

NEWS ADVERTISER

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NEW TOP GUN
OPG's Hankinson discusses what the future holds
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INDOOR ACT
Hundreds get their kicks year-round
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Residents thinking small for Pickering

Sustainable journey begins with meetings

By Danielle Milley
Staff Writer

PICKERING — For Vernon Bruce, building smaller houses is one way to move toward a sustainable Pickering.

"If we reduce the size of our homes we'll be able to heat more with windmills," he said, adding the homes would also use less energy. Mr. Bruce also suggested homes be properly insulated, and that society move toward wind and solar to generate power.

Mr. Bruce was one of about 25 people at the first of three town hall meetings hosted by the City of Pickering to solicit ideas on sustainability. Those gathered at the Pickering Recreation Complex Feb. 21 also talked about not using drive-thrus and championed eating locally grown food.

Mr. Bruce advocated for his less-is-more ideas, including not buying products with excess packaging.

"If we demand smaller houses be built and we refuse to buy large ones... You are going to save," he said. "We all have to expect less on this planet. We have to change our way of thinking about everything... Everything we had in the past has to change if we're going to survive on this planet."

Michelle Munroe said she's become more concerned about environmental issues since becoming a mother and that's why she came to share her ideas and hear others.

She pushed the idea of making the community more aware of the local agriculture industry and supporting locally grown food.

"They should do more for farmers to help get their products to us," she said.

Community activist Bonnie Lit-

♦ See Pickering, Page 4

TICKLED BY THE PERFORMANCE



PICKERING — Adjudicator Jennifer Knelman, left, offers words of encouragement to Jordan Higa after she played 'The Mermaid' by Faber at the 19th annual Pickering Rotary Music Festival. Ms. Knelman offered a one-on-one critique to each student after their performance on Wednesday in the piano solo non-Conservatory, non-competitive 10-years-and-under class. Performances are at Dunbarton High School and Dunbarton-Fairport United Church, including this one, until March 2.

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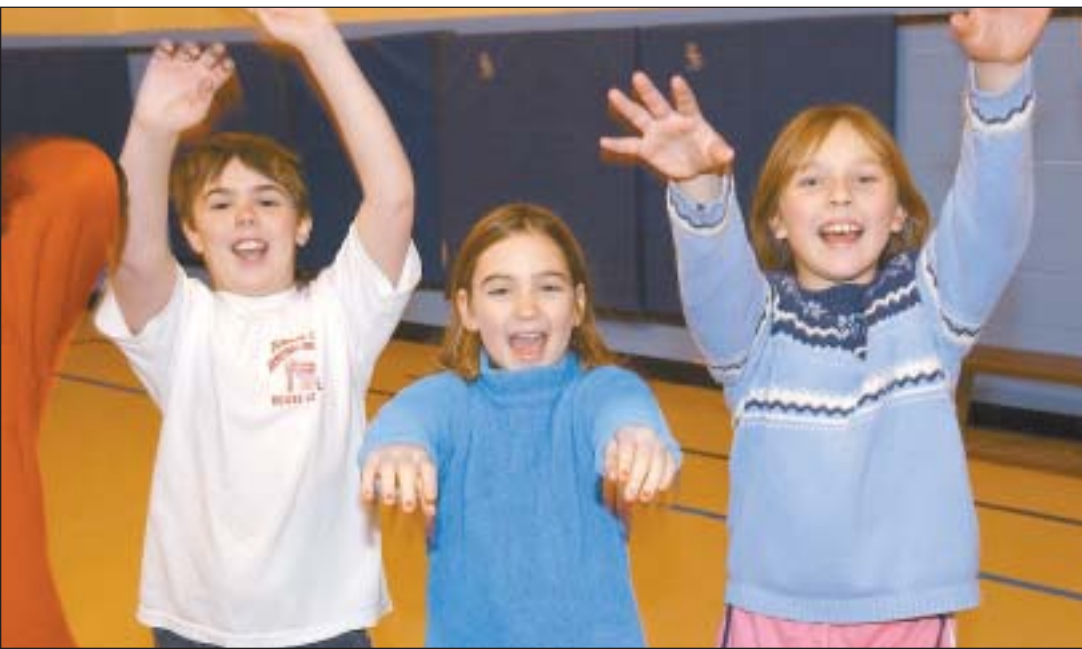
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Celia Klemenz/ News Advertiser photo

Hands up for fun

PICKERING — From left, Kyler Kirby, Lindsay Dawson and Carolina Keen perform their version of a Mexican Hat dance. The students were enjoying dancing as part of a recent phys-ed class at Vaughan Willard Public School.

