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SUNDAY, OCTOBER 6, 2002

OPTIONAL DELIVERY \$6/ \$1 NEWSSTAND

Pickering woman killed in Hwy. 407 crash

PICKERING — A 36-year-old Pickering woman was killed Tuesday in a crash on Hwy. 407, just east of Keele Street.

Ontario Provincial Police say a black Nissan Pathfinder was travelling east at 7:30 a.m. when it crossed the highway's grassy median and collided with a west-bound Pontiac Grand Am.

The driver of the Grand Am, 36-year-old Kathleen Rombis, of Pickering, was pronounced dead at the scene, said OPP.

The 41-year-old driver of the Nissan Pathfinder, a Brampton man, was taken to Sunnybrook Health Science Centre with head injuries.

The accident is still under investigation.



ANDREW IWANOWSKI/ News Advertiser photo

Going for the fast break

AJAX — Ajax High School Rams' Kim Daly takes off with the ball as Pickering High School Trojans' Jessica Nasmith arrives on the scene during Lake Ontario Secondary School Athletics (LOSSA) junior girls' basketball action. The league contest was played at Ajax High Thursday afternoon. The Rams won 33-25.

Crombie not making any promises on Seaton

Draft principles to guide land swap in north Pickering scrutinized by panel

BY LESLEY BOVIE
Staff Writer

PICKERING — David Crombie isn't promising any big changes to his panel's six draft principles.

"I don't know what the panel will want to change," the chairman of the North Pickering Land Exchange Review Panel said in an interview Thursday. "Some people might think we should scrap them. I can tell you, that's not going to happen."

Mr. Crombie said his members asked the public at two sessions this week what they liked, disliked and would want changed in reference to six draft principles meant to guide the valuation, exchange and subsequent development of Seaton.

"Now we'll have to go back and see how it will all relate to the draft we put out," said Mr. Crombie, who hopes to have his panel's recommendation ready for the Province by the end of this month.

The Province is exchanging provincially owned lands in Seaton for privately owned lands in Richmond Hill and Uxbridge. Seaton has been identified as land for the City of Pickering's future urban expansion.

About 175 people attended the two sessions, where Mr. Crombie



DAVID STEELE
PACT officials 'want to see it developed properly.'

said he picked up on three very clear concerns from residents and environmental groups.

Principle 6, which designates the Duffin-Rouge Agricultural Preserve to be used in perpetuity for agricultural purposes only was "a key in-

See **PACT** page 5

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Canadian Club explores our U.S. ties

DURHAM — Here's a chance for local residents to catch up on Canadian foreign policy.

'Uncle Sam and us — one year after' is the topic of discussion when the Canadian Club of Durham Region meets Wednesday, Oct. 23 at 6:30 p.m. at the Oshawa Holiday Inn, 1011 Bloor St. E.

Stephen Clarkson, an author and professor of political economy at the University of Toronto, is the guest speaker.

Everyone is welcome to attend the event.

To reserve a spot, call 905-728-1718 or 905-426-5090.

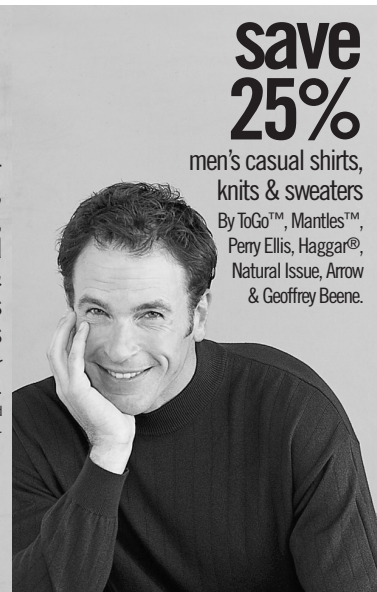
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Hospital leader calls it a career

Bruce Cliff a study in 'quiet diplomacy'

BY LESLEY BOVIE
Staff Writer

AJAX — Rouge Valley Ajax and Pickering hospital has lost one of its strongest advocates with the retirement of Bruce Cliff.

In an evening of funny stories and playful teasing about the now-former chief operating officer, that comment, made by Allan Whiting, sobered a room full of well-wishers at Regalis Restaurant in Pickering Thursday night.

"The rest of the organization will have a lot to pick up now," said Mr. Whiting, who retired three months ago as chief executive officer and president of the Rouge Valley Health System (RVHS), which has sites in Ajax and Scarborough.

Mr. Cliff officially retired at the end of August, at which time a new governance model was put in place.

Management of the two sites is now entrusted to a team made up of Hume Martin, RVHS's new chief executive officer and president, several area vice-presidents, and project general managers. After 21 years in the high-stress environment of hospital administration, Mr. Cliff said he's looking forward to spending more time with his wife Roseanne and their three children, and pursuing a longtime interest in music.

"I think there's a whole lot of things out there to learn about just from picking up a book at the library," he said. "I'd also like to start giving back to the community."

In 1992, he was hired as president and CEO of the then Ajax-Pickering General Hospital just as it was contemplating adding the west tower. Joe Atkinson, then chairman of the hospital's board of directors, recalled the many trips to Queen's Park with Mr. Cliff to lobby for funding to make it all possible. "Even under that debilitating pressure, Bruce did exactly what he was there to do," he said. "He is a study in quiet diplomacy."

His eyes starting to brim with tears, Mr. Cliff said RVHS has become like a second family, one he's going to miss.

"I've had one goal and that's to be involved in a facility and drive by it one day and know you've made a difference," he said.



Bruce Cliff (seated) was honoured by (from left) Joe Atkinson, Gale Mossman and Kathy Ramsay at a gala celebration Thursday.

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This correction notice is not a coupon.

Valpak regrets any confusion or inconvenience this error may cause Great Canadian Bagel and its customers.

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PICKERING — Here's your chance to tour the local fire hall, see a rescue in action and learn more about fire safety.

The Pickering Fire Services rolls up its bay doors to the public as part of Fire Prevention Week Oct. 6 to 12. Open houses are planned for Saturday, Oct. 12 from 11 a.m. to 3 p.m. at Hall No. 5 at 1616 Bayly St. in Pickering, and Saturday, Oct. 19 from 11 a.m. to 3 p.m. at Hall No. 4 in Claremont at 4941 Old Brock Rd.

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Ministry, board meeting cancelled

Facilitators were supposed to help trustees with their roles

BY MIKE RUTA
Staff Writer

DURHAM — A meeting Monday between public school board trustees and Education Ministry staff has been cancelled.

Elizabeth Roy, chairman of the Durham District School Board, said in an interview this week education director Grant Yeo told her he had received word ministry officials would not be able to attend the meeting. She was disappointed, noting, "It's not too late" for the atmosphere to improve around the board table.

Trustee Roy in late August said ministry staffers would meet privately with trustees before the Oct. 7 standing committee meeting to discuss the role of the trustee. She hoped the meeting would help create some cohesiveness and order amongst trustees, who have struggled through a fractious term of office.

Senior ministry spokesman Bruce Skeaff confirmed a month ago that Mike Riley, director of the ministry's field services branch, and Mearl Obee, manager of the ministry's Barrie district office, were slated to meet with trustees.

Reached by phone Thursday, Mr. Riley expressed surprise at the notion, saying there was talk of such a meeting a month ago and suggested the board had cancelled it.

"It would be their call, that's for

sure," he said.

Mr. Skeaff said Thursday he didn't know why the meeting was called off. The following day, he said he had spoken with Mr. Riley and understood ministry staff couldn't attend because they were too busy.

"There's nothing sinister," he said. "It's just that the time and date didn't work out."

Mr. Skeaff said it was up to the board to try and arrange another meeting if it wished.

Ms. Roy said this week she doesn't see things getting better at the board. As an example of some members not understanding what their roles are, she cited trustees who "bring little things to the board table", when a phone call to the appropriate superintendent might have resolved the matter. Mrs. Roy said that sort of thing has "bogged down the board."

As well, she noted the stubbornness of trustees who, when they lose a vote, do not accept the will of the board.

"With any subject, when they lose on an item, they never give up," said Trustee Roy. "When you lose, you lose; it's a democratic process."

She said she would still pursue a meeting with ministry or Ontario Public School Boards' Association staff.

However, not all trustees were enthusiastic about the meeting.

Oshawa Trustee Cynthia Steffen said in an interview she "wasn't totally into the meeting anyway" and wasn't concerned it was cancelled.

"My first impression was it was to resolve differences," she said.

Support, comfort for those touched by Alzheimer's

AJAX — Local residents touched by Alzheimer's diseases can find support and comfort close to home.

The Alzheimer Durham Ajax-Pickering Support Group meets Wednes-

day, Oct. 9 from 10 a.m. to noon in the lounge of the Life Centre Housing apart-

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FUTURE SHOP

CORRECTION NOTICE

In our October 2 -8, 2002 Future Shop flyer the following error occurred:

- On page 21, the HP Photosmart 7350 Photo Printer was incorrectly advertised, the correct price is \$399.99.

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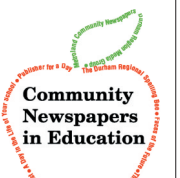
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Church seeks donations to help feed the hungry

St. Paul's in Pickering begins annual drive

BY LESLEY BOVIE

Staff Writer

PICKERING — Food donations are needed more than ever this Thanksgiving holiday.

Rae Coulter, director of St. Paul's on-the-Hill Community Food Bank, said shelves are unusually low of all items heading into the annual food drive.

"Summer is usually a slow time for us. Our Thanksgiving food drive is our main food drive. It carries us through the rest of the winter," she said.

However, Ms. Coulter said she's not sure why the shelves are particularly bare at this time, although she did note the number of clients has increased since the organization moved to its Pickering Parkway storage facility last August. "We're on a better bus route now and I think more people know about us," Ms. Coulter said.

St. Paul's now serves about 250 families each month. That represents over 600 people, more than half of which are children. "We need cereal badly. We've run out of it because the price of cereal has skyrocketed recently," she said.

Juice is another high-ticket item and always needed at St. Paul's.

"We can only afford to give one juice



Rae Coulter and Trinda Suitor stack empty food hampers in the hope they will soon be filled by Pickering residents during the annual St. Paul's on-the-Hill Thanksgiving food drive. The food bank's shelves, notes Ms. Coulter, are unusually empty this year and require replenishing so the food bank can continue to help needy residents in the community.

box to each child," Ms. Coulter said. "We need tins of juice."

The food bank is an outreach program of the St. Paul's on-the-Hill Anglican Church and for 12 years was run out of the church's basement. After several moves, it now calls two converted storage units home. The drive runs until Oct.

19. Donations can be dropped off at grocery stores in Pickering, the Ajax IGA at 955 Westney Rd., and Pickering's three fire halls.

Cash donations can be dropped off at St. Paul's on-the-Hill Anglican Church, 882 Kingston Rd. in Pickering. Call 905-839-9537.

PACT seeks peer review of Seaton plan

PACT from page 1

terest", he said. His panel will consider a request from farmers to look at the viability of farming that area forever and find some way to reflect that in its principles.

Mr. Crombie also acknowledged concerns for the local planning process raised by groups like Pickering Ajax Citizens Together (PACT) for the Environment.

PACT chairman David Steele has called for a peer review of the deal conducted by consultants selected by the City's growth management committee. The review should examine the Province's environmental mapping of Seaton, and a secondary plan should be completed by the City on advice from the committee, not the Province, he argued.

"We're not saying (Seaton) shouldn't be developed at all, but we want to see it developed properly," he said.

Mr. Crombie said he agreed with those sentiments to an extent. "Planning is not just a provincial responsibility, it's not just a Pickering responsibility,

and it's not just a Durham responsibility," he said. "It takes all three and we're trying to find a way to bring them together."

As for the land exchange and evaluation, Mr. Crombie said the panel clearly heard the public wants the process to be fair and open. He pointed out the first principle proposes a judge be named to act as a fairness commissioner to monitor the land swap, he said.

But Mr. Crombie said residents wanted added assurances that "the strongest possible language" be built into that particular principle to ensure the process is something they can trust.

In the meantime, Dan McTeague, MP for Pickering-Ajax-Uxbridge, continued with his push for a federal environmental assessment of the Seaton lands. He introduced it to caucus Tuesday night and says support is growing.

Mr. McTeague is pushing for the assessment because of concerns regarding fish and wildlife habitat, protection of native burial grounds and artifacts, protection of the Great Lakes, and transportation.



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"How I Lost 64 Lbs. and Gained My Self-Confidence!"

My name is Tania Olsson. I am a single mother. My son, Chaz, is eight years old. I am a customer service representative. I dropped 64 lbs. of fat in 11 short months. My story is so remarkable. I would like to share it with you.

By Tania Olsson

My cheeks burned with embarrassment as I stared at the television screen. We were watching a recent family video. "I'm huge!" I gasped.

I had always been tall and trim in high school. I was on the swim team and volleyball team. I was shocked and appalled to realize how fat I had become.

My folks never allowed junk food in the house. When I got old enough to make my own food choices, I went hog wild. Chips, ice cream and soda pop were my routine. When I was pregnant I started eating for two. After Chaz was born I cooked for two and ate for four!

I used food as comfort. I told myself it was just baby fat. It would go away. But it didn't go away. I was getting fatter every week.

"I was shocked when I saw my family video. How did I get so fat?"
Tania Olsson before shedding 64 lbs. with hypnosis.



With fat came anxiety and depression. My self-esteem was nil. I could see folks turning sideways to squeeze past me. I'd cringe inside.

My weight made me crazy. I refused to eat in public. I knew what people were thinking...Look at what you're eating...no wonder you're so fat. Go ahead, honey, have another cheeseburger.

I used to be so hard on fat people. Now I was fat, hurt and desperate.

Dieting Nightmares

I was always trying the next fad diet. I tried grueling exercise routines. It would never stick. When I didn't feel the results, I'd get discouraged. The cravings were unbearable.

I lost 30 pounds twice with weight loss drugs. My weight shot back up so fast it made my head spin. The drugs set me on an emotional rollercoaster. I couldn't bear the thought of a third go around. Nothing I do works, I told myself as I sat on the couch with a gallon of ice cream. What's the use of trying?

Ray of Sunshine

One day a close friend encouraged me to try hypnosis. I was skeptical. "I've heard they get great results," she said. I could only hope.

The free screening was like a ray of sunshine. My consultant was caring and concerned. The office is professional and comfortable. Their level of confidentiality was

impressive. I held my breath for the sales pitch. It didn't happen. They explained the program in detail. Left it for me to decide. The fee was much lower than I expected.

I signed up and lost 64 lbs. in 11 short months. I lost ten inches off my waist. My dress size plunged from a bulging 22 to sleek size 12.

Whole New Me!

Immediately after my first session my appetite diminished. I feel completely satisfied with small, healthy portions. Next my food choices changed. When I was fat I would not touch raw vegetables. With hypnosis I have developed this strange attraction to carrots! They're as appealing as potato chips used to be. I know I will never, ever gain the weight back. Now that I'm thin and happy with my body, I can't think of a single reason to overeat.

Hypnosis Delivers Benefits!

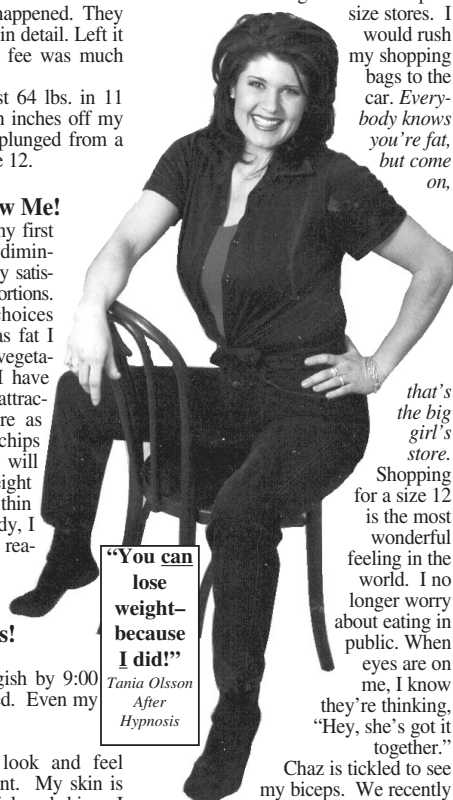
I used to feel sluggish by 9:00 a.m. I was so depressed. Even my hair drooped.

Since hypnosis I look and feel young, alive and vibrant. My skin is glowing. My hair is thick and shiny. I have tons of energy. I'm light on my feet.

My family and friends all want to know how I did it. They want to be like me. The other day a co-worker said, "I wish I could have even half your energy." That was the best compliment of all.

When I was fat I smoked skinny cigarettes to make me feel thin. Quitting smoking was a side benefit I had not expected. I breathe better. Move better. Enjoy more activities.

I hated walking in and out of plus size stores. I would rush my shopping bags to the car. *Everybody knows you're fat, but come on,*



"You can lose weight—because I did!"

Tania Olsson After Hypnosis

that's the big girl's store.

Shopping for a size 12 is the most wonderful feeling in the world. I no longer worry about eating in public. When eyes are on me, I know they're thinking, "Hey, she's got it together."

Chaz is tickled to see my biceps. We recently went rock climbing. We enjoy rollerblading. There's no way I could have done that before.

Recommends

I suffered when I was overweight. I lived in a state of overwhelming helplessness. I was out of control. It was frightening.

Hypnosis was the smartest investment of my life. My consultant took the time to listen to my fears. I never felt pressured. My success was their main concern.

I got more than I expected from my

private hypnosis sessions. I feel wonderful about myself. If it wasn't for hypnosis I wouldn't be enjoying my slim, healthy body today.

Don't think I'm a lone success story either. I meet other successful clients all the time.

My only regret is that I waited and suffered for months. You don't have to suffer another second. Call 905-686-7717 right now to schedule your free hypnotic screening. I know your consultant will answer all your questions and put your fears to rest. If they don't think hypnosis is right for you, they will tell you so.

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Editorial & OPINIONS

PICKERING NEWS ADVERTISER OCTOBER 6, 2002

Editorial

e-mail responses to shouston@durhamregion.com

Please give until the last child is fed

As fall food drives kick off, many counting on donations to get through Christmas

As we come to yet another Thanksgiving, it's worth noting Parliament vowed 13 years ago to end child poverty in Canada by 2000.

That optimistic goal became a cruel joke as year after year, government after government did precious little to make life easier for Canada's poor.

We're still waiting and hoping for progress, though the recent throne speech offered hints the federal government might finally take real action to help put a dent in the numbers. There were claims the feds would increase child benefits to poor families. But, like many Liberal promises made since 1993, we'll believe it when we see it.

Child poverty has skyrocketed throughout our land since 1989, growing as a result of a recession in the early-to-mid-1990s, along with a tightening of government spending at all levels. Perhaps now, with the prime minister worried about his legacy as he retires in 2004, the purse strings will be loosened slightly.

Right now, hundreds of children are going to school hungry each day in Durham. This army of pupils may not be getting adequate food and shelter, and many cannot participate in community activities that come with a price tag.

That's why, more than ever, the work of St. Paul's on-the-Hill Community Food Bank needs the continued support of Pickering residents.

The organization's Thanksgiving Food Drive kicked off Friday and runs until Oct. 19. It's a critical time of year for the food bank as the drive is counted on to stack shelves through the traditional high demand time at Christmas. All manner of non-perishable food items are needed, particularly cereal and juice, to help feed 600 people who visit each month. Of that number, more than half are children.

Making the challenge even greater is the fact shelves are unusually bare this year, said St. Paul's director Rae Coulter, noting the food bank's more accessible new location on Pickering Parkway is likely attributing to the higher number of people volunteers are seeing.

The use of food banks across Durham and Ontario as a whole is increasing and the need to contribute has never been greater. Contributions can be dropped off at all three fire halls and grocery stores in Pickering, along with the Ajax IGA at 955 Westney Rd.

So please, as you complete your weekly rounds of the grocery aisles, give a thought to those in need of a helping hand. Put a few extra items in your cart for deposit in store collection boxes.

It really will mean the world to so many.



Letters to the editor

e-mail responses to shouston@durhamregion.com

World created for peace, not war

To the editor:

The rhetoric originating from the White House suggests an assault against Iraq is all but inevitable. War drums threaten to drown out both law and compassion, and people are tempted to conclude another Gulf War is a gathering storm.

