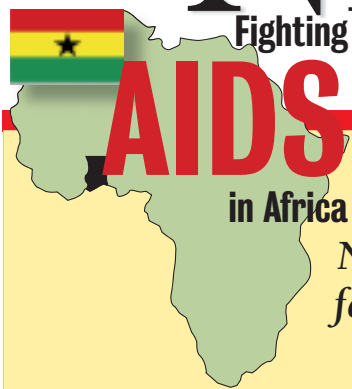


NEWS ADVERTISER



47,900 ♦ Metroland Durham Region Media Group ♦ SUNDAY, DECEMBER 4, 2005 ♦ Optional delivery \$6 / News

TASTEFUL
New words, food for Durham man
Page 17

AIRING CONCERNS
Pickering stakes position on airport plan
Page 18

MISSION MAN
Pickering native leads DART team
Page 19

Pickering doctors lose confidence

Want meeting with board, Friends group rallies Wednesday

By Keith Gilligan
Staff Writer

PICKERING — Pressure is mounting to reverse a decision to move obstetric and pediatric services out of the Ajax-Pickering hospital.

On Thursday, about 40 doctors with privileges at the Rouge Valley Ajax and Pickering hospital met and were “unanimous” in passing a motion of non-confidence in the administration.

And, on Wednesday, only emergency surgeries will be performed at the hospital to protest the decision, said Dr. Romas Stas. Also on Wednesday, Friends of the Ajax-Pickering Hospital are holding a rally.

Physicians have taken the measures “because of many, many,

many reasons. It’s ongoing issues,” Dr. Stas said. “They’ve systematically downsized services at Ajax over five years.”

The hospital has attempted to “downsize pediatrics at least three or four times in the past,” he added.

The administration, said Dr. Stas, has “miserably failed to address the problems. Nobody can practice in that environment. This is the last straw.”

Hospital administrators this week announced the decision to move all births, starting Dec. 14, from the Ajax site to the Rouge Valley Centenary location, citing a lack of pediatricians.

Hume Martin, Rouge Valley Health System’s, president and chief executive officer said Thursday the relocation would be temporary and would be ended once more pediatricians are hired. Currently, the hospital has two pediatricians at

♦ See Hospital, Page 4

MAKING A BREAK FOR THE METRO BOWL FINAL



DURHAM — Pickering Trojans’ Frank Aiello tries to avoid the tackle by Upper Canada Blues’ Steve Rotchtin, left, and Harry Prosser during Metro Bowl semifinal action Friday at Esther Shiner Stadium in North York. Pickering High used two touchdowns in the fourth quarter to secure a 16-12 win. See story on Page 30.

Jason Liebrechts / News Advertiser photo

Pickering community gathers to fight violence

More than 100 people attend public forum

By Crystal Crimi
Staff Writer

PICKERING — For teenager Elizabeth Jaglal, the terror of being bullied and beaten was reduced just a little bit following an anti-violence

community meeting this week.

More than 100 people of various ages and races filled Pickering’s council chambers Nov. 29 for the Community Against Violence Everywhere’s (CAVE) first public forum. There, they heard solution suggestions and some shared their own experiences.

“My daughter has a broken nose,

she has been bullied and it’s led to extortion as a result,” said Loriann Jaglal, Elizabeth’s mother. “I demand we as a community come together for the victims of violence.”

In an interview, Mrs. Jaglal said Elizabeth, a Grade 9 student in Pickering, was led between portables

♦ See Pickering, Page 7

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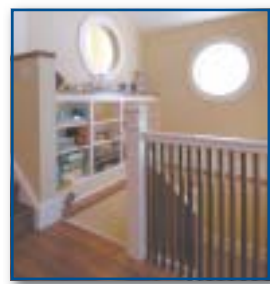
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Presents for Brothers and Sisters

Santa Fund ensures kids in need receive gifts

By Jason Chamberlain

Special to the News Advertiser

PICKERING — The Santa Fund will be putting a “smile on the face” of some Ajax and Pickering Little Brothers and Sisters.

The Big Brothers and Sisters of Ajax-Pickering organization is taking part in the Santa Claus Fund for the second year, which is also the second year of involvement for the News Advertiser. The fund was started in 1906 by The Toronto Star and partners the newspapers with community organizations to find families in need of help, providing a

holiday to remember for their children.

“It’s about putting a smile on a child’s face,” said Sharlene Melnike, executive director of Big Brothers. “We don’t realize how many families in our area don’t have much, and how bad kids feel at this time of year surrounded by other kids who receive more. This program gives them a special Christmas.”

Throughout the year, Big Brothers and Sisters works to provide boys and girls with adult mentorship, and as a result can offer several families a chance to take part in the Santa Fund initiative.

“We work closely with our families, so we’re aware of their situations. We’re aware of who needs assistance, and who won’t have much at Christmas. We

have 14 families this year, which is more than last year,” said Ms. Melnike.

The gift boxes are distributed in December throughout the Greater Toronto Area, with 45,000 finding their way to children up to 12 years old, including an estimated 1,000 in Ajax and Pickering.

“There are a number of families that are needy, and many kids who won’t receive many gifts at Christmas,” said Ms. Melnike. “Christmas is a time when people can help others. If you want to support children and put a smile on their face, give to the Santa Claus Fund.”

Every dollar raised through the fund is used to purchase the items contained in the gift boxes: a warm sweater, socks, mittens, a hat, book, toy, candy and, beginning this year, a toothbrush and toothpaste for kids four to 12. Babies receive two sleepers, candy for mom and dad and a small toy. The items are all new and bought directly from manufacturers at great cost savings.

If you or someone you know has been touched by the Santa Claus Fund, we’d like to hear your story. Please e-mail details, along with contact information, to mruta@durhamregion.com or call 905-683-5110, ext. 253.



Jason Liebrechts/ News Advertiser photo Executive director Sharlene Melnike says Little Brothers and Sisters are in line for gifts this Christmas through the News Advertiser Santa Fund.

How to Donate

Please send a cheque to:
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Santa Claus from THE NORTH POLE

Hospital 'absolutely committed' to returning births

◆ Hospital from page 1

Ajax and at least six would be needed to cover the on-call schedule, Mr. Martin noted.

In an interview, Mr. Martin said of the doctors' motion, "I haven't received it. I'm not sure I can comment."

He was at a meeting Friday with the health system's medical advisory committee, which included doctors, and nothing was said or given to him, Mr. Martin stated.

Dr. Stas said doctors are hoping to meet with the hospital's directors to discuss the situation.

"We want to meet with the board as soon as possible," he stated. "The board has to be aware of our position. A lot of misinformation is given to the board. The board needs the facts."

If the board decides to support the administration, the physicians would take it to the next level, appealing to the Ministry of Health to intervene, Dr. Stas noted.

"We've solved one problem after another," he said of doctors. "We've jumped

in and solved it time after time. The frustration is too much and we can't practice in that environment.

"We don't want to be fighting to preserve services. This is the last straw and we won't take it anymore."

The physicians are hoping that after meeting with the board, directors "will make the appropriate decision and reverse the decision."

About 1,500 births were handled at the Ajax site last year. At Centenary, there were about 2,000. Mr. Martin said a hospital in Guelph, faced with the same situation as Ajax-Pickering, "partnered with another hospital and they were able to reopen it after several months."

"It's important to believe in a hopeful future rather than live in constant fear," Mr. Martin stated. "We'll be able to rebuild it once we have a stable of pediatricians."

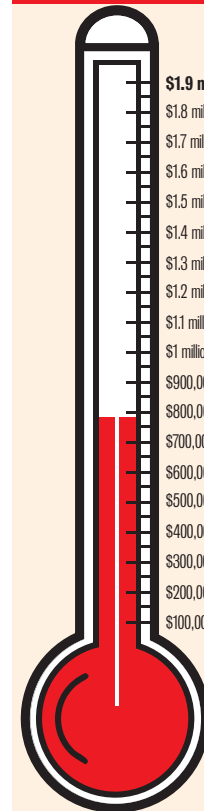
He added the hospital's board is "absolutely committed" to returning births to Ajax-Pickering.

The Friends rally is Dec. 7 at 7 p.m. in the HMS Ajax Room of the Ajax Community Centre, on Centennial Road.



A number of Ajax and Pickering hospital doctors want to meet with Rouge Valley Health System's board of directors in the wake of this week's decision to move obstetric services due to a lack of physicians.

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EDITORIALS & OPINIONS

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EDITORIAL

We must fight domestic violence

Tuesday stands as a grim reminder of one of the worst days in Canadian history. It's hard to believe but it's been 16 years since the most appalling single-day crime in our past took place.

On Dec. 6, 1989 a crazed gunman walked into Ecole Polytechnique in Montreal and shot 14 women to death before turning the gun on himself. The 'Montreal Massacre' sent shockwaves through the nation and caused men and women alike to look deep inside themselves in search of an answer for the horror of violence against women.

We're still searching.

The crime turned a glaring spotlight on the issue of violence against women and led directly to the Liberal government's pledge to adopt gun control measures in the hope crimes of violence might be reduced in the future.

While the debate rages about the effectiveness of government measures to attack the problem, the underlying issue remains one of educating young people about equality. It also centres around constant awareness of the problem and of vigilance that justice measures be strengthened to punish offenders.

The Montreal massacre also launched the white-ribbon campaign against domestic violence. In Durham, the CAW Local 222 Women's Committee will host its annual candle-light vigil Tuesday to honour the 14 woman who died that day and to remember all women who have lost their lives to violence. The event takes place at the union hall, 1425 Phillip Murray Ave., Oshawa, and all are invited to attend.

In addition, the women's committee will launch a postcard campaign to encourage the federal government to push for social and economic equality for women. The postcards call for safe affordable housing, a national childcare program and adequate funding for women's groups and programs.

The committee is aiming to have 10,000 postcards go from Durham Region during the next four months. The cards will be handed to the prime minister next March 8.

As well as the postcard campaign, other measures must include jailing peace bond offenders to clearly demonstrate a zero-tolerance policy to those who flout the law. The Criminal Code needs to provide justices of the peace, judges and prosecutors with the power to severely penalize stalkers and those who refuse to obey the law.

Through education and publicity we must create a society which will not tolerate domestic abuse of any kind.

LETTER TO THE EDITOR

McTeague makes 'Cents'

To the editor:

Re: 'The half-buck stops here,' Nov. 25, and 'McTeague boosts 50 Cent,' Chris Bovie column, Nov. 27.

The words "silly" and "ignorant" have been applied to denigrate Dan McTeague and his request that 'Immigration' refuse Curtis '50 Cent' Jackson entry into Canada.

Mr. McTeague used a series of facts in a clear and cogent argument for denying Mr. Jackson entry into Canada. Relative expressions like "silly" and "ignorant" do not change the facts put forward by Mr. McTeague. The designation performer or artist should not in itself validate a passport to Canada.

Off on a tangent, but not unrelated, do we overlook the violation and of our precious infants, by purveyors of child pornography, on the basis that their photographic and written material might have 'artistic merit.'

Do we do nothing because "the problem is a lot more complex?"

Christopher Curran,
Ajax



Make or break time for hospital

Understandably, the news this week that the Rouge Valley Ajax and Pickering hospital will have to suspend obstetric services came as a big blow to the community.

The possibility has been raised before, but last-minute manoeuvring has always seemed to find a solution. So the reality is hitting Ajax and Pickering residents hard, and along with soon-to-be mothers now having to find other birthing units, residents are wondering what this means for the future of the hospital.

Most surprising has been the reaction from the public. There seems to be a real belief among some that this move was gleefully done by Rouge Valley administrators, that somewhere they're sitting back patting each other on the back.

Now, let's think about this for a second. Rouge Valley has spent the last number of years putting together an expansion plan, working with designers down to the final details; it has gone to the public for financial commitments of more than \$20 million; it has rallied support from local politicians, and it has lobbied the Province hard, all so it could possibly drive a nail in its own coffin?

Because that's really what we're looking at, aren't we? Without hospital expansion, it's hard to convince doctors to set up shop here. But, without the doctors in areas such as obstetrics, it makes it that much harder for the hospital to convince the Province of its case for redevelopment.

Where the anger and frustration really should be focused is on the Province. People should be screaming mad and they should be letting Health Mi-



Tony Doyle
managing editor

ister George Smitherman know about it, along with Pickering-Ajax-Uxbridge MPP Wayne Arthurs.

There have been enough signs, signals and facts these past few years from our communities that expansion is needed, that we need support, that the current hospital site can't continue to service almost 300,000 people as it does now. This has to be the Province's sobering wakeup call to finally break the inertia.

The argument's been well made for expansion, the hospital community is one of the most active and supportive you'll find anywhere, and there are even more challenges in the years ahead as tens of thousands of new people move into Ajax and Pickering.

It's time the Liberals stepped up and started delivering for our communities before things get worse.

It's becoming increasingly hard to understand the lack of support and the uncertainty and division it's causing here in Ajax and Pickering.

Tony Doyle's column appears every third Sunday. E-mail tdoyle@durhamregion.com.

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Pickering violence forum leaves bullying victim feeling better

◆ Pickering from page 1

after school and attacked by three older teenagers from another school.

"And there are three different races (involved in the attack)," said Mrs. Jaglal. "It's not a race thing, it's a bullying thing."

Along with hurting her physically, the attack took away Elizabeth's sense of security.

"People always say it's not going to happen to you and then it happens," said Elizabeth in an interview. "I don't want to go back (to school) at all."

Elizabeth added that by attending the meeting and hearing she's not the only victim, she does feel a bit better.

To prevent violence, people need to understand what places youth at risk and develop effective programs to overcome those factors, said Low Golding, a Pickering resident and manager of a substance abuse program for African Canadian and Caribbean youth at the Centre of Addiction and Mental Health.

He added putting more police officers on the street will not solve the problem,

but healthy working relationships between the police, community agencies, schools and home can help.

"If we're going to do it right, we have to understand what the root causes are," said Mr. Golding.

He listed some of the characteristics that reduce violent behaviour as self-confidence, communication and problem-solving skills. Some risk factors are poor monitoring, impulsiveness and witnessing violence, he said.

Greg Mills, a Durham Region Police Service superintendent, said there are lots of factors involved in youth violence, and a solution needs several years.

Mr. Mills said there are now 14-year-olds involved in gun crimes.

"Why would such young people get involved in such violent activity?" asked Mr. Mills. "A lot of them have indicated they don't expect to live very long. What would cause them to get involved in this type of lifestyle?"

Autumn Walters, a 16-year-old Pine Ridge student, joined her mother Robin Walters at the forum because she felt it was important for youth to come out, especially from certain ethnic groups.

She'll take back to fellow students the positive and negative impressions of youth expressed at the meeting.

"It's important for us to come out and hear their perspective of us," said Autumn. She said 98 per cent of students are at school to learn and the two per cent lacking morality are from all ethnic groups.

"There's this ugly blanket cast over the black community right now," Mrs. Walters

said during the forum.

She said whenever something bad happens downtown people blame the black community, but added there are many hard-working, law-abiding black people.

CAVE is chaired by Pickering Councillors Maurice Brenner and Doug Dickerson and includes representatives from various community sectors, among others. Councillors Bill McLean and Kevin Ashe facilitated the

forum. With information collected at the meeting, CAVE will contact those interested

in being part of a committee to work on plans to address violence in Pickering.



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Ron Pietroniro/ News Advertiser photo

Walters cracks students up

PICKERING — Children's author Eric Walters has a little fun with Grade 8 student Michael Gemmink during his recent visit to St. Elizabeth Seton Catholic School. The author spent the morning at the school and had lunch with the students.

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IMPORTANT MESSAGE TO AJAX, PICKERING AND WHITBY RESIDENTS

The Ontario Government and the Rouge Valley Health System will CLOSE the Paediatric and Obstetrical Units at the Rouge Valley Ajax-Pickering Hospital effective December 14.