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Ron Pietroniro/ News Advertiser photo

Jim Hankinson, president and chief executive officer of Ontario Power Generation, sat down for a lengthy and wide-ranging interview with the Metroland Durham Region Media Group on Feb. 17.

Hankinson and OPG

OPG head 'having fun' as he works to restore 'credibility' to company

By Keith Gilligan
Staff Writer

DURHAM — Discussions late last year between Ontario Power Generation and its nuclear regulator, the Canadian Nuclear Safety Commission, were not about building new reactors, Jim Hankinson said.

Mr. Hankinson recently sat down for his first extended interview since becoming OPG's president and chief executive officer.

"Those discussions centred on the refurbishment of Pickering 'B' and Darlington," and were not about where OPG could be building new nuclear reactors.

"It's never too early in this process to be looking at refurbishment and what's involved. We weren't having talks on building new build," he added.

It's "never too early" to start considering the refurbishment of Pickering 'B' and Darlington. "We prepared for that eventuality," he said.

Meeting with the CNSC is a necessity, Mr. Hankinson stated, noting an environmental assessment is needed for any refurbishment or the building of new reactors.

"We need to know what's involved with the EA," he said.

Pat McNeil, a senior vice-president at Pickering, will be heading up the refurbishment project and any possible new building down

the road.

"He has a big job ahead of him. With new build, a lot has to be done. Part of getting ready is knowing what the process will be," Mr. Hankinson noted.

There are "rules and regulations surrounding new build. Specifically, we're not having discussions on new build. We have no mandate on new build."

An EA could take three to four years. "We haven't been asked, but we stand ready."

Since assuming his dual roles, Mr. Hankinson has focused on re-establishing the company's reputation with the Province and the public.

"OPG lost a lot of credibility with the government because of (Pickering) Unit 4, the substantial cost overruns and time overruns," he said. "We're regaining that confidence and will do that by performing well and producing electricity reliably. We have to earn it back the old-fashioned way."

Getting back that credibility will "also influence whether we get to refurbish our old assets."

He noted last year the company made a profit of \$366 million, which is "an improvement over the \$42 million from the year before."

The operating efficiency of reactors has also increased. In the case of Darlington, the reactors are performing at a 90.6 per cent rate, up from 88 per cent. On the 'B' side of Pickering, the reactors are at 78 per cent, up from 70. "We're looking forward to it being perhaps well over 80 per cent," he said.

The Pickering 'A' side suffered "a bit of a setback" in 2005.

Feeders were found to be thinning on two reactors and had to be replaced, while the decision was made to mothball units 2 and 3.

Permanently closing the two units was "a tough business decision" but added, "We don't regret the decision. It's time to refocus."

"It was a disappointing decision but after it was thoroughly aired, we all came to the conclusion it was the right thing to do. I don't think anyone regrets it. We couldn't make the business case."

"There had been a fair amount of degradation" to the feeders and boilers.

Outside consultants were brought in and agreed the units weren't salvageable.

The consultants noted the units would only be able to operate at a 75- to 80-per cent level and added "if that's the best you can do, it's not an exciting prospect."

The four reactors on the 'A' side were taken off-line in late 1997 following a scathing report on then-Ontario Hydro's performance with nuclear reactors. Ontario Hydro was broken up into OPG, which produces electricity, and Hydro One, which operates the grid system.

When OPG was created, the focus at Pickering was to improve the performance of the 'B' side before turning attention back to the 'A' side.

Once CNSC approval was given to refurbishing the 'A' side, work

began on Unit 4. The work, however, was poorly planned and the project ended up being significantly over-budget and well behind schedule.