Unless the parties to a conflict engage in dialogue, the paths to peace remain blocked. We urge the Government of Canada to stay in dialogue with all relevant parties, and to insist on treating all with human dignity and human rights.

Another Gulf War now would be wrong. First of all because of the suffering such a war would inflict on the Iraqi people who have already suffered so bitterly. International humanitarian organizations have repeatedly urged us to educate our own societies about how crushing the international

sanctions have been for the health, education, livelihoods and hope of most Iraqi men, women and (especially) children.

We in the West will be judged, by history and by the Creator of all, for the damage we have been willing to inflict in the name of security. The past 11 years of sanctions is a case in point.

We urge the Government of Canada not to lose confidence in initiating the peace-building approach to the problems of Iraq by pressing all countries for compliance with international law and United Nations Security Council resolutions. Iraq is not the only country that stands in violation of them. Also, it should aim at ridding the whole region of weapons of mass destruction.

The world was created for peace, not war. That is an affirmation of faith. To live by it, to act politically on the truth of it, is fruitful beyond all calculation.

Javed Akbar
Director of outreach
Pickering Islamic Centre

How can these people sleep at night?

Governments must think about their legacies and do the right thing



Jane McDonald
Staff Writer

shouston@durhamregion.com

Denise Gilbert is worried. As executive director of Schoolhouse Daycare Centres and chairman of the Durham Region Child Care Forum Advocacy Committee, she and the men and women providing regulated care for children in Durham Region are troubled.

Other than in the context of child poverty, last Monday's throne speech made no mention of federal funding for the kind of universal, regulated day care so necessary to turn out safe, healthy, educable kids. 'Let the chips fall where they may'

seems to be governments' mandates when it comes to the well-being of our children. Pretty shabby legacies to leave in their respective wakes.

Early this year, a Durham Region MPP told a group of concerned taxpayers if people can't afford to take care of their children, they shouldn't have them. Wow. What a statement to make when the fact of the matter is children — all children — repre-

sent our future, the futures of our children and grandchildren. Ironically, this man's statement was made at Durham College last January at a time when a fellow MPP was racking up bills in luxury hotels and restaurants.

I remember respected journalist and social activist June Callwood telling an Oshawa audience 30 years ago the one way to cure many, if not most, of society's ills was to just have one generation of wanted, well-cared-for children.

The early education and care of our children must be right up there with health care. And as those in a position to know say, 'You pay now or you pay later.' Why not spend money on day cares now instead of on prisons, homeless shelters and

methadone clinics later?

Dr. Fraser Mustard, a world-renowned child-care expert, has repeatedly stressed proper stimulation and quality child care are essential for the development of preschoolers. To deny this is to invite tragedy for us all down the road.

Before branding me a total bleeding heart, I do feel badly for the cabinet minister caught spending our tax dollars so freely. Is it any wonder he didn't want to commute at the end of the day on gridlocked highways full of parents desperately trying to relieve unregulated babysitters?

As for the movies he watched in his well-appointed hotel suite, who could blame him? It must be hard for people like that to sleep.

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Women talk wellness

DURHAM — Lak-eridge Health, in co-operation with community organizations, will be hosting its annual Women's Wellness Conference on Oct. 23 at the Whitby Mental Health Centre, 700 Gordon St.

The conference takes place from 8:15 a.m. to 4:15 p.m. The cost to attend is \$90 and includes lunch, snacks and all materials.

The conference is open

to everyone and its main objective is to provide information on women's health-related concerns, associated risk factors, characteristics, treatments and coping strategies. Current views and research findings related to women's health will be presented. For registration details contact Patti Keeler at 905-263-4558 and for general information contact Susan Hendricks at 905-576-8711 ext 3334.

Car seat safety clinic heads to Pickering

See if your child is safe and secure at Greenwood event

PICKERING — Royal Woods Ford-Lincoln Sales hosts an Oct. 20 car safety seat check event.

The dealership is in the City of Pickering's hamlet of Greenwood, at 3260 Hwy. 7 (east of Westney Road).

Durham Region's car safety seat committee hosts check events throughout the year in Durham municipalities. The group was formed to

increase the awareness and practice of proper car seat installation and usage.

Parents or guardians are invited to bring the car safety seat(s) they use to keep their youngster safe while on the road to an event, where trained volunteers can provide information on the proper use of safety seats.

There is no charge for the service at the clinic.

Seat check events in Durham have revealed that three out of every four car safety seats are not used correctly.

The Greenwood event goes from 10 a.m. to 3 p.m.

For more information on the event, contact the Durham Region Health Department Information Line at 1-800-841-2729.

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ADVERTISING FEATURE

Freezing on Exams!!!

By R.N.Whitehead Ph.D.

"I freeze up when I write exams! I study hard and I think that I know my stuff but I freeze up and get low marks!"

Over the years, hundreds of high school students have voiced this concern. When students 'freeze' on exams, their low grades often do not reflect their true potential!

Initially, we thought that a good Study Skills program would overcome this problem. However, when we examined many existing Study Skills programs, we noticed that most of them did not help students with the problem of freezing. In order to overcome this weakness, we eventually had to design our own program! The first step in overcoming a problem like freezing is understanding why it happens. Why do students who have studied hard and seem to know all the material, "freeze up" on exams and get low marks? Not surprisingly, the answer leads us into the realm of How we learn. Let us consider 'Freezing on tests'. We all know what that means. We arrive at the test in a state of mind of anxiety which grows as we wait for the papers to be passed around. Suddenly, the teacher tells us to, "Turn over

your papers now and begin." We flip the paper over and look at the first question. It looks a little familiar but we don't exactly remember how to do it so we go on to the second; we'll come back to the first as soon as we remember. Then the trouble begins. Each question looks more and more like a foreign language. We only remember a little of each so we try to 'fake' it. That is called 'freezing'. We struggle and struggle to remember and in so doing, actually lock the information farther and farther away from ourselves. Our struggles 'freeze' us up even tighter.

Why does this happen? What can we do to prevent it from happening? Our first mistake is that we focus too much on attempting to get students past these feelings. The feelings of fear and apprehension are NOT the problem! The real problem is simply that we freeze when we ask our memory to recall information which we have filed incorrectly. These days, when students learn a skill, it is often just memorized - not really understood.

A typical student sits through a class just 'sort-of' listening. The information maybe understood but it is only placed in the short-term memory and soon disappears. This

information is left until an exam is called then the process of 'cramming' begins. But cramming just jams the stuff into our heads and does not integrate it with other similar and or related information. Even if you are calm and relaxed - not like in an exam - it is hard to remember information memorized this way. When you sit for an exam and frantically begin to search for missing files, the memory does not associate well. Mix a little anxiety in and you get the classic exam freeze. If you had filed this information in the correct place - properly associated with similar information and fully understood - then retrieving it is easy. Even if you forget the direct data, you will find your way there by carefully following related similar or linked data. The secret to overcoming 'freezing and forgetting' begins in the classroom well BEFORE the exam! It lies in learning to shift from a passive mind set - "I'll just sit here while the teacher teaches me" - to a more effective and aggressive model, an ACTIVE process - I want to understand - to know! Use the active process in-class for listening and reading - Question, Summarize and Integrate. Then, spend 10 minutes per subject every night and

summarize the day's lesson into study notes. Break the information down into Main Idea, Supporting Details and Sub Details. Make these notes short and in point form in YOUR OWN WORDS! Review these notes 48 hours later. Don't memorize, just make sure you fully understand what they mean and what the information is about. Make the note into a story or complete picture. Use visualization if possible. Unfreezing on exams depends upon how you learn not in what you do on the exam. No amount of deep breathing or relaxation will help you ding information that is filed incorrectly. Understand and file correctly in the first place and freezing on exams is a thing of the past.

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Handling with care

It's safety first when delivering our kids

BY MIKE RUTA
Staff Writer

DURHAM — Penneye Robinson has a cure for road rage — driving a school bus.

The responsibility of busing roughly 30 elementary students to school twice a day, safely, has erased any traces of the malaise from her system and carried over to driving a car.

"Better to get there late and safe than to take any risks," Ms. Robinson says.

Before leaving the MacKenzie Avenue yard to pick up students, the Ajax Laidlaw Transit driver goes through an extensive safety checklist, first popping the hood to check engine fluids, connectors, wires and hoses. After making sure no one has tampered with the gas tank,

she fires up the bus and then there's more checking to do: are the seats secure? Will the emergency exits open? Are the brakes working properly?

While this is Ms. Robinson's daily routine, the issue of safety is in the spotlight Oct. 7 to 11 for School Bus Safety Week. According to the Province, about 800,000 students are delivered to and from home each day across Ontario.

When she is satisfied the bus is fit and ready for passengers, she wheels out of the yard to pick up students headed to St. Francis de Sales Catholic School.

"My biggest concern driving the bus is the kindergarten kids in the afternoon, making sure they're met by a parent or go home with a guardian," she says. "I've actually phoned parents to make sure kids got home OK (if they went home in a group of students)."

On the bus itself, Ms. Robinson says it's important to make sure all the kids are sitting down.

"If there's a collision and they're not sitting in their seats, they're not protected,"

she explains.

As Ms. Robinson approaches a rail crossing, she slows the bus and comes to a stop. It's an inactive crossing, no longer used by trains. But, because the crossing symbol is posted, she stops, opens the bus door, looks and listens before proceeding.

Grade 7 student Dana Bandola is among the students to board the bus and is quick with a reply when asked what she knows about school bus safety rules.

"No yelling, no walking when the bus is moving, no eating or drinking," she says.

Rhea Bowman, also in Grade 7, says students received a refresher course to start the year.

"Our principal this year had a meeting with all the bus students to go over the rules," she explains.

Grade 4 student Peter Lerant chimes in with an important safety tip.

"If there's a fire and someone's trapped, you should help them out," he says.

Mr. Robinson pulls up to a stop where a few kids board the bus. Until now, all the passengers have been curbside. But, at this stop, one student is across the street. With the school lights and STOP sign flashing, she activates the stopper arm, designed to keep students out of the danger zone at the front of the vehicle, where the driver cannot see a child. After ensuring no cars are coming, Ms. Robinson gives the boy a wave, and he darts across the street.

"You don't have to run across the road, OK?" Ms. Robinson says as he climbs aboard.

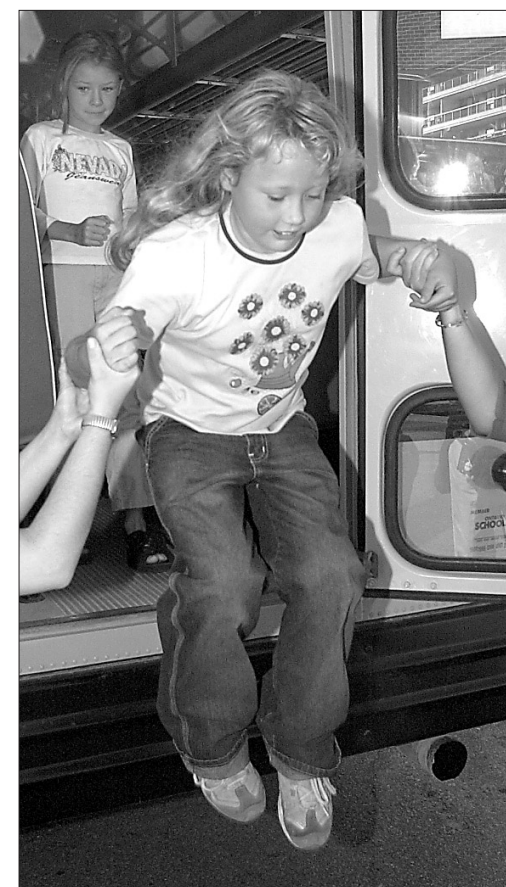
As they near the school, the students are getting a bit rambunctious and moving around the bus, so she demonstrates what she calls her "bus driver's voice".

"Can you guys sit down please; thank you," Ms. Robinson says loudly, restoring order.

Asked if Ms. Robinson is a good driver, a chorus of voices respond 'yes'.



Safe and secure. Penneye Robinson gives the interior of her bus the once-over as part of her pre-route safety routine. Top, Ms. Robinson keeps an eye on the road as a young student crosses to board her bus.

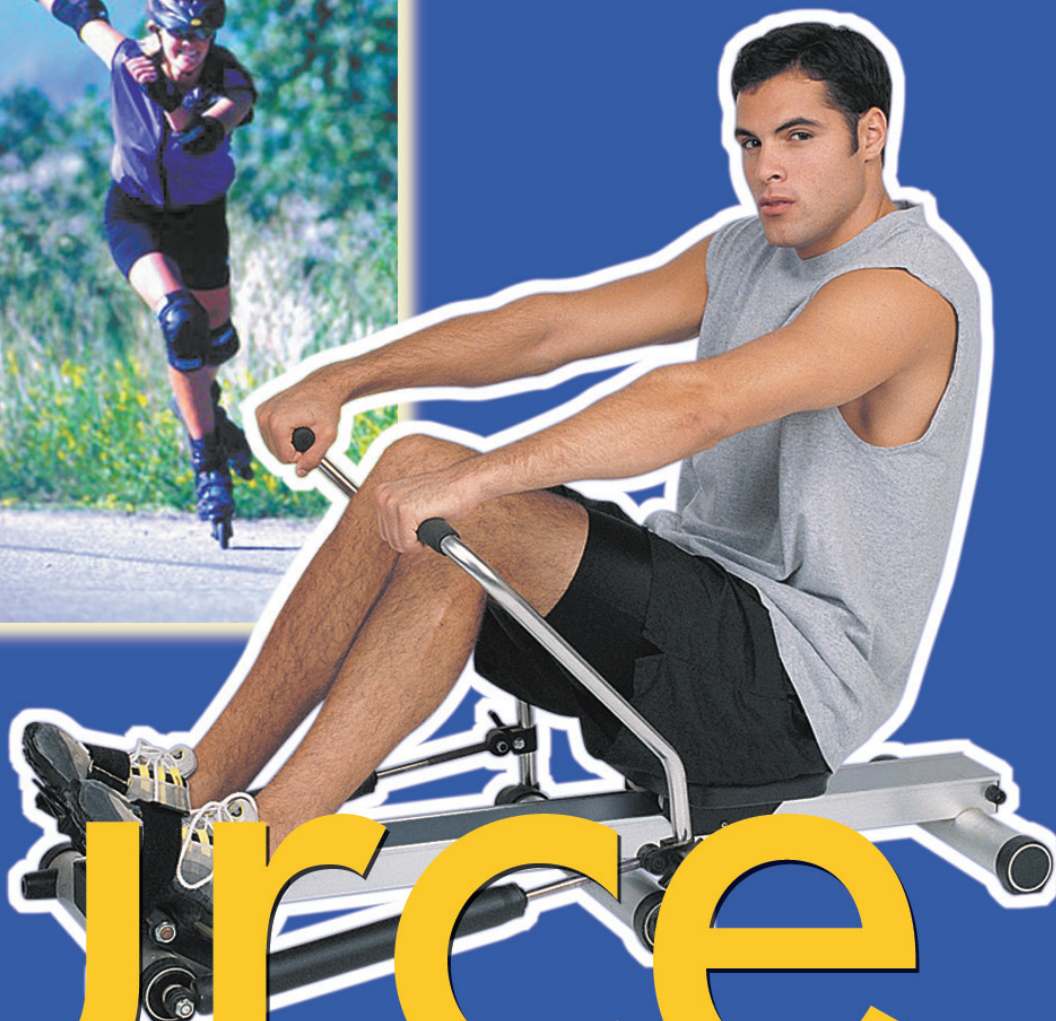


Practice makes perfect. St. Francis de Sales students go through this evacuation exercise as part of regular safety reminders. Getting a helping hand is Sarah Matthews, as Victoria Charette looks on.



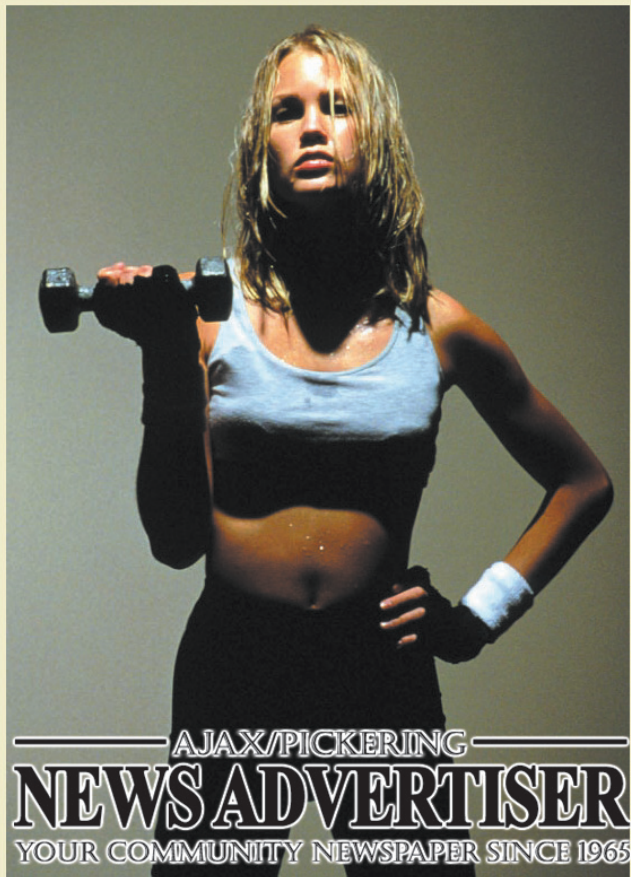
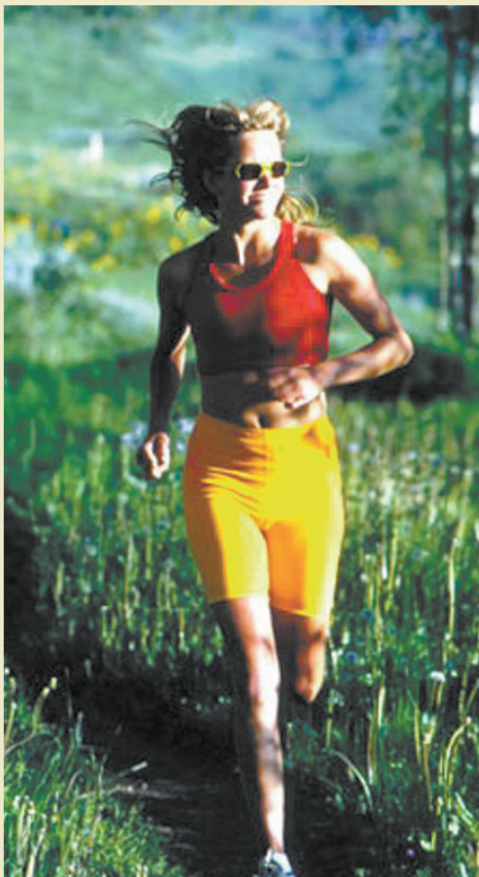
All aboard! Briana Baron hops aboard Penneye Robinson's bus on the way to another day of school.

Fall 2002



fit source

fitness and health club facility overview



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The Herbal Magic Systems "Quick Loss" Weight Management Program is, without a doubt, the "state of the art" weight-management program available today. It is extremely effective in

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Advertising Feature 2002

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fitness and health club facility overview



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"Your membership is valid at both facilities so you can take advantage of state of the art equipment and a staff of certified personal trainers and certified fitness consultants," says Fitness Co-Ordinator Kevin Smith.

Both locations have group fitness programs, the training club, personal training, pool and sauna. The MCC also has registered massage therapy and a whirlpool, while you can enjoy the skating rink, rock climbing and squash courts at the ACC.

The MCC expanded 18 months ago to include a 6,000 sq. ft. training club with the latest strength training equipment, free weight, dozens of cardio machines as well as a fitness studio with sprung wood floor and mirrors.

"The north part of Ajax is booming

so there was a need to expand our services beyond the ACC," says Kevin. "Once we opened in April, 2001 we had an overwhelming response. Today we have 3500 members with two-thirds using the MCC."

The facilities were recently accredited by the Canadian Society for Exercise Physiologists attesting to their high level of standards demanded by this national governing body.