This will leave the women of West Durham with no health care services. As a growing community, this is completely unacceptable. As residents, the Friends of the Ajax/Pickering Hospital are demanding that the decision be reversed immediately.

PUBLIC MEETING

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7:00 p.m.
Ajax Community Centre,
HMS Ajax Room**

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Nominations to Greater Toronto Airports Authority Board of Directors

The Regional Municipality of Durham is seeking applications from individuals residing in the Region interested in being nominated to serve as a "Municipal Representative" on the Greater Toronto Airports Authority (GTAA) Board of Directors, for a term of three (3) years commencing May 2006. Nominations of three (3) candidates will be considered by Regional Council on January 25, 2006.

The GTAA is a private, not-for-profit corporation, responsible for managing and operating Lester B. Pearson International Airport within a regional system of airports to enhance regional economic growth and development. Please note that Directors are exposed to liabilities similar to those of any other private corporation. Director Remuneration is determined and paid by the GTAA Board.

Qualifications

According to GTAA By-law 14, you must be a Canadian Citizen, at least 18 years of age, and a permanent resident. As well, you cannot hold Federal, Provincial or Municipal elected office, be employed by or be providing services on a full time basis to any Federal, Provincial or Municipal government or agency.

The knowledge, skill and experience on the Board must include the fields of law, engineering, accounting, management and air transportation management. To satisfy this, the GTAA Board of Directors is currently seeking candidates with experience in one or more of the following areas:

Air Transportation Industry Management, International Corporate/Industry, Airline Industry, Senior Management, Human Resources, High Technology and Communications, Travel and Tourism, Corporate Law, and Environmental Impact Assessment.

If you wish to be considered for nomination as a member of the GTAA Board of Directors, please submit a brief expression of interest outlining your skills, abilities, knowledge and qualifications relevant to the position. Also include your name, address, telephone number, fax number and e-mail with your letter.

Submissions will be accepted by FAX at 905-666-6208 or personal delivery no later than Friday, **December 30, 2005** addressed to:

A.L. Georgieff, M.C.I.P., R.P.P.
Commissioner of Planning
Regional Municipality of Durham
605 Rossland Road East
Whitby, ON L1N 6A3

For further information, please contact Debbie Brideau at 905-668-4113 Ext. 2539

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The Makeover Madness contest is a promotional contest run by the Ajax/Pickering News Advertiser newspaper and local merchants/businesses. Local businesses have provided prizes with a value of \$50 to \$280 to compile one package with a minimum retail value of up to \$3000. A ballot will appear in the Sunday December 4, 2005 edition. Only one entry per household will be accepted. Odds of winning are based on the number of replies received. A random draw to be held on Wednesday December 14, 2005 from all ballots received. Winner is required to correctly answer the skill-testing question on the ballot in the Makeover Madness contest section. Entrants must be 18 years of age or older and a resident of Ontario. Employees and immediate families of Metroland and all sponsors are excluded from entering. Winner will be notified by phone Thursday December 15, 2005. Metroland has the promotional right to use the winners name and photo upon request.

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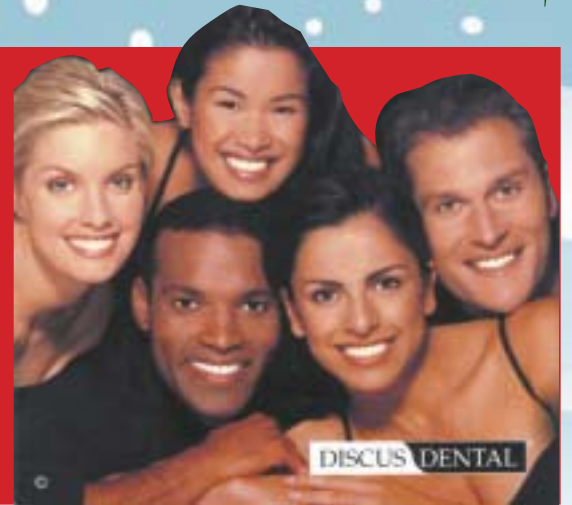
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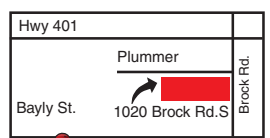
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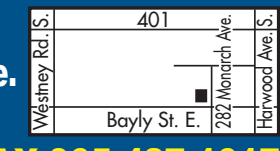
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‘I still remember with my first visit seeing this garbage pile and a child, who was about 10 years old, rooting through it and a pig rooting through the same pile.’

Chewing on a new culture

Durham man enjoying new foods, attempting new language

By Danielle Milley
Staff Writer

DURHAM — The food, the language and mud huts — Mark Simmons has been busy the past two months taking in the culture of Ghana.

Since arriving in the capital of Accra for his volunteer placement at the West African AIDS Foundation (WAAF) at the end of September, the Courtice resident has been making new friends, travelling to new places and learning new things.

Although English is the official language, Mr. Simmons has found a few Ghanaians who don't speak any English and that many prefer their native dialect. "I have learned a few words that I use on a regular basis

and a lot of Ghanaians are quite pleased if I just say a word or two in Twi (one of the African languages used in Ghana)," he said in an interview by e-mail. "I think they feel it shows that I have respect for their culture."

Mr. Simmons has picked up the names of some traditional Ghanaian dishes, including his favourites.

"Traditional Ghanaian food is very different from anything I've eaten before, but I really enjoy it," he said. "Banku and okra stew is probably my least favourite. Ampesi with spinach stew and ground nut soup are the foods that I'll probably miss most when I return to Canada."

In addition to trying different foods, Mr. Simmons has been able to try a different way of eating.

"Probably the most interesting aspect of eating in Ghana is that food is traditionally eaten without utensils, using only the fingers of your right hand. This includes the soups and stews, which you scoop up using the fufu, banku or ampesi or with your fingers," he said. "It was a little messy at first, but I'm starting to get the hang of it."

Mr. Simmons applied to become a volunteer through Canadian Crossroads International and was matched up with WAAF where he is setting up a computer network and doing other IT work. It is a five-month placement.

Janet Roth, a Claremont resident, had been to Ghana twice

The ABCs of Ghanaian cuisine

Durham resident Mark Simmons has been sampling Ghanaian foods since his arrival in Africa earlier this year. Among the delicacies he's tried are:

Fufu: An almost gooeey mound of dough made by pounding cassava, plantain or yam with a six-foot long pounder, and which is swallowed without chewing. It's usually eaten with chicken, goat or ground nut soup.

Banku: A less-gooey mound of dough that is often eaten with okra stew.

Ampesi: Boiled yam or plantain which is eaten with spinach or tomato stew.

Red-red: A dish made with fried beans and sometimes with tuna, eaten with fried plantain.



It's been an ongoing learning experience for Durham man Mark Simmons, below, as he continues his five-month stay in Ghana as a volunteer through a Canadian Crossroads International program. Along with a new dialect and food, he's been exposed to severe poverty. However, he notes a Ghanaian pointed out some of these people are 'perfectly happy with the home they're living in.'

before she left Oct. 26 for another month there. The Rouge Valley Health System nurse got involved doing clinic work there through Project Reach Out, a charity that provides health care to children around the world.

She works in more rural areas than Mr. Simmons, but shares similar experiences. In an interview before she left, she talked about many things including the culture.

"I love the food," she said, noting rice is a staple in the Ghanaian diet.

Her favourites are wacchi, which is rice with onion and black eyed peas, and jalafra, which is rice with tomato, chicken and spices. She didn't pick up the African languages that easily either. "It's still hard to get my tongue around," she said. "They love it if you say anything."

The bulk of Ms. Roth's stays have been in Tema, 40 minutes north of Ghana. She said there is more poverty in the north.

"You still see women walking with buckets of water to the stream," she said, adding people live more in mud huts here while the south is more "citedified."

"It was a little overwhelming. You think you're prepared, but I don't think you can be prepared for the extreme poverty until you see it," Ms. Roth said. "When they say they have nothing, they mean nothing."

Although there are many memories and images she carries with her from her trips, one stands out in particular.

"I still remember with my first visit seeing this garbage pile and a child, who was about 10 years old, rooting through it and a pig rooting through the same pile," she said. "I don't think I'll ever forget it."

Through Mr. Simmons weekend ventures out of Accra, he's seen sights that have opened his eyes too.

He said the poorer neighbourhoods are mostly filled with huts (20-by-20 feet) or shacks, made either with wood and tin or mud and reeds. Fisherman or refugees from Liberia and other nearby countries generally live in them.

"When I see those shacks it's hard for me to not feel sorry for the people living inside, but one Ghanaian I talked to pointed out that some of those people may be perfectly happy with the home they're living in," he said.

His most memorable trip so far was to Cape Coast and its slave castle, which is an UNESCO World Heritage Site. It is one of a few dozen slave castles along Ghana's coastline, and has three dungeons where thousands of men were kept and often died while waiting to be shipped away from their homeland.

"It was quite haunting to stand in the dungeons where thousands of human beings had been imprisoned just a couple of centuries before," Mr. Simmons said. "Most chilling was walking through 'The Door of No Return,' an exit from the castle that leads onto the beach. Once a slave walked through the door they boarded a ship and were taken to their new owners, never to return to Africa again."

newsdurhamregion.com

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Follow Mark's **BLOG**

drinfo.ca/simmonsblog.html

A Twi vocabulary lesson

The following are a few of the Twi words Mark Simmons has learned since his arrival in Ghana:

akwaaba (pronounced a-kwaba) — welcome

mede asi (medasi) — thank you

obruni (o-bruni) — white person

E te sen? (etisen) — How are you?

ochinea (ochina) — tomorrow (as in see you tomorrow)

madanfo (madanfo) — friend



Pickering airs concerns for Transport Canada

By Danielle Milley
Staff Writer

PICKERING — VOCAL asked and it received.

The group's input was evident in the final motion carried by Pickering council Monday evening regarding Transport Canada's due diligence review of the Greater Toronto Airports Authority's plan for a proposed Pickering airport.

The original motion was brought forward Nov. 7, but Stephen Frederick, president of Voters Organized to Cancel the Airport Lands (VOCAL), asked council to defer the motion so there would be time to consider VOCAL's concerns.

The motion is asking the minister of transport to ensure the review includes several considerations, including the timeline.

"A 10-year time horizon on the forecast will increase the reliability of the forecast to the community," he said at the Nov. 21 meeting. He added 10 years allows for enough time for both the environmental assessment and construction. The first version of the motion made no reference to the forecasting horizon, but the GTAA is looking at a 30-year time frame.

"A 30-year time frame does not serve the community and does not lend itself to a responsible and viable option for the community," Mr. Frederick said.

Ward 1 City Councillor David Pickles, who has pushed for a peer review of the GTAA's plan, worked with Mr. Frederick and VOCAL on the revised motion.

"We've added an additional level of detail for the comfort of the residents of Pickering," he said. "I think this is what the community is looking for."

Mr. Frederick was also looking for a review of governance at southern Ontario airports. He said

the GTAA and the Hamilton International Airport compete against one another for business, as well as against other area airports, "with none of them operating efficiently."

Mayor Dave Ryan suggested a few friendly amendments, including changing the wording from "southern Ontario airports" to

those within a 200-kilometre radius of Toronto. As well, he wanted the City compensated if its staff has to spend a considerable amount of time giving input on the review.

Ward 1 Regional Councillor Maurice Brenner wanted options looked at in the event the review comes back and says an airport isn't needed.

"I do think we need to begin to prepare as a municipality for the economic viability of what the options might be," he said, adding he doesn't want 10 or 20 more years of the lands being in limbo.

Pickering's motion asked the minister to ensure the review provides ample opportunity for Pickering council and the community

to participate in the process; that it takes into consideration a comprehensive business-case analysis of a potential airport in Pickering -- the City has consistently said that an airport proposal should be profitable on a stand-alone basis; and that it includes an independent review of the GTAA's airport master plan.

Raise a pint, help food banks

GTA pubs launch holiday fundraiser

DURHAM — This Christmas, pubs across Durham and the GTA will be doing more than just pouring a little holiday cheer.

Participating establishments will be raising funds for the Ontario Association of Food Banks (OAFB) from Nov. 25 to Dec. 25 by donating 25 cents from every pint of Rickard's Red sold.

The initiative is expected to raise \$25,000 across the GTA.

Ontario food banks have the highest rate of use in the country, serving more than 338,000 people per month in 2005. The OAFB experienced a 4.8 per cent increase in use over last year, with one in four food banks unable to meet the food needs of those they serve.

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Finding hope amidst the chaos

Pickering native helping with hurricane response

By Danielle Milley
Staff Writer

PICKERING — A Pickering native has been doing what he can to help in Pakistan following the devastating earthquake Oct. 8.

Major Tony Dejacolyn is a company commander at the Canadian Forces Disaster Assistance Response Team (DART) camp. He has been in Pakistan since Oct. 14, and DART members have been busy searching for injured people, providing clean water and helping with the cleanup.

Mr. Dejacolyn said conditions have changed in the time they've been there.

"(When I first arrived) it was chaos. There were a lot of people who were injured, people were carrying them down the mountain," he said. "It was a very sad scene."

The 7.6-magnitude earthquake hit north Pakistan killing nearly

100,000 people, damaging homes, business and other buildings, and causing landslides.

The Canadian soldiers have been busy moving earth and debris, as well as making sure there is enough clean drinking water available. They have four water purification units.

"You can put the hoses into extremely dirty water and the water that comes out the other end is clean and drinkable," Mr. Dejacolyn said, noting they are purifying 50,000 litres a day.

The stationary medical team has seen 8,000 patients so far, with soldiers still finding injured people in the mountains.

"The rush is on to get aid to the highest altitudes first because in a few weeks those areas are going to be cut off," he said.

Mr. Dejacolyn first joined the reserves in 1981, deciding to join the armed forces full-time in 1991. In that time he's travelled to Cyprus, Yugoslavia and Germany, among other places.

He enjoys what he does very

much, even though it takes him away from his family in Kingston.

"It's an exciting career. I've travelled a lot, seen a lot of things," he said. "It's very much an adventure. It's not just a job."

Mr. Dejacolyn is proud of the work of his unit. He gave an example of a week or so ago when they went into a pocket in the mountain and found a group of injured people.

"I've seen the best of men and women here," he said.

He's also been impressed with the people they are helping.

"These people are extremely resilient," he said. "They have a spirit about them."

Businesses are starting to reopen and schools are opening under makeshift tents -- positive signs, he said.

The government has decided to cease operations in early December so Mr. Dejacolyn and his unit are starting to scale back, while at the same time making sure the aid void is filled by non-government organizations.



Photo courtesy Corporal Kevin Paul
Major Tony Dejacolyn, a Pickering native, is with the 200-member Disaster Assistance Response Team (DART) deployed as part of Operation PLATEAU, the Canadian Forces' contribution to earthquake relief efforts in Pakistan.

Education

ADVERTISING FEATURE

Report Cards - Why do Students Struggle?

By R.N.Whitehead, PhD

Report cards come home and you or your child may be a little disappointed. You are looking for a quick fix to get their grades up -but few quick fixes last. Let's explore how we can really help.