"Our credibility took a hit with the refurbishment of Unit 4. When the government is dismissing senior management and the board, they aren't happy. We have some rebuilding to do and we're well on our way to doing that," he said.

OPG began the process of restoring its credibility by bringing Unit 1 back online "on time and on budget," he added.

While the company's performance with Unit 4 wasn't sterling,

At the end of his time at OPG, he's hoping it will be "viewed as a very credible company. We want to be recognized as a low-cost producer of reliable electricity. I want to restore the pride of people we have in the company," he added. "The company, I hope, is much more attractive than when I got here."

"We've made substantial performance improvements. Now we have to prove we can sustain these individual improvements. OPG has earned back some of its credibility. I think we're on the right track. It all comes down to performance and you have to earn the right to have a future."

"We have a narrow focus, sustain the improvements we had in our generation, and do it consistently, and to meet the needs of our customers. It's not an easy road, but I don't know of any

other way. We want people to be proud to be here."

Mr. Hankinson noted he was relieved to learn of the dedication from OPG employees.

"I don't think there's much wrong with the culture of OPG. There's a general premise out there that there is, but I don't see it," Mr. Hankinson stated. "When I took the job, I had an idea of what it was about. I didn't believe everything in the paper."

"The people were good. It's stimulating for me. I know the industry a bit. It's challenging and I have some fun at this. I enjoy it. It's incredibly stimulating. I enjoy it even more than I thought."

'OPG has earned back some of its credibility. I think we're on the right track. It all comes down to performance and you have to earn the right to have a future.'

JIM HANKINSON

"That's not a reason to turn our backs on nuclear power," Mr. Hankinson stated.

More than half of the energy in Ontario comes from nuclear power and "coal is out of the mix."

The current provincial government has set a deadline of 2009 to close all coal-fire plants in Ontario.

"It's difficult to say what the impact will be. It will create a significant challenge on the supply side. It may lead to higher prices. It depends on what the replacement is," he said.

Personally, he has a three-year contract, which could be renewed, Mr. Hankinson stated.

Region paves the way in advance for roadwork in 2006

Roadwork

The following are included in the Region of Durham's 2006 Road Capital Projects.

Bridge rehabilitation and replacement



| Road | Where | Cost |
|---|------------|-----------|
| Regional Road 13 at Layton River | Brock | \$800,000 |
| Regional Road 15 at Whites Creek | Brock | \$100,000 |
| Brock Road at Uxbridge Brook tributary | Uxbridge | \$50,000 |
| Courtice Road at Black Creek | Clarington | \$50,000 |
| Other structure rehabilitation projects | Various | \$493,500 |

Road expansion projects



| Road | Where | Cost |
|--|----------|-------------|
| Taunton Road (west of Church St. to west of Westney Rd.) | Ajax | \$2.4 mil. |
| Taunton Road (east of Westney Rd. to east of Salem Rd.) | Ajax | \$7.1 mil. |
| Taunton Road (east of Harmony Rd. to east of Townline Rd.) | Oshawa | \$3.4 mil. |
| Harmony Road (Hwy. 2 and Rossland Road) | Oshawa | \$8.25 mil. |
| Regional Hwy. 47 Toronto St. (Wellwood Drive and Campbell Drive) | Uxbridge | \$2.23 mil. |

Pickering can be a leader with food

◆ Pickering from page 1

They agreed with Ms. Munroe and said Pickering has the perfect opportunity to be a leader in locally grown food because of its Duffins Rouge Agricultural Preserve.

Ward 1 Regional Councillor Maurice Brenner, chairman of the Benchmarking Sustainability Standards Committee, said town halls are being held so the public can be a part of the process of defining sustainability for Pickering and be part of the journey with the municipality.

"The future of the City of Pickering doesn't belong to us as politicians, it belongs to you as residents," he said.

The session started off slow with many residents asking about what time frame the City was looking at and what exactly they were being

asked to comment on, but as the evening went on ideas began to flow and the residents expressed enthusiasm about taking ownership of the project.

"The answer might not just be with the council, but with us saying what we want," said Rowena Kirk.

