market, 905-263-8369 or 1-800-798-5502.

RENT TO OWN: New and reconditioned appliances. Full Warranty. Peter's Appliances 905-837-9000 or 416-282-0185

MOTORIZED SCOOTERS, Electric, quiet, quick. 200-lbs max. \$287.38; 100-lbs max \$187.38. 2 styles to choose from. Play fast, limited quantities. So Look DeCoLee-Manor (Whitby Mall) or call 905-434-6619 ext-138.

SINGLE BED ski doo trailer, 6'x8' \$550 o.b.o. Call after 8pm (905)985-9962

SOFA & LOVESAT \$395; Dining table, buffet & hutch \$650; Bedroom set \$550; Sofa-bed \$200; Washer +dryer \$240/pr; Fridge +Stove \$300/pr; Kitchen table +chairs \$250; Coffee +ends \$200; Chest freezer \$150. 905-260-2200-Oshawa

OAK/PINE FURNITURE....We have expanded our showroom and are filling it with exciting New Designs in Solid Wood Bedrooms, Dining Rooms and Entertainment Units. We have a large selection available, and if you don't see what you are looking for, we will build to your specifications.... Let Traditional Woodworking be your own personal FURNITURE MAKER. We have been building quality solid wood furniture in the Durham Region for 27 years. We pride ourselves on being able to take your ideas/plans and turn them into reality. Drop in and see our State of the Art Woodworking facility and let us show you how quality fine furniture is made.... Remember...There is no Substitute for Quality...Traditional Woodworking.... 115 North Port Road (South off Reach Road), Port Perry. 905-985-8774. www.traditionalwoodworking.on.ca

APPLIANCES: refrigerator 2-door frost free, deluxe stove, matching heavy duty washer/dryer \$675/all-well sell separate. Also washer used 2 years \$250 + Dryer \$225, 8 m oz auto dishwasher \$275, all top condition. (905) 767-6598

SONY 53" Big Screen TV, picture in picture, 2 yrs. old \$1,700. Call (905) 263-8827

SPAS...SPAS...SPAS Broken partnership forces sale. Over 30 spa's still in wrappers. Must be sold at cost or below. 416-727-9599

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APPLIANCES: refrigerator 2-door frost free, deluxe stove, matching heavy duty washer/dryer \$675/all-well sell separate. Also washer used 2 years \$250 + Dryer \$225, 8 m oz auto dishwasher \$275, all top condition. (905) 767-6598

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325 Auctions

AUCTION SALE
Short Notice Sale of Furniture & Collectibles for Mr. & Mrs. Robert & Margaret Shortill-House Sold, 2 Hamilton Dr. Bethany, Ont.
Take 7A East to Bethany to Long Field Dr. Go North to Hamilton Drive Tuesday May 7th, 2002 at 6:00pm
Maple kitchen table, tea cabinet & 4 chairs, china cabinet, sofa, rocking chair, old wooden school desk, old wooden high chair, parlour table, old toys, old coal oil lamps, cups & saucers-Royal Albert, Agnsey & more, old pewter tea set, garden tools.

Auctioneer: Bruce Kellett (705) 328-2185 or 1-800-398-7652
Terms: Cash or Visa
The Auctioneer and/or Proprietor Will Not Be Responsible for Public Injury Liability, Loss or Damage Connected With This Sale

McCRISTAL AUCTIONS

ESTATE SALE
TUES. MAY 7TH -- 5:30 P.M.
33 HALL ST. OSHAWA.
Auctioneer: Philip McCristal

Several antiques, household goods. Parlour tables dining room table, chairs, lawnmower, hutch & buffet, tea wagon, 100-yr-old cupboard.
Added: new furniture sofa, recliner, swivel rocker, leather sofa
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be forwarded to the file number.**
Originals must be sent directly as
indicated by the instructions in the ad.

SUNDAY, MAY 5

CARIB-CANADIANS: The Pickering Carib-Canadian Cultural Association holds a seniors' day tea party from 12:30 to 3:30 p.m. at the Pickering Recreation Complex, 1867 Valley Farm Rd. south of Kingston Road. It's free and there's entertainment. Call Pat at 905-427-7344 or Susan at 905-420-5196.

PARENTING AUTHOR SPEAKS: Author Barbara Coloroso is guest speaker from 7 to 9 p.m. at the Petticoat Creek branch of the Pickering Public Library. Ms. Coloroso has written on parenting, school discipline and reconciliatory justice. Tickets are \$15 and available at the Montessori Learning Centre, 401 Kingston Rd.