Why do kids struggle or fail? There are specific reasons and, if we wish to help them, we must find the reason. Let's take a boy and Mathematics for example, but the answer to this question applies to almost any subject. Here are a few of the most common problems that cause students to struggle in Mathematics.

i) Skill Gaps: These are gaps in his skill base that prevent him from learning and understanding the next concept. For example, you cannot truly understand division until you understand multiplication. Have him assessed for current skill gaps in his math skills.

ii) Reading Comprehension: Actually, believe it or not, this the most common reason. Many kids cannot read a math problem and understand what is being asked. Check his reading comprehension level to make sure it is at grade level.

iii) Problem-Solving Strategies: Many (read most) students do not know how to problem-solve. They rely on memory to tell them what to do in a specific situation. When faced with a challenging mathematical problem, students must apply a specific process of problem-solving. If he does not, he will fail. Make sure he learns how to problem-solve.

iv) Study and Work Habits: Did he hand in every assignment? Did he complete his homework on time? Did he cram for tests or was he doing a little review every week throughout the school year? When students have difficulty with a particular subject, they often leave it to the last moment rather than face the unpleasant task. This is a major mistake. The harder the subject, the more regularly it MUST be reviewed.

v) What are his expectations? Does he hate the subject? Is the teacher unfair? And so on. What we are after here is to discover

his state of mind. Students who expect to fail, often transform themselves into victims. This is a negative failure chain and becomes a self-fulfilling prophecy. Most failure is really mental meltdown not just a skill shortage. Be sure to consider his attitude and help turn this around in order to help him be able to succeed.

In order to answer these questions, you may need to work with an expert to obtain a complete assessment of your son's current skills as well as his future potential. Once you have identified the root problem(s), then you can begin to really help you child learn how to succeed.

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Community makes Herizon House a huge success!

2005 proved to be a very busy and successful year. We are now settled into our new 25-bed facility serving women and children in need of safety and support. This year has solely been dedicated to getting our support programs up and running. Our shelter has been running at full capacity since we opened our doors last summer; which sadly speaks volumes to the need in our community. Therefore, our annual fundraising events for the year were postponed until 2006. The dates for our next "Tasteful Event" with Michael Fagan and our "Grand Gala" will be announced shortly. We hope to see all of you there to help us celebrate all of our accomplishments to date. After all, we wouldn't be here without your financial help and support. Therefore we once again thank the following sponsors for their ongoing financial assistance and partnership:

Sincerely,
Christie May
Manager of Development

Cassidy & Co.	Lions Club	Scotiabank - Durham Region
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Durham Promotions	Pickering Town Centre	Trillium Foundation
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CHRISTMAS HOURS:
We will be graciously accepting Christmas donations beginning Thursday, December 1st
Weekdays - 9 am to 5 pm
Extended Hours Beginning Monday, December 12th
Weekdays - 9 am to 8 pm
Saturday, December 17th from 9 am to 2 pm
Please contact Christie May - Manager of Development @ 905-426-1064 ext. 2222 for an appointment.
Charity Number: 897222097RR0001

Christmas Wish List

Cash donations are needed desperately for the following:

- We sometimes need to send a taxi to pick up the women and children who call our crisis line and are fleeing for their lives. This is a popular scenario at Christmas time.
- Medications/Prescriptions
- To purchase bus passes
- School trips for the children
- Slush fund for the women and kids - money on hand for unforeseen immediate needs such as underclothing in their size or items needed for the children's schooling/special needs.

Tangible Gifts Needed
Brand New Practical Items for women, children and teens (girls and boys under 18 years of age) such as:

- Pajamas
- Slippers
- Seasonal Clothing in all sizes (Coats, hats, scarves, mittens, snow-pants, sweaters, pants etc.)
- Hygiene Products
- Curling Irons
- Hot Rollers
- Make-up
- House-hold Items
- Teens/Kids - Electronics, CD Players, CD's, Boom Boxes, Games

Gift Certificates
Gift Certificates are a great opportunity for women, teens, and children to purchase the items they need and/or to replace important items they had to leave behind. Some gift card options are as follows:

- Teens - Movie Passes, Electronic Stores, Department Stores
- Women - Restaurants, Hair Salon's, Department Store's, Grocery Store's, Drug Store's
- Kids - Department Store's, Toy Store's

Mission Statement
We provide a place of safety, support and empowerment for abused women and their children. We are committed to ending the cycle of abuse and violence in the community.

Who's Your Guardian Angel?

Everyone could use a guardian angel. We need you to be ours! Herizon House is now recruiting banks, retail outlets, schools, community groups and restaurants to sell our cute guardian angels to their members and clients for \$2.00 each. The purchaser is then asked to write their name of their guardian angel in the space provided and post it in the establishment for everyone to see.

100% of revenue raised will go towards assisting women and children in our community live a life free from abuse and violence. Therefore, please participate and help us change lives!

For further information please contact Christie May, Manager of Development (905) 426-1064 Ext. 2222

To make a donation

In Memoriam/In Honour
You can now make a donation in **memory** of a family member, friend or colleague. Simply call us at (905) 426-1064 Ext. 2222 and Herizon House will send a card on your behalf acknowledging your thoughtful donation.

In honour of someone special, whether it is a milestone birthday, an anniversary, a wedding, or a special accomplishment. We will send a card on your behalf acknowledging your thoughtfulness!

General Donation
You can make a donation anytime to help a local women and child who is in crisis.

By Phone:
Please call (905) 426-1064 Ext. 2222 during regular business hours. You can make a donation by using a credit card or by mailing a cheque.

In Person:
Please call (905) 426-1064 Ext. 2222 during regular business hours to make an appointment today.

By Mail: (Please note new address)
Please complete the form below and mail it in with payment to:

Herizon House, P.O. Box 87016, 915 Westney Rd. S Ajax, ON L1S 3K0 FAX: (905) 426-8275
WEBSITE: www.herizonhouse.com



Just imagine... through a child's eyes

When women come to Herizon House after leaving an abusive relationship or work with our Transitional Support Program we often ask them what we can do for them and what needs to change?

Most women say things like: "I just can't take it anymore, I need to leave" "My kids are scared I'm going to be badly hurt" or "My kids and I just want to live without fear in our lives!"

Women speak about the many ways they have been hurt when they seek out our services but few speak about being healed. Few even think it is a possibility. We know it can be done but we also know the barriers they will face in getting there.

Living a violence free life means that women have control of their lives, they no longer walk on eggshells, they can make choices that are best for them and they and their children can sleep safely in their beds at night.

Living a violence free life provides safety but it does not provide economic security. We receive many calls from women who do not have enough money to feed their children, who cannot afford a bus ticket, who cannot send money to school for pizza day.

More and more women are turning to Herizon House for help. Our shelter is not funded to assist women with these very basic needs but we do the best we can. You need to know that if you donate food, new clothing, money

or gift vouchers to our shelter that you may also be helping a woman continue stay safe and live violence free beyond their stay at the shelter.

When we opened, we did not expect to discover that in our prosperous community we would find women and children who, having the courage to leave, are now suffering from hunger and cold for having made that choice. We did not expect to find women who have considered trading hunger and cold for a return to a life of abuse. Can you imagine making that choice? We need the community's help to assist these families. They are not asking for luxuries, just for enough food until they get paid or a warm coat and boots so that their child can get to school and perhaps once in a great while the ability to give their child a few dollars for a school event.

Coming to Herizon House is just the beginning of the healing process. If we truly want to end the cycle of violence then we must continue to support women who have the courage to leave. I am appealing to you, our community, to keep this in mind next time you are thinking of donating to a charity. Please think of how it feels to have "escaped" a life of violence and to find you have exchanged it for a life of deprivation.

Catherine Carney-White
Herizon House
Executive Director

It was a cold and snowy December morning at the mall. The parking lot was jam-packed with vehicles, hundreds of people everywhere you turn standing in line to purchase Christmas gifts for their loved ones. People were laughing, smiling and excited about Christmas. While finalizing their wonderful plans for the season they waited in line with their youngsters for hours just to capture the twinkle in their eye; for even just one moment as Santa speaks to them, "Ho, ho,ho...and what would you like for Christmas little one"!

At the back of the line watching and waiting patiently for their turn with Santa was a desperate mother holding the hands of her little girl and little boy. They were not holding the average bag of Christmas parcels you would expect, they were not there to shop at all! In fact, their mother used the last of their funds to take the bus to the mall so her children could ask Santa for a special gift.

Finally, it was almost their turn. The little girl just six, hesitates and takes her mothers hand. Her little brother frightened and tired grasping his mother's leg tightly. Mrs. Clause approaches the family, "Merry Christmas to you!" "What picture package would you like to purchase today?" The mother slowly and quietly opens her mouth to speak, and tugs at her sleeves to hide the bruises. "No, no picture please." "My daughter would like a quick visit with Santa

Clause, if you don't mind?" The little girl quickly scurried over and climbed up on Santa's lap.

"Well, hello there." "What is your name?" Asks the friendly, jolly old fellow!

"My mom says I have a new name now." "I got to pick it myself", she answers with conviction.

"Oh!" Santa sighs. "So, would you like to tell me your new name?"

"Yes, it's Sophie." "Thank you for asking", she politely responds.

Santa, a little emotional and surprised with her answer, questions "What would you like Santa to bring you for Christmas?"

She hangs her head down slowly, slightly to one side, her bangs fall in her eyes...and she sadly responds, "Santa, all I want for Christmas is for me, my mom and my baby brother to have a home again." "Like the one we used to live in." "You know the one with all the toys and all my stuff." "Since you're magic...you can get me a home again right?"

Santa, with a tear in his eye questions concernedly, "Sweetheart, where does your family live now?"

"We live in a shelter right now." "I asked my mom to bring me to the mall so you'll know where to find me on Christmas Eve." "I wanted to ask you for a home so I can surprise my mom and then she won't have to cry anymore."

New Volunteer Coordinator

My name is Tasha Wilson and I am the new Volunteer Coordinator at Herizon House. This is an exciting time for the shelter as we are embarking on our brand new volunteer program. At this time we are currently seeking members of the community to join our volunteer team. Volunteers are needed in various program and service areas, and Herizon House strives to match volunteers with tasks that provide for an enriching experience which make use of the skills volunteers have to offer. Some of the areas where volunteers typically provide assistance include:

- Administrative Support
- Bingo
- Driving/Transportation of Clients
- Donations Program
- Shelter Operations
- Special Events and Fundraising Initiatives

I would also like to take this time to thank all past and current Herizon House volunteers for their endless time and devotion; we value all of your hard work! At Herizon House we appreciate all contributions from our volunteers and if you would like to inquire about any of our volunteer opportunities you can contact me at 905-426-1064 ext 2226 or volunteer@herizonhouse.com. I look forward to hearing from with you!

Volunteering at Herizon House means you are helping others take the "first step towards HOPE."



Herizon House Programs & Services

- Emergency Shelter
- Crisis Counselling 24 hours a day
- Supportive programs for resident children
- Housing Support
- Legal Support
- Community Advocacy
- Employment Resources
- A safe non-judgmental environment

Offers services and resources to women who are living in an abusive relationship and wish to live independently. Some of the assistance offered is as follows:

- Eviction Prevention
- Tenant Rights Information
- Referral to legal clinic
- Access to Durham Social Services
- Referral to community food banks
- Life-skills Counselling
- Budgeting Assistance

**IF YOU ARE A WOMEN IN CRISIS
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Making it a merry Christmas without breaking the bank

By Jason Chamberlain
Special to the News Advertiser

DURHAM — Sleigh bells, a chill in the air and an empty wallet.

When these things start popping up, you know Christmas is just around the corner.

The shopping season is tough on everyone who has to balance their budget with the desire to give gifts to their loved ones. It's a season that's equally tough on seniors, if not more so, many of whom have fixed incomes.

They need to be extra careful, said Sandra Sherk, executive director of the Credit Counselling Service of Durham Region, who specializes in helping people work within their budgets.

"They have to know what they can afford to spend without impacting their monthly expenses," she said. "Once they

determine their gift budgets, it makes it easier."

Seniors must weigh a number of factors in deciding their gift budget. They have to consider increased transportation costs, and whether or not they have to spend more on groceries.

"They need to factor all of that into their planning, and they might have to make the decision to give less, spend less," said Ms. Sherk. Making it more difficult is the fact that many children don't have a realistic idea of their grandparents' financial situation.

"There's this myth that grandma and grandpa have lots of money and they can buy big presents," said Ms. Sherk. "But if they're on a pension, and they've got expenses, that's not always true."

For those on a fixed income, it is especially important to know

exactly how many people they will be buying for, and what they are willing and able to spend. The next step is to determine who is on their Christmas list, and then they need to look at how they can cut it down.

"They might need to pare down on the number of people on their list, but if they can't cut anyone off of it, they may need to spend less per person," said Ms. Sherk.

Of course, there are a number of ways that seniors can shrink their Christmas expenditures while still giving great gifts. Many seniors have more skills than the younger generations.

"They should make use of their hobbies, like sewing, knitting, and woodworking, and give those kinds of gifts. When you have a hobby like that you don't think others appreciate it, but they do," she said.

Seniors can also provide a valuable service.

If their budget is really tight, they can do something like give a gift certificate for three or four hours of babysitting. Some seniors don't realize that people pay \$7 to 8 an hour for babysitting, so they don't go out because they can't afford a babysitter.

One of the most important things a senior can give themselves when deciding on how much they can spend is time.

"It's not as stressful if you have 12 months to work with then just one," said Ms. Sherk. "There's no magic solution. They need to be realistic, and know in advance what they can spend."

With these tips in mind, Durham seniors can give great gifts without breaking their bank this holiday season.



Walter Passarella /News Advertiser photo
Sandra Sherk says it's a "myth that grandma and grandpa have lots of money"

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Study to see if cold fighter can help fight flu

Additional help needed for seniors, for whom the flu shot is not as effective



Dr. Gifford-Jones the doctor game

I've always enjoyed eating chicken.

But now, like many scientists around the world, I've also become interested in the health of chickens.

Asian chickens are now infecting one another and millions are dying from the "chicken flu" H5N1 virus.

This virus, if transferred to humans, may cause a world pandemic that could kill millions of North Americans. And if this happens what can you do to decrease the risk of leaving this planet prematurely?

In Europe, everyone is watching H5N1 as if it were an invasion by a Mongol army. And for good reason.

Scientists say this deadly virus is a close cousin to the Spanish flu virus that killed millions of people.

They may be right as it's already infected 117 people and

killed half of them.

And since it's been 25 years since the last pandemic, we're due for another big one.

I recently had my annual flu shot.

But this won't protect me from the chicken virus.

Governments are also stocking supplies of Tamiflu, considered the first line of defense against chicken flu. One tablet daily for two weeks or longer may provide protection.

But there are problems.

In Canada, there's only enough Tamiflu to treat 1.2 million people. Most of us won't be on the priority list.

Besides, there's no guarantee Tamiflu will be effective against H5N1. Viruses are smart and

have the uncanny ability to undergo mutations that are resistant to treatment.

For instance, researchers recently found resistant strains of H5N1 in a Vietnamese girl who had been treated with Tamiflu. Moreover, she was infected by her brother, not by chickens.

This, a rare case of human-to-human transmission, could reach epidemic proportions.

So we have to face the grim truth. Today there's precious little in our arsenal to protect against H5N1 if and when it strikes North America.

But as Samuel Johnson once remarked, "nothing sharpens the wit so much as the knowledge you're going to be hanged in the morning".

It also helps to clear the mind when H5N1 may strike suddenly.

So this urgency has triggered another approach by a group of Canadian scientists. Why not give our immune system a shot-in-the-arm to increase resistance to influenza and H5N1?

Dr. Preddy, Edmonton's Medical Officer of Health, along with other Canadian infectious disease experts, will determine whether Cold-fX, the brain-child of CV Technologies, fits the bill.

Dr. Jacqueline Shan, CEO

and chief scientific officer of CV Technologies, a leading science and technology company, says, "This study will investigate the effectiveness of Cold-fX in preventing respiratory viral infections in community-dwelling seniors who have been vaccinated against influenza.

"This additional protection is needed as we know that the flu vaccine is not as effective in seniors.

"Previous clinical and immunological studies suggested that Cold-fX offers a broader spectrum of anti-viral properties by enhancing the immune cells natural fighting mechanism.

"Therefore Cold-fX may be useful as a complimentary or alternative therapy to the flu vaccine."