You can choose from more than 50 Group Fitness Classes each week including Step, Aqua Fit, Pilates, Yoga, Cyclefit and classes in Teen Cardio Hip Hop, Pre/Post Natal Fitness and so



much more.

Membership options are very flexible. You can join for a month, 3 months, 6 months or a year at a time. You can also pay by the day if you want. Seniors and teen/students can purchase memberships at half price.

Of course it's the staff at both clubs who have made them a success.

"The staff is dedicated to helping our members achieve their goals," says Kevin. "They're highly trained and very knowledgeable and helpful."

The hours for the clubs are from 6 a.m. to 10:30 p.m. Monday to Friday and 7 a.m. to 9 p.m. Saturday and Sunday.

The McLean Community Centre is located at 95 Magill Dr. at Westney Rd. N. The Ajax Community Centre is located at 75 Centennial Rd. at Monarch Avenue.

Child care is available and some programs have additional fees. For information call MCC at (905) 428-7711 or ACC at (905) 683-3740.

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- Cyclefit
- Yoga
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- Active Moms and Babes
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McLEAN COMMUNITY CENTRE

(95 Magill Drive – Westney Rd. North & Magill Dr.)

- 25m leisure pool, water slide, tot pool, whirlpool, co-ed sauna on deck
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P. Murphy

"Since joining the Training Club four years ago, I found the staff more than willing to provide assistance. They are friendly, knowledgeable people. The facilities are warm and user friendly. I enjoy the sense of community!"

J. Maxwell

"I appreciate the availability of the fitness facility. It accommodates everyone's needs. Equipment is always available and well maintained. Staff is happy to instruct and answer questions. You meet nice people here."

A. McGinnis

"I've been coming here for 10 years. It's so comfortable. It's my second home!"

J. McLean

McLean Community Centre

95 Magill Drive
Ajax, Ontario
(Westney Road North & Magill Drive)

Ajax Community Centre

75 Centennial Road
Ajax, Ontario
(Monarch Avenue & Centennial Road)



CALL TODAY FOR MORE DETAILS

McLean Community Centre:
905-428-7711

Ajax Community Centre:
905-683-3740



fit source

fitness and health club facility overview

The Pickering Recreation Complex...Expanding To Meet Your Needs.

The Pickering Recreation Complex has been serving the community for 19 years! Renovations are currently being completed to serve you better. With 2,500 square feet of new fitness space, new equipment, more parking and family change space, you can't afford to miss out. To get fit and take better care of yourself can be difficult, but with a wide selection of fitness classes, high-quality child care services, pay-as-you-go services and even short-term memberships, the Pickering Recreation Complex can help meet your goal. And to get you started, bring in this ad and enjoy a complimentary

fitness class. Choose from a wide selection of classes throughout the day and evening, including Yoga, Toning and Aerobox, as well as classes designed to meet medical needs, such as Osteoporosis. Fitness instructors understand the difficulties many people, particularly women, face when beginning and sustaining physical activity. According to Statistics Canada, women are unlikely to hit the gym if they are overweight, probably because of the undue emphasis society places on looks, but fitness instructors are working moms too, and understand the challenge of trying to make

the time to do the right thing. They invite you to feel the support of a group exercise class that meets your interests and schedule. In addition to excellent fitness and health facilities, the Recreation Complex offers Leisure Programs, Squash, Tennis, Racquetball, Social Activities and

Integration Consultations to meet everyone's needs. Located in the heart of the City on Valley Farm Road, The Pickering Recreation Complex is on the Bus route for your convenience. Drop by or call 905-683-6582 and start taking better care of yourself today!

Lose weight and tone your body at Curves for Women

Whether it's to fulfill a personal resolution to lose weight, or an ongoing commitment to improve your health, Curves for Women have the facility and a proven system to help you achieve your fitness and weight-loss goals. From reducing weight and toning the body, improving your heart, or strengthening muscles, Curves for Women can help. Curves for Women is not only a one-stop exercise centre designed for successful permanent weight loss, but also a social gathering place to meet friends or make new ones in a women only environment. Curves for Women is helping women lose excess pounds and inches while acquiring the habit of exercise. Their unique Quickfit circuit training system makes it easy. You warm-up, perform cardiovascular and strength training exercises, and cool down. that's a complete workout in just 30 Minutes. The Curves for Women Quickfit circuit alternates hydraulic resistance

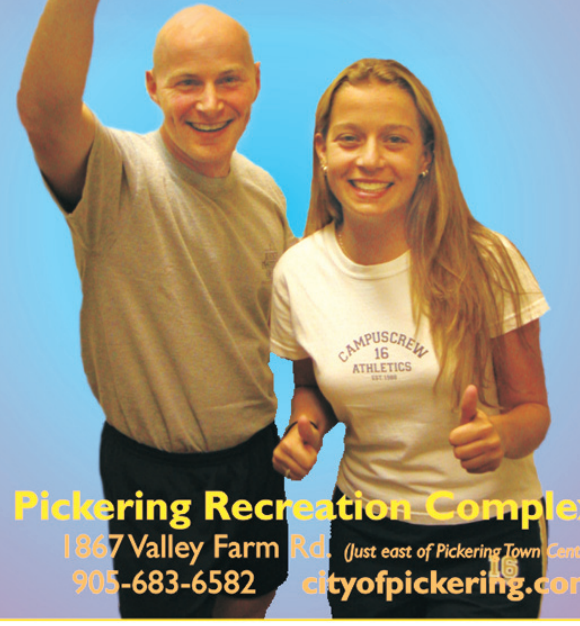
strength training with aerobic recovery stations. The machines use hydraulic resistance to achieve fitness and weight loss. There are no weight stacks to manage or change. You push, then pull, rather than lift and lower weights reducing the potential for soreness and injury. Exercise is set to music, with vocal cues that let users know when to move to the next station. Founded in 1992, curves for Women is now the largest fitness centre franchise in the world with over 3,200 locations in 50 states, Canada and Europe. The locations in Pickering are franchisee operated by Joan Murphy and Joanna Lopez. When stretched out on a monthly basis, the flexible payment plans at Curves for Women are much less expensive than you might think. Call for information or stop by at no obligation.

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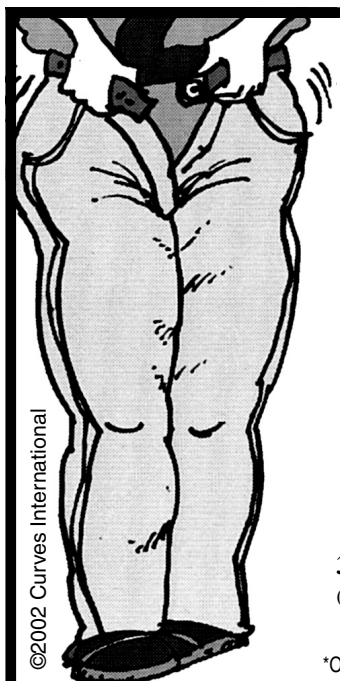
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Pickering Recreation Complex
1867 Valley Farm Rd. (Just east of Pickering Town Centre)
905-683-6582 cityofpickering.com



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Advertising Feature 2002

fit source

fitness and health club facility overview



Beat the Trap of the One Month Exercise Program

It's no mystery why health club memberships swell in the late winter months of January through March. Excess holiday pounds, cabin fever and the more revealing look of warm weather clothes drives hordes of people to gyms and aerobic classes. The problem, as so many have experienced, is sticking with the program for more than a month.

The reasons for dumping the time previously devoted to physical health are varied, and often justifiable: The pace at work has picked up, the kids are involved in spring activities, you've already dropped eight pounds, etc. But what happens next becomes a tortuous standard procedure every year. We join a club or engage in a program, derive a few benefits and then file it away as something that was "inconvenient" to our lifestyle.

Deep down, though, we know the truth. Sticking with a good plan, recommended by our family physician, is not only good for us, but for our spouses and kids as well. As shown by a multitude of research, regular exercise prevents obesity and high blood pressure, lowers our cholesterol, improves our disposition and possibly increases our lifespan, memory, sexual health, sleep patterns and overall muscular strength. But to stay fit, one has to stay motivated, which of course is easier said than done.

When you look at the true fitness freaks around you, you may notice in some an almost slavish devotion to exercise. Not for you? Then look at those who seem fit, but aren't wearing shorts and running shoes as part of their everyday apparel. How do they do it?

The secret in maintaining exercise or diet motivation lies in sources outside of ourselves. The old maxim of "the flesh is willing but the spirit is weak" is never more true than when faced with a workout. Going solo is tough work; we all need an impetus, usually more than a spouse that says, "Say, Hon, you're getting a little soft around the middle." Here are some ways to get that needed workout or diet stimulus

Do it with a friend. No, this doesn't mean your spouse, even if you consider them your best friend in the world. Spouses tend to excuse each other too much. Enlist a friend with similar goals, and make a pact to keep each other on task and working toward a specific goal. Vow not to let each other down, no matter how much your thighs hurt after a step class.

Enlist the family. This is far better than just enlisting a spouse, as kids will usually want to go to the health club whenever they're the slightest bit bored, especially if there's a swimming pool or cute guys/girls involved. They will also like to stay later for those reasons, too. Besides, workout time can also be a family-quality time when you swim, run or shoot hoops together.

Find a personal trainer. Once a luxury of only the rich and famous, the personal trainer industry has grown to where there are competent trainers in the smallest of communities. Many charge just an hourly rate, and if they can't keep you on task, nothing will. If you're really serious about your fitness but can't stick to your goals, a personal trainer will almost surely get you there.

Lacking human support, go video. Sometimes it's just not possible to join a club, recruit a friend or make it to scheduled classes on time. Although easy to excuse, a video constantly in the VCR may persuade you to take some time everyday to exercise. Increase the opportunity to work out by leaving nice open space to follow the video routines, and set aside a certain time of a day (after the kids are in school, before or after work) when it's easy to hit the "play" button on the remote. Think of the video instructor as someone you want to visit everyday, and make sure that you keep the tape on for gradually longer periods.

Motivation is the key to any exercise program. If you don't want to do it for yourself then do it for your family. They would probably like to keep you around for a few more years.

"Strength to Succeed"

It's our motto

The Edge Defense Centres opened its first location in 1993 in Whitby. Since then, two other Centres, one in Oshawa and the other in Ajax, have opened to serve the growing needs of our communities. The Edge Defense Centres focus mainly on the needs of children from ages 4 - 15 with over 1000 students in the three schools.

Three of the many benefits of taking classes at The Edge Defense Centre are confidence, discipline and leadership skills. "Students can expect to gain strength needed to succeed in life" says Dave Couch, owner and director of the facilities. "It is also our motto that we follow."

A large part of the success of the Whitby and Oshawa locations is the high level of professional training the instructors undergo in order to serve students better. This will be carried over to the new 2,500 square foot, beautifully renovated, Ajax facility as well. Dave Couch, is a 4th degree black belt in Karate and Ju Jitsu and Helen Couch, director of operations, holds a 2nd degree black belt in Karate and Ju Jitsu. Her former occupation as a Metro Police Officer and

Police Foundation Instructor gives her just the right perspective to run the women's programs. Rebecca Kanstein, director of marketing, is also the head of the Cardio Kickboxing programs offered at the facility.

Joining a Martial Arts program can really help children deal with bullying problems and help with street proofing. "Fun and exciting" is how Shawn Walker, director of instruction, describes the children's programs. Shawn is a 1st degree black belt in Karate and Ju Jitsu.

The Edge Defense Centre is involved with many organizations in the Durham Region, including the Durham District School Board, where they have continued to give quality Martial Arts education to the students and faculty for over 10 years. Registration for fall and winter classes is being accepted at all three facilities. New students are invited to come into the Centre, meet with the staff, watch a class and view the facilities before making the decision to join.

The Edge Defense Centre will help you focus on enjoying life. Call today! (905) 686-6353

THE EDGE

Defense Centre

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SPECIAL

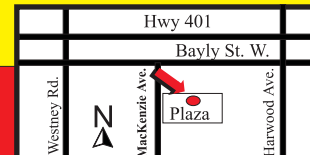
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AJAX

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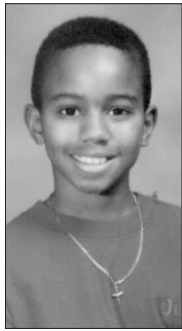


Name Dropping

NEWS ADVERTISER OCTOBER 6, 2002

13th Birthday

Happy 13th birthday wishes to go out to "our precious son and brother **Michael**. Love from **M o m m y , Daddy, Ricky, Justin, Marissa** and the rest of the family. Continue to be the sweet, loving young man you are."



40th Birthday

Luka Kapac celebrated his birthday Oct. 5. "Happy 40th birthday! Wishing you all the best on this special birthday. Lots of hugs and kisses to a wonderful daddy and husband from your two favourite girls, **Alyssa and Phyllis**. Much happiness, good health and continued success from all your family and friends."



Birthday



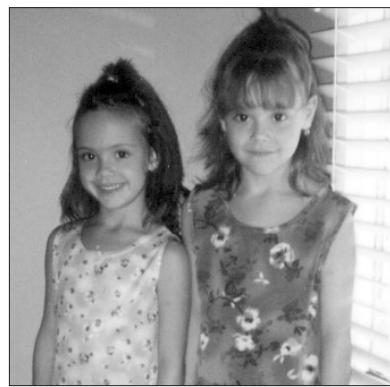
"Oct. 5 was a special day as **Erika Shadlock** celebrated her second birthday. We hope you had a wonderful birthday with your family and friends. Wishing you a happy birthday with love are **Mommy, Daddy, Brad and David**."

Birthday

"Happy birthday to our little Spice Girl, **Sydney Carmichael**, who turned seven Sept. 29. You are the sunshine in Mummy and Daddy's life. We love you to the moon. Have a great time at your party. Love **Mummy and Daddy**."



Birthdays



Happy birthday wishes go out to "our precious girls **Cassandra and Alexia Sribny**, who turned seven Oct. 4. Have a wonderful birthday party and we love you very much. Love always from **Daddy, Mommy, Nicholas**, family and friends. Love you lots!"

Birthday

"Wow! Our **Rhea** sunshine is seven already. We love you, our little miracle. **Rhea Castro** had a party with her church and school friends at Chuck E. Cheese's to celebrate her special day, which was Sept. 25. Lots of love from **Mom, Dad**, and family. P.S. What was the surprise Rhea?"



Birthday

"This birthday greeting is sent to our nephew and cousin, **Christopher Pertab**, who celebrated his 11th Sept. 30. Love and God's blessings from **Craig, Jonathan, Renata, Auntie Camille and Uncle Nick**."

Birthday



"Thank you **Charlotte and Nunzio** for our precious granddaughter, **Sarah Jean Xibilia**, who turned one Oct. 4. Sarah, you have brought so much joy and laughter into our lives. Love you very much, hugs and kisses **Nonna and Nonno**."

Birthday



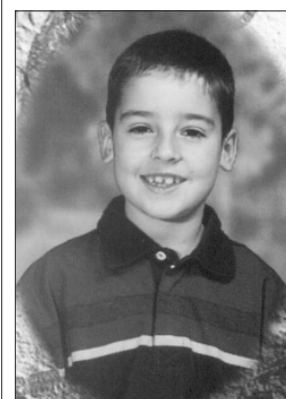
"Oct. 6 is a special day in the **Matheson** house, as **Heather** celebrates her ninth birthday. Have a great birthday and enjoy your party with your friends. Lots of love from **Mummy, Daddy, Ryan, Nana, Papa** and the rest of your family and friends."

Birthday



"Special birthday blessings to our beloved son **Terique J. Schloss** (AKA **T.J.**), who was five Oct. 1. It seems like yesterday we brought you home (in a blanket) from the hospital. Where did the time go? We are so proud of you. Love **Mom, Dad**, grandparents, godparents, aunts, uncles and sister **Shaneese**."

Birthday



On Oct. 9, **Tyler Pacey** celebrates his eighth birthday. Lots of love and kisses from **Mom, Dad, Kassandra, Nana, Papa, Vovó**, aunts, uncles, cousins **Natalie and Jacob**. Congratulations on making the **Ajax Knights** novice select hockey team.

Birthday



"To our special Jeff Gordon fan, **Drew Munro**. We wish you all the best and send you lots of love on your eighth birthday Oct. 6. Drew celebrates with friends and family. Happy birthday buddy. Love from **Dad, Mom, Grandma, Papa**, your aunts, uncles, cousins and especially your little brother **Zachary**."

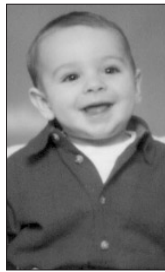
Birthday

"Finally, he's a whole number! Our little meatball, **Callum Earle**, turns one Oct. 11. What a wonderful addition to our family. Much love, hugs and kisses from **Mommy, Daddy**, big brothers **Everett and Aiden**, and doggies **Morgan and Shadow**. Have a fun day."



Birthday

The little guy in the **Sirrizzotti** home is turning one. **Jacob** celebrates his first birthday Oct. 8 and lots of love and kisses come from his **Nana, Papa, Vovó, Tias**, uncles and cousins **Tyler, Kassandra** and **Natalie**.

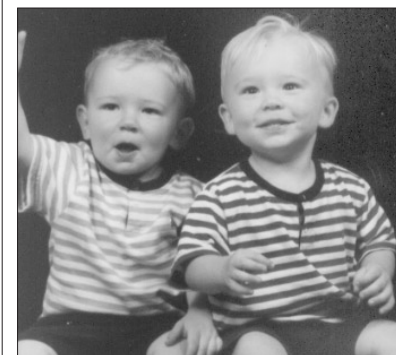


Birthday

"Happy first birthday Oct. 7 to our little possum **Emily**. The year has passed so quickly. You make every day a joy with your smiles and laughter. Have fun at your birthday party. Love you forever, **Mommy, Daddy, Poppa, Grandma, Oma**, your aunts, uncles and cousins."



Birthdays



Jack and Ethan turned two Oct. 1. **Mommy, Daddy and Guinness** want to send double birthday wishes to "our sweet boys. Have fun at your 'Blue's Clues' party!"

BASKIN ROBBINS 31

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Pickering 905-831-5431

THIS WEEK'S CAKE WINNERS ARE:

1. Heather Matheson
2. Rhea Castro
3. Terique Schloss

Winners may go directly to Baskin Robbins to receive their FREE cake. (Please provide identification)

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Community group celebrates quarter century of support

One parent families organization celebrates silver anniversary this Friday

PICKERING — A local group is celebrating a quarter century of helping one-parent families connect with one other.

The Ajax-Pickering chapter of the One Parent Families Association (OPFA) holds a 25th anniversary reunion celebration and dance Oct. 11, a black-and-white-dress themed event at the Pickering Recreation Complex, 1867 Valley Farm Rd.

The non-profit group, run entirely by volunteers, has more than 250 members and roughly 420 children under the age of 18, making it one of the largest chapters in the country.

"It's somewhere where you can fit in and keep the family together," said Linda Lomas, the chapter's publicity

director. "They're with other people in the same situation with their kids, and they're not alone."

Group members are parents without a marriage partner due to a separation, divorce, unmarried parenthood or the death of a spouse.

Members do not have to have custody of their children to be eligible, and the membership fee is \$40 per year.

As Ms. Lomas explained, OPFA Ajax-Pickering is an active group that does more than just

hold weekly meetings. A recent white-water rafting trip, annual Easter and Christmas brunches and many other outings offer a lot to parents and children.

"This is all free (for the kids)," she said. "All the fund-raising we do, because we're one of the biggest chapters, we're able to do all this for free."

She said dance organizers are hoping to have many past and longtime members attend the event next Friday. To find out more about the

group, call 905-426-4646, or visit www.geocities.com/opfaca.


All are welcome at the dance,

which starts at 8 p.m. For more information, call Sandra at 905-683-7933.

Hepatitis C group holds monthly meetings

DURHAM — The Durham Hepatitis C Support Group is inviting the public to attend its monthly meetings to learn more about community support for individuals with hepatitis C, a virus affecting the liver.

Group meetings are held on the second Thursday of each month at St. Mark's United Church, 201 Centre St., at 7 p.m. For more information on the group, call 905-723-8521 ext. 2290.