Towards the end of the evening, examples of Pickering's sustainable initiatives were discussed to get feedback, including an expanded waste-diversion program, the anti-idling campaign and a car pooling program.

The second town hall was Feb. 23 and the last one goes March 1 at the Claremont Community Centre.

The next step is to develop working groups in March and then have a second round of town halls in May; a presentation is to go to council in June.

By Erin Hatfield
Staff Writer

DURHAM — Regional Road improvements continue to be a top priority for Durham.

Critical rehabilitation and capital needs have been identified in the Region's assessment of area roads to prevent further deterioration, according to Susan Siopis. Also, the expansion of the existing road network to accommodate significant increase in traffic has taken precedence in this year's capital roads project.

"I think a lot of residents of the region are noticing a lot of deterioration and congestion which they can see and feel when they drive the roads," said Ms. Siopis, director of transportation and field services. Total financing for 2006 capital roads projects will be \$33.1 million. The program is paid for through tax dollars and development charges.

Pre-budget approval, granted at the Feb. 15 Durham council meeting, was needed to get the ball rolling on some projects early.

"If we ask for pre-budget

approval it is so we can tender," Ms. Siopis said. "Our construction season is so short and we try to get some of those dollars ahead of time."

If they waited for the Region's budgeting process to be completed then Mr. Siopis said it could be well into May before roadwork could start.

The regional roads servicing and financing study, undertaken annually by staff of the financing and works departments, determines what work is to be done and how much money will be spent. The focus is on the long-term financing and servicing issues related to the regional road infrastructure.

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Provincial sharing could mean millions for Durham

Dalton McGuinty wants 'true 50-50 partnership' on ambulance funding

By Erin Hatfield
Staff Writer

DURHAM — When fully implemented, a 50-50 cost sharing for ambulance service between the Region and Province could save Durham \$4.5 million annually.

Premier Dalton McGuinty committed to increasing land ambulance funding to 50-50 by 2008 in an announcement Feb. 21 at a meeting of the Ontario Good Roads Association and the Rural Ontario Municipal Association.

"We have been working for a long time to get our partners to be real partners," Durham Chairman Roger Anderson said.

It has been nearly a 10-year battle according to Mr. Anderson, who is also the president of

the Association of Municipalities of Ontario.

The Province transferred responsibility for land ambulance services to municipalities in 1998 and agreed to fund 50 per cent of the costs, but municipalities

have long contended the current funding does not cover all costs. Now, he said he is happy to see some headway being made.

"It is good to see the premier rectify the fiscal gap between the municipalities and the Province," Mr. Anderson said.

The millions of dollars of savings could mean good things for area roads and municipal infrastructure, he says.

"It certainly gives us some flexibility over the next three years," Mr. Anderson said.

The premier said the Province would spend an estimated \$300 million over the next three years, with annual funding for land ambulance service estimated to reach \$280 million this year, \$333 million in 2007 and \$385 million in 2008.

"Municipalities have been patient but this is an issue of fairness," said Mr. McGuinty in a press release.

"I'm pleased that we are finally going to achieve a true 50-50 partnership."



Roger Anderson

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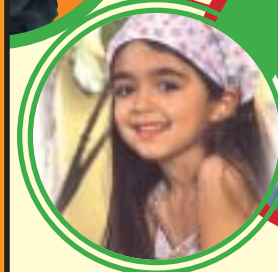
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EDITORIAL

Dodging CUPE strike is a relief

In the end, the planned illegal strike by hundreds of thousands of Canadian Union of Public Employees (CUPE) across Ontario amounted to plenty of sound and fury signifying nothing.

Thankfully for the millions of Ontarians who would have been impacted by such a strike -- everything from garbage pickup to snowplowing to janitorial services at schools would have been hit -- it was called off by CUPE Ontario president Sid Ryan.

The truce between the Province, which insisted on passing Bill 206, an act to reform the Ontario Municipal Employees Retirement System (OMERS) pension plan and CUPE, whose majority of members opposed the bill, allowed everybody to save some face.