Participants in this study will take either 400 milligrams Cold-fX a day (standard dose), 800 mg (high dose) or a placebo for a period of six months. They will report any respiratory infections and symptoms.

And throat swaps will be tested for influenza A and B, parainfluenza 1, 2 and 3 and respiratory syncytial virus.

Dr. Andrew Simor, Head of Microbiology at Sunnybrook and Women's College Health Science Centre in Toronto says,

"This study represents a whole new direction in preventing and managing influenza and cold viral infection through immune modulation."

Dr. Janet McElhaney, an international renowned infectious expert at the University of British Columbia reports, "Two previous U.S. studies showed that Cold-fX demonstrated an 89 percent reduction in influenza among nursing home seniors."

Now another report published by the respected Canadian Medical Association Journal shows Cold-fX reduced recurrent respiratory infections by 56 percent with a 31 percent decrease in the severity of symptoms.

Cold-fX is derived from North American ginseng and the technology ensures safety, efficacy and consistency unlike many other over-the-counter products.

Since air travel can bring H5N1 to this country within 24 hours, it will require a miracle to confine it to Asia.

And Cold-fX, by boosting our own antibody producing cells, may help to defend us from chicken flu.

Toronto physician Dr. Gifford-Jones has offered medical advice and opinions for decades in his syndicated column.



Jason Liebrechts /News Advertiser photo

Euchre face

PICKERING — William Sowerby appears pretty pleased with the card he's laying down during a game of euchre on Dec. 1. He was playing with other members of the South Pickering Seniors Club at the East Shore Community Centre. Club members play Thursdays from 1 to 3:30 p.m.

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Fewer visitors, poor weather force closure of Cullen Gardens

By Carly Foster
Staff Writer

DURHAM — Fewer visitors and poor weather mean one of Durham's prime attractions must close for good in the new year.

The world famous grounds and tiny towns at Cullen Gardens and Miniature Village will shut down permanently on Jan. 1, followed by the banquet facilities and Grill and Grape restaurant on Jan. 8, said Sue Cullen-Green, the site's owner. The golf driving range will reopen in April.

The Cullen family is "fine" with the decision, she said in an interview Thursday. Ms. Cullen-Green's father, Len, now 80, opened Cullen Gardens on Taunton Road at Cochrane Street on May 30, 1980.

"He understands and he's been watching the business erode for some time," Ms. Cullen-Green said. "He just knows that this is what has to happen."

The centre employs 50 to 75 people throughout the season, who were told of the closure on Tuesday, she added.

"Some were surprised. Some were not surprised. Some were quite shocked," she said. "On the whole, they, too, have noticed some decline in business. They know you just can't keep something open forever if there isn't the money to shore up."

When asked if rumours were true that the sprawling land had been sold to a developer, Ms. Cullen-Green said they are "considering any options" but that nothing had been settled. The property, which includes 36 acres of show gardens and other environmentally sensitive valley lands, is currently zoned passive recreational, said John Austin, Whitby's manager of development control.

In its prime, Cullen Gardens drew 300,000 visitors each year, many from as far away as Japan. The Region of Durham considered it a "major attraction" and used it in almost all of its tourism advertising efforts, said Pat Olive, the commissioner of economic development.

"It was a major drawing attraction for day trips," he said, and was one of the only tourist spots to get a sign on Hwy. 401.

The family is still deciding what will happen to the miniatures -- many of which were based on houses in Durham -- or the heritage-designated Lynde House that cannot be demolished, Mr. Cullen-Green said. Weddings and other events booked in the banquet facilities and restaurant have been cancelled for 2006.

But until then, the gardens' doors and restaurant are wide open for the Christmas light festival, running daily from 10 a.m. to 9 p.m. until Jan. 1.

"The main thing is to thank all of our loyal guests and customers from not only Whitby, but all of Durham for their many years of support," Ms. Cullen-Green said. "We thank them very much for that."



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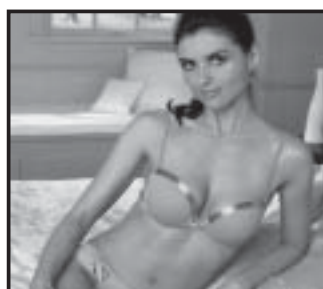
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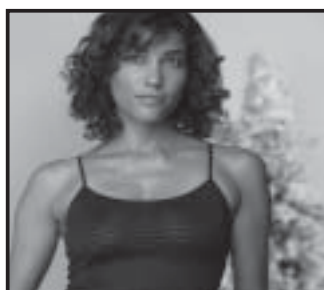
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Memories of Cullen Gardens

By David Blumenfeld
Staff Writer

DURHAM — When Tricia Johnston's husband moved to Durham Region, she said one of the first places he took his son was Cullen Gardens and Miniature Village.

"He remembered growing up and being brought here by his parents, so he has a lot of happy memories here," said Ms. Johnston, who was at Cullen Gardens with her 3-year-old son, Tyler, on Dec. 1 -- the day after the attraction announced it would close for good as of Jan. 8.

"I heard about it this morning on my way in, and I'm really disappointed because I don't feel this region has enough to offer for kids (in) this age group," she said. "There are very few parks, there are very few wading pools, and this is one place that I found that I can bring my son and he really enjoys it. With this being gone, I don't know what I'll take him to."

Officials at Cullen Gardens, at 300 Taunton Rd. W. in Whitby, would not say if the attraction would be re-opening under a new owner. In May, the landmark tourist site celebrated 25 years of service in the community.

"I never thought it would make it," Len Cullen said at the time. "I'm 'all systems go.' It's going to be a great year."

More than 300,000 people visit Cullen Gardens and Miniature Village a year to see its 36 acres of gardens and 160 buildings in its miniature village. In May, Mr. Cullen said he was inspired to build Cullen Gardens and Miniature Village after watching Rupert Edwards create Edwards Gardens in Toronto.

"I saw what great fun he was having... and I said to myself if I ever get the opportunity I'm going to open a garden and invite the world to come," Mr. Cullen said.

Mauro Ezquerro, 36, who was at Cullen Gardens with his 3-year-old son, Alexander, and 15-month-old daughter, Emma, said he was sad and surprised to learn it will be closing.

"It's good for the kids," he said. "It's a family-oriented place that you can come to every year and have a good time. I love Christmas here because they (have) all the lights and the snow looks pretty neat on the pathways, and the little tiny houses they have."

Mr. Ezquerro said he's been a visitor to Cullen Gardens for 8 years, and that he will miss coming with his kids in future years.

"Future families when they have young kids, they won't be able to come here; that's the saddest part," he said.

Arnold Alan, who was at Cullen Gardens to find out when the Festival of Lights started, called it a terrific attraction for the area.

"It would be sad to see them close — I'd like them to carry on here for many years yet," Mr. Alan said. "It's a great children's attraction, for parents to bring their children. I'm a senior and I plan on coming out here and seeing the lights. I think it's a wonderful place."

The Festival of Lights ends Jan. 1, while Cullen Gardens and Miniature Village, along with the Grill and Grape Restaurant, will close Jan. 8. The driving range will reopen in the spring.



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HEALTH & WELLNESS

Advertising Feature

Beyond Freud: How talk therapy can change your life

Depression, anxiety, social phobia and other mental disorders can be as debilitating as physical illness. But what are the risks and benefits associated with drug therapy versus “talk” therapy?

According to a survey published by Consumer Reports in 2004, in which more than 3,000 respondents participated, drug treatments may work faster on symptoms, but they also have more serious side effects than people realize.

Talk therapy with a qualified mental health practitioner, on the other hand, can yield equally effective results as medication - but without any long-term dependency or undesirable effects.

Dr. David Direnfeld is one such practitioner. As a clinical psychologist who specializes in cognitive behaviour therapy (CBT), he has observed first-hand the remarkable impact CBT has had on his patients. “I have seen astonishing, dramatic changes in patients who never thought it was possible to overcome their fears and worries,” he says.

CBT is an evidence-based breakthrough in mental health care. Dr. Direnfeld, who has been practicing CBT since the early 90s, is now the clinical director of the Centre for Cognitive Behaviour Therapy in Ajax, a treatment facility committed to using research-based mental health treatments. “Helping people change their lives using CBT is, honestly, the most rewarding part of my job. It’s quite astounding.”

Here’s how it works. CBT focuses on how our thoughts influence our feelings and behaviours. Every mental disorder - like depression, anxiety or panic disorder - is the

result of distorted, irrational thought patterns. Usually there is a particular situation or trigger - like, for example, dirt/germs, a crowded mall or a traumatic memory - which causes an unusually high level of distress.

It is not, however, the situation or trigger which causes distress. It is, instead, our distorted interpretation of it. And these habitual distortions in thinking - or “automatic thoughts” - can cause people to withdraw, panic, avoid situations or engage in other self-defeating behaviour.

CBT uses structured techniques to change distorted thought patterns by weakening the connection between distressing stimuli and our automatic reactions to them. During the CBT treatment, patients discover new ways of dealing with difficult situations, often through gradual exposure to them. The goal is accurate and rational thoughts, feelings and behaviours.

Drugs alone might make you feel better faster - sure. But well-researched “talk” treatments like that of CBT are just as effective - and longer lasting.

Just look at the evidence. Study after study shows CBT to be as effective as medication in treating conditions like depression, and better than medication for treating conditions like anxiety. “These are well-documented facts,” says Dr. Direnfeld. “So it’s my job, essentially, to work myself out of a job - and help patients get better.”

The Centre for Cognitive Behaviour Therapy is located at 95 Bayly Street West, in Ajax. For more information, contact Dr. David Direnfeld at 905-427-2007 or email info@ccbt.ca.

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For nearly 25 years, this dental practice has offered a number of services and conveniences to help make dental care as easy as possible. For starters, business hours are very accommodating - the centre is open daily from 8 a.m. to 9 p.m. and Saturdays 10 a.m. to 4 p.m.

- and appointment times are very flexible with same day appointments available. The Amberlea Dental Centre also offers dental emergency care with patients seen in two hours. There are 5 dentists to serve all your dental needs. It also helps that founder Dr. G. Diosy is affiliated with both of Durham's hospitals.

Looking for a second opinion? Amberlea Dental Centre offers free second-opinion evaluations as well as free estimates. You can also bring the kids, ages three and up, to this family-oriented practice, which does everything possible to make their visits fun by using kiddy lingo and tutti-fruity fluoride.

"It's a great honour that our patients voted us the best for three years in a row," says co-owner Dr P. Matolcsy.

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Canada

Actors travel the province so students don't get Caught in the Game

Play looks at youth gambling issues; services available in Ajax, other Durham communities

By Jillian Follert
Staff Writer

ing immersed in a game. According to the Province's Responsible Gambling Council, youth 18-24 are twice as likely as older adults to develop a gambling problem, a reality not helped by the recent popularity of online games and televised poker tournaments. "Youth are used to getting messages about things like alcohol and safe sex, but there are big risks associated with gambling too," said Laurie Bell, director of prevention programs at the council. "We hear about students blowing their OSAP loans on a game of Texas hold'em, or ruining relationships because of gambling addic-

tions. It can really affect their lives." In an effort to reach young people before problems start, the Responsible Gambling Council is sending a troupe of actors across the province, to perform a play called 'Caught in the Game' that teaches high school students about the risks associated with gambling. This is the sixth year for the program, which touched down at R.S. McLaughlin CVI and Mon. John Pereyema CSS in Oshawa, at the end of No-

vember. "We don't have a big problem with gambling but we want to be proactive and teach the students up front that there are hazards," said McLaughlin principal Karen Allan. "In the past, some schools in the area have had problems with students gambling with dice and we want to avoid anything like that." Durham's Pinewood Centre has been offering problem gambling services since 1997 and according to counsellor Steve Chias-

son, the number of youth seeking this kind of help is on the rise. He said while there is no common pathology or characteristic that all young gambling addicts share, emotional vulnerability is often a key factor. "It surprises people to find out that youth often aren't gambling for money, they're doing it because it helps them get relief from stress, or anxiety or grief," Mr. Chiasson explained.

"It's self-soothing behaviour, because it allows them to disassociate from their environment." At Pinewood, youth struggling with gambling problems can attend one of two weekly support groups and can also talk with counsellors like Mr. Chiasson, who are certified to specifically treat problem gambling. These services are available in Oshawa, Ajax and Port Perry.

DURHAM — Kenny Rogers famously said you've got to know when to hold 'em and know when to fold 'em. It's tough advice to follow, especially for young and inexperienced gamblers caught up in the thrill of big risks and/or the stress relief of becom-



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Mentoring program helps new teachers with transition

By Crystal Crimi
Staff Writer

DURHAM — Dealing with a classroom, parents and report cards can be overwhelming for first-year teachers, but now they don't have to go it alone.

To help decrease the number of first-year teachers leaving the profession, the Province has introduced a mentoring and on-the-job induction program, a \$15-million initiative available to about 10,000 teachers per year. As part of the endeavour, senior teachers provide tips and support to those new to the profession.

"A lot of times people, they have a certain expectation of what teaching is going to be like, but it's a lot more than they think," said Jenine Yellowlees, a teacher and mentor at Anderson CVI in Whitby. She added part of the mentoring program is to let first-year teachers know it gets better.

"It can be very tiring and very frustrating," said Ms. Yellowlees. "The mentorship program is designed to help listen and help them self-analyse... almost like counselling."

In teaching especially, there's a difficult learning curve, said Ms. Yellowlees. Discovering how to assess

your classroom, plan lessons and establish resources, as well as deal with administrative items such as report cards, book labs and even use the photocopier can be challenging, said Ms. Yellowlees.

For her role as a mentor, Ms. Yellowlees was trained by the board in support, communication, reflection and administrative issues. She added a lot of the help provided is informal; she puts tips in the mailboxes of new teachers, asks them how they're doing in passing and meets with them once a month.

Craig Burch, director of education for the Durham District School

Board, said the program provides a smoother transition for teachers entering the system.

"I think any employer should spend a lot of time training their new employees," he said, noting the program guarantees everybody is thinking about the importance of additional training.

He added the board already offers professional development for first-year teachers about class management, the new curriculum and relationships with parents.

"And the actuality of the job is always different than the training," said Mr. Burch.

John Malloy, a superintendent of education for the Durham Catholic District School Board, said it has always known supporting new teachers is necessary to ensure they are not overwhelmed.

"Our board already has a new teacher induction," said Mr. Malloy. "At this point, it has been working very well."

He added the board will expand the program as funding is allocated. He said research tells them provincially, a good portion of teachers are lost in their first five years, a time when they feel isolated or don't know who to ask for support.



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Integrated Approach – Planning Act and Class Environmental Assessment

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- engineering and public safety
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Planning Act and Class Environmental Assessment

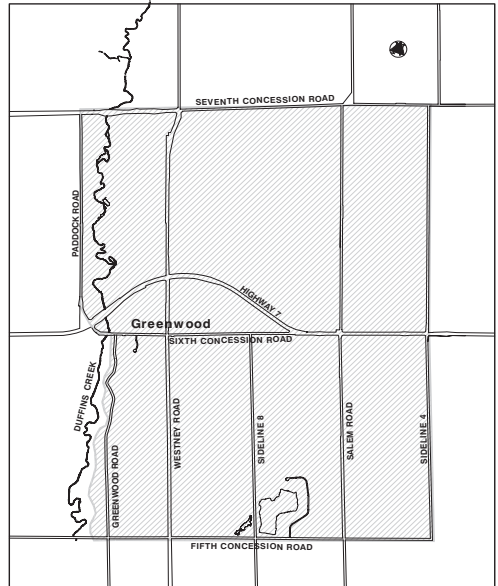
Berrywoods Farm Inc. is using the "integrated approach" set out in Section A.2.9 of the Class Environmental Assessment for Municipal Projects. This study will address the Planning Act approvals and the Schedule C Class Environmental Assessment requirements for the road and wastewater projects together. In accordance with the integrated approach, once the proponent has satisfied Section A.2.9 of the Class Environmental Assessment, the Planning Act approval of the subdivision will constitute the fulfillment of the requirements of the Class Environmental Assessment for the specified wastewater and road projects.