POTTERY SHOW: The Durham Potters' Guild's 13th annual spring pottery show and sale takes place at the Kinsmen Heritage Centre, 120 Roberson Dr., Ajax, from 11:30 a.m. to 4 p.m. A wide variety of functional and decorative pottery is on sale. Free admission, door prizes and no GST.

Ajax-Pickering News Advertiser Billboard

May 5, 2002

MONDAY, MAY 6

RUG HOOKERS: The Ajax Rug Hookers meet at the St. Andrews Friendship Centre (seniors' building), 46 Exeter Rd., in Ajax at 7:30 p.m. Call Marie at 905-683-4879.

NATURALIZATION WORKSHOP: The Frenchman's Bay Watershed Rehabilitation Project offers a workshop at Gandatsetiagon Public School in Pickering on naturalizing your property, planting flowers and shrubs and eliminating the use of pesticides. Workshop runs from 7 to 8:30 p.m. To register, call Angela Barrett at 905-420-4660 ext. 2212.

CANADIAN CLUB: The Canadian Club of Durham Region meets at 6:30 p.m. at the Holiday Inn, 1011 Bloor St. E., Oshawa. Reverend Sandy Beaton discusses 'living by water'. Reservation needed. Everyone welcome. Call BobAnn at 905-728-1718 or

Eleanor at 905-668-2484.

TUESDAY, MAY 7

PICKERING POWERHOUSE TOASTMASTERS CLUB: Improve communication and time-management skills, along with self-confidence, every Tuesday through the club's weekly meetings in the auditorium at the Pickering Public Library's central branch, One The Esplanade. Meetings run from 7 to 9 p.m. Call Hazel at 416-560-3768 or Marva at 905-619-0030.

HORTICULTURE: The Pickering Horticultural Society meets at 8 p.m. in the O'Brien meeting room at the Pickering Recreation Complex, 1867 Valley Farm Rd. south of Kingston Road. Cecil Lamrock and Larry Lougheed will discuss roses. Call Sylvia at 905-839-4604 or Ann at 905-420-8076.

WEDNESDAY, MAY 8

ONE PARENT SUPPORT: The Ajax-Pickering Chapter of the One Parent Family Association meets at the Ajax Cricket Club, corner of Monarch Avenue and Clements Road, Ajax. It's for custodial and non-custodial parents.

Meetings are every Wednesday at 8 p.m. except the second Wednesday of the month when start time is 8:30 p.m. Call 905-420-4646.

FREE MEDITATION CLASS: Learn how to meditate at a free yoga class every Wednesday at 7 p.m. at Pickering Devi Mandir, 259 Brock Rd., south of Taunton Road. All are welcome. Call 905-420-7252.

AJAX PICKERING TOASTMASTER CLUB: Improve communication, speech giving, listening, presentation and other skills with help from the club, which meets every Wednesday from 7:15 to 9:30 p.m. at the Pickering Nuclear Information Centre. Call Michelle at 905-619-2568 or Clifton at 905-619-0270.

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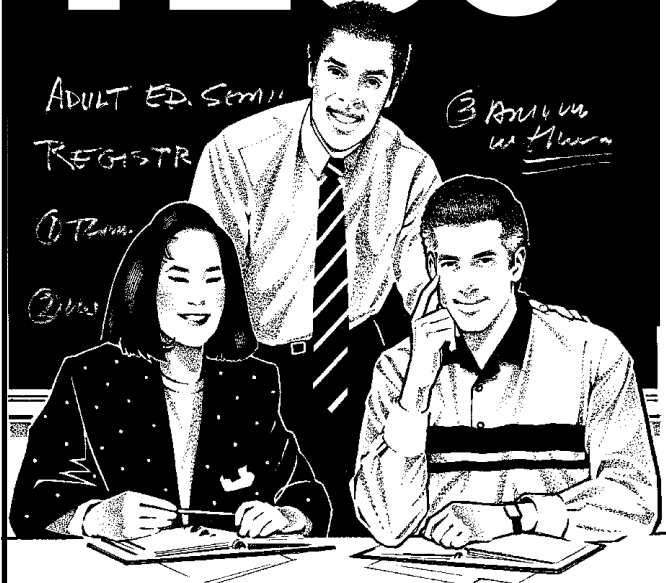
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Got a club, non-profit or church group that needs to raise money?

Get a booth at our Yard Sale Event. Got a closet, garage or warehouse full of unwanted items? At this event, one person's junk is truly another's treasure!