It meant the Province could stop administering the plan, turning it over to OMERS employees to look after and allowing firefighters, police officers and paramedics to negotiate pension top-ups so they can retire earlier than they currently do.

And what did CUPE get in return? The union received a promise that the government will do an independent review of the changes brought about by Bill 206 by 2012 to see if CUPE's concerns are valid. In truth, CUPE and the Province both had a hard time making a confusing stalemate easy to understand for a bewildered public. This standoff, after all, wasn't about wages, layoffs or working conditions, issues that most people can readily come to grips with.

It boiled down to one small group of public workers getting a better pension than another larger group of public workers. For many people making minimum wage or little more than that or who do not receive an employer-provided pension at their place of work, it may have seemed like a dispute between the haves and the have-mores. And, to boot, the taxpayer, according to Roger Anderson, Association of Municipalities of Ontario president, will have to pay for pension top-ups through higher property taxes.

The Province could have tried to reason with CUPE at an earlier point to avoid a lot of consternation. In the end, however, Premier Dalton McGuinty gets to pass the bill he wanted to pass without the grief of upsetting voters by being blamed for causing a massive strike. And, CUPE leader Sid Ryan can claim a pyrrhic victory without launching an illegal, unpopular strike. Everybody, it would seem, wins except, of course, the taxpayers who will have to pay more. What's new?

LETTER TO THE EDITOR

Sourpusses can unite against Crone

To the editor:

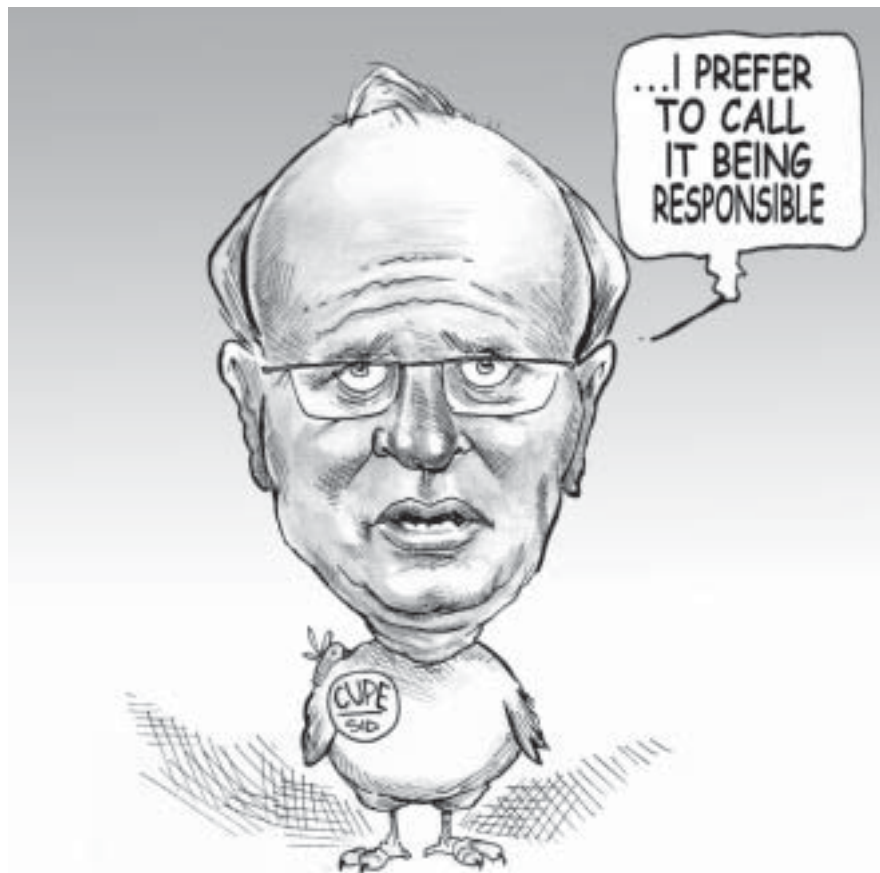
Re: 'By God people, just have a big laugh!' Neil Crone column, Feb. 22.