The Region of Durham has expressed concerns about the validity of this process due to the outstanding court challenges to the Planning Act application. This separate process will be determined by the Divisional Court at a hearing to commence January 11, 2006.

Comments or Questions?

Add your name to our study mailing list, or if you have any comments or questions or require any further information about the study or the Municipal Class Environmental Assessment, please contact:

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UPCOMING

Pickering Panthers host the Couchiching Terriers in junior 'A' hockey at the Pickering Recreation Complex on Wednesday night at 7:30 p.m.

Trojans book return ticket to Metro Bowl

Paul Kent delivers winning touchdown for Pickering High

By Al Rivett
Sports Editor

AJAX — Paul Kent redeemed himself in the best possible way in helping the Pickering High School Trojans get back to the Metro Bowl for a second straight shot at Toronto and area senior high school football glory.

The defensive back, by his own admission, got burned on an interception attempt that ended up in the end zone on the Upper Canada College Blues' first play from scrimmage in the first quarter.

Kent's second try at an interception would have a much more productive result.

With the Trojans trailing 12-9 in the Metro Bowl semifinal contest at Toronto's Esther Shiner Stadium on Friday afternoon, and with the clock ticking down on their season, Kent came up with the game-breaking play.

With 8:14 remaining in the fourth quarter, Kent stepped in front of quarterback Justin Von Etdorf's errant throw and took off for the end zone. Aided by at least two solid blocks, he ran the interception back 35 yards to give the Trojans a 16-12 lead, their first of the game.

The Trojans held off the Blues the rest of the way for a come-from-behind 16-12 victory under harsh weather conditions that included bitter cold and blowing snow.

Kent was happy to get the chance to atone for his earlier miscalculation.



Pickering Trojans' Frank Aiello is tackled by Upper Canada Blues' Nathan Leader during a Metro Bowl Championship series semifinal game Friday at Esther Shiner Stadium in North York. Pickering High used two touchdowns in the fourth quarter to win 16-12.

tion.

"I was looking for it all game. I just stepped back. I had my eyes on the quarterback and when he threw, I just stepped up," says Kent.

And, when Kent saw daylight he wouldn't be deterred.

"I was loving it, I was loving it. I was wondering where everyone was," he says, in a moment away

from a jubilant on-field celebration following the game.

Trojans' coach Rick Shea says the interception couldn't have come at a more opportune time.

"The interception brought new life into us," says Shea. "We were coming back, but we knew we didn't have the wind. But to get that interception and the touchdown was

really big. We knew we couldn't lose after that."

The touchdown capped a solid comeback by the Trojans, who were limited to a mere two points through three quarters of play. The deuce came courtesy a safety in the second quarter.

Although trailing 12-2 at the half, Shea noted there was no panic in

the dressing room during the intermission.

"We weren't nervous. This was a snow game. They got their points off of bad snaps and I think they had less yards than us. This is the way these games go and I told the boys, 'don't be worried; this is how snow games go. You have to be up at the end.'"

Early in the fourth, the Trojans broke through for their first touchdown after a solid running series led by Tim Brooks, who along with Michael Wynter, filled in admirably after workhorse fullback Frank Aiello went down with an injury late in the third quarter.

After Brooks carried to the one-yard line, quarterback Troy Seivwright-Adams punched it in with 9:50 remaining.

The Trojans now focus on the Metro Bowl final at the Rogers Centre Thursday night against the York Region champion Huron Heights Warriors of Newmarket. Huron Heights won its semifinal contest, 23-13 over Toronto's Richview Saints.

"It's going to be great for the guys to play in the SkyDome (Rogers Centre). They're excited; they're happy to be able to play in front of their parents," says Shea. "In Hamilton (last year) lots of parents couldn't make it, but at SkyDome all their families and friends will be there, which will be nice."

Shea knows, however, that Huron Heights will be a formidable foe.

"Huron Heights have a lot of weapons. They're quick and big. It's going to be tough. It's going to be a dogfight and hopefully we'll come out on top."

Panthers defenceman's collegiate prospects looking good

Annesley set to join other eastern junior all-stars in Yorkton, Saskatchewan

By Al Rivett
Sports Editor

PICKERING — A quality season just got better for Pickering Panther Ryan Annesley.

The fourth-year Panther, who hails from Ajax, is one of only 12 players from the Ontario Provincial Junior 'A' Hockey League named to play in the first-ever Canadian Junior 'A' Hockey League Prospects Game in Yorkton, Sask. It will feature 40 of the best ages 19 and under players in Canadian Junior 'A' hockey.

The 19-year-old rearguard will play on the 20-member Team East, which suits up against Team West, composed of 20 players from tier II leagues in western Canada. The game's on Wednesday, Dec. 7 at the Farrell Agencies Arena of the Gallagher Centre in the city of 17,000 in east-central Saskatchewan.

Annesley leaves Monday and returns Thursday, and will miss one Panthers league game, against the Couchiching Terriers on Wednesday night.



Ryan Annesley

Suffice it to say, Annesley says being named to a national-calibre all-star showcase was unexpected.

"Yeah, it was definitely a surprise, but also an honour to be chosen," says Annesley, who's the captain of the Panthers for a second consecutive season.

The prospects game should serve as a magnet for National Hockey League and NCAA hockey scouts to view the best tier II junior players in Canada under one roof. As such, the 5-foot-10, 190-pound defenceman says it should help him land a scholarship to a U.S. university.

"I've had a few offers from (NCAA) Division I and Division III schools. I hope the all-star game opens up a few more opportunities," says Annesley, who's currently taking several courses at the University

of Toronto.

Annesley says he's looking forward to suiting up with an extremely talented Team East cast. Knowing most of the players on the squad should be a bonus against Team West.

"Just from the guys I know on our team, they're all excellent players," Annesley explains. "But, I'm sure they'll have a good team too."

A number of events surround the junior 'A' prospects game, says Annesley, including a skills competition and a road hockey tournament on Tuesday evening. The road hockey event, he notes, could be a challenge as the temperature in Yorkton is currently hovering around -16 C. On Wednesday, the teams gather for a luncheon before the prospects game.

Annesley is one of the cornerstones of a Panthers team that's been playing well of late. So well, in fact, that they've reeled off six consecutive victories, including wins against the first-place Markham Waxers, the St. Michael's Buzzers and the Wexford Raiders.

"Hopefully, we'll keep it going right into the playoffs," he says.

If there's a difference between previous Panther teams he's played on and this one, Annesley says it's the overall attitude of the players.

"They've put together good hockey players and players with positive attitudes who have a will to win. When you put that together, success is inevitable," he says.

Annesley is currently third in Panthers' team scoring with five goals and 27 assists in 27 games.

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Nov. 6: Pickering Dolphins (MVP Desmond Li) vs. John McLellan Contracting Inc (MVP Andrew Hammond); Pickering Cats (MVP Justin Irwin) vs. CGI Insurance Solution (MVP Luca Brun);

Nov. 13: Pickering Cats (MVP Alex Cavantes) vs. John McLellan Contracting Inc (MVP Sebastian Garay); Pickering Dolphins (MVP Jared Augustin) vs. CGI Insurance Solution (MVP Jason Corkum).

UNDER-EIGHT DIVISION

Oct. 23: Pickering Hornets (MVP Julien Jameson) vs. CGI Insurance Solutions Services (MVPs Christian Bond-Flasza, Joseph Meszar); Pickering Slo Sports (MVP Andrew Johnson) vs. Pickering United;

Oct. 30: Pickering United (MVP Dalis McLean) vs. CGI Insurance Solution (MVP K. Green); Pickering Hornets (MVP William Adams) vs.

Pickering Slo Sports (MVP Teresa Barrie);
Nov. 13: Pickering Hornets (MVP Tahara Nathoo) vs. CGI Insurance Solution (MVP Laura Stepanow); Pickering Slo Sports (MVP Anastasia Kavoukis) vs. Pickering United (MVP Shannon Singh).

UNDER-10 DIVISION

Oct. 23: Oxford Learning (MVP Joshus Pineda) vs. Pickering Kickers; Dr. Marvin Lean (MVPs Patrick and Anthony Carpinano) vs. Pickering Strikers (MVP Carolina Keen); Pickering Storm (MVPs Anthony Montanari, Joseph Romagnuolo) vs. Pickering Slo Sports (MVP Hunter Palmer);

Oct. 30: Oxford Learning (MVP Christina Conely) vs. Dr. Marvin Lean (MVP Patrick Carpinano); Pickering Slo Sports (MVP Madison Bath) vs. Pickering Strikers (MVP Shagan Kazan);

Nov. 13: Pickering Strikers (MVP Jacob Delio) vs. Pickering Kickers (MVP Lily Osborne); Pickering Slo Sports (MVP Tevin Barrett) vs. Dr. Marvin Lean (MVP Anthony Carpinano); Oxford Learning (MVP Michael Fleming) vs. Pickering Storm (MVP Geoffrey McDade).

UNDER-12 DIVISION

Oct. 23: Pickering Lynx 1 (Isaiah Fernandez) vs. Pickering Power 0; Pickering Panthers 3 (Andrew Pace 2, Michael Wright, MVP Andrew Pace) vs. Binns 0 (MVP Ian Cameron); Pickering Slo Sports 1 (Liam Whelan) vs. Disticor 0;

Oct. 30: Binns 1 (Emily Guy, MVP Paige Budden) vs. Pickering Power 1 (Harry Case); Pickering Lynx 1 (Iain Reid) vs. Disticor 0 (MVP Erin Crockett); Pickering Panthers 7 (Andrew Pace 5, Lindsey Carson, Michael Webster, MVP Cameron Norlock) vs. Slo Sports 1 (Mateo Haza);

Nov. 6: Pickering Lynx 2 (Iain Reid, Kevin Watterson, MVP Iain Reid) vs. Binns 0 (MVP Emily Guy); Pickering Slo-Sports 1 (Mateo Haza, MVP Nathaniel Augustin) vs. Pickering Power 0 (MVP Troy Cheron); Disticor

vs. Pickering Panthers.

Nov. 13: Binns 3 (Keane Dennis 2, Romaro Cameron, MVP Keane Dennis) vs. Slo Sports 0; Pickering Power 1 (Julian Carpio, MVP Julian Carpio) vs. Disticor 1 (Adam Levesque); Pickering Panthers 3 (Andrew Pace 2, Conner Leca, MVP Nick Pierson) vs. Pickering Lynx 1 (Tyler Sands);

Nov. 20: Pickering Lynx 2 (Isaiah Fernandez, Kevin Watterson, MVP Carly Cook) vs. Pickering Slo Sports 2 (Devin Courtman, Jennifer Mueller); Disticor 2 (Adam Levesque 2, MVP Timothy Hamilton-Reid) vs. Binns 1 (Justin Nasseir, MVP Mansour Mehraban); Pickering Panthers 2 (Andrew Pace, Michael Wright) vs. Pickering Power 1 (James Thomson).

UNDER-14 DIVISION

Oct. 23: Friends Express Fitness 1 (Sahil Chodha) vs. Pickering Lightning 0; Peter's Appliance Services 1 (Luke Riddell) vs. Pickering Peril 1 (Joseph Tropiano); Lakeside Motors BMW 4 (Keith Pierson 2, Craig Halls, Jennifer Mendoza) vs. Creative Space Rockets 0;

Oct. 30: Creative Space Rockets 2 (Evan Aziz, Dameon Mcleod, MVP Evan Aziz) vs. Pickering Peril 2 (Joseph Tropiano 2, MVP Emma Showlin); Peter's Appliance 2 (Nichole Carson, Luke Riddell, MVP Rachel Devitt) vs. Pickering Lightning 1 (Patrick Morrow, MVP James Peterson); Friends Express 1 (Sahil Chodha) vs. Lakeside Motors 1 (Keith Pierson);

Nov. 6: Lakeside BMW 4 (Keith Pierson 3, Alexander Mondesir-Caetano, MVP Jacquelyn Somerville) vs. Pickering Peril 0 (MVP Ravikumar Rajasingham); Creative Space Rockets 1 (Rizwan Thawer, MVP Ryan Bulmer) vs. Pickering Lightning 0 (MVP Shannon Gibbs); Friends Express Fitness 1 (Jon Beare) vs. Peter's Appliance 0.

Nov. 13: Peter's Appliance 1 (Luke Riddell, MVP Luca Vita) vs. Creative Space Rockets 0 (MVP Rizwan Thawer); Pickering Lightning 2 (Patrick Gregor 2, MVP Patrick Gregor) vs. Lakeside Motors 2 (Craig Halls, Keith

Peirson); Friends Express 3 (Jon Beare, Nicholas Chambers, Virgil Pirato) vs. Pickering Peril 0 (MVP Merella Botros).

Nov. 20: Pickering Lightning 3 (Patrick Gregor 2, Joshua D'Souza) vs. Pickering Peril 2 (Giuseppe Belcastro, George Meszaros); Creative Space Rockets 1 (Thane Barnett, MVP Deanna Norlock) vs. Friends Express 0; Lakeside BMW 3 (Robert Bates 2, Keith Pierson) vs. Peter's Appliance 2 (Luke Riddell 2).

UNDER-16 DIVISION

Oct. 23: Flowserve 2 (Brianna Diemert, Alex Pace, MVP Brianna Diemert) vs. Pickering United 1 (Talukah Grant, MVP Talukah Grant); Kinsmen & Kinette Club 1 (Timothy Stoyanovski, MVP Mark Sterling); Technovision Interactive 1 (Mikaela Fernandez, MVP Tenna Budden); Jamaica Tourist Board 2 (Shane Kerlake, Shakeel Jahaardien) vs. Pickering Power 1 (Nour Almour);

Oct. 30: Technovision Interactive 2 (Christopher Button, Kristina Collins, MVP Tenna Budden) vs. Pickering Power 0; Kinsmen and Kinette Club 3 (Atish Choda 2, Mark Sterling) vs. Pickering United 1 (Cayla

Gartner); Jamaica Tourist Board 2 (Shane Kerlake 2) vs. Flowserve 1 (Alex Pace);

Nov. 6: Jamaica Tourist Board 2 (Shane Kerlake, Shakeel Jahaardien, MVP Shane Kerlake) vs. Technovision Interactive 0 (MVP Mikaela Fernandez); Pickering Power 1 (Evan Kirkpatrick, MVP Evan Kirkpatrick) vs. Pickering United 1 (Talukah Grant, MVP Jen Oliver); Flowserve 2 (Nicholas LaManna, Christopher Murphy, MVP Christopher Murphy) vs. Kinsmen Kinette 1 (Deron Evans, MVP Deron Evans);

Nov. 13: Kinsmen and Kinette 2 (Alish Chodha, Mark Sterling, MVP Giulia Mollisani) vs. Pickering Power 0 (MVP Kyle Nazareth); Jamaica Tour Board 7 (Andrew Alford 3, Shane Kerlake 3, Alexa Lupinacci) vs. Pickering United 1 (Maverick Swift); Flowserve 2 (Jessica MacArthur, Alex Pace, MVP Jessica MacArthur) vs. Technovision Interactive 1 (Michael Dougal);

Nov. 20: Technovision Interactive 1 (Tenna Budden, MVP Tenna Budden) vs. Pickering United 0 (MVP Cayla Gartner); Flowserve 4 (Alex Pace 2, Brianna Diemert, Scott Simons) vs. Pickering Power 0; Jamaica Tourist Board vs. Kinsmen & Kinette.