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Notice

Information Session

The public is invited to attend an information session hosted by the Greater Toronto Airports Authority (GTAA). GTAA representatives will be available to answer questions regarding the interim planning for a potential regional, reliever airport on the federal lands in north Pickering.

Wednesday, October 9th 4:00 p.m. - 8:00 p.m.
Pickering Recreation Centre
1867 Valley Farm Road
Pickering, ON

For further information about this session or future sessions in neighbouring communities please call the GTAA's Site Office at (905) 619-4822 or visit our website at www.gtaa.com

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Mental health centre acts on Privacy Commission report

BY JEREMY LE PAGE
Staff Writer

DURHAM — A report from the Ministry of Health and Long-Term Care stating a breach of the Privacy Act occurred at a former psychiatric facility is being taken "very seriously," say representatives of the Whitby Mental Health Centre (WMHC).

The 11-page report includes results of a five-month investigation by Mumtaz Jiwan, mediator at the ministry's Information and Privacy Commission (IPC). The report follows the discovery of records containing personal information of staff and patients at a former WMHC building during a labour strike last spring.

More records may still be inside the unoccupied build-

ing, say Ontario Public Service Employees Union representatives.

WMHC administrator Ron Ballantyne says efforts to respond to the report have already begun.

"We totally agree with the report," he says. "We're not disputing the findings."

The building, located just north of the current mental health facility, has been vacant since the WMHC's move to its new site in 1996. It was rented to OPSEU for \$500 per month by the owner during the provincewide labour dispute last March. The report says two OPSEU members, whose names aren't being released, found documents strewn throughout a number of empty rooms in the rented building. "It appeared as if the place had

been vandalized and the paper deliberately thrown about," states the evidence of one witness.

Records found in the building are dated from 1977 to the early 1990s. "It appeared most of the records originated with the Occupational Therapy department," Ms. Jiwan states in the report. "Not all, but certainly many of the records contain the personal information of both patients and staff," she wrote. Listed documents include: staff attendance, wage negotiations, expense records and advances, canteen accounts, folders of cash sales, withdrawal books and clinical records deficiencies lists.

OPSEU Local 331 president Joan Gates says she is glad the Privacy Commission

is acknowledging the problem, but says the report confirms more private files may still be in the building, which is now locked.

According to Ms. Jiwan's report, "Attempts to contact the current owner of the old WMHC site for permission to enter the buildings in order to secure any documents that might still be there had not been successful to date."

Building owner Zoran Bakich declined comment when contacted.

Ms. Gates says OPSEU members were shocked to find the documents, and says some employees at the health facility found their own personal documents at the site. One woman found her resume loose in the building, she says. The possibility doc-

uments still remain in the building concern staff, she says, especially since kids break in and vandalize buildings at the site on a regular basis. "Those buildings are derelict," she adds. "They're a hangout for kids."

Mr. Ballantyne says work is already taking place to deal with the problem.

He says a serious effort is being made by WMHC to meet the report's recommendations, which include using all means possible to recover any remaining documents in the building, and notifying any individuals whose personal information may have been disclosed. The report indicates a court order may have to be obtained if the building's landlord cannot be contacted.

There is also a recommendation to establish a training program for WMHC employees who deal with personal records.

But Mr. Ballantyne says training isn't an issue. "(This is) a unique circumstance," he says. It was an unfortunate incident that will never occur again, he explains, adding out of the "many, many records produced, a very small number had personal information." The incident was an unfortunate result of the facility's move several years ago, he says.

Mr. Ballantyne suggests the WMHC is "obliged to respond to the commissioner." But what steps have been taken to respond to the report cannot yet be discussed, he adds.



Multiple Sclerosis Society of Canada

Multiple Sclerosis Education Night

The Durham Regional Chapter of the Multiple Sclerosis Society of Canada

Dr. Paul Marchetti will speak on "New Research in Multiple Sclerosis"

Where: Durham Regional School Board, Rm 2007, 400 Taunton Rd, Whitby (wheelchair accessible)

When: Thursday, October 10, 7:00 pm

RSVP to Durham MS Society office: 905-686-2581 or 905-686-1801

This event is sponsored by an unrestricted grant from Serono



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A F E A T U R E F O R T O D A Y ' S F I F T Y - P L U S L I F E S T Y L E

Province is delivering on long-term care: Newman

Associate minister brings government's message to local seniors at seminar

PICKERING — Improved health and long-term care continues to be delivered to Durham residents, says Dan Newman.

The Ontario associate minister of health and long-term care was in Pickering recently, joined by Pickering-Ajax-Uxbridge MPP Janet Ecker and a group of more than 150 seniors at the recent third annual Pickering-Ajax-Uxbridge seniors seminar.

"One of the greatest challenges our province and our country faces in the coming years is meeting the needs and addressing the challenges of our growing and aging population," he told the crowd at the East Shore Community Centre.

"Our growing and aging population is a demographic reality that needs answers and solutions."

Mr. Newman reminded those in attendance that in 1998 the government announced it would invest more than \$1.2 billion to help build and redevelop tens of thousands of long-term care beds across the province.

He said so far 15,000 new beds have been built or are currently under construction.

In Durham, Mr. Newman noted, a total of 733 new long-term care beds have been allocated for construction with 146 new beds already in operation. He also said 584 existing beds in the area would be redeveloped as a part of a plan to upgrade thousands around the province.

"There's no question that each and every one of these beds will make a real difference in the quality of life for those in need of long-term care services," he added. "But, the fact is there's more work to be done."

During ongoing consultations and discussions with long-term care stakeholders, Mr. Newman

said the government heard the number-one priority was better nursing and personal care.

In response, he said the government announced in July a nearly \$200-million investment in long-term care, with \$100 million going to nursing and personal care services across the province.

"This funding could see as many as 2,400

nurses and personal care workers added to the long-term care sector, or approximately 3.9 full-time equivalent nursing and personal care staff per 100 bed facility," he said.

For Durham, it means the 733 new beds and 584 redeveloped beds — a total of 1,317 — would bring roughly 51 new positions.

"This will mean even better care for residents today," he added.

Ajax seniors issue invitation to play

AJAX — Cribbage, anyone?

The Ajax Seniors' Friendship Club plays bridge and cribbage every Monday at 1 p.m. at the St. Andrew's Community Centre, 46 Exeter Dr. Ajax.

In addition, bridge is also played Wednesdays at 1:15 p.m.

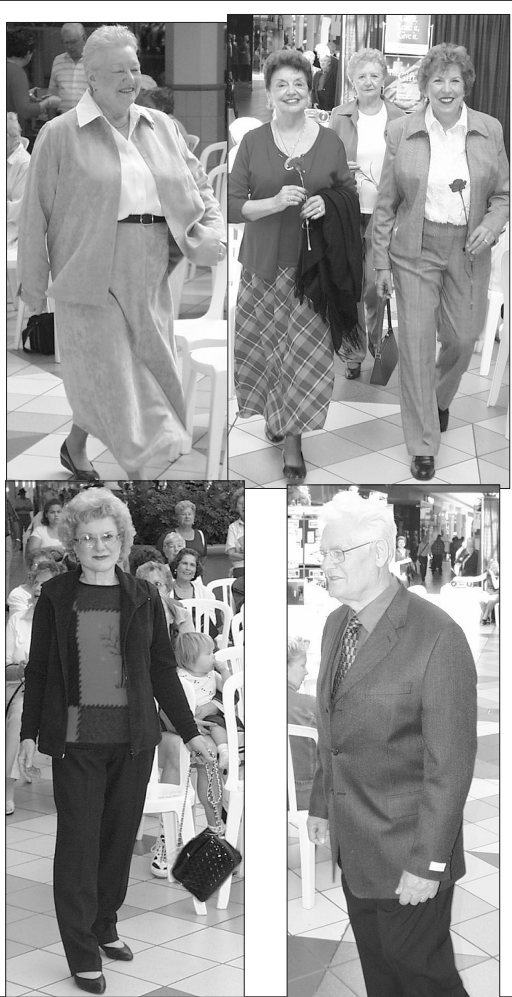
Call Agnes at 905-686-1573 or Jack at 905-683-9696 for more information on what's offered.

The Focus Was on Seniors at Leisure Fair 2002

Seniors were the centre of attention at the Annual Seniors Leisure Fair at the Oshawa Centre from Sept. 4th to 6th.

The event was co-sponsored by Oshawa This Week and featured daily fashion shows with clothing by The Bay.

The show highlighted all of the great programs and activities offered by the Oshawa Senior Citizens Centre.



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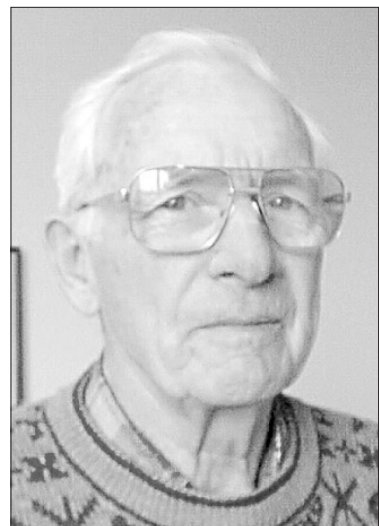


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Older volunteers help keep community alive



ROY FORRESTER

A passion for the outdoors led to most recent volunteer effort.

BY JACQUIE McINNES
Staff Writer

DURHAM — Just because you don't get paid doesn't mean you've retired.

For many active seniors in Durham Region retirement is just the beginning of a full-time career as a volunteer.

Roy Forrester, who was recently named Senior of the Year in Clarington, knew all about community service while publisher of a smalltown paper for more than 50 years.

In the 1950s and early 1960s he was an Orono Police trustee and a member of the local hydro board. An avid outdoorsman, he served on the Ganaraska Conservation Authority for a number of years and was its chairman for four of them.

"During that time we brought

in the outdoor education program and the forest centre," recalls Mr. Forrester.

When he sold the 'Orono Times' about five years ago, Mr. Forrester continued to be part of his community and today the 80-year-old continues to serve on the board of directors for Durham Lodge, a 41-unit seniors' home. He also continues to play in the Clarington Concert Band, a group he joined at the age of 15 when he first picked up a horn.

But it is his passion for the outdoors that has been the greatest source of inspiration for Mr. Forrester's recent volunteer work. As chairman for the Durham Branch of the Oak Ridges Trail Association (ORTA) he has led a pack of dedicated volunteers as they've created and marked paths through Durham to hook up with

the rest of the Oak Ridges Trail that runs across the top of the GTA. A few years ago he began a skiing program at the Ganaraska Forest.

In Durham there are many older adults like Mr. Forrester who have left behind their 'work life' only to find a new line of work in the volunteer sector.

At Wilmot Creek in Newcastle, a group of residents are finding a way to use their retail skills to benefit a local women's shelter. Pairs of volunteers head out from the retirement community each day to man a Bowmanville second-hand clothing store to raise money for the shelter. Because the clothes are donated and the residents provide the staffing for free, much of the revenue can be directed right to the shelter. Seniors are proving they still

have a lot to offer their communities. Like Mr. Forrester, more than 200 were recently recognized with provincial awards as 'senior of the year' in their local city or town.

In Canada, volunteers 65 and older make up 17 per cent of all volunteer hours and when their counterparts aged 55 to 65 are added in, that number more than doubles, according to the Canadian Centre for Philanthropy. The two prime motivations for older volunteers is their belief in the cause and the chance to put their skills to use.

Those are certainly two motivations for Mr. Forrester, who on Saturday mornings can be found out leading groups of hikers along the trail routes he helped build. In his own words, "It beats lying in bed."

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Forever **YOUNG**

A big part of Ajax's history earns honours

Elva Brennan named senior of the year by friendship club



Ajax resident Elva Brennan was recently honoured by her peers for her years of volunteer work in the community with the Ajax Seniors' Friendship Club.

AJAX — When Elva Brennan retired from Sears after 25 years of work, she wasn't ready to slow down.

"It started bothering me; what to do? I wasn't ready to stop," Mrs. Brennan said.

So, in 1979, she joined the Ajax Seniors' Friendship Club and has been on the go ever since.

For all volunteer her work, Mrs. Brennan has been named the 2002 senior of the year.

"I enjoy it," she said. "Up to this day, I enjoy it. In one month, I'll be 89 and I'm still on the go every day. Anyone living in Ajax who is bored and complains they have nothing to do isn't looking around. There's lots to do."

Three months after joining the club, Mrs. Brennan began filling in for the treasurer who was ill. She's held the job ever since.

As treasurer, she's been able to oversee the donation of "thousands and thousands (of dollars) back into the community. That meant something to me," Mrs. Brennan said.

"I guess (the award) means the last 23 years I was doing something I enjoy doing very much, volunteer work with the Ajax senior citizens' club. It's an honour to be recognized."

Jimmy and twins Geraldine and Gerald.

Oct. 8 is the 60th year she's lived in Ajax.

Mr. Brennan was an army land surveyor sent to the area to set up the munitions plant that became Defence Industries Limited.

With "twin babies and a son, we came out here," Mrs. Brennan stated. "It was just farm land and lots and lots of snow."

At the time, those living here had to put in a bid for a house, she noted.

"My husband came home and said 'our address will be 7 Mary St. but I don't have any idea when they will build it'."

Mrs. Brennan continues to live there.

In addition to her children, Mrs. Brennan has four grandchildren, seven great-grandchildren and seven great-great-grandchildren.

The seniors' club is at 46 Exeter Rd. and the phone number is 905-686-1573.

The club has a variety of activities, Mrs. Brennan noted.

"There's lots for our seniors to keep busy. I realize someone has to take charge of these things and help make them grow."

The award "means a lot" she said, adding, "I didn't think I'm any better than any senior."

Ajax council also made a recent presentation, in which Mayor Steve Parish said, "Elva has been a part of the history of Ajax and remains a very active member of the community."

A resident of Ajax before it was called Ajax, Mrs. Brennan and her husband Jim moved to the area in 1942 with their three children,

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During Eye Health Month, optometrists across the country will be promoting how important regular eye examinations are in ensuring healthy eyes through a variety of ways, such as by distributing educational materials and speaking in schools, community groups and clubs. On a national

level, a major eye health awareness campaign will also be launched. Posters, booklets, bookmarks and magnets will also be distributed as part of this campaign.

The older we get, the more we need to care for our eyes. It's important that seniors don't let age-related eye problems interfere with their active lives. Many seniors fear they might have to one day limit or even stop many of their favourite activities. Fortunately, there are many things that can be done to reduce the impacts of altered vision, allowing seniors to continue their active lifestyles. The most important step you can take toward protecting your vision is to have your eyes examined every year to monitor any changes in vision, to verify the health of your eyes, and to provide you with tools that can help

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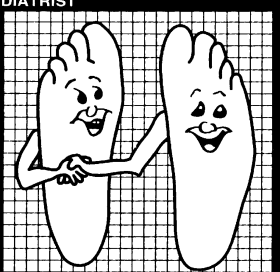
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While some seniors have mastered the internet and can be found planning their next trip, others are learning Tai Chi and Yoga. Still, other have

returned to school to learn new skills and arts. Some have taken up line dancing or are learning to play a musical instrument. Today's seniors look good and enjoy independence and self esteem. They have been frugal with their finances and are now in the position to spend money on themselves and enjoy their retirement.

Doesn't this sound like you? Why not? Perhaps it is time to take up a new interest! Join us at Greenwood Yoga. Find out that you can do yoga at your own pace in a class just for seniors. Or try Tai Chi! You will meet other seniors who


want to expand their interests. If you have been sitting around wondering what the day will offer, perhaps it's time you take the bull by the horns and put something new into your day!

Yoga and Tai Chi help to build strong spirits, young hearts and active minds. At Greenwood Yoga, we care enough to think about your needs and those of the community and invite you to grow young and stay active. Call Nicole at 905-619-1405 to register for daytime classes for Seniors in Yoga or Tai Chi.

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Karen Tazar
R.N.C.P. C.N.P.

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So regardless of your symptoms, whether it be excess weight, irritable bowel, constipation, PMS, eczema, acid reflux, sinusitis, high cholesterol, ADHD or high blood pressure, the prevention is up to you and a Nutritional Health Consultant to guide you back to health. Cigarettes, alcohol, drugs and FOOD create imbalances. Even healthy nutritious food can be the

culprit, if a person has a sensitivity to it, or if the liver is too congested.

Today, in many cases, stress is at an all-time high, the demands on the body are great, and the liver is often overburdened. People that react to everything such as the environmental substances, raw vegetables and fruits, animals, etc. need to support and cleanse their liver to restore balance. Become knowledgeable about your biggest asset, your body, and ask a professional to get you started on the path to life's highest reward your vibrant health. Start now by listening to your body. If you have numerous symptoms and feel drained and overwhelmed, there is still help for you!

Karen Tazar offers sensitivity testing and a 5 step individualized program including Nutrition coun-

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MONDAY, OCT. 7

SENIORS' CARDS: The Ajax Seniors' Friendship Club plays bridge and cribbage every Monday at 1 p.m. at the St. Andrew's Community Centre, 46 Exeter Dr. Ajax. In addition, bridge is also played Wednesdays at 1:15 p.m. Call Agnes at 905-686-1573 or Jack at 905-683-9696.
PARKINSON'S MEETING: The Parkinson Society Durham branch meets tonight at 7:30 p.m. at St. Mark's United Church, 201 Centre St. S., Whitby. Guest speaker Dr. Warren from Rouge Valley Ajax and Pickering hospital discusses depression and Parkinson's. Call 905-619-1469.

TUESDAY, OCT. 8

DISCUSSION GROUP: The Ajax Seniors' Club's Tuesday Morning Discussion Group meets at 9:30 a.m. in the St. Andrew's Community Centre, 46 Exeter Rd. Call Louise at 905-686-1573.
PICKERING POWERHOUSE TOASTMASTERS: The club meets every Tuesday 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 Colleen at 905-831-5965.
PARENT SUPPORT: A parent support group meets every Tuesday in Ajax at 7:15 p.m. for parents of kids involved in drugs, alcohol, running away, dropping out of school, crimes and parent abuse. Visit www.apsgo.on.ca or call 1-800-488-5666 for meeting location or information.
FIVE-PIN BOWLING: The Ajax Seniors' Friendship Club meets at Plaza Bowling in Ajax, every Tuesday at 9:30 a.m. Newcomers welcome. Call Arlene at 905-683-0911.
DENTAL HYGIENISTS: The Durham Dental Hygienists' Society meets at the Oshawa Public Library, McLaughlin Building, from 6:30 to 9:30 p.m. Dr. Frank Bravo, an ear, nose and throat specialist, will speak on laser therapy for snoring.

Billboard
October 6, 2002

905-665-9937 (Helen).
HORTICULTURE: The Pickering Horticultural Society meets at 8 p.m. in the O'Brien meeting rooms of the Pickering Recreation Complex, Valley Farm Rd. south of Hwy. 2. Guest speaker Tila Silverio will talk on Fen Shui in the garden. Everyone welcome. 905-839-4604 (Sylvia), 905-420-8076 (Ann).
AVICULTURAL SOCIETY: The Durham Avicultural Society presents an auction of birds and bird-related items at 7:30 p.m. at the Rotary Park Pavilion on Lake Driveway West in Ajax. 905-839-3219 (Diane).
BLOOD PRESSURE: A free blood pressure clinic is being held from 11 a.m. to 2 p.m. at St. Paul's United Church, 65 Kings Cres., Ajax. Use the west door off the parking lot. 905-427-0007.
WEDNESDAY, OCT. 9
TOYS OR TOOLS: The Durham Home and Small Business Association meets at 6:30 p.m. at the McLean Community Centre, Magill Drive at Westney Road.

The topic is determining the ideal technology solutions for your business. Pre-register for door prize. Call 905-728-2899.
ONE PARENT SUPPORT: The Ajax-Pickering Chapter of the One Parent Families Association meets every Wednesday at the Ajax Cricket Club, corner of Monarch Avenue and Clements Road, Ajax. It's for custodial and non-custodial parents, whether your children are two or 42.
Meetings are at 8 p.m. except the second Wednesday of the month when start time is 8:30 p.m. Call 905-426-4646.
WHIST AND BRIDGE: The Ajax Seniors' Friendship Club plays every Wednesday at 1:15 p.m. — newcomers should come earlier — at St. Andrew's Community Centre, 46 Exeter Dr., Ajax. For information on whist, call Eleanor at 905-427-8785, for information on bridge, call Jack Syme at 905-683-9696.
ALZHEIMER: The Alzheimer Durham Ajax-Pickering Support Group meets from 10 a.m. to noon in the lounge of the Life Centre Housing apartment, 1 Marsh Lane, Ajax. All caregivers welcome. 905-576-2567.