Location: Oshawa This Week Parking Lot, 865 Farewell St. (Wentworth & Farewell)

Date: Saturday June 8th, 8 a.m. 'til 2 p.m.

Cost: \$50/table, includes 2 chairs & GST.

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Prepaid Deadline: Tuesday May 28

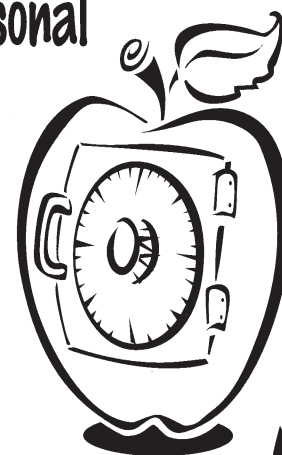
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Q: Do you have a personal investment plan?

A: For a balanced portfolio, include:

1. Physical activity
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Mother's Day Sentiments

Tell us why your Mom is so special to you

Send in your favorite photo of you and your mom together letting us know how special she is... Be sure to include your name and phone number.



On May 9th we will randomly pick 6 winners and we will publish them on Sunday May 12th, in our special **Mother's Day Feature**

1st Prize:

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Choices of destinations: (some conditions apply)
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6th Prize:

\$50 Dinner Certificate

All Entries must be submitted by: May 8 by (5pm) to This Week, 865 Farewell St. Oshawa, ON. L1H 7L2

Forever YOUNG

A FEATURE FOR TODAY'S FIFTY-PLUS LIFESTYLE

Seniors warned of scams that turn 'wins' into losses

PhoneBusters offers seniors tips at Legion seminar to protect themselves against cons

BY MICHAEL PELHAM

Special to the News Advertiser

AJAX — If it sounds too good to be true, it probably is.

And remember, winning a prize shouldn't mean having to cough up dough to get it.

These were just some of the many tips offered to seniors at an anti-fraud seminar held recently at the Royal Canadian Legion Branch 322 in Ajax. Canada's Association for the Fifty-Plus hosted the event to spread awareness about phone and investment scams. According to police, seniors are the biggest targets for the crime.

"As someone you think everyone is as trustworthy as you," said Bruce Fleming of PhoneBusters, which is operated by the Ontario Provincial Police. "It just isn't true."

Mr. Fleming volunteers for a program called SeniorBusters, a branch of PhoneBusters that maintains a regular phone relationship with seniors who are susceptible to telemarketing scams. He told the 100 people at the seminar of one elderly lady who kept giving money to scammers. "Now she's short of a lot of money," he said, noting the woman was using money she depended on for food to pay off a bank loan used for a prize she 'won'. Under this scenario, people are informed they have won a prize from a company, but need to purchase some-

thing to qualify.

"She was losing money. I had to talk to her 15 to 20 minutes to get the idea across that she didn't have to give money to every person who asked for it," he said.

Since 1995, cases of phone scams have decreased 96 per cent nationally. This is largely because of public education, said Detective Constable Gaston Laforge, also a member of PhoneBusters.

His message was clear: "Keep your money, it's yours."

"When these people call you to tell you you've won a trip, don't believe them, especially if you have to pay for something you've just won."

The seminar also warned seniors about investment fraud and theft of personal credit information. Mr. Laforge said it's easy for someone working in a restaurant or other businesses to take a credit card and, through an illegal swiper, download all the information.

Personal credit information is also available by going through a person's garbage or mail, or by filling out credit card applications in the victim's name.

"It's an art, it's a science," said Carolyn Davis, who investigates investment fraud for the Ontario Securities Commission (OSC). "They spend their whole life trying to do this, and they're very, very clever."

Although getting conned in the stock market can be as damaging, or worse, than a burglary, the victim often doesn't know about the crime until much later.

"The victim of a theft knows about it immediately, but victims of fraud take a long time to realize it," Ms. Davis said.

Among the investment scams to look

out for is 'stock swaps'. Victims are offered "high-priced" shares, which are really "worthless, in exchange for locked-in funds such as an RRSP. This appeals to anyone in need of cash quickly.

Another con is 'prime bank programs'. The victim is told to put his money in an investment pool called prime bank programs, with the promise of high returns at a low risk. These scams are usually international, making it hard for the OSC to shut them down.

"The simple fact is, prime bank trading programs don't exist," Ms. Davis said.

To detect red flags when looking for investing opportunities in the stock market, Ms. Davis said it's important to "investigate before you invest".

Check the past record of the person you're investing with, request written information on the firm or company being invested in, and always ask questions.