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Fax: 905-428-6007,
 email: humanresources@dlenv.com

510 general help

A CAREER IN FINANCIAL SERVICES

Training provided. Representatives.
 Call John (905)509-4518

510 general help

Attn: 2002-2005 Chry./Dodge Caravan or Honda Odyssey owners/leasees

19-47 years of age. Attend a 2hr long focus group this Dec.5th or 6th in Scarb. Receive \$100. cash

Register at 905 839-2126 or www.collectivethoughts.ca

APPLY TODAY, start tomorrow! Distribution company seeks to fill 12 openings by Friday. Customer Service and Sales. Will train. Call Sara (905) 837-9200.

FURNITURE PREPARATION and for Bennetts of Peterborough, heavy lifting involved. Assemble and prepare furniture. Past retail experience and excellent communication skills an asset. Good driving record and truck driving experience essential. Full Time. Resume to Bennetts Home Furnishings of Peterborough, 700 Clonsilla Ave, Peterborough, K9J 6X4 or Fax to 705 749-5893 or email info@bennetts.on.ca No Phone Calls please.

505 careers 505 careers 505 careers

Praxair Canada Inc., a leading supplier of medical, industrial, and specialty gases, has an immediate opportunity in its Oshawa location for:

Territory Manager-Home Medical Equipment

Reporting to the Sales Manager for GTA and Atlantic Canada, this position identifies and develops sales opportunities by visiting key therapists and referral sources to promote the company's rehabilitation and home medical products and services. The incumbent will be required to provide technical and sales support to other professional staff, conduct product training, and participate in conferences, workshops and trade shows.

QUALIFICATIONS:
 The incumbent will possess a degree or diploma with 2 years experience in related sales and have a working knowledge of homecare medical equipment and clinical services. The incumbent will be organized, able to plan, co-ordinate, have excellent inter-personal skills and be able to work within budgets and meet tight deadlines.

OTHER CONSIDERATIONS:
 Prior sales and marketing experience will be considered an asset. The incumbent will be results oriented and have the ability to work independently.

INTERESTED CANDIDATES ARE INVITED TO APPLY IN WRITING, QUOTING THE POSTING NUMBER TO: "M05 -0036"

Arely Fukuyama
 Medigas - HR -Admin Support
 1470 Derwent Way
 Delta, BC, V3M 6H9
 Confidential fax: 604-527-0747
 Email: arely_fukuyama@praxair.com

YMCA Durham Employment Services is hiring: Specialist, Recruiter (Job Developer) (Contract Position)

- * Working with youth & employers to obtain employment opportunities
- * Sensitivity & knowledge in dealing with a diverse group of people
- * Minimum 2 years experience
- * University Degree or College Diploma in related field
- * Access to a vehicle on a daily basis
- * Successful candidate will require a police record check

Deadline: Wednesday December 7th @ 5:00 p.m.
 Please fax resume & cover letter to: (905) 839-9687
 Attention: Hiring Committee
 Only those selected for an interview will be contacted

SECURITY OFFICERS WANTED

Will train.
 Fax resume to 905-951-3078

510 general help 510 general help 510 general help 511 retail opportunities 511 retail opportunities 511 retail opportunities 535 hospital/medical dental 535 hospital/medical dental 530 sales help & agents

Looking for a career change? Interested in an apprenticeship?

HORTICULTURAL TECHNICIAN PRE-APPRENTICESHIP TRAINING PROGRAM

- FREE Pre-Apprenticeship training
- Paid work placements
- Become part of a growing industry

To Book Your Seat For An Information Session

Call Kelly or Dani at 905-579-8482 ext 246
JHS Employment Services
75 Richmond St W, Oshawa

The Pre-Apprenticeship Training Program is funded by the Government of Ontario

Come GROW With Us!

Sheridan Nurseries

Sheridan Nurseries in Whitby is actively searching for an aggressive and organized team leader to join the team as:

ASSISTANT STORE MANAGER - SALES

This management position involves the daily supervision, training and monitoring of staff and the implementation of sales strategies, marketing programs, merchandising and store presentation standards. The ideal candidate has quality experience in retailing with a focus toward merchandising, customer service and sales, and demonstrates excellent leadership and supervision skills. The candidate will work days, evenings and weekends as required.

Interested candidates are invited to apply in writing to:

Sheridan Nurseries
Attention: HR Manager
R.R. #4 12302 10th Line, Georgetown, ON L7G 4S7
Fax: (905) 873 2478 E-mail: hr@sheridannurseries.com

Thank you for your interest in Sheridan Nurseries! We kindly note that only those candidates selected for an interview will be contacted.

www.sheridannurseries.com

CHARTWELL SENIORS HOUSING REIT

BALLYCLIFFE LODGE, "The Heart of Ajax" is currently accepting resumes for:

ENVIRONMENTAL SUPERVISOR/MAINTENANCE

Use your 1-2 years related experience to coordinate ancillary environmental services including maintenance, laundry and house-keeping. Hands-on maintenance work required. Must have working knowledge of mechanical and fire systems. Fax or email resume to:

Ballycliffe Lodge
70 Station Street, Ajax, L1S 1R9
Attention: Christine Langton
Fax: (905) 427-5846
Email: clangton@chartwellreit.ca

535 hospital/medical dental

EXPERIENCED FULL-TIME certified Dental Assistant for Ajax Office. Computer experience preferred. Full-time position, 34 hours, no evenings or weekends. Please call 905-683-0705.

PHYSIOTHERAPIST needed for Vacation Relief in private clinic Oshawa/Courville. Locum starts January 23/06 for 2-4 weeks. Phone (905)723-9675 or fax resume (905)723-9129

REGISTERED MASSAGE THERAPIST required. Apply with resume in person only to: Lakeridge Chiropractic Clinic 580 King St. W., Suite #2, Oshawa.

515 skilled & technical help **515 skilled & technical help** **515 skilled & technical help**

Andrew Canada Inc., an international supplier of Antenna and Pedestal Systems equipment, requires the following personnel:

Quality Analyst

The successful candidate will provide support for continuous improvement projects in an ISO 9001 environment to ensure compliance with company standards and in process inspection of various radar and pedestal components using blue print drawings and quality procedures.

Electro/Mechanical Assembler

The duties of this position consist of performing assembly and verification testing on radar pedestal products in accordance with prescribed standards and dimensional drawings.

Qualifications for both positions include a community college diploma in Mechanical/Electrical Engineering Technology. The Quality Analyst requires a minimum of 5 years of related experience in a mechanical assembly oriented company as well as excellent communication and interpersonal skills to work effectively with customers, and suppliers. The Assembler position requires a minimum of 1 year experience.

We thank all candidates for their interest but must advise that only candidates to be interviewed will be contacted. Please forward your resume to Human Resources at:

ANDREW
Andrew Canada Inc.
606 Beech Street
Whitby, Ontario L1N 5S2
Fax: 905-668-8590 or E-Mail: hrcanada@andrew.com

We are an equal opportunity employer.

515 skilled & technical help **515 skilled & technical help** **515 skilled & technical help**

ARCHITECTURAL MILLWORK
Company seeks fully experienced Cabinet Maker in Durham Region area. Please fax resume to: 905-433-1463

CERAMIC TILE INSTALLERS
needed. Experience and own transportation required. Call (905)260-4852.

CUSTOM MIRROR and glass installer, shop hand. Top Pay! Clean drivers licence. Experienced only. Call (905)432-7873, fax 905-432-6845

Custom Stainless Steel Fabrication Shop
Specializing in food equipment, is looking for a person **FULLY EXPERIENCED** in Layout and the operation of a Power Shear and a Power Break. Please fax resume attention: Al Colterman 905-683-8546 or e-mail to alscontract@aol.com

540 hotel / restaurant

WAITSTAFF/SERVERS required immediately for busy staffing agency. Must have own transportation and Smart Serve. Email to: resumes@securechoice.ca or fax: 905-665-8770

100 houses for sale

HOME SELLERS

Find Out What Homes Down The Street Sold For!
Free computerized list with pictures of area home sales & current listings
Free recorded message
1-800-417-7295 ID#7041
Visit: www.DurhamAreaHomeSales.com

525 office help

ADMIN ASSISTANT - Management company seeking Administrator to provide resident services. Must be able to multitask and thrive in a fast-paced environment. Must have vehicle as administrator will travel between Whitby & Scarborough locations. Email: debbiep@ppmgmt.ca - Fax: 416-675-0170.

AP/R CLERK, STRONG written and verbal, organized. Accounting and Business Vision an asset. 2 yrs exp. preferred. E-mail: cromano@fixturethis.com

FULL/PART TIME office positions available. flexible hours, previous experience an asset. Call Bonnie at 416 281-3815

LEGAL ASSISTANT required for a Real Estate Lawyer in Whitby. Knowledge of The Conveyancer and P&L law a must. Minimum 2 years experience required. Competitive salary along with benefits. Successful applicant must have a positive attitude, and be able to work in a team environment, with limited supervision. Please fax resume to Mark Wozitzik at 905-666-8621 or email directly to wozitzik@rogers.com. Your discretion with current employers will be respected.

PT SECRETARY required for a busy Real Estate office. Hrs: Days: Mon - Fri, 4 p.m. - 7 p.m., Sun 9 a.m. - 4 p.m. and Sat. 10 a.m. - 3 p.m. Must be able to multi task, have excellent computer skills and a professional phone manner. Experience is preferred! Fax all resumes to Kim Martin (905) 649-6405.

WHITBY DRYWALL COMPANY, 7-4pm, Secretary, 3 years experience. Knowledge of drywall/insulation, sq. footage, general office duties, computer skills, read drawings and French an asset. Fax resumes & salary expectations to 905-430-3903. After 4 pm only.

PLUMBER - LICENSED, experienced in residential, commercial service work, motivated, neat work. Fax resume (905)571-5332.

510 general help **535 hospital/medical dental** **535 hospital/medical dental**

SUPERINTENDENT required full-time for Oshawa/Bowmanville apartment complex. Suitable for retired/semi-retired couple. No pets. Fax resume (905)623-2257. Only those chosen for an interview will be contacted.

SWIMMING INSTRUCTORS NEEDED. Must be Red Cross/Royal life certified. Must be able to work days between the hours of 9 and 3 Please call (416) 281-3815.

TELEMARKETERS, Pickering. Warm calls business to business. Mature experienced person preferred. Full-time Monday - Friday Hourly plus bonus. Email resume to: homereferline.com or call 905-839-1459

TILE INSTALLER with vehicle, valid G license, and tools, LA-BOURER with vehicle and valid G license. F/T basis. Call (905) 668-8298

TRY OUR PRODUCT for free. We are so sure our system works, we'll let you try it for free. Free website, free support and training. www.automaticbuilder.com/28084

URGENT - HOUSE CLEANERS needed for fast-growing company. Permanent position. Room for advancement. Excellent pay, great working environment. Not suitable for students. Call 905-723-6242

WORK AT HOME \$500 weekly. For mail/assembly work. For information package send stamp to Westshore, 5694 Highway #7 East, Ste 405, Markham ON L3P 1B4

AESTHETICIAN required with or without clientele for North Whitby Spa. Salary negotiable, excellent management-ownership potential. Fax resume with certificates to 905-579-4366

RMT/PART TIME, including Saturdays and Sundays required by The Facial Place, Whitby. Call (905)668-8128

510 general help **535 hospital/medical dental** **535 hospital/medical dental**

2 COTTAGES, 129K/299K deeded/water, viewlake. 2 Houses, 3-bdrm/bsmt apt, prime location 299K Whitby. 3-bdrm/garage 189K, Kawartha/Simcoe, Oshawa, 2 Vacant land, 120x100 Pickering 259K. Raymond (905)666-3436. Private. No agents.

3 + 4 BEDROOM HOME rent to own or buy with no money down. Call Guenther today at 905-436-0990.

A PORT PERRY area NEW spectacular all brick bungalow spec. Home on 1 Acre lot Walk to Lake, Agents Welcome, Must See Asking \$274K call 1-877-8789899 toll free

WHY RENT?? when you can own a spectacular new HOME North of Bowmanville in quaint town, ultra modern, big kitchen, 3 bed's, attached garage, Agents Welcome. Must Sell Asking \$169K, carries for 1-800-467-1765

2001 AUDIO VIDEO Full Time Sales/Management Trainees

Hiring for Ajax/Whitby Locations
High Base Salary, High Commissions
Bonuses, Extensive Benefits, Management Training, Employment Stability
Retail (commission) sales experience preferred
Fax your Resume to the attention of:
Joe at 905-426-4624
or visit **90 Kingston Road East, Durham Centre hrdept@2001audiovideo.com**

Family Physician
2 days/week - \$60,167
You will work in a multi disciplinary environment. 6% RRSP, group benefits, paid vacation. No overhead. If interested please contact:
Mr. Lee Kierstead, Executive Director
(905) 723 0036 ex218
lkierstead@ochc.ca

Health Promoter - Early Childhood Development
Full-time \$48,134 to \$55,800
Early childhood development specialist required. Must be familiar with child development services/programs in Durham Region. University degree in related field with 3 - 5 years experience. Email or fax your resume with letter of intent, quoting ref. #HPO512 by December 23, 2005 to:
Hiring Committee
Email: hiringcommittee@ochc.ca
Fax: 905 432-3902
View full job postings on our website www.ochc.ca

LABOURERS required for roofing company, no experience necessary. Shinglers & sub crews. Good rates, start immediately. Contact Mike 416-896-3017

LIGHT INDUSTRIAL - Apply in person to 1614 Dundas St. E., Suite 203, Whitby (Dundas / Thickson) on Monday to Thursday from 9:30 a.m. - 2:30 p.m

MAGNETIC one of Canada's leading chains has the following positions available: Licensed Assistant Manager for Whitby and Ajax. Plus PT stylist for Pickering and Whitby. We offer: Competitive salary, opportunity for advancement, paid vacation, profit sharing, free training classes, monthly prizes, hiring bonus, benefits. Join a winning team. Call Steph (905) 427-1496.

NEW UPSCALE SPA in Ajax hiring exciting-looking attendants of any nationality. 19+ preferred. No experience. Top dollars. 416-270-4740

ORDER TAKERS NEEDED \$25/hr. avg. Full Time We Train You!! 905.435.0518

PART TIME SEWER needed to sew at home. Industry experience sewing dresses and ready to wear req'd. Please call Leanne (905) 571-3062.

PART-TIME CLEANER to start immediately at Bennett's Home Furnishings in Pickering. 24 hours/5 half days per week. Cleaning experience. Care and Caution with Fine Furniture. Mail resume (No Phone calls) to Bennett's Home Furnishings, 1099 Kingston Rd, Pickering, Ont. L1V 1B5 durham@bennetts.on.ca Only those interviewed will be contacted.

PERMANENT POSITION available in fast paced retail environment. Heavy lifting involved. Applicant must have good organizational skills. Good people skills and familiar with computer an asset. Excellent benefit package. Send resume to Bennett's, 1099 Kingston Rd, Pickering, Ontario L1V 1B5 email durham@bennetts.ca No phone calls please

PRINT SHOP requires a Full Time-Part Time Customer Service/Production Assistant. Previous bindery experience an asset. Fax Resume with Salary Expectations to 905-831-7924

SATURDAY for Ajax car dealer. Duties: driving, running errands, helping in shop. Must have valid clean drivers license & drive standard. Min. wage. Suitable for students (905)427-2415

SIDING AND TROUGH CREWS with experience. Year round work. Call 416-438-4344.

SIDING, SOFFIT, FACIA installer wanted full-time for Durham Region. Must have own tools & transportation. Call (705)944-8892 or 905-718-0435.