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2002 READERS' CHOICE OFFICIAL BALLOT

Vote for your favourites from the categories below. The overall winner will be chosen from these votes and published in a special winners section October 11, 2002. Be sure to fill out your ballot and send (ballot & nominees originals only) to the News Advertiser before October 11, 2002 and you could win a \$500.00 shopping spree!

BEST FOOD & DRINK

ALL-AROUND RESTAURANT

- Papps East Side Mario's Swiss Chalet

BREAKFAST

- Nickles Sunset Grill Denny's

CHICKEN WINGS

- Papps Thirsty Monk Raven & Firken

CHINESE RESTAURANT

- Sunwin Mandarin Paul Wongs

FAMILY RESTAURANT

- Papps Honey Garlic Lone Star Cafe

FINE DINING

- Regalis Casa Verde Penello Bistro

GREEK RESTAURANT

- Friendly Greek Mediterranean Grill

ICE CREAM

- Dairy Queen Licks Baskin Robins

ITALIAN RESTAURANT

- Casa Verde Granita East Side Mario's

OUTDOOR PATIO

- Black Dog Bob Cagcons Lone Star Cafe

PIZZA

- Pizza Hut Pizza Pizza Pizza Nova

STEAK

- The Keg Caseys Applebee's

BAKERY

- Loblaws But 'N Ben Bun King

CUP OF COFFEE

- Tim Hortons Coffee Time Second Cup

DELI/SANDWICH & SPECIALITY SHOP

- Quiznos Tim Hortons Great Canadian Bagel

FAST FOOD

- McDonalds Wendy's Tim Hortons

FISH & CHIPS

- Jaspers McIntosh Fish & Chips Billingsgate Fish & Chips

HAMBURGER

- McDonalds Licks Harveys

INDIAN RESTAURANT

- Mt. Everest Food Time I Love Roti

LUNCH

- Subway Tim Hortons McDonalds

PASTA

- Casey's East Side Mario's Pennello Bistro Rendezvous

SEAFOOD RESTAURANT

- Red Lobster Regalis Casa Verde

SALAD BAR

- Mandarin Golden Griddle Tuckers Marketplace

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BEST SHOPPING

ANTIQUA STORE

- Harvest Antiques Kalman Galleries Antique Discoveries

ART & FRAMING

- Michaels Z Art Classic Arrangements

BOOK STORE

- Chapters Coles Gnu Books

COMPUTER STORE

- Future Shop MDG Computers United Computer

CELLULAR PHONE CENTRE

- Bell World Rogers AT&T Telus Mobility

DEPARTMENT STORE

- The Bay Sears Walmart

APPLIANCE STORE

- Sears Peters Appliance Leons

BICYCLE SHOP

- Bay Cycle Pedal Performance Northern Cycle

CAMERA SHOP

- Blacks Future Shop Japan Camera

CRAFT STORE

- Lewiscraft Michaels Walmart

CLEARANCE STORE

- Winners Liquidation World Electronic Liquidators

DOLLAR STORE

- Looney Lizard Dollarama Everything For A Dollar

DRUG STORE

- Pharma Plus Payless Drugs Shoppers Drugmart

FACTORY OUTLET STORE

- McLeans National Sports Genuine Factory Outlet

FLORIST

- Reeds Loblaws Bay Ridges Florist

FURNITURE STORE

- Leons The Brick Sears Warehouse

GIFT SHOP

- Gift Gallery Precious Plates The General Store

HEALTH FOOD STORE

- GNC Sears Health Plus Nutrition

JEWELLERY STORE

- Donlands Peoples Ben Moss

LIGHTING CENTRE

- Sears Home Depot

LOCAL SHOPPING CENTRE

- Durham Centre Baywood Plaza Pickering Town Centre

MATTRESS SHOP

- Sleep Country Factory Mattress The Sleep Factory

OFFICE SUPPLIES

- Staples Grand & Toy Office Depot

PAINT STORE

- Home Depot Color Your World Decorative Solutions

PARTY RENTALS

- Al Gervais Party Tyme

POOL COMPANY

- Diplomat Dolphin Pools Rand Pools

REGIONAL SHOPPING

- Oshawa Centre Markville Pickering Town Centre

SHOE STORE

- Payless The Shoe Club The Shoe Company

STEREO/ELECTRONICS

- Future Shop Sony Store 2001 Audio Video

TOY STORE

- Toys R Us Walmart Mastermind

WINDOW COVERINGS

- Sears Blinds to Go Sunshade Blinds

WOMEN'S STORE

- Winners The Bay Reitmans

FABRIC STORE

- Fabricland Bouclair Lace Place

FLOOR COVERINGS

- Home Depot Carpet Towne Midway Carpet

FORMAL WEAR

- Sid Silver Tuxedo Royale Freeman Formal

GARDENING CENTRE & NURSERY

- Vandermeer Pickering Nurseries Pine Ridge Garden Gallery

GROCERY STORE

- Loblaws No Frills Save A Centre

HOME IMPROVEMENT/HARDWARE

- Home Depot Home Hardware Millwork

KITCHEN/BATH/BED

- Sears Genuine Factory Outlet The Bay Home Outfitters

LINGERIE STORE

- Silk & Satin La Senza The Bay

MATERNITY SHOP

- For You Two Walmart Sears

MEN'S STORE

- Moore's Randy River Tip Top

MUSICAL INSTRUMENT

- Durham Music Legend Music Walters Music

OPTICAL STORE

- Hakim Lenscrafters Shorney's

PARTY SUPPLIES

- Party Packagers Party Tyme Party Depot

PET STORE

- Petcetera PJ Pets Pet Value

RECORD STORE

- HMV Chapters Music World

SECOND HAND STORE

- Mulberry Bush Play It Again Val. Once Upon A Child

SPORTING GOODS

- Sport Check National Sports Canadian Tire

STRIP MALL

- Ajax Plaza Hub Plaza Amberlea Plaza

WALLPAPER STORE

- Wallpaper Centre Decorative Solutions Color Your World

NO PHOTOCOPIES OR FAXCIMIILIES ORIGINALS ONLY

2002 READERS' CHOICE OFFICIAL BALLOT



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BEST ENTERTAINMENT

BILLIARDS

- Petrina's Power of Q
 Joe's Cafe & Billiards

CHILDREN'S ENTERTAINMENT

- Chuck "e" Cheeses Air Zone
 Pickering Playing Fields

ICE SKATING

- Pickering Rec. Ice Sports
 Ajax Community Centre

MOVIE THEATRE

- AMC Famous Players
 Ajax Cinema

BINGO

- Delta Bingo
 Ajax Bingo Country

GOLF COURSE

- Deer Creek Annandale
 Four Seasons

MOVIE RENTAL

- Rogers Video 99
 Blockbuster Video

PUB

- Black Dog Pub Magwyer's Pub
 The Thirsty Monk

TANNING

- Fabutan Palm Beach
 Tanning World

TAXI SERVICE

- Lincoln Taxi Ajax Taxi
 Peoples Taxi

TRAVEL AGENCY

- Goligers Travel Flight Centre
 Val Marshall

WEIGHT LOSS CLINIC

- Herbal Magic Curves For Women
 Weight Watchers

BEST AUTOMOTIVE

AUTO PARTS

- Carquest Canadian Tire
 United Auto Parts NAPA

DOMESTIC CAR DEALERSHIP

- Michael Boyer Pontiac Bruce Bissel Pontiac
 Village Chrysler

IMPORT CAR DEALERSHIP

- PickeringToyota Pickering Honda
 Ajax Nissan

MUFFLER SHOP

- Midas Speedy
 Canadian Tire

BODY SHOP

- Royal Auto Body Bongard Collision
 Three Bears Auto Body

GENERAL AUTO REPAIR

- Canadian Tire Master Mechanic
 Active Green and Ross

USED CAR DEALERSHIP

- C&C Motors Davey Auto
 Sheridan Chev

TIRE STORE

- Costco Canadian Tire
 Ajax Tire

BEST BUSINESS & SERVICE

ACCOUNTING FIRM

- ACC Tax Shaun Collier
 Accounting Business Centre

BANQUET FACILITIES

- La Gala Gallantrys
 Victoria Gardens

CARPET CLEANER

- Ace Chem Dry Roto Static
 Sears Carpet Cleaning

CHILDREN'S TUTORIAL

- Kumon Sylvan
 Exceptional Learning Centre

DANCE STUDIO

- O'Brien Dance Denise Lester
 Durham Dance Centre

DRY CLEANER

- Jefferson Cadet Cleaners
 City Cleaners

HAIR SALON/BARBER SHOP

- L'Attitudes First Choice
 Hair Fitness

HOME BUILDER

- John Boddy Coughlan Homes
 Brookfield Homes

INSURANCE COMPANY

- State Farm The Cooperators
 Allstate

INTERNET PROVIDER

- AOL Bell Sympatico
 Rogers @ Home

MARTIAL ARTS CLUB

- Rising Sun AIAN IKI Budo
 Centre for Grappling Arts

MUSICAL INSTRUCTION

- Durham Music Alexanders Music
 Legend Music

RETIREMENT LIVING

- Parkway Retirement Orchard Villa
 Ballycliffe Lodge

PRIVATE SCHOOLS

- Trafalgar Castle Harwood Montessori
 Blaisdale Montessori

BANK/TRUST COMPANY

- Scotiabank Royal Bank
 TD/Canada Trust

BREW YOUR OWN BEER/WINE

- Carousel Wines Vin Bon Pickering
 Village Grape Vine

CATERER

- Bunnys Catering Rendezvous
 Mainly Cheese

CONTINUING EDUCATION

- Durham College Centennial College
 Durham District School Board

DAY CARE CENTRE

- Helping Hands Valley Farm
 School House Playcare

DRIVING SCHOOL

- Young Drivers Shaffies
 Provincial

FITNESS CLUB

- Pickering Rec. Extreme Fitness
 Curves for Women

HEATING/AIR CONDITIONER

- Certifield Heating Classic Heating
 Sears

INVESTMENT PLANNING

- Money Concepts Dundee
 Wood Gundy

LAWN SERVICE

- Weedman Top Growth
 Chem Lawn

MANICURE/PEDICURE

- The Shoppe Nail World
 Natural Advantage

PHOTOGRAPHY STUDIO

- Pickering Photo Sears Photo
 Walmart

PRINT SHOP

- Kwik Copy Rapid Reproductions
 Dickson Printing

SHOE REPAIR

- Finley Shoe Repair Ajax Shoe Repair
 Professional Shoe Repair

BEST HEALTH SERVICES

CHIROPRACTOR

- Dr. Peterkin Dr. Fletcher
 Mark Poray

DENTURIST

- Charles Steil Walter Wimmer
 Michael Deegan

HEARING SERVICES

- Chattens Brad Stephenson
 Durham Audiology

OPTOMETRIST

- Dr. Ginter Gillezeau
 Dr. Voisin

PHYSIOTHERAPIST

- Rougemont Whites Road
 Active Therapy

DENTIST

- Dr. Lindo Dr. Miskan
 Dr. Seon

GENERAL PRACTITIONER

- Dr. Eison Dr. Anne Gove
 Dr. Hoffman

MASSAGE THERAPIST

- Kevin Kanning Andrea Allan
 Boyds Massage Therapy

PHARMACIST

- Oklahoma Guardian Shoppers Drug Mart (PTC)
 Loblaws Durham Centre

FOOT SPECIALIST

- R. Klein Ajax Foot Clinic
 James Beard

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CONTEST RULES: Winners of prizes will be determined by random draw. Employees of the Ajax/Pickering News Advertiser and their immediate families are not eligible to enter. Judge's discretion as to validity of entry forms is final. Deadline for contest is October 11, 2002.

AJAX/PICKERING
NEWS ADVERTISER
YOUR COMMUNITY NEWSPAPER SINCE 1965

Caring volunteers add loving touches to neighbour's home

BY LESLEY BOVIE

Staff Writer

PICKERING — Iris Stromberg can't believe her good fortune — or her eyes.

"I tell you, you would never have recognized this place before today," she says, shaking her head.

Where there were once weeds taking over her flowerbeds, there are now freshly planted daffodil and hyacinth bulbs getting set to winter.

Two overpowering bushes have been cut back to reveal the front windows of her Modlin Road bungalow.

These are all things the 80-year-old has wanted to do for some time — she's had the bulbs since her birthday in April — but she just couldn't do it all on her own.

Enter 'Days of Caring', a

Royal Bank initiative designed to raise awareness about the needs of local seniors.

About 17 bank employees from Ajax and Pickering spent most of Oct. 3 washing windows, raking yards and doing other household chores after being matched up with 12 seniors by Ajax-Pickering Community Care.

While Royal Bank has been involved in the program for a number of years, it's the first time it has been held locally. Organizers hope to make it an annual event.

Jane Gilbert admits she was a little out of her element Thursday.

"I don't even mow the lawn at home or do yard work," says the manager of personal finance services at the Whites Road and Hwy. 2

branch. But the idea of helping seniors sounded fun, she says. Now she and her colleagues are planning to make a return visit next spring to Mrs. Stromberg's house. They want to see how the daffodils and hyacinths look in full bloom and to check on the health of the bushes.

Heather Tim, executive director of Ajax-Pickering

Community Care, says her organization serves 1,000 clients, most of them frail seniors.

"We have a home maintenance program for lawn cutting and gardening in which we use students," she says. "But the clients have to pay for that. Today is free."

And no one was happier than Mrs. Stromberg to hear

about the help that arrived at her door, bright and early at 9 a.m. "Of course, my reaction was (I was) grateful," she adds.

The United Way of Ajax-Pickering facilitated the partnership between Community Care, one of its member agencies, and Royal Bank, one of its largest corporate donors.

"Community capacity building is at its best when local residents partner with local agencies to provide support to our neighbours and friends facing challenges," says United Way spokesman Gwen Noble.

The United Way is currently in the middle of its \$1.5 million fund-raising campaign.



Iris Stromberg (left) gets a helping hand from Royal Bank volunteers Mary Cosgrove and Lorna Kirkland, who trimmed bushes and planted flower bulbs at her Pickering home.

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 January 6 - February 3 /03
 Air & Hotel • Tower Hotel Room
\$532 (p.p. dbl. occ.) Funbook at check-in (approx. value \$90 - \$100 USD) complimentary. Price based on Monday departures and check-in.

ANAHEIM, CALIFORNIA
Staybridge Suites by Holiday Inn — 4 nights
 Midweek departures (Mo - Th) - Jan 1 - Mar 27 /03
 Air & Hotel • Studio
\$700 (p.p. dbl. occ.) 4th night complimentary. Daily buffet breakfast complimentary!

OAHU, HAWAII
DoubleTree Alana Waikiki — 7 nights
 Daily departures - January 7 - April 30 /03
 Air & Hotel • Aloha Rate
\$1328 (p.p. dbl. occ.) 6 & 7th nights complimentary!

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New courthouse promised for 2003 in Durham

'Centrepiece for Durham' MPP says

BY JACQUIE McINNES
Staff Writer

DURHAM — Just days after an escaped prisoner crossed through his backyard on the lam from the law, Jim Flaherty, former attorney general and a current provincial cabinet minister, is promising construction will begin on a new Durham courthouse in 2003.

The Whitby-Ajax MPP says the project is far enough into the works that he can confidently say it will proceed next year, despite lengthy delays since it was first announced in 1995 by the former NDP government.

"I have been assured by Super-Build the shovel will be in the ground by 2003," said Mr. Flaherty. Super-Build is a government agency responsible for the provincial funding of infrastructure projects. Many of the projects under its purview, including the courthouse project, are public/private partnerships.

"This is the first time there has been a private/public partnership on a courthouse facility," Mr. Flaherty said, noting the precedent-setting situation did cause some delays in the process.

However, the project will be worth the wait, promises the MPP, who says it will be a "centrepiece for Durham

Region."

The project will feature secure court facilities and a public space possibly with some commercial and residential areas as well, he says. "This will be a dramatic public space. The whole idea is not just a court building," he says.

As of yet the location is unknown, because it will depend upon which of the qualified bidders now going through the proposal process is chosen to build the facility.

"I don't know the location, intentionally. This has been kept from elected people," says Mr. Flaherty. SuperBuild will be looking for the "best site and the best arrangement for the taxpayers.

"This has been a process of Super-Build qualifying bidders. It's being done by SuperBuild, not politicians."

Mr. Flaherty said he understands the strong outcry for the courthouse project.

"I certainly have heard from a number of regional councillors on this and there absolutely is a need. We have pushed hard to get the project going."

Calls for a new courthouse were renewed after the accused murderer escaped police custody outside the courthouse at 650 Rossland Rd. in Whitby last Friday. Mr. Flaherty points out he has been investigating the courthouse progress for the past two months.

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ANDREW IWAONWSKI/ News Advertiser photo

Serving up some fun

PICKERING — Tammy Jesson lets the ball go during a friendly session of moms and tots volleyball at the East Shore Community Centre. Local moms get together every Wednesday morning to enjoy a bit of good-natured competition and exercise. Babysitting for the little ones is shared amongst the group of players. To find out more, call Ms. Jesson at 905-420-0652.

Students can dig in for scholarships

Offer open to Durham pupils through farming organization

scholarship. Academic performance, contribution to the community, leadership, involvement in rural youth organizations, especially those with an emphasis on conservation, and environmental goals will all be aspects taken into account during the selection process.

DURHAM — Two scholarships in the amount of \$500 each are being offered by the East Central Soil and Crop Improvement Association.

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Application forms are available by contacting Gatha Sherry, Secretary Treasurer of the East Central Soil and Crop Improvement Association, 966 Oriole Dr. in Peterborough, K9H 6K7, by phone at 705-745-9748 or by fax at 705-745-3749.

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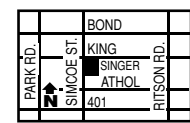
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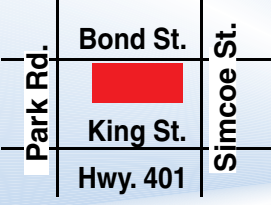
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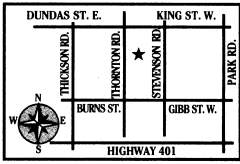
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Sports & LEISURE

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DO'C puts on fireworks displays

Offensive show met with bangs in 28-7 win over Uxbridge

BY AL RIVETT
 Sports Editor

AJAX — Everything came up acers for the Archbishop Denis O'Connor Catholic High School Chargers on the football field Thursday night.

Playing on a picture-perfect fall evening under the lights, complete with a halftime show met with the school's cheerleading corps and performing in front of a large, partisan crowd, the Chargers got the job done on offence, while a patched together crew of backup defensive players rose impressively to the occasion.

Most importantly, the Chargers kept their undefeated league record intact. DO'C improved to 3-0 with a solid 28-7 victory over the Uxbridge Secondary School Tigers in Lake Ontario Secondary School Athletics (LOSSA) senior boys' football action.

The DO'C fans, it seems, were expecting more fireworks from the Chargers' vaunted offence, led by quarterback James Leckey, last season's league most valuable player. They got that and a lot more, both on the field and up in the sky, where fireworks exploded after each major score by the home side.

Chargers' coach Dennis Gazarek noted his team's 3-0 record is well deserved.

"Everybody has accused us of having a soft schedule, but nobody has laid down for us. That showed last week when we played Sinclair (Secondary School Celtics) who played some real smash-mouth football against us. We had real trouble scoring against them. We're really proud to be 3-0," he explained.



RON PIETRONIRO/ News Advertiser photo

Uxbridge Tigers' Nolan Ott (54) cuts to the outside to avoid a Denis O'Connor Chargers tackler during LOSSA senior football action at DO'C Thursday night. The Chargers won 28-7.