"If it sounds too good to be true, it probably is," Ms. Davis said.




A.J. GROEN/ News Advertiser photo

Ontario Provincial Police Detective Constable Gaston Laforge shares timely tips for seniors during a recent seminar at the Royal Canadian Legion Branch 322 in Ajax.

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A month of fun and games await seniors

DURHAM — The 2002 Durham Senior Citizens' Games are now under way, but there's still time to register for some of the upcoming events.

The euchre tournament associated with the games is at the Uxbridge Seniors' Centre May 6. Shuffleboard is at the Oshawa Seniors' Centre May 7, while five-pin bowling is at North End Bowl in Oshawa May 10. Bridge is slated for Port Perry's Latcham Centre May 14, with carpet bowling at the Northview Centre in Oshawa May 22.

Darts are scheduled for

the South Pickering Seniors' Centre May 27, while golf is at Harmony Creek Golf Course in Oshawa June 3.

Lawn bowling is at the South Pickering Seniors' Centre June 4, with tennis at the Sandy Beach Tennis Club in Pickering June 7.

Participants can still register for any activity two weeks prior to the event.

The games are dedicated to providing sporting activities for Durham seniors, ages 55 and over.

For more information, call Terry James at 905-839-8890.




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THE COLLEGE OF AUDIOLOGISTS AND SPEECH-LANGUAGE PATHOLOGISTS OF ONTARIO

An ounce, or three, a day helpful?

Moderate alcohol consumption is good for preventing dementia and memory loss in old age according to a Dutch study

DURHAM — Worried about a growing tendency to repeat the same story over and over, always losing your keys to the car and never knowing where you last put your glasses?

Stop worrying.

A Dutch study in this week's issue of the British medical journal 'The Lancet' suggests memory problems can be reduced by having up to three glasses of wine, beer or liquor a day.

If you think it sounds too good to be true, you may be right, because a Hamilton geriatrician said the findings should be taken with a grain of salt.

Researchers at the Erasmus University Medical School in Rotterdam, Netherlands, looked into the relationship between light-

to-moderate alcohol use in 8,000 people 55 and older.

Everyone was healthy and no one suffered from memory-robbing dementia when the Rotterdam study started between 1990 and 1993. For the next six years, researchers followed volunteers and compared the risk of dementia developing in those who regularly consumed alcohol with those who didn't drink at all.

They found light-to-moderate alcohol consumption (one to three drinks a day) was associated with a 42-per cent risk reduction of all dementia, and about a 70-per cent reduction in the risk of vascular dementia.

Vascular dementia is the second most common form, preceded only by Alzheimer's disease. Although both have similar symptoms, they have different causes. Vascular dementia is caused by a series of strokes — either large or small — that destroy areas of the brain, while Alzheimer's is a degenerative disease of the brain caused by plaque deposits.

"Compared with no alcohol consumption, light-to-moderate drinking was associated with a significantly lower risk of dementia," the research paper said. The effect

was most notable among men. The reduction in risk didn't appear to have any link to the type of alcohol, whether it was wine, beer, liquor, sherry or port.

The researchers feel one explanation is alcohol might reduce cardiovascular risks because ethanol — found in alcoholic beverages — is known to reduce the ability of platelets to clump together. They also think light-to-moderate drinking may stimulate the release of acetylcholine, a chemical that increases memory and learning.

However, Hamilton geriatrician Dr. George Heckman advises patients drinking three or four beers a day to cut it out because alcohol contributes to osteoporosis, falling and nerve damage. He also questions the researchers' conclusions because their results are from a prospective population-based

study that depends on self-reporting of consumption — not a more rigid randomized controlled trial — which makes it difficult to control for individual differences.

— TORSTAR NEWS SERVICE

Rug hookers meet Monday in Ajax

AJAX — A local group meets here regularly and you're invited to come and get hooked.

The Ajax Rug Hookers meet at the St. Andrews Friendship Centre (seniors' building), 46 Exeter Rd., Monday, May 6 at 7:30 p.m. Call Marie at 905-683-4879 for more information.

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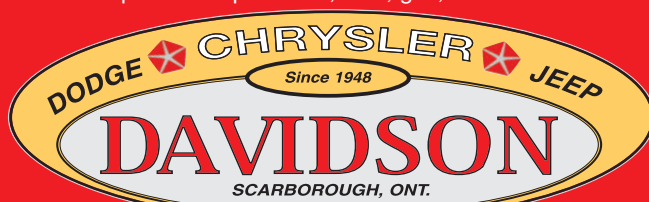
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