514 salon & spa help **514 salon & spa help**

OVERHEAD DOOR AND dock leveler company looking for experienced lead hand and mechanically inclined helpers. Drivers license a must. Start immediately. Please call Mike (905)670-0248

510 general help **535 hospital/medical dental** **535 hospital/medical dental**

DISPATCHER WANTED for Ajax Towing Company. Individual must be available nights and weekends. Please fax all resumes to the attention of Mary at 905-427-2995

DO YOU HAVE 10 hours per week that you would like to make productive? Work from home earning \$3000+ per month. 416-284-4493

EARN INSTANT cash for Xmas. \$20/ hour average. Registration positions available immediately. 416-640-2105. 866-940-0970 davidh@telgaservices.com

EARN TOP \$\$\$ 60 - 90% commission. P/T or F/T. Experience preferred but will train. Call 647-293-3901.

FLOOR CLEANER needed, experience in stripping and waxing, must own a car or van. Night shifts. Call Dave (416)826-7582

FULL TIME POSITION for a Service Man/Handy Man required for local homebuilder. Related experience a necessity, also experience with rules and regulations of the industry. Please fax resumes to 905-436-3465

GREAT RESIDENTIAL CLEANING positions available. Flexible hours, top wages! Energetic, self-starter with car. Rapidly growing company in Durham Region. Call 905-655-7563 today!

IF YOU HAVE 5-50 LBS TO lose... We have the career for you! For your Free consultation call 1-877-737-DIET(3438) or e-mail dietmagicsolutions@shaw.ca

IMPULSE FITNESS is hiring for a flexible (days and evenings) front desk person, babysitter and cleaner. Apply with resume to: 2200 Brock Rd. North, Pickering.

INSTALLERS WANTED Kitchen and bathroom renovations. Durham and Scarborough. Must have experience, own tools and van. Call 905-903-0492. Fax: 905-831-2382. www.bathmart.biz.

LABOURERS required for roofing company, no experience necessary. Shinglers & sub crews. Good rates, start immediately. Contact Mike 416-896-3017

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110 apartments/condos for sale

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172 furnished apartments

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170 apartments & flats for rent

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273 daycare available



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190 townhouses for rent

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Taunton Terrace - Townhouses 100 Taunton Road, East (Taunton Rd. & Simcoe St.)	905-436-3346
UXBRIDGE Testa Heights Testa Heights (Reach St. & Testa Rd.)	905-852-2534
WHITBY 543 Mary Street Apartments 543 Mary Street East (Mary St., & Hickory St.)	905-666-2450
Regency Place Apartments 15 Regency Crescent (Mary St. & Hickory St.)	905-430-7397
Whitby Place 900 Dundas Street, East (Dundas St. & Garden St.)	905-430-5420

261 legal notices

261 legal notices

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MORTGAGES - Good, bad and ugly. Financing for any purpose. All applications accepted. Call Community Mortgage Services Corp. (905)668-6805

WE FINANCE YOUR DREAMS! Whether you have no credit, bad credit or bankrupt, we can help you. Call 877-854-1644

170 apartments & flats for rent

(1) Renovated Simcoe/Mill 2-bedroom, balcony, parking, laundry \$795, 905-434-2858. Renovated 1 bedroom \$715, 2-bed. \$825. Simcoe/Bloor Oshawa, 1-800-486-9826; Laundry, parking, Available immediately.

(1) A BACHELOR APT. Oshawa north small quiet building, appliances, laundry facilities, parking. \$575 utilities included. Close to shopping and on bus route. Available immediately. (905)436-9785

(2) North Oshawa 2-bed or Bowmanville 2-bed, laundry, new laminate floors, separate entrance, C/Air, parking, convenient locations, backyard, available immediately. (416)892-8864

1 & 2-bdrm above ground basement. Laundry, very clean, parking, separate entrance. \$750/mo inclusive. Avail. immediately. ALSO 3-bdrm. 1400-sq ft. \$1075/mo plus. Avail Jan. 1st. No pets. Oshawa. (905)939-9115

1 BEDROOM in Oshawa, duplex, near Centre/John, 2 levels, deck, small yard, parking, \$650 plus hydro. Available January 1st. 905-718-5753.

1-BEDROOM APARTMENTS. \$804.81/month includes heat, lights, water and cable TV, coin laundry & parking. Available immediately. First/last required. Russell/Simcoe N. 905-723-7183.

1-BEDROOM. \$760/monthly or \$190/weekly. 2-bedroom \$860/monthly or \$210/weekly. In clean, quiet 20-plex, appliances, parking, utilities included. Deposit negotiable. Available Dec 4th or later. (Simcoe/Mill). 905-725-5966.

1011 SIMCOE ST. N., Oshawa - Large 3 bedroom town home suites with full basements, available for rent. Private fenced yards with mature trees. Close to all amenities. \$999.00 per month. One month free! Call (905)579-7649 for an appointment.

2-BDRM, NEWLY RENOVATED, quiet neighbourhood, Pickering, down east people. Private entrance/1-parking/laundry/non-smokers. Cat allowed. Close to amenities. Large backyard. Feb. 1. \$900/mo/inclusive/first/last. Couple/single working elderly person. (905)421-9680, (416)817-0578, after 6p.

401/Whites Rd. 1 modern bedroom, separate entrance/parking, close to amenities/buses. Desirable in West Pickering. No smoking/pets. \$780. all inclusive. Available immediately. 905-420-0892

OSHAWA NORTH 3 bedroom 1600-sq ft. in exclusive 4-plex. Newly new, adult lifestyle building, with garage, balcony, air, suitable for 2 professionals, no smoking/pets, available Dec. 1st. Call (905)725-0162.

AJAX -ONE BEDROOM newly renovated basement apt, Westney #2 2775/monthly inclusive. Avail now, parking/laundry, cable. Close to all amenities, call 905-424-3466.

AJAX Harwood/Hwy. 2. 1 bedroom in suite. Available immediately. Parking. Close to amenities. \$500/all inclusive. First/last/references. Single person preferred. Call Elroy, 905-426-4491 or 416-571-3859.

AJAX Harwood/Rossland. Laminate floors throughout, bathroom/stand-up shower, large bedroom, bright kitchen area. Laundry/Utilities/cable included. 1 parking. No pets/smoking. 1st/last. \$750. 416-707-1889.

AJAX SOUTH -3-bedroom main-floor semi-bungalow, air con, new furnace, 10175+part utilities, ALSO large one bed, basement apt., suits quiet single working female \$675/inclusive, No pets/smoking. First/last/references. Parking/laundry. Dec. 1st. 905-686-6773.

AJAX, 1 BEDROOM basement apt., clean, spacious, Westney #2, separate entrance, parking, laundry negotiable. Walk to amenities. \$725/all inclusive. Available Dec. 16. No smoking. www.view-it.ca/22523. (647)286-3370.

AJAX, 2-BEDROOM, basement apartment, cable, Full bath. Laundry available. First/last required. \$850/month. Available December. No smoking/pets. (905)683-5286.

AJAX, HARWOOD, north of Hwy 2, brand new 2-bdrm basement apt., separate entrance, working person/student preferred. No pets/smoking. \$1100/month all inclusive. Available immediately. (905)427-2381.

AJAX- 2-BEDROOM basement apartment, bright, spacious, private entrance, \$800 month includes parking, first/last. Available immediately. Call (905)427-1024.

AJAX/PICKERING VILLAGE 1 Bedroom Upper Floor Apartment suitable for Single Working Person Private Entrance/Parking, \$750 All inclusive. No Smoking/Pets. Close to amenities. First/Last. Available December 1st. (647) 222-1373

B HOME 4 CHRISTMAS! Well maintained, 3 bedroom upper level, and 1 bedroom lower level, different Oshawa locations. Call Robert for Quick approval! 416-402-3435.

BLOOR ST. EAST OSHAWA - Near No Frills/401. TWO - 2-bedrooms, \$715 + hydro(\$50/mo), available now and Dec. 1st, also 1 bed, available immediately \$645+hydro (\$30/mo). Immaculate, well-maintained, nice and bright. Laundry, small building. Bus-stop at door. First/last, 1-parking. No pets. 905-668-1946.

BLUEWATER PARK WHITEY 1 & 2 Bedrooms.
Please call Mon-Fri 9 a.m. - 5 p.m. Evenings by appt. only 905-571-3522 Shelter Canadian Properties Ltd.

BOWMANVILLE, modern clean bright 1-bdrm/1-bedroom + den. Parking, laundry, suit non-smoking mature adult. No Dogs. Available Dec. 1/Feb. 1st. Discount for seniors. (905)725-1052

BROOKLIN, newly renovated 1-bedroom, c/a, parking, inclusive. Non-smoker. Immediate. \$775/mo. OSHAWA January 1st, 2-bedroom \$950, bachelor \$550, nice, clean, main level of house. (905)655-5789, (905)655-9739

CLIPPER APARTMENTS
AJAX - 2 & 3 Bed.
Please call Mon-Fri 9 a.m. - 5 p.m. 905-683-6021 Shelter Canadian Properties Ltd. Eve. Viewing by Appt.

DIXIE/HWY. 2 1 bedroom basement, separate entrance, eat-in kitchen, 3 piece new bathroom, no smoking/pets. New broadband. First/last. Shared laundry. \$750+shared utilities. Bill or Dan 416-284-8180.

GREAT NEIGHBOURHOOD! Bright clean, spacious remodeled 1 bedroom, private entrance, lots of parking, inclusive, including cable. All you need is your phone. Available now. (905)442-6331.

HOUSE FOR RENT, 3 bedroom, main floor. Newly decorated. 1000 sq ft 2/3 utilities. First/last. Nice area, great location, near OC, fridge/stove, dishwasher, laundry included. Available immediately. (905)983-5917 (905) 439-4524

NEW PICKERING APARTMENT- Finch/Liverpool. 2 bedroom, separate entrance, parking, laundry, a/c, no pets. \$900 inclusive. Available immediately. 647-889-3065.

NORTH Oshawa - 1 and 2 bedroom, Dec 1/Jan1, Clean, and family building. Heat, hydro and two appliances included. Pay cable, parking and laundry facilities. (905) 723-2094

NORTH #2, 2-bedrooms walkout basement apartment. Bright, clean, separate entrance, cable, parking. Laundry, non-smoking. Walk to school. \$850. Available immediately. (905)427-2098.

NORTH OSHAWA, Russett Ave. Good location, next to bus route, well-maintained, quiet 12-plex small building. Utilities, cable, heating, parking included. 2-bedroom. No dogs. 905-576-2982. or 905-576-2646.

ONE & TWO bedroom apartments, in most beautiful adult lifestyle building. Available immediately. Stevenson & Rossland, Oshawa. Call 905-579-3700 or (905)723-1009

ONE BEDROOM basement apt. \$600/first/last. Laundry available. Near amenities. Westney/Simcoe S. area. Now available. (905)571-6806

OSHAWA Park/Adelaide (230 Nipigon St) 2-bdrms - Jan. 1st 3-bdrms - Dec. 1st
 Well maintained building. Near all amenities. From only \$835/month + hydro. (905)723-0977

OSHAWA - HARMONY & KING, Must See - new wood laminate flooring, spacious and bright one bedroom apartment, \$700 includes utilities, cable, laundry, parking. Steps to bus, shopping and easy access to 401, no smoking/pets. 1st/last. Available immediately. (905)623-2311

OSHAWA -NEAR CENTRE six-plex, 1-bdrm., available Jan 1st. Extremely clean, newly renovated, very quiet building. Parking, laundry. \$750/inclusive, first/last, no pets. 905-723-9577.

OSHAWA 1 BEDROOM available anytime or Dec. 1st. Located at 350 Malaga Rd. \$695/mo. inclusive. No pets. 905-576-6724 or 905-242-4478.

OSHAWA APTS., Clean quiet newer bldgs. Bachelor, 1 & 2 bedroom includes utilities, parking, laundry on site, no dogs. (905)571-0425, 1-888-558-2622.

OSHAWA EAST: Stunning Newly renovated top to bottom, large 1-bedroom apt. in duplex on huge lot w/pond. Eat-in kitchen, new appliances, laundry, separate drives and entrances. Near all amenities/schools. \$775/mo all inclusive. Immediately. No smoking (905)432-1533.

OSHAWA HOSPITAL area, north of Adelaide, large upper 2-bedroom, 2 baths, laundry, parking, \$850/mo inclusive. First/last. Call 905-579-2350

OSHAWA King/Wilson Quiet building, near shopping, transportation. Utilities, parking included. 2-bedroom apts, \$920/month. Available immediately. 3-bedroom apt., \$1020/month, immediate. Call (905)571-4912 until 6:00pm.

OSHAWA Park South/401 new management, newly renovated 1-2-3 Bedrooms from \$725. Well-maintained, clean, quiet, improved security. Bus/GO, hydro included. 835 Oxford 905-622-0835; 885 Oxford 905-622-0828

OSHAWA 1 Bedroom, spacious, bright, Hospital area, ample parking, bus, available December 1, \$750/mo All inclusive, first/last/references, no smoking/pets, 905-432-2989

OSHAWA, HARMONY/OLIVE large 2-bedroom basement, \$800. Private entrance, eat-in kitchen, A/C, fireplace, livingroom, 2 parking, laundry. No smoking/pets. Avail. immediately. (905)837-9828, (416)418-3188.

OSHAWA/WHITBY border. Brand new, self contained, 1 bedroom apartment, separate entrance, parking, laundry, cable included. \$700/inclusive. First/last, available January 1st. (905)579-5483

PICKERING Sheppard/Altona 1 bedroom basement apt. Newly renovated with parking. No smoking/pets. \$700/mo-inclusive. Avail. Dec 1. 416-908-2617

PICKERING - Liverpool/Bayly. Updated 3-bedroom main-floor bungalow, own laundry, large living-room/dinningroom, parking. No smoking/pets. Available now. \$1250/inclusive/first/last. 905-831-8867.

PICKERING - walk to GO Station. 3-bdrm 5 appliances, Furnished optional, \$1250 + \$1450+ a month anytime. 905-228-0886. Must leave a message.

PICKERING Hwy 2/Dixie. 2-bdrms, large, bright, new, walk-out basement apt. Kitchen, liv/rm, 4-pc bath, A/C, laundry. No smoking/pets. \$800 plus 40% utilities Available Feb. 1st. 416-356-1858

PICKERING One large bedroom walk-in basement. Separate entrance. \$850 utilities included, first/last, available immediately. 905-427-2688.

INFANTS - 12 YEARS OLD
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PICKERING Whites/401 Basement apt for rent. 1 bedroom, nice, clean, newly renovated, sep entrance, available immediately \$850/all inclusive. No pets. 416-996-3936

PICKERING, 2-bedroom basement large bright, 4 appliances, parking, walk to GO & Town Centre. \$950/mo inclusive. Avail. immediately. Call Mike days 905-427-4077 ext. 24, evenings & wknds 905-442-0202.

PICKERING, Major Oaks & Brock. 1-BDRM bsmt. Separate entrance, parking, utilities, cable, laundry, \$700/mo. Avail. January 1st. No smoking/pets. (905)686-7693

PICKERING: 2-BEDROOM basement apt., new home, ceramic floors, 2 separate entrances including walkout to backyard. Large windows, 9 ceilings, available immediately. \$1000 inclusive. (905)509-4006 or (647)201-7011

PICKERING: 2-BEDROOM basement apt., new home, ceramic floors, 2 separate entrances including walkout to backyard. Large windows, 9 ceilings, available immediately. \$1000 inclusive. (905)509-4006 or (647)201-7011

PORT PERRY, Quiet, well kept large deluxe 2 & 3 bedroom apartments in low-rise, walk to Lake Scugog. Parking and laundry. No pets. Rent+utilities first/last. Call Norman 905-985-3406.

QUIET, SOUTH-WEST Whitby neighbourhood, legal 1-bedroom basement apartment, separate entrance, central air, utilities, cable/pay TV included. Phone extra. Suit working person. No smoking/pets. \$700, available Jan.1st (905)430-8817.