This game in particular, noted Gazarek, the Chargers needed to play with intensity and resolve as several players were out of the lineup due to injuries and illness, including the starters on the defensive line. In addition, relatives of two players had suffered heart attacks. The game was dedicated to

them. "Our defence held together tonight," noted Gazarek, adding the backups filled in admirably. "Uxbridge came out and trampled us on their first possession, but we pulled it together the rest of the way."

Missing key players, however,

hampered the Chargers as they were a little less disciplined than is normally the case, noted Gazarek. The team took too many penalties, which almost took its toll on the club.

"We hurt ourselves a lot. We took a lot of stupid penalties. But, there were so many (lineup)

changes, so many players who were ill. We were sloppy. Every game this year we've been crisp, but this time it nearly killed us," he said.

For their part, the Tigers were also on the receiving end of numerous penalty calls, especially on offence and in the second half when penalties essentially stymied any progress by the offence.

Uxbridge's opening drive culminated in running back Thomas Eng blasting up the middle for a 10-yard run into the end zone. James Whyte kicked the convert for a 7-0 lead.

In the second quarter, however, the Chargers' offence went to work. The first major was set up by a 40-yard run by running back Dan West. Scoring the touchdown was Leckey, who ran six yards into the end zone. Erik Martinez was good on the convert.

The Chargers took the lead for good in the second quarter as Leckey hooked up with Keith Godding on a pass-and-run play that put DO'C first-and-10 on the Uxbridge 10-yard line. Later in the series, Leckey called his own number and barged in for the major. Martinez was again good on the convert.

After a scoreless third quarter, the Chargers got down to business by scoring two more touchdowns in the fourth. Leckey hit favourite receiver Godding with a cross-field pass, with Godding doing the rest in finding the end zone. Another Martinez convert put DO'C up 21-7.

A long series on the ground culminated in the Chargers' final touchdown. Mike Yaskovitch carried the bulk of the load on the series, capping it off with a one-yard scoring run.

Following a bye next week, DO'C hosts Whitby's Henry Street High School Hawks Thursday, Oct. 17 at the school at 7 p.m.

Local synchro swimmers ready for Canada Games

BY BRAD KELLY
 Staff Writer

DURHAM — Three local athletes are holding their breath in anticipation of the Canada Winter Games.

And, considering their sport, the practice won't do them any harm.

Synchronized swimmers Jennifer Bell, Katharine Cornish and Jenilee Keslering have been selected to the team to represent Ontario at the Canada Winter Games next February in New Brunswick.

The local contingent was selected from an original group of 25 hopefuls who were attempting to be selected to the provincial team. That number was whittled down to

15, and from that, a nine-member team was selected.

Eight members of the team will participate in the Games, while the ninth will make the trip, but be designated an alternate, says Team Ontario coach Elena Polodsky.

She lists the strong individual skills of each athlete as one of the aspects she was looking for in comprising the team.

"Strong skills, good routines and presentation skills," all factored into the decision, she says.

Bell, an Ajax resident who is studying Business at the University of Toronto, trains under Polodsky at the Optima Synchro Club.

Keslering and Cornish train at the Durham Synchro Swim Club

under coach Holley Lundmark.

A student at McLaughlin Collegiate, Keslering, of Whitby, currently trains at the Junior (15-18) National Level.

Cornish, of Ajax, attends Pickering High School and also trains at the Junior National Level with the DSSC.

Polodsky says one of the challenges will be bringing girls together from different clubs in order to form one team.

"It's going to be quite hard," she says of trying to pull together a closely-knit team in time for the Games. "The goal is going to be to get them together so they can get to know each other better and do some team bonding."



RON PIETRONIRO/ News Advertiser photo

From left, Katharine Cornish, Jenilee Keslering and Jennifer Bell were named to Team Ontario to compete in synchronized swimmer at the Canada Winter Games in 2003.

Titles twice as nice for Power girls

Under-11 squad boots its way to league, cup soccer championships



The Pickering Power girls' under-11 rep soccer team celebrated a strong outdoor season with league and Cup wins.

PICKERING — The Pickering Power girls' under-11 division one rep soccer team repeated their double championship season of a year ago.

Not only did Pickering defend its league title with a record of 11-2-1, but it also repeated as the Central Girls' Soccer League (CGSL) Cup champs.

With the cup on the line, the local girls put on a fine display of soccer to prevail 3-0 over Richmond Hill.

An indirect kick in the first two minutes by Arin King planted the ball deep in the Richmond Hill net and gave the Power an early lead. Shortly into the second half, Amber Polari intercepted a pass and scored Pickering's second goal, followed later by Katrina Clarke. It was the third shutout of the cup play for Sarah Dobush.

Power scored a 2-0 semifinal win over Ajax on goals by Polari and Michelle Dixon.

The quarter-final draw pitted Pickering against Whitby — the first- and second-place teams in the league. Midway through the first half a well-placed kick by Kailey Chappell produced the only goal in a 1-0 victory.

The team also had a very successful summer in tournament play. Some of the highlights included the Robbie tournament where the team cruised to a perfect inter-division record of 4-0

and then suffered a heartbreaking loss on penalty kicks in the semifinal to the tough North Mississauga Twisters. The team also made the finals in three of their other four tournaments.

Pickering now moves up to the under-12 Premiere division and is looking forward to participating in the Ontario Cup as well as defending its league and cup titles for a third year running.

Other team members are Gaetana Gianfriddo, Jenna Smith, Sarah Brown, Charlene Gibbons, Nicolette Evans, Laura Taglioni, Alannah Wakefield, Sarah Litherland and Kristel Lee.

Head coach Lorraine Clarke is retiring from the team. Ian Brown takes over the reins next season. Mike King is

the assistant coach and Suzanne Wakefield is the conditioning coach. The manager is Paul Dixon and the trainer is Angie King.

The team plays indoor soccer at the Hangar in Downsview this winter and is looking forward to 'three-peating' as indoor league and cup champions.

Local golfers shine

DURHAM — Oshawa's Vincent Massey Public School was the top team on the front nine and Brooklin's Winchester Public School on the back nine at the third annual DEAA golf championships held at Sunnysbrae Golf Club Tuesday.

The Vincent Massey team, which shot an even-par 36 on the front nine and won in a retrogression tiebreaker against Maple Ridge #1. E. A. Fairman was third with 37 while Thorah Central and Maple Ridge #2 were tied in fourth with 38.

Highbush and Parkside were tied in second with 38.

R o b b i e Kennedy of Uxbridge and Riley Whelan of Parkside won closest to the pin awards while Randi Walker of Valley View, James Jarvis of Maple Ridge, Jessica King and Kyle Roy, both of Winchester, won longest drive awards.

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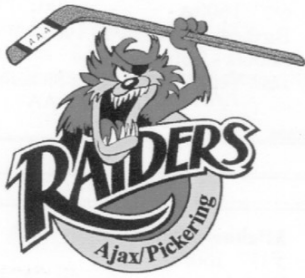
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TEAM	YOB	COACHES	TEL.	DAYS	FIELD	TIMES <small>(1st day/2nd day)</small>
BOYS U8	1995	Jeff Nastich	(905) 509-2569	Sun	PRINCESS DIANA MINI	1:00PM
BOYS U9	1994	Mike Reynolds/Gerry Lee	(905) 426-7070	Sat	Village East	8:30AM
BOYS U10	1993	Contact club & check website	(905) 831-9803			
BOYS U11	1992	Rocky Guglielmi/Fabian Best/Mike Bezoff	(905) 426-2660/686-7152/(416) 564-8656	Wed/Sat	Pine Ridge 4	6:00PM/2:00PM
BOYS U12	1991	Moses Oke	(905) 837-0663	Sat/Sun	Dunbarton	10:00AM
BOYS U13	1990	Manuel Silva/Rob Griffith	(905) 831-9803	Tues/Sat	Dunsmore	7:00/10:00AM
BOYS U14	1989	Sommerville Henry/Frank Michaelides	(905) 839-8108	Wed/Sun	Dunsmore	6:30/4:00PM
BOYS U15	1988	Junior Groves/TDB/Matt Dinunno	(905) 831-9803/420-7194	Sat/Mon	Kinsmen Large	10:00AM/6:30PM
BOYS U17	1986	Contact club & check website	(905) 831-9803			
BOYS U18	1985	Dereck Jones	(905) 839-3190	Sat	Princess Diana	10:00AM
GIRLS U8	1995	Contact club & check website	(905) 831-9803			
GIRLS U9	1994	Nixon Bernardino	(905) 837-2458	Sat	Shadybrook	10:00AM
GIRLS U10	1993	Frank Mitchell	(905) 831-8829	Wed/Sun	Pine Ridge 2	6:00PM/5:00PM
GIRLS U11	1992	Henry Ninaber/Paul Downey	(905) 655-6056/420-0240	Sat/Sun	Pine Ridge 1	9:30AM
GIRLS U12	1991	Ian Brown/Hans Toomsalu	(905) 420-2765/509-1540	Sat/Sun	Dunsmore	10:00AM/6:00PM
GIRLS U13	1990	Manny White/TBD	(905) 428-2182	Tues/Sun	Kinsmen Large	6:30PM/1:00PM
GIRLS U14	1989	Contact club & check website	(905) 831-9803			
GIRLS U15	1988	Vance Palache	(905) 837-5610	Thrs/Sun	Pine Ridge 4	5:30PM/10:00AM
GIRLS U16	1987	Horace St.Aubyn/Gene Gesualdo	(905) 837-2736/509-1988	Sat/Sun	Pine Ridge 2	10:00AM
GIRLS U17	1986	Contact club & check website	(905) 831-9803			
GIRLS U18	1985	Phil Frampton	(905) 831-2547	Wed	Dunsmore	8:00PM
GIRLS U19	1984	James Pantin	(905) 831-9803	Thrs	Dunsmore	7:00PM

Double overtime kills Raiders' title hopes

Ajax-Pickering peewees lose semifinal to London



DURHAM — The Ajax-Pickering Raiders Boyd's Decorating/Page Flooring minor peewee 'AAA' rep hockey team lost to the host London Knights in the semifinals of the London Early Bird Tournament last weekend.

The exciting semifinal went to double overtime and resulted in a 4-3 win for the Knights. Colton Kennedy scored the Raiders' first and second goals, assisted by Dylan Page and Callum Lynch; Andy Andreoff scored the final goal, unassisted.

The Raiders opened the tournament with a 4-3 win over a strong Pittsburgh team. Matt Cousins got the first goal, followed by Brett Holmberg, Lynch and Kyle Sawyer. Assisting were Page with three, Andreoff with two, and Kennedy, Drew Boyd and Holmberg with one apiece.

The second game against Sun County resulted in a 1-1 tie. Ryan Brawley, from Andreoff and Mike Purcell, scored.

In Game 3, the Raiders defeated Waterloo 5-3. Boyd, Cousins, Andreoff, Page and Kennedy scored. Drawing assists were Cousins with two, Purcell, Page, Sawyer and Kennedy.

The Raiders eliminated Vaughan 3-2 in Game 4. Andreoff opened the scoring, assisted by Boyd and Evan Haga, while Kennedy and Holmberg also hit the mark,

assisted by Kristopher Barclay and Page.

Kyle Bradley and Jared Cowley posted solid efforts in net throughout the tournament.

Other team members are Adam Gray and Brandon Marconato.

Russ Hutchison and Bob Purcell coach the team. The trainer is Dario Marconato and Kathy Andreoff is the manager.

CANADIAN TIRE **CORRECTION NOTICE**

We wish to draw your attention to the following in our current 'Canadian Tire' flyer

Page 14 - 4-piece 14.4V COMBO, 54-2782-8
Copy Reads: Reg 279.99. Sale 199.99 Save 80.00
Should Read: Reg 229.99 Sale 199.99 Save 30.00

Page 14 - Compound Mitre Saw, 55-6803-4
Copy Reads: Reg 289.99. Sale 249.99 Save 40.00
Should Read: Reg 269.99 Sale 249.99 Save 20.00

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Cnote D341 - Zone 9

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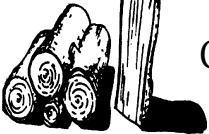
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Fire Prevention Week

October 6 to 12, 2002

A SPECTACULAR FIRE CONTINUES TO REMIND US ABOUT BEING SAFE AT HOME
By Chief Kent MacCarl, Whitby Fire and Emergency Services

Fire Prevention Week has been a successful public safety campaign for 80 years, thanks in major part to the hundreds of thousands of firefighters across North America who work hard to reach the citizens we serve with fire safety messages. Fire Prevention Week claims its roots from the Great Chicago Fire, which began on October 8, 1871, causing most of its damage on the following day.

This year Fire Prevention Week is October 6 - 12 and the theme is "Team Up for Fire Safety™". We hope everyone in our community will team up with firefighters to learn how to prevent and protect themselves from fire. **Whitby Fire and Emergency Services** is planning activities that will help teach you and your family how to stay safe.

What should Fire Prevention Week mean to your family? It should be a time to make sure that your home will stay free from fire. It's an opportunity to hunt for fire hazards, to check electrical wiring for fraying, to have the chimney cleaned, to store matches away from children - to make certain you and your family won't be counted among the statistics of injured or killed by fire each year.

Smoke alarms are the best and simplest tools to alert us to fire. If only firefighters could snap their fingers and supply everyone with working smoke alarms, listed by a qualified testing laboratory, for every level of their homes. If only everyone tested their alarms every month, put in a fresh battery twice a year, and replaced alarms when they were more than 10 years old ... firefighters would feel more confident about the ability of families to survive a home fire.

Something so simple and so inexpensive really makes a world of difference when the time comes to being alerted to fire. It's hard to believe that despite smoke alarms being available to consumers for many years, half of all home fire deaths occur in homes that do not have smoke alarms. In addition, many households (maybe yours?) lack the proper number - at least one on every level, including the basement.

In Whitby, firefighters have seen with our own eyes the difference between a home protected by adequate smoke alarms and those without them. Help us save lives by taking action today to ensure your family is well equipped to survive a fire in your home. Smoke alarms provide an important early warning.

But don't stop there. An escape plan is part of a good overall home fire safety plan. With everyone in your household, plan two escape routes from every room and have a central meeting place outside, like a tree or a hydrant. Then practice your home fire drill at least twice a year. Fire Prevention Week provides a great opportunity to plan and conduct a home fire drill with every member of your household.

Remembering the devastation of the Great Chicago Fire will inspire us for years to come to work together to make the **Town of Whitby** the most fire safe community in North America.

A fire is no fun ... but practicing fire safety can be. Plan two escape routes from every room and practice home fire drills.

Team up for Fire Safety!



Judi Longfield, M.P.
Whitby-Ajax
905-665-8182

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With the help of **CRCS General Contractors**, the Durham Fire Services will be handing out refrigerator magnets in the communities to aid in the promotion of fire safety.

The refrigerator magnets, which show "Sparky the Fire Safety Dog" and says "test your detector, it's sound advice", were provided at no cost to the Durham Fire Services by **CRCS General Contractors**, located in Oshawa.

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The Trany creates the different ratios for speed and power. This is done by applying different combinations of clutches and or bands, by means of hydraulic pressure. A certain volume of tranny fluid should flow from the oil pan through the filter, to the pump. Pump builds up pressure, which in turn, is directed to the appropriate clutch or band.

Lower than specified fluid pressure, will result in clutch slippage, which causes clutch friction discs wear. Wearing clutches leave their dust suspend in the fluid, which flows back to the oil pan.

Fluid cycle is: From oil pan, through the filter, to pump, to clutch packs, then back to the oil pan.

The **FILTER** picks up dust particles

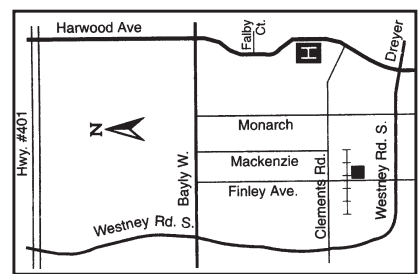


released from clutch discs, and any other form of dirt caused by wearing parts.

A partially plugged filter will reduce the volume flow to the pump resulting in starvation, causing lower and lower pressure, consequently more slippage and more dust. More dust will plug the filter more and more and cause major tranny failure.

Avoid having major tranny failure!!! Have your car tranny serviced now!!!

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Michel Saikali
 Owner/Manager

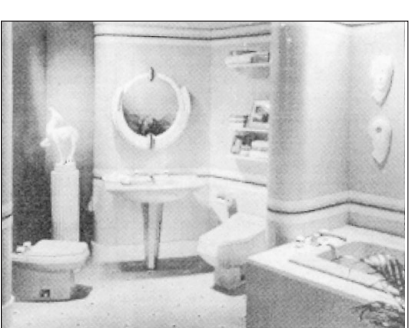
Luxurbath Offers Quality Bathroom And Kitchen Renovations

You have flipped through magazines and talked to friends about your proposed bathroom or kitchen renovation. The financing is in place, and you have started seeking out professional help for your project.

For many homeowners, now comes the tricky part: choosing a contractor with the right stuff to complete your project on time, on budget and to your complete satisfaction. This decision is no less important than choosing design features and colours.

Since 1970, Luxurbath Ent. has proudly provided residents in Ajax, Pickering and the surrounding areas with quality bathrooms, kitchens, flooring and home renovations. A family owned and operated business, Luxurbath's excellent service, uncompromising quality and quick clean workmanship are the pillars of its business philosophy. They take pride in their work, so much so, that they look at each job as if it were their own home!

According to Mike, the owner of Luxurbath, the company deals directly with most manufacturers and can offer clients custom-fit products at competi-



tive prices. Luxurbath also provides a convenient shop-at-home service that allows clients to visualize colour selections in the lighting and comfort of their own home. When clients invite Luxurbath Ent. into their homes, they're receiving the benefit of years of experience, product knowledge and design, with no hidden costs or surprises.

"We employ full-trained experienced contractors who provide clean, quality workmanship on all aspects of bathroom or kitchen renovations," says Mike. "All of the work is performed by us; we don't use subcontractors. This allows us to control each job from start to finish, and our customers can save hundreds of dollars."

Luxurbath not only provides quality workmanship; they will also provide customers with a complete, step-by-step overview of their job. By doing so, they have built a strong reputation and a large clientele of satisfied customers.

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Johnson Controls, a team oriented company dedicated to pursuing excellence through improvement and innovation currently have opportunities at our Whitby facility. As a world class Tier 1 automotive supplier who has been named as a Fortune 500 Company year after year, our goal is continually exceed our customers increasing expectations.

Materials Coordinator (Supervisor)

In this position, you will supervise the shipping/receiving team on the shop floor. Responsibilities include overseeing the dispensing and control of material, stopping the production process if a safety or quality concern is noticed, providing recognition and positive reinforcement to all team members, and developing each member of the team.

The ideal candidate must have strong knowledge of shipping and all related requirements, NAO Certs, NAFTA, ProBills and Proforma's. The ability to quickly problem solve and develop process maps is essential.

The ideal candidate will have a post Secondary education and 5+ years of materials supervision in a JIT, Tier 1 automotive manufacturing environment.

Shift Coordinator

The Shift Coordinator facilitates activities associated with the manufacturing and shipping of quality interior assemblies. In this position, you will supervise a medium - sized group of associates and Team Leaders. Responsibilities include production scheduling, dispensing and control of material, in process and finished goods, assembly, quality control and the selection and development of associates.

If you are positive, dedicated and committed to leading and enhancing a safety-oriented and team-based workplace, then we would like to hear from you.

The ideal candidate for this position will have a post-secondary education and 5+ years of production supervision experience in a just-in-time, tier-one automotive manufacturing environment.

Johnson Controls offers comprehensive and benefits package. For immediate consideration apply directly to: Human Resources, 1555 Wentworth Street, Whitby, Ontario L1N 9T5 or email: ASG-WhitbyHR@JCI.com We are an equal opportunity employer.

TUTORS REQUIRED

Part-Time Tutoring Contracts Avail. Throughout Durham

- Elementary & Secondary
- Math, Reading, Writing, French, Science & more...
- Must have previous teaching experience & OTC, EA or equiv.
- Specify teachable grades & subjects in cover

Send Cover and Resume:

Email: admin@learningbound.ca

or

Fax: 905-728-1033



P/T & F/T

Child & Youth Workers

Needed to work within our treatment residences for children with behavioral and emotional problems.

Enterprise Child & Family Services

209 Bond St. E., Oshawa, ON. L1G 1B4
Fax: (905) 434-1775

DURHAM MAZDA

Currently has an opening for a LOT PERSON

Must have clean driving record and a positive attitude.

For appt. call
General Manager 905-668-6881

JOIN OUR WINNING TEAM

If you are looking for a career in a fast-paced industry where you will use your talents to provide "WOW" service; if you are dynamic, responsible and want to succeed, don't miss this unique opportunity to join our team.
Positions available now:

EXPERIENCED RESTAURANT MANAGER(S)

Please submit resume to:
75 CONSUMERS DRIVE
WHITBY, ONT., L1N 9S2
FAX: (905) 666-4636
No phone calls please.



510

General Help

510

General Help

510

General Help



Permanent Part-Time Employment

New England BioLabs, a world leader in the production of high-quality enzymes for use in medical research, will be relocating its Canadian headquarters to Pickering.

NEB is seeking permanent part-time staff to perform clerical and light warehouse duties. Preference will be given to bilingual candidates.

We thank all applicants, but only those selected for interviews will be contacted. Please respond, by mail only, to:

General Manager
New England Biolabs, Ltd.
3397 American Drive, Unit 12
Mississauga, Ontario
L4V 1T8

NEB is an equal opportunity employer.
No faxes, e-mails or agencies.

515

Skilled & Technical Help

515

Skilled & Technical Help

MECHANICAL TECHNICIAN

- Must have pump experience
- Company vehicle supplied
- Must be able to troubleshoot
- For the Greater Toronto Area
Fax resume (905) 665-8524

SKILLED CNC Machining Centre & Turning Centre Programmer, Setter, Operator.

Work includes high tolerance nuclear and aerospace parts, prototypes & production runs. Duties will include programming & setting 4 axis machining & turning centres. Must be able to work independently. Knowledge of Mastercam, Autocad, QS9000 & machining exotic materials an asset. Call (905) 665-5038 and ask for Sean

525

Office Help

525

Office Help

THE PROACTIVE APPROACH TO EMPLOYMENT!

OFFICETEAM

OfficeTeam offers temporary assignments with excellent pay & benefits. We are currently in need of:

FRENCH & ENGLISH BILINGUAL CUSTOMER SERVICE REPRESENTATIVES

Minimum one year experience with In/outbound calls

JUNIOR ADMINISTRATOR RECEPTIONISTS

Please forward your resume to: markham@officeteam.com or call 905-771-8272 for more information

Career-Minded Accountants COME AND JOIN THE INDUSTRY LEADER

accountemps

We are looking for:

COLLECTORS PAYROLL SPECIALISTS

Minimum one year of experience in reconciliation's, A/P or A/R is required. Intermediate Excel skills are a must. Please forward your resume to: markham@accountemps.com or call 905-709-8009 for more information.

Scarborough car dealership requires person with Reynolds & Reynolds computer experience to handle

ACCOUNTS PAYABLE

& other accounting duties. Preference given to applicants with car dealer experience.

Reply to Box # 6776
100 Tempo Ave.,
Toronto, Ontario, M2H 3S5

510

General Help

510

General Help

\$50 WEEK AVERAGE sports minded people available for travel, call Jessie @ (905) 576-523

A COMPUTER AVAILABLE? Work from home online. \$500 - \$5,000/mo. P/T or F/T. www.cashinginondreams.com or call 1-888-373-2967.

LIGHT INDUSTRIAL, long-term temp, Staff Plus will be interviewing 9:30 a.m. to 2 p.m. Thurs. October 10th, Iroquois Sports Complex, 500 Victoria St. Whitby.

MAID SERVICE Requires reliable cleaners for residential, daytime only, part-time positions to start immediately. Experience preferred. Own transportation required. Serious inquiries only (905)686-9160.

ACCESS TO A COMPUTER? Work from home on-line. \$500 - \$5,000 PT/FT. log onto www.connectindreams.com or toll free 1-888-257-8004.

ACTORS/MODELS Christmas filming has begun. Toronto production is exploding. Scouting new people, (no experience needed) with different looks, shapes, and sizes. (newborn to senior) For Commercials, TV Shows, Movies, Catalogs. MTB will be holding Auditions in your area on Sat. Oct. 12th by appointment only. Audition fee of \$34.50 is refundable if you do not qualify. To schedule an audition, phone 519-249-0700 between 9-5. Model and Talent Bureau member of the BBB of Mid-western Ontario

ALWAYS BROKE? Lied on your resume? Like music? 10 positions available immediately! 18-. Call Vicky 905-666-9685

AMBITIOUS ONLY! \$525/week. Paid training for those lacking experience. Several areas being offered. To qualify you must possess the following: immediate availability, fast learning curve, solid people skills, available to work 20-30 hours/week. Call Fred or Susan for job available and interview schedule 905-623-8448 or 1-866-437-6275 or fax 905-623-7631

ARCHITECTURAL MILL WORK company seeks CABINET MAKERS in the Durham Region area. Fully experienced. Please fax resume to (905)433-1463

WORK AT HOME Health Industry \$1000 P/T - \$5000 F/T per month. Training available. Call for free information BOOKLET. 416-631-7156

AZ DRIVER. Clean abstract, border crossing and at least 2 yrs experience. (Sub-contractor/driver). Call Fred 905-428-9223

AZ DRIVERS - good equipment, good pay for good drivers. Average drivers need not apply. Cross Canada and U.S. Moving or HVP experience a definite asset. Fax qualifications to 905-372-7048.

AZ DRIVERS REQUIRED. Minimum 2 years experience. Must know the GTA area. 905-436-6842

CARDINAL NANNIES & COMPANIONS INC.

Since 1985



"Cardinal People Care"

Kids Back to School!

Time on your hands!

We have the job for you!

* Full & Part Time

* Live-in & Live-out

* Long & Short term

* Drivers Preferred

Nannies for Children

Call us for an interview

905-666-2228

or fax

905-666-9689

519 Dundas St. E.

Unit #3

Whitby, ON

530

Sales Help & Agents

530

Sales Help & Agents

Telemarket From Home Part-Time \$15 - \$18/hr.

Hourly rate + commission + bonus. A well established Canadian publisher requires independent representatives with business-to-business telesales experience to work from home. The ideal people will have professional telephone manner and be self-motivated.

Please call Sarah Brown at 905-566-1308

HUMPTY DUMPTY SNACK FOODS

We are a progressive and growing Canadian Snack Food Company manufacturing and marketing Humpty Dumpty potato chips and snacks. We are seeking Full Time Relief Sales for the Pickering/Whitby/Oshawa/Scarborough areas. This position requires individuals who are personable, aggressive and can work independently with minimal supervision. Candidates must provide a clean driver's abstract and be able to drive a standard truck. The ideal candidate will possess a passion for customer service, the ability to build sales & market share through current and new accounts. Previous route sales experience in bread, milk and confectionery will be an asset.

Please fax resume by Oct. 16 to: 705-876-6221 - Attn: DSM

Jewellery Sales Associates

Part Time Sales Associates We are seeking mature motivated, Personable and dedicated individuals to form a dynamic team. Jewellery retail or retail experiences an asset.

Please bring resume in person to:

Reeds Jewellers

Located at Midtown Mall
200 John St. West, Oshawa

Security Systems

Sales Representatives

We are a leading Ontario dealer of residential and small commercial security systems. We are looking for a proven veteran with alarm and CCTV experience. Leads provided.

Call Vickie 905-426-1322

510

General Help

510

General Help

CHILD ID \$20/HOUR BASED on performance. Because of recent recoveries of children Child ID is looking for representatives and managers to register families for this unique program. Must be vulnerable. For interview call 1-888-263-9223.

CLEANERS NEEDED immediately. Valid drivers license and vehicle required. Permanent part-time days. Please leave message for Gail, Gail's Maid Service (905) 576-6232.

COME JOIN DURHAM Region's highest paid telemarketers. No selling. \$9-\$17 hourly. Full & part-time. Training provided. Call Kelly (905)434-8073

COURT MONITOR: Volunteer Position suitable for mature person who would attend courts to monitor & record IMPAIRED DRIVING CHARGES. Send letter of interest to: MADD Durham, 56 Cassels Rd.E., Brooklin, ON L1M 1A4

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

FULL & PART-TIME position. Cashier/Stock. Busy paced frozen food outlet. Tail/merchandising experience required. Opportunity to advance. Fax resume to: 683-2655.

FULL TIME Our company more work than we can handle. We must fill all positions immediately. Office/house/entry level. Full training provided. \$350-\$450/week start. Call to book person for interview ask for Eric 905-4738

DO YOU WANT TO MOVE TO BANFF! Do you love the mountains and enjoy working with children? Our reputable centre is looking for Early Childhood Educators. Call 403-762-3339 or fax to: 403-762-3012.

EARN EXTRA CASH. Wanted: Driver teams for designated driver service (couples preferred). Must be over 25, have clean drivers abstract, valid insurance and license, own car & cell phone. (905)579-8788

ESTHETICIAN REQUIRED FOR Tanning Salon in Ajax. Experienced. Part-time, Full-time or rent room. Call (905)619-8267.

EXCITING ENVIRONMENT for people who seek an opportunity for advancement within a fast-growing advertising company with rave and paid training. Call Adele @905-576-4425

EXPERIENCED COOKS & Preps required. Drop off resume to: The Flying Squirrel, 633 King St. East, Oshawa. No phone calls please

FAMILY GROUP SUPPORT FACILITATOR. The successful candidate will provide support to a number of families who have joined together to form a caring family group in Durham area. This group dedicated to planning a better life for their adult daughters with disabilities. This is a part-time 20-hour-week position. Need flexible hours-evenings and weekends, some days. Post will commence immediately. Email resume: jlmccj@patico.ca or mail to: Family Groups, 278 Kerrybrook Richmond Hill, ON L4C 3R9

FIRST CAREERS. No Experience? No Problem. 30 jobs needed. Excellent entry available. \$400-\$700 wk. Elaine (905)666-9235.

FRAMING CARPENTERS required, local Ajax site, time work, excellent. Contact Jeff 416-315-6529 905-683-2294

Full Training Provided Managers Required Call Brian 905-435-0518

CUSTOMER SERVICE/ORDER TAKERS

\$21.50/HR. AVG.

Full Training Provided Managers Required Call Brian 905-435-0518

DETAILER FOR BUSY shop. Must have experience using a buffer. Full-time/Part-time position. Call (905)430-1604.

HOMEWORKERS NEEDED! To assemble our product Mailing/Processing Our cutlery - Copy/Mailing PC Program. No experience needed. Free information. Send SASE to: Crafts, 8-Keele St. Ref. 7-207 Cor. Ont. L4K 1Y7

IMMEDIATELY REQUIRING mature sales help for 1 m 38 hours per week. Please email your resume lilacfarm@sympatico.ca

KNIGHTS CORNER PUB GRILL Now hiring all positions available. Experience required. Apply in person 605 Kingston Rd., Pickering 905-831-2629

LABOURERS required by roofing company. Vehicle is an asset. Call (905) 8613

Looking for Part-time/cashier from 3pm-11pm-7am shift at Super-Serve gas bar at Brock Rd. Pickering. Bring resume between 8:30-4:00pm, attention Ann.

532 Retail Sales Help
Leon's Furniture
Canada's Number One Home Furnishing Retailer is now hiring Sales Associates for furniture, appliance and electronic sales.

535 Hospital/Medical/Dental
EXTENDICARE
ACTIVITY AIDE
We are seeking an enthusiastic, motivated individual who is a Team Player.

160 Business Opportunities
BUSINESSES WANTED
We are interested in growing our business into new areas by acquisitions or partnerships.

170 Apartments & Flats For Rent
MANORS OF BRANDYWINE
45 GENERATION BLVD. APT 122
Hwy. 401 & Meadowvale Blvd.

170 Apartments & Flats For Rent
WHITBY, 2 BEDROOM,
member 1st. \$825 per month inclusive.

510 General Help
LUBE TECHNICIAN PLUS ASSISTANT MANAGER - full + part time, hourly wage plus bonus.

510 General Help
EASY PHONE WORK
Appointment Setting No Selling
Great hours. Earn up to \$10 per hour plus bonus\$\$.

515 Skilled & Technical Help
LOOKING FOR full time taper, for private house only. Must be able to tape between 10 and 20,000 sq. ft.

105 Townhouses For Sale
3-BEDROOM TOWNHOUSE, \$119,900. 222 Pearson St. Unit 12 Oshawa.

170 Apts. & Flats For Rent
1-BDRM BASEMENT, Brock Rd/401, private entrance, bath, laundry, cable, garage parking.

170 Apartments & Flats For Rent
PICKERING - 2 BEDRM
basement apartment, all inclusive. \$900 month. Oct 1st.

510 General Help
PART-TIME HELP NEEDED
cleaning homes for a Maid To Service. Must be flexible and a pleasant worker.

515 Skilled & Technical Help
TRAVELING DOWN the road success, only to find that you have been on the wrong road?

535 Hospital/Medical/Dental
DENTAL HYGIENE Coordinator
full-time position for mature, hardworking go-getter.

125 Property Outside Canada
USA LIQUIDATION ACREAGES
Take over 20 acres in scenic West Texas.

170 Apartments & Flats For Rent
AJAX, WHITBY, OSHAWA - bachelor for \$575, one bedroom and 2 bedroom from \$750.

170 Apartments & Flats For Rent
PICKERING - 1 bedroom
basement apt., separate entrance, private patio+large back w/steps tub, in shelves, ceramics/cab.

510 General Help
PART-TIME POSITION in jewellery store at The Oshawa Centre for mature Jewellery Sales Specialist.

515 Skilled & Technical Help
LEGAL SECRETARY - full/part time, experienced, Real Estate Conveyancing; Corporate and commercial background.

535 Hospital/Medical/Dental
DENTAL HYGIENIST FOR Whitby office. Monday's & Wednesday's. Please drop off resume to: Dental Office, Pringle Creek Centre, 728 Anderson St., Whitby or call 905-668-5538

140 Investment/Bus. Property
ATTENTION ONLY \$179,900! Oshawa, downtown area. Fantastic commercial property.

170 Apartments & Flats For Rent
ALEXANDER PARK, 1 bedroom newer apts. "Old charm building." Totally renovated, new kitchens, baths, hardwood floors.

170 Apartments & Flats For Rent
PICKERING, 1865 Glen Rd., 3 bedroom apts., close shopping, schools, day care.

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LEGAL SECRETARY - full/part time, experienced, Real Estate Conveyancing; Corporate and commercial background.

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145 Indust./Comm. Space
COMMERCIAL SPACE AVAILABLE FOR RENT. Best Foods, flower shop, donut shop, real estate office.

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170 Apartments & Flats For Rent
PICKERING, 1865 Glen Rd., 3 bedroom apts., close shopping, schools, day care.

170 Apartments & Flats For Rent

WHITBY bright/clean open concept furnished apt. Suitable for quiet non-smoking professional. \$170/wk inclusive. Desirable location Rossland/Garden. First month & references required. Avail. immediately. Call 905-666-8431

WHITBY PLACE. PARK LIKE setting, close to downtown, low rise bldg, laundry facilities, balcony, parking. 905-430-5420

WHITBY, 1-bedroom basement apt near GO, separate entrance. Heat, utilities, parking included. Available November 1, \$650 references required. Suitable for 1 non-smoker, no pets. 905-430-6979

WHITBY, BROCK/DUNDAS, large 3-bdrm middle apartment in triplex. Appliances, coin laundry, 2 parking spaces, \$990-\$1040 plus hydro. References and application required. James (905)509-1805

WHITBY, EXTRA LARGE 1-bedroom apartment, \$850 all inclusive. Available Nov 1st. (905)665-8462 or (905)728-8938

WHITBY, LARGE 3-bedroom in upper triplex, available Nov. 1st, balcony, fireplace, washer/dryer, \$1150 inclusive. Please call (905)666-8376.

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

1 BEDROOM BASEMENT apartment, suits single, \$575 inclusive. Parking +laundry. Clean, quiet adult lifestyle building, no pets, no smoking. Call 905-576-7540 (leave message)

185 Houses For Rent

Sick of RENTING? 1st Time Buyer? Professional Renter? Honest Answers...! Professional Advice...! To 'Own' Your Next Home! Call 1-800-840-6275

RE/MAX Activity R. E. Office 905-432-2200 Mark Stapley Sales Rep.

A-ABA-DABA-DO. OWN YOUR OWN HOME! 6 months free! From \$550/month OAC, up to \$6,000 cash back to you, \$30,000+ family income. Short of down payment? For spectacular results Great Rates. Call Ken Collis, Associate Broker, Coldwell Banker RMR Real Estate (905)728-9414, or 1-877-663-1054, kencollis@sympatico.ca

A ABSOLUTELY ASTOUNDING 6 months free, then own a house from \$600/month o.a.c. up to \$5,000 cash back to you! Require \$30,000+family income and good credit. Short of down payment? Call Bill Roka, Sales Rep, today! Re/Max Spirit (905) 728-1069, 1-888-732-1600.

AJAX BEAUTIFUL 3-BDRM main floor Large backyard, shared washer/dryer, 2-car parking, Harwood/Bayly, \$1325/inclusive. No smoking/pets. Nov. 1. 1st/last. 905-420-1037 leave message.

3-BDRM BUNGALOW w/garage, sunroom, private large yard, good Whitby location, close to all amenities, \$1450 monthly. Avail. immediately. Dafani Properties 905-242-3331

A GORGEOUS WHITBY bungalow 3 bedrooms, hardwood floors, parking, 1/2 acre lot, no pets, Nov. 1st. \$1,450 plus utilities or singles room \$500. each. (905)723-5853.

AN UNBEATABLE DEAL! From \$500. down, own your own home. Carries for less than rent. OAC. 24 hrs free recorded message 905-728-1069 ext 277. Coldwell Banker RMR Real Estate. Aurelia Rasanu.

AJAX - 3 bedroom bungalow, finished rec. room, new gas furnace. Close to amenities. Available immediately. \$1100/mth+utilities. First/Last. Call 905-683-0799.

AJAX 3-BEDROOM upper level of house, newly renovated, parking, laundry, \$1,200 inclusive. Availability flexible, credit check. No pets. Call Frank (416)616-7776

NORTH OSHAWA - single detached house, 3 bedroom 2-storey, 2 1/2 baths, 5 appliances, attached garage, no pets, available Nov. 1st. first/last \$1250. 905-723-3790.

OSHAWA, Downtown. Available Dec 1, 3 bedroom house with garage. Viewing upon request 1-905-655-5300 after 6:30 pm.

185 Houses For Rent

OSHAWA-WILSON / ROSSLAND \$1300mo.+utilities. Detached 3 br. No pets/smokers. Appliances. Dec. 1st. Steven Label, Sales Rep. Royal LePage Contract Realty, Broker 905-683-1790.

PICKERING BUNGALOW 3 + 2 2 baths, dining, 5 appliances, fireplace, woodstove, C/A, double car. Nov. 1, \$1575 plus. Call 416-487-6319

PICKERING one bedroom bungalow, suitable for single person or couple. Available Nov 4. \$1200+ first/last/references. No pets. 905-426-3813

PICKERING, walk-out basement, double car garage, nice quiet street, avail. immediately. \$1,900 + utilities. Call 905-509-0254

ROSSLAND/THICKSON - Four bedroom house, double garage, basement not included. Pet restriction. References. \$1,350 per mo. plus utilities. Avail. immediately. Ist/last. Sherry or Tim Webster Sutton Group Heritage (905) 619-9500

WHITBY 3-BEDROOM house, 2 cars, & garage, \$1195 plus oil & hydro. No outdoor maintenance. 905-655-4623, 905-925-3945, 416-269-5449

WHITBY, BROCK/401 lovely 3-Bedroom house for rent, central air. Available immediately. No smoking, no pets. \$1200+. first/last required. Call 905-686-8385

WHITBY, ROSSLAND/BROCK 3+ bedroom bungalow, 2 baths, new kitchen with breakfast bar. Hardwood, A/C, full basement, 6 appliances. Private deck, garage w/private drive, quiet street. Ref. first/last. \$1200+utilities. Dec 1. No dogs. 905-430-1518

WHITES/HWY #2, Large 4-bdrm, 2 floors, huge master w/en suite, 5 appliances, avail Nov. 15th, first/last, references, credit check, no pets/smoking. \$1600 + 2/3 utilities. Must see. Call 905-839-9933 after 5pm

190 Townhouses For Rent

PRINGLE CREEK CO-OP 95 Crawford St., Unit-85 Whitby, is accepting applications for our next orientation (3+4 bedroom). Applications available at Community Centre Unit 85, 10am-4pm.-Mon.-Thurs. (On Friday, Sat & Sun pickup points are posted on Community Centre's door between 10am-7pm) SORRY, NO SUBSIDY AVAILABLE.