RENT TO OWN, \$119,900, \$3900 Down! 3 bedroom townhouse, NE Oshawa. \$1100/mo, \$150/Credit against purchase price. Available Jan. 1st, 2006. Easy Terms. 905-925-8406.

SIMCOE/MILL OSHAWA, near 401. Nice, clean, quiet building near shopping, transportation. Utilities included. 1-bdrm. apt. \$749. Available immediately first/last (905)436-7686 until 7:30pm.

SPACIOUS BASEMENT APARTMENT, OSHAWA. Newly renovated, 1-bedroom, shared laundry, parking, gas fireplace, near all amenities, nice neighbourhood near 401. Separate entrance. First/last. \$800 inclusive. Immediate. Non-smokers/no pets, Jason 905-697-5962, 905-571-1987.

UXBRIDGE - Brock St. West. 1 bdrm. \$625, completely renovated 1 bdrm. \$625, avail. immediately. All inclusive, with laundry. Call Mike 416-936-1622.

UXBRIDGE NEW! Townhouse / Apartments, air conditioned, 4 appliances, patio/garden, parking, storage. 905-852-4777

WHITBY - Bright, spacious 1 bedroom basement, separate entrance, includes parking for 1, utilities, cable & laundry. \$750/mth. Available Jan. 1st. 905-686-6283.

WHITBY - clean bright one bedroom basement apt. Suit one person. No smoking/pets. All inclusive \$610/mo. Available Jan. 1st. (905)665-1061

WHITBY - Garden St. apt. building. Spacious, carpeted, newly painted with balcony. Close to bus, shopping, all utilities incl. Avail. now, first/last, no pets. Bachelor \$700. 1-bdrm \$800; 2-bdrm \$900; 905-767-2565

WHITBY - King & Kendalwood. Large, 1 bdrm. apt. Upper level of quiet home. Full kitchen & bath, balcony. Suite single, working female. \$700/mo. inclusive. Call Irene 905-432-8130.

WHITBY, 1-bdrm basement apt w/private entrance, fireplace. Non smoker, no pets. Suitable for 1 person, female preferred. Avail. Jan. 1st. \$680 inclusive. First/last required. 905-444-9429

WHITBY, Dunlop/Brock. Large, modern 2 bedroom basement apt., utilities, parking, \$900/month. Available immediately. Call 905-432-4168.

180 condominiums for rent

WESTNEY/HWY. 2 CONDO 2 full bathrooms, 3 bedroom. \$1,200 including everything. No pets/smoking. 905-831-3379 or 905-427-7884.

170 apartments & flats for rent

WHITBY- 2 bedroom suites \$840 to \$860 all inclusive, close to all amenities. Office hours 9-5 Monday - Friday. (905)430-1877

WHITBY- 2 bedroom suites \$840 to \$860 all inclusive, close to all amenities. Office hours 9-5 Monday - Friday. (905)430-1877

WESTNEY/HWY. 2 CONDO 2 full bathrooms, 3 bedroom. \$1,200 including everything. No pets/smoking. 905-831-3379 or 905-427-7884.

A-ABA-DABA-DO I HAVE A HOME FOR YOU! Do you pay \$750/month or more in rent, earn \$35000/yr. LET ME SHOW YOU HOW! No down payment, up to \$20,000 cash back. Call Ken Collis, Top Agent with Coldwell Banker 2M Realty, Assoc. Bkr. (905)576-5200 or 1-866-576-5200, email: kencollis@sympatico.ca

3+1 BEDROOM SEMI. Close to Oshawa Shopping Centre/Civic/Schools/GM/401. +4 appliances. \$1200+ utilities. First/last. No pets. Employment/credit ref. Dec. 1st. 905-579-7581/905-728-1612.

3-BEDROOM BUNGALOW, main floor, Newly renovated. Quiet tenancy occupies basement. \$1000+ 2/3 utilities. No smoking/pets. 3 BEDROOM BASEMENT, spacious, clean and bright. \$950/inclusive. Available Dec. 1st. (905)626-9095.

4-BEDROOM HOUSE in Cannington, 2-Car Garage, Concession 11, 3-Miles West of Hwy 12, \$1200/mo + utilities. (705) 328-4911.

401/MARKHAM RD. Spacious 3 bedroom town homes, fenced in backyard, private garage & driveway, carpeted, family room, appliance and ceramic floors. Also available 2 bedroom apartments(s). www.realstar.ca 416-292-0118

A 3-BEDROOM - Pickering, Bainbridge Dr., bright, clean, well maintained. 5 appliances, A/C, no pets/smoking. \$1150 plus. (905)428-2015.

A ABSOLUTELY astounding 6 months free, then own a house from \$600/month. Up to \$15,000 cash back to you! Require \$35,000 + up family income and reasonable credit. No down payment required. Why Rent! Call Bill Roka, 25 years as top sales rep with world's leading realtor. Remax Spirit (905) 728-1600, 1-888-732-1600

AAA1 MANY HOUSES, Townhouses, semis & fully detached homes, also country property, from \$1250 - \$6000/month plus utilities. In Pickering, Ajax, Whitby, Oshawa, Courthouse & Bowmanville Available Immediately, Jan/Feb. possession. Call Garry Bolen, Broker, Owner, C21 Netview Realty Inc. (905)404-2255.

AJAX - Spacious 5 bedroom home. South side of Westney by the lake. Backing onto Greenbelt. All appliances. Please call Zally/Najir: 416-315-6113 or 905-827-6027.

AJAX BUNGALOW, upper level, 3-bdrms, 3 appliances, shared laundry, separate entrance, 1 parking. No smoking, no pets. \$1350 all inclusive o.b.o. Please call (647)294-9926

AJAX home for rent. 4-bdrms, 3-baths, \$1550+70% utilities. ALSO Finished one-bedroom basement with separate entrance. \$700+30% utilities. Available immediately. No smoking/pets. (416)726-1379

AN UNBEATABLE DEAL! 0 down, own your own home. Carries for less than rent. OAC. Minimum income required per household is \$40,000. Please call Aurelia Cosma, Remax Spirit Inc. 1-888-732-1600 or (905)728-1600, 24 hr. pager.

AVAILABLE JANUARY 1ST, 2 bedroom bungalow, 3 appliances, large yard, \$1250/month plus utilities. Lakeridge/Hwy #2 area. 289-314-2055 leave message.

BLACKSTOCK, upper level 3 bedroom apt in kitchen, 5 pc. bath, small pets ok, non smoker, available Feb. 1st. \$1,200 inclusive. (905) 723-7171 (905) 986-0789.

BUNGALOW, newly renovated, excellent Whitby location, 3 bedroom, ceramics, hardwood, garage. \$1595 per month, no pets/smokers, avail immediately. call 905-721-7374.

170 apartments & flats for rent

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1 MONTH FREE RENT or Up to \$500 Move-In Allowance
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316 vendors wanted

316 vendors wanted

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256 deaths

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400 cars for sale

400 cars for sale

400 cars for sale

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185 houses for rent

BOWMANVILLE, spacious open-concept, sunny main floor bungalow, private entrance and laundry, no pets/smoking. Use of yard, ample parking. Available immediately. \$1275 includes heat, hydro & water. First/last. Call Jennifer 905-623-7070/905-697-3850.

FARMHOUSE FOR RENT, #2 Hwy. Bowmanville. 3 bedrooms, laundry on main floor, \$1000/mo. + utilities. Available Dec. 15th. For info call (905)623-3568.

NEWCASTLE CENTURY HOME, \$1100+utilities. 2-bdrms. Avail. immediately or Jan 1st. No pets. Close to 401. Gas heating, 5 appliances, front porch, back deck. First/last, references. Call Marie 1-416-693-924.

OSHAWA - 3-bedroom + bungalow, 2 baths, no appliances, garage, \$1200 plus utilities, first/last credit check. Available Jan 1st. Call (905)434-2437.

OSHAWA - IMMACULATE 3 bedroom semi, in O'Neill area, \$1200 per month, plus hydro, 5 appliances, no pets, no smoking. Call (905)723-4506

OSHAWA, Central location, 3-bedroom, parking for one, bus, appliances, \$1,000/mo. all inclusive, first/last. Avail. immediately. (905)723-1475.

OSHAWA-SIMCOE north new four bedroom (never lived in) detached, large yard, quiet street, avail. now \$1500 pus Condoyn Mgt. 905 428-9766

PICKERING, FINCH/WHITES Rd, detached house, upper 2 levels, 3 bedrooms, 1.5 baths, garage parking. Near shopping, schools and transit. \$1050 plus 60% utilities. Available January 1st, 2006. Call Harry (416)223-2458, Jennifer (416)223-9166.

SOUTH OSHAWA - Spacious 3 bedroom house for rent, exclude basement \$950/mo. + 60%utilities, first/last/references required. Available Jan. 1st. Near school/shopping. (905)743-6137

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185 houses for rent

WHITBY 3-BEDROOM 2-storey home, 2 car garage, Anderson/Manning area. Outstanding view, near high-school, walkout basement. \$1350 plus, no pets. Available immediately. Call 905-655-4107 or cell 905-243-4107

WHITBY, 2 yr. old. 3 bedroom 2-storey, appliances, garage, parking, no basement, Jan. 1st. \$1400+/mo. First/last/references. (905)434-8614 after 5 p.m.

WHITBY, Large 3-bedroom bungalow, upper level, hardwood floors, excellent location, close to schools & park, all utilities, laundry, cable included. \$1400/month. Available immediately. Call (905)683-6863

WHITBY-CENTURY Home-central location, beside park, close to schools, shopping, buses, 3 bedrooms, country kitchen, fenced yard, 120 Walnut St. W. \$1095 plus utilities, 905-686-1888, 416-291-3066. Non-smokers.

190 townhouses for rent

401/MARKHAM RD. Spacious 3 bedroom townhomes, fenced in backyard, private garage & driveway, carpeted, familyroom, appliance and ceramic floors. Also available 2 bedroom apartment(s). www.realtor.ca 416-292-0118

HILLCREST HEIGHTS Community Living in Oshawa now has units Avail. immed., parking incl. Please call 905-743-9787

OSHAWA SOUTH 3 bedroom townhouse, close to schools, shopping. \$975/month plus utilities. First/last. 905-579-9956 or Toll-free 1-866-922-6422.

PICKERING - 3 bedroom Townhouse, (Glenanna/Kingston) No Smoking/pets \$1200 + Utilities. Great condition, hardwood floors, avail Dec 15th. Call 416-560-8854

PICKERING, 4-BEDROOM, 2 bath townhome w/cozy in-law suite. Walk to Go, schools, mall. Ensuite laundry, underground heated garage. Newly installed ceramic tiles, carpet throughout. \$1250+ utilities. Jan 1st. (905)595-0919 ext.229

PICKERING, BEAUTIFUL large 3-bedroom, finished recreation room, excellent location, gas f/p, laminated floors, cathedral ceilings, eat-in kitchen private back-yard, garage, \$1295/mo., plus, first/last, references. (905)831-8823.

191 housing wanted

HOUSE WANTED TO RENT prefer 3 - 4 bedrooms, North of Whitby, Oshawa, Bowmanville. Call Chand Ratnayake, Right At Home Realty Inc. 905-424-8428

192 rooms for rent & wanted

LARGE ROOM FOR RENT, in custom home, North-East Oshawa, 5-min to DC/UIT, 7-person hot-tub, big screen TV, satellite, gourmet kitchen, wireless internet, many more upgrades! Available immediately. Call for details 905-409-9184 mjanowski14@yahoo.com

194 shared accommodation

AT BLOOR & SIMCOE, Oshawa. Share furnished apt with 2 males. Near all amenities, cable/internet included. Available immediately, 1st/last, \$450/mo inclusive, Viewing (905)433-4088.

BOWMANVILLE, new home to share with 2 males. Hottub, private furnished brdm & bathroom, fireplaces, backyard pond. Suitable for quiet person. \$495/month. No smoking/pets. Avail. immediately. (905)697-7147

SEEKING PROFESSIONAL or student to share detached house, Pickering. Fully furnished, Near Highway. \$600, negotiable. Available Dec/Jan. 1st. (905)837-8141.

232 boats & supplies

GREAT X-Mas gift for the whole family. 1995 Seadoos matching pair w/double bunk trailer. Low hours. Immaculate condition. \$4700 obo. Oshawa 905-434-5686 (905)686-8719

236 travel

GREAT CHRISTMAS GIFT! "Carrage Hills Resort" (time share) Barrie Ontario, 1 or 2 bdrms for July 15-22. Also Portugal, available March 2 to April. 8. Call Jean (905)666-0517

265 lost & found

FOUND: YOUNG FEMALE grey cat, with white markings, big eyes, in the Westney/Delaney area. Call to describe (905)686-3625

WEAVER, Beatrice Maud (Nee Gibbard) - Peacefully at the Community Nursing Home, Pickering on Friday December 2, 2005 in her 95th year. Beloved wife of the late William. Cherished mother to Roy (Violet), Ilene and Gordon Horlock, Ruth and Graham Ford. Loving grandmother to 13 and great grandmother of 27. Sister to Doris Lynn. Predeceased by Horace Reginald and Ethel. Sadly missed by all who knew her. The family will receive friends at the **MCEACHNIE FUNERAL HOME** (28 Old Kingston Road, Ajax, 905-428-8488). On Sunday December 4, 2005 from 2-5 p.m. The funeral service will be held in the chapel on Monday December 5, 2005 at 11:00 a.m. Interment Prospect Cemetery. In lieu of flowers and should family and friends so desire donations to the Alzheimer's Society would be greatly appreciated.

268 personals

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309 bargain centre

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270 nannies live-in / out

LIVE-OUT EXPERIENCED nanny to manage two great kids aged 10 & 15 daily 3-6pm. Must have car. Pickering. Call (905)421-8900

273 daycare available

FINDING CHILDCARE Has never been easier! Connecting providers, parents and nannies. Not an agency. **View free list today at: www.durhamdaycare.com (905)665-2346**

QUALITY DAYCARE Westney/Delaney, excellent rates - now is the time to look for a good caregiver. All ages, full or part time, days or Sat., homemade meals, large play area, fully fenced, happy environment, crafts, games etc. Receipts, references. (905)686-8719

274 daycare wanted

SITTER NEEDED Sleep and get paid well for the right person. 3-days/week, 9:00pm-6:00am own room 12 & 15-year-old, Pickering (905)421-0000

294 psychics

PSYCHICS reader and advisor, help in all life's problems, satisfaction guaranteed, specializing in Palm, Tarot and Crystal Ball readings. Always private and confidential. House parties available. (905)665-3222. \$10 off with this ad

310 articles for sale

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!!!2005. SATELLITE SERVICE for FTA receivers. www.durhamsat.com & sign up to our new dedicated support site. Sales and service available 905-767-0013 email: durhamsat@gmail.com Visit our booth at the Courtice fleemarket.

A1 ALL SATELLITE SERVICES. FREE TO AIR, NEW GEN UltraMini- N2, CoolTek- N2. Receiver Repairs and Modifications. Dish Network Service and Sales. (905)999-0362

LEATHER JACKETS 1/2 price, purses from \$9.99; luggage from \$19.99; wallets from \$9.99. Everything must Go! Family Leather, 5 Points Mall, Oshawa (905)728-9830, Scarborough (416)439-1177.

1993 GRAND PRIX, loaded, looks new \$2000. Gas dryer \$300; Farfisa top-of-line electronic organ (1976) cherrywood double keyboards, best offer 905-665-0695.

2 PIECE WALL UNIT 8ft. high, 6 ft. wide, \$75; Bunk bed set with mattresses. 2 years old, excellent condition, \$250 firm. Call (905) 725-9155.

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