190 Townhouses For Rent

PRINGLE CREEK CO-OP 95 Crawford St., Unit-85 Whitby, is accepting applications for our next orientation (3+4 bedroom). Applications available at Community Centre Unit 85, 10am-4pm.-Mon.-Thurs. (On Friday, Sat & Sun pickup points are posted on Community Centre's door between 10am-7pm) SORRY, NO SUBSIDY AVAILABLE.

BRAND NEW COUGHLIN TOWNHOUSE 3 bedrooms,, 3 washrooms, 5 new appliances, garage, next to Pickering Town Centre. \$1600 monthly + utilities. 905-420-2081

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

TAUNTON TERRACE 3 bedrooms w/without garage, 2 appliances, hardwood flooring Outdoor pool, sauna Children's playground Close to all amenities Fenced backyards. (905) 436-3346

192 Rooms For Rent & Wanted

AJAX ROOM, new house, private bathroom, parking, no smoking/pets, female preferred, first/last, \$450, references, avail. immediately. Call 905-426-5908

AVAILABLE NOV 1ST, clean, large room, private bath, shared facilities, parking, close to Oshawa Centre, Go, 401, and amenities. Suit quiet employed female. \$450 inclusive. References (905)721-0940.

OSHAWA Furnished room with kitchen & private entrance, parking. Working gentlemen preferred. No smoking/pets. \$105/week. First & last. (905)434-7532 or (905)579-0596.

ROOM FOR RENT sliding glass doors to deck, air-conditioning, cable, laundry, share kitchen & bathroom. Furnished or unfurnished. \$375/monthly. Immed. 905-426-9124.

ROOMS TO RENT at low weekly/monthly rates. Motel on Hwy 115/35. 10-15 minutes east of Bowmanville/Oshawa, 8 km north of 401. Call 905-983-6466

SINGLE BEDROOM, air conditioning, cable, shared bath, room, shared kitchen, first/last required. Call (905)579-1896

194 Shared Accommodation

A REAL FIND! West Shore Pickering, female household, share kitchen, private bath, parking, compact fridge, laundry, utilities, cable, sitting room, avail October 1st. \$600/month. References. 905-426-5992.

194 Shared Accommodation

CENTRAL WHITBY - room-mate wanted to share home. All hardwood, deck to large yard, parking, laundry. \$450/month + utilities. Call 905-666-2504.

PICKERING, near 401, detached home to share, close to all amenities, non-smoker/no pets. \$450+ hydro. Suitable for working female professional. Avail. immediately. (416)565-2908

OSHAWA, HARMONY/ROSSLAND 3 bedroom house to share. Clean, includes parking & laundry \$400 month inclusive no pets 905-626-6024 leave msg.

PICKERING 401/Whites 3rd person (male preferred) to share 2 storey house. Large master, walk-in closet, parking, laundry \$500/month share utilities 905-420-0081, 416-804-4867

PICKERING, beside Town Centre, immaculate, spacious. Own livingroom, bedroom, bathroom. Share kitchen/laundry. Male preferred. \$800. Avail. immediately. First/last, references. 905-837-8039

WHITBY, room for rent, sharing kitchen & bath. Suitable for single female. \$450/month. No pets. First/last, references. Avail. Oct 15 (negotiable). Call 905-259-5089

205 Rentals Outside Canada

2 BEDROOM Mobile home to rent in Clearwater, Florida. (905)576-1291.

CLEARWATER, FLORIDA, 2-3 bedroom furnished apartment homes. 85° pool, 105° hot tub, minutes to beaches and major attractions, NHL Hockey (\$8/seat), Horse/dog tracks, Blue Jay/Yankee Baseball. Children welcome. Photos. \$275/week. (905)683-5503.

4 COOPER TIRES for sale. P225/60-R16. Brand New! \$300/set OBO. Call 905-438-0388

4'X6' BOX TRAILER for sale. \$300. Call 905-509-2379

A-1 CARPETS! CARPETS! CARPETS! 30 yds. commercial carpet installed with premium pad from \$285. Or 30 yds. of Berber carpet installed with premium pad starting from \$375. We will beat any competitors written prices by up to 10%. Free shop at home service, servicing Oshawa to Cobourg area. SALLIAN CARPETS 905-373-2211.

215 Campers, Trailers, Sites

HUNTER'S DELIGHT - 9ft. slide in TRUCK CAMPER, 2 beds, stove with oven, fridge, furnace, washroom and hot water, can be seen at Castleton Hills Trailer Park, Lot 4 or call 1-866-241-2224 or 905-344-7838.

232 Boats & Supplies

FOR SALE - 2 SEA-DOO'S 95 & 96, both run super fast and clean, also comes with dual galvanized steel trailer, winterized yearly. Must see! \$8,000 OBO. 1-877-818-9606, 9 am - 5 pm ask for Jesse or Delon 905-619-1081 after 5 pm.

279 Tutoring Service

TUTORING AVAILABLE FOR HIGH SCHOOL MATH STUDENTS MANY YEARS OF EXPERIENCE \$25/HOUR (905)-837-9213

300 Market Basket

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SMALL GIBBARD BED-ROOM box+matress, \$450; maple table +chairs/yr. \$650; green-coloured sofa +2 wings \$400; Tyrs Kenmore fridge \$300, stove \$300; washer/dryer 5yrs. \$400; sofa bed \$175; queen-double box, mattress+frame \$175/each; misc. dressers. Can deliver 905-263-2657

CEGAR TREES for sale, starting from \$3.50 each. Planting available. Free delivery. Call Bob (705)878-0441

CERAMIC MOLDS FOR SALE Approx 500+. Also Duncan Kiln w/accessories, mainly Donna, Sciota, Clay Magic. Many Bavarian dinner molds. Asking \$1000 obo. Whitby. 905-666-9650

CHERRY FINISH hardwood dining room suite, 8 chairs; two with arms. Dining table with two leaves and buffet/hutch. Excellent condition. Asking \$2,500. Call anytime. (905)668-6816

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COMPUTERS New & Refurbished. Refurbished P200 complete system, \$229; P2-350 complete system \$315; Toshiba P2-233 laptop only \$599; other systems avail. All w/warranty. Call 905-576-9216 www.speedline.ca/bit-sandbytes

DINING ROOM SUITE wood, 9-pieces plus 2 leaves, neutral oak colour, material cushioned seats, pedestal legs. Paid \$5200, asking \$2200-o.b.o. 416-284-5882

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.

ESTATE SALE, 5pc. antique bedroom suite, 995; 6pc. oak bedroom suite \$895; dressers \$45; walnutn \$95; kingsize pine bed, mattress/boxspring \$365; mahogany upright Gramophone \$525; antique brass bed \$695; 1950 mahogany HIFI \$135 mint condition; sofa \$95; table+chairs \$45; solid maple end tables \$95/pair. Too many items to mention. Bowmanville 905-697-3532

GENERATOR- HONDA model EM3500X, with wheel kit. Like new \$2000/OBO. Call daytime 905-431-7596

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ONE DOUBLE size futon for sale (from Sleepfactory). Wood frame with cream cover. Hardly used. Asking \$1300. Please call Mona at (416)493-1300 ext. 231.

PIANO TECHNICIAN available for tuning, repairs, & pre-purchase consultation on all makes & models of acoustic pianos. Reconditioned Heintzman, 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.

PLAYSTATION MOD CHIPS PS1 basic chip \$35; Stealth chip \$60; PS2 chip \$95; XBOX chip now avail. Inquire about our games in stock. All work guaranteed. Beatrice/Wilson area (905)721-2365

BLUE COUCH/CHAIR, excellent \$450; glass/brass sofa table \$45; 36" glass kitchen table \$60; black dresser \$50; loveseat \$250. 905-420-8119

BUN & THIGHMASTER \$200, humidifier w/2 replacement filters \$100. CustomCraft sofa large pillows, multi-coloured floral pattern \$600. 905-579-8596 after 5pm

SMALL PA SYSTEM, Soundcraft mixing desk, crown amp, DBX & Yamaha processor and R&D audio speakers. Call 1-877-304-2666.

CAR TRAVEL, excellent condition, c/w walk-in 4x6.5' enclosed tool box, tire rack & two ramps. Asking \$1395 OBO. Call Jim 905-723-0753

CARPETS, LAMINATE and VINYL SALE, 3 rooms, 32sq. yds. for \$339 including premier underpad and installation. Laminate \$2.39sq. ft. Click System. Residential, commercial, customer satisfaction guaranteed. Free Estimate. Mike 905-431-4040.

CEDAR TREES for sale, starting from \$3.50 each. Planting available. Free delivery. Call Bob (705)878-0441

CERAMIC MOLDS FOR SALE Approx 500+. Also Duncan Kiln w/accessories, mainly Donna, Sciota, Clay Magic. Many Bavarian dinner molds. Asking \$1000 obo. Whitby. 905-666-9650

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316 Vendors Wanted

**Cemeteries Act (Revised)
Notice of Declaration**

Pursuant to Ontario Regulation 133/92, Section 6

Re: Burial Site located at 36 Elizabeth Street, Ajax - north of Cameron Street on the west side of the street adjacent to The Old Wesleyan Methodist Cemetery, also known as the Elizabeth Street Pioneer Cemetery, Concession 2, Lot 16, Part 1, Plan 40R-14013 in the Town of Ajax, Regional Municipality of Durham, Province of Ontario.

Take notice that on May 14th, 2002 a burial site at the above location was reported to the Registrar of the *Cemeteries Act (Revised)*.

An investigation conducted under the provisions of the *Cemeteries Act (Revised)* indicates a burial of one adult on the adjoining house lot in the area between the trees and the garage wall adjacent to the Elizabeth Street Pioneer Cemetery.

The Registrar hereby gives notice of the intention to declare the site to be an "Unapproved Cemetery", and invites representatives of the person whose remains are still interred to contact the Registrar in writing within two weeks after October 13th, 2002.

Dated at Toronto this 6th day of October 2002.

Michael D'Mello
Registrar, *Cemeteries Act (Revised)*
Cemeteries Regulation Unit
Ministry of Consumer and Business Services
250 Yonge Street, 32nd Floor
Toronto, Ontario M5B 2N5
Telephone: 416-326-8393, Fax: 416-326-8406

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LOST - SHIH TZU, MALE. Lost Sept 24, Frenchman's Bay Yacht Club area. White/beige with tattoo on stomach. Call **905-839-1071**

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PURCELL, Stanley Joseph - Born April 2, 1930, Toronto, passed away peacefully from illness at Campbellford Memorial Hospital on October 2, 2002. His smile and brilliant blue eyes will be missed by his family Olivia Ruth Martin, Cheryl, Chris, Jenny and granddaughter Alexis. A craftsman, artist and musician who enjoyed sailing Frenchman's Bay, welder for Local 128, who also contributed to the Pickering community since 1964. He enjoyed coaching hockey and was a kind, generous man, who you couldn't keep off the dance floor. He passed on his passion for the outdoors and a deep respect for nature to his children. Thanks Dad. He spent his last year being cared for lovingly at Ambridge Manor in Hastings, ON. Thank you Darrin and Lee Anne Baldini, you brought him much joy. Memorial visitation to be held at the **McEACHNIE FUNERAL HOME**, 28 Old Kingston Road, Ajax (Pickering Village), 905-428-8488 from 2 to 4 pm Sunday, October 2002. In lieu of flowers, please send donations to the Alzheimer's Society.

258 In Memoriam 258 In Memoriam

Ann McKinlay
October 7th, 2000
In Loving Memory of Our Mom
Til roses lose their petals
Til heather have lost its dew
Til the end of time Dear Mother
We will remember you.
Lovingly remembered
& greatly missed
Sandy, Rosanne & families

In loving memory
JAMES LINDSAY
Memories today and always of a loving husband who was called to rest on October 7, 1997
You suffered in silence,
Your spirits did not bend.
You faced your pain with courage,
Until the very end.
God saw you getting tired,
A cure was not to be.
He wrapped you in His loving arms
And whispered "Come to Me."
It broke my heart to lose you
But you did not go alone,
For part of me went with you
The day God took you home.
But every time I think of you
I seem to hear God say,
Have faith and trust, my promise,
You'll meet again someday.
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7115 POWER TRAIN WARRANTY & ROADSIDE ASSISTANCE

0% FINANCING

0%

FINANCING 60 MO.

OR

\$3250

DEALER DISCOUNT



2000 GRAND CARAVAN
Bright silver metallic, V6, auto, 7 pass., dual sliding doors. 76,000 km. Stk. V7223A
\$265.00 mo.**



1999 CHRYSLER INTREPID SE
Loaded, 86,000 km. Stk. #S5756A.
\$199.00 mo.*



1999 HYUNDAI TIBURON SE
Bright silver, 4 cyl., 5 spd., leather, pwr. moon roof, fully loaded. 60,000 km. Stk. #J5857A.
\$266.00 mo.*



2002 DODGE DAKOTA SXT C/C 4X2
V6, auto, H/D service pkg., air, trailer tow grp., anti spin axle, rear slide window. Stk. #T5775.
BRAND NEW \$344.00 mo.***



2002 DODGE RAM 1500 REG. CAB 4X2
4.7 V8, auto, air, tilt, cruise, carpet, anti spin axle, trailer tow mirror, chrome wheels, AM/FM CD player. Stk. T5728.
BRAND NEW \$359.00 mo.***



2001 CHRYSLER SEBRING LXI
3.0L V6, auto, 2 dr., anti lock brakes, tinted glass, air, keyless entry, power mirrors, locks, security alarm, speed control, AM/FM/CD, 4 disc, infinity speakers. 19,300 km. Stk. #P7139.
\$349.53 mo.***



1994 PONTIAC GRAND AM
Automatic, air. Stk. #R5672A.
\$5,395



2001 DODGE DAKOTA 4X4 C/C
4.7L V6, SLT plus decor, 4 spd., auto, anti-spin, air, pwr. pkg., fog lamps, AM/FM cass., cast aluminum rims, keyless entry. 40,000 km. Stk. #J5792B.
\$359.00 mo.***



1999 HYUNDAI ACCENT
4 cyl, auto, CD player, mid knight black, with complimentary charcoal interior. Only 105,000 km. Stk. #V7242A.
GAS SAVER!



2001 SUZUKI SWIFT
1.3L 4 cyl, auto, air, AM/FM Cass. Only 45,000 km. like new. Stk. #J5887A.
DON'T MISS OUT \$167.00 mo.**



2002 JEEP GR. CHEROKEE LAREDO
4.0L V6, 4 spd., auto, pwr. pkg., air, select trac 4WD system, AM/FM CD, aluminum rims. 30,000 km. Stk. #P7257.
\$461.00 mo.***



2001 CHRYSLER PT CRUISER
Super fun & super loaded. 12,000 km. Stk. #PT5393A
\$310.00 mo.***



1999 PLYMOUTH VOYAGER EXPRESSO
3.8L, auto, air, AM/FM/CD, loaded, quads. 42,000 km. Stk. #V7192.
\$302.00 mo.**



2002 DODGE RAM 1500 REG. CAB 4X4
4.7 V8, auto, air, spt. appearance pkg., security grp., 40-20-40 premium seats, pwr. convenience pkg., tilt, cruise, rear slide window. Stk. #T5167.
BRAND NEW \$437.00 mo.***



1999 DODGE GR. CARAVAN LE
3.8L V6, 4 spd., auto, anti-lock brakes, pwr. seat, 7 pass., sunscreen. 100,000 km. Stk. #T5874A.
LIKE NEW \$303.00 mo.*



2001 NEON
2.0L, auto, air, tilt wheel, cruise, AM/FM Cass., cloth seats. Balance factory warranty. Stk. # P7062.
\$181.84 mo.***



2002 DODGE CARAVAN SPORT
3.3L, 4 spd. auto, buckets, rear bench, pwr. pkg., anti-lock brakes, AM/FM cass., sunscreen, dual zone air. 10,225 km. Stk. #P7204.
\$342.00 mo.***



2002 DODGE DURANGO SLT 4X4 SPT.
4.7L V8, magnum eng., multi speed auto, anti-spin, dual zone air, rear heater, pwr. pkg., 7 pass. seating, running boards, AM/FM CD. 24,000 km. Stk. #P7188.
\$545.00 mo.***



1997 DODGE NEON
2.0L, 5 Speed, 2 dr, Air, Spoiler, Deluxe Seating, 75,000 km. Stk. J5643A.
Only \$147.00 mo.*



2002 CHRYSLER TOWN & COUNTRY
3.8L V6, 4 spd., AWD, trailer tow grp., AM/FM Cass. CD, 4 disc in dash CD changer, leather, pwr. side dts. & pwr. rear liftgate, load leveling & height control & much more. 9,982 km. Stk. #P7203.
\$638.00 mo.***



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Optimum USED VEHICLES



- ✓ MANUFACTURER'S WARRANTY
- ✓ OPTIMUM 150 PT INSPECTION OF EVERY VEHICLE
- ✓ 24 HOUR ROADSIDE ASSISTANCE
- ✓ 30 DAY VEHICLE EXCHANGE

2001 PONTIAC MONTANA

Auto, air, p.w.,
pdl., cass., ABS
34,000 km.
\$25,900



ONE OWNER

2000 GMC JIMMY

Auto, air, p.w.,
pdl., cass.,
ABS. 45,000 km.
\$23,500



ONE OWNER

1999 GMC JIMMY SLT

Auto, air, p.w.,
pdl., cass.,
ABS. 77,000 km.
\$21,500



ONE OWNER

2001 PONTIAC MONTANA

Auto, air, p.w.,
pdl., cass., ABS
42,000 km.
\$26,900



ONE OWNER

2000 GRAND AM GT

Auto, air, p.w.,
pdl., cass.,
ABS. 59,000 km.
\$17,900



ONE OWNER

1999 GMC PICKUP

Auto, air, cass.,
ABS. 69,000 km.
\$24,500



ONE OWNER

2001 PONTIAC SUNFIRE GT

Auto, air, p.w.,
pdl., cass., ABS
27,000 km.
\$16,500



ONE OWNER

2000 PONTIAC GRAND PRIX GT2

Auto, air, p.w.,
pdl., cass.,
ABS. 39,000 km.
\$21,500



ONE OWNER

1999 PONTIAC SUNFIRE SE 2 DR.

Auto, air, cass.,
ABS. 61,000 km.
\$10,900



ONE OWNER

2000 BUICK CENTURY LTD.

Auto, air, p.w.,
pdl., cass., ABS
47,000 km.
\$18,900



ONE OWNER

2000 PONTIAC MONTANA

Auto, air, p.w.,
pdl., cass., ABS.
57,000 km.
\$18,500



ONE OWNER

1998 MERCURY SABLE SW

Auto, air, p.w.,
pdl., cass.,
ABS. 62,000 km.
\$12,500



ONE OWNER

2000 BUICK CENTURY

Auto, air, p.w.,
pdl., cass., ABS
60,000 km.
\$17,500



ONE OWNER

2000 PONTIAC SUNFIRE

Air, cass., ABS.
92,000 km.
\$8,995



ONE OWNER

1996 BUICK REGAL

Auto, air, p.w.,
pdl., cass., ABS.
128,000 km.
\$9,900



ONE OWNER

2000 CHEVROLET S-10 EXT.

Auto, air, p.w., pdl.,
cass., ABS
54,000 km.
\$19,000



ONE OWNER

1999 FORD WINDSTAR

Auto, air, p.w.,
pdl., cass.,
ABS. 83,000 km.
\$14,900



ONE OWNER

1996 SATURN SL1

Auto, air, cass.,
125,000 km.
\$7,995



ONE OWNER

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