Where does Mr. Crone get off saying that we ought to lighten up and laugh more? Doesn't he know that misery loves company? All miserable sourpusses should take a stand and unite against this new threat of happiness that Mr. Crone seems to be spearheading. Then they'll have plenty of company to be miserable together.

Anyone buying into this laughter and happiness business ought to have their heads examined for termites. Feeling good? Being pleasant company? Enjoying life? Who needs it? Really Mr. Crone, what were you thinking?

Surely people realize this letter in itself is a joke. You don't? Lighten up sourpusses! As for me, I'm off to church where I discovered the joy of the Lord. My Lord and Saviour loves to laugh and I for one love to laugh with Him. After all, He beat the odds, and that is something to laugh about.

Nancy Hendriks, Ajax



Higher education needs to be a priority for federal government

Students saddled with too much debt

I hope that Stephen Harper managed to find time last week to look out his window and see the hundreds of students protesting on Parliament Hill.

Their message? Lower tuition fees.

As the new Prime Minister meets with premiers in the coming months to discuss funding issues for the provinces, post-secondary funding will be a hot topic. Something needs to be done to stop the ever-increasing tuition fees from reaching the critical point where the majority of students will choose to forgo education because it is just too expensive.

As it stands now, Canadian students are graduating from colleges and universities saddled with thousands of dollars in debt. I should know. I'm one of them.

A decade ago, at about the time the Chretien government was cutting funding to education and I was first beginning to browse university catalogues and visit campuses, post-secondary education was still viewed as something of a luxury.

But I would hope that we've moved past that misguided view. If we are to be taken seriously in an increasingly competitive and technologically-savvy world, we have to make the proper investment in our youth. Canada is falling behind other countries in turning out highly-qualified graduates ready to compete in a skills-based economy. Isn't it shameful that immigrants



Izabela Jaroszynski
Staff Writer

entering this country -- this bastion of wealth and prosperity -- are usually better educated than our homegrown youth?

But in many countries around the world, post-secondary education is free or at least affordable. Students graduate without debt, ready to make a contribution to society. Let's follow that example and make higher education a priority in this country.

It may be too late for me to benefit from reduced tuition fees, but as the end of the month draws closer and I make my way to the bank to pay my not one, not two, but three student loans, I will be rooting for the next generation.

After all, they are the ones I will be depending on to support me when I am old and broke.

And still paying off my student loans.

Izabela Jaroszynski is a reporter with Metroland Durham Region Media Group. E-mail Ijaroszynski@durhamregion.com.

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Ajax and Pickering students put board's new CyberCops to the test

Program teaches risks and safety issues with Internet

By Erin Hatfield
Staff Writer

DURHAM — Teaching kids to make healthy choices when using the Internet is a task the Durham District School Board is looking at taking on.

Five schools in Durham will pilot the Cy-

berCops program, an educational, computer-based system that teaches Grade 7 and 8 students about the risks and safety issues associated with Internet use.

"(Children) are incredibly naive and that makes them incredibly vulnerable," said Pickering Trustee Sherry Croteau.

The initiative was made possible through a grant from the Ministry of Education in partnership with the Ministry of the Attorney General. Ontario Provincial Police, in partnership with the Ontario Physical

and Health Education Association, will be involved in the teacher training aspect of the program and will provide support for development and implementation.

The board anticipates launching the program at all schools this fall.

"There is such a need for more and more Internet and computer safety," Oshawa Trustee Susan Shelter said.

Piloting the program are Vaughan Willard Public School in Pickering, Sir Samuel Steele in Whitby, Grandview in Oshawa, Joseph

Gould in Uxbridge and Alexander Graham Bell in Ajax.

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Accused man was ambushed: lawyer

Faces attempted murder charge in stabbing

By Jeff Mitchell
Staff Writer

DURHAM — Sean Grant walked into an ambush the night he ended up stabbing a man three times in the chest, his lawyer has suggested.

The assertion came during a day-long courtroom confrontation involving defence lawyer Sean Robichaud and Andrea Baker, a Crown witness in the case against Mr. Grant and the sister of Greg Baker, who was grievously injured in a fight with Mr. Grant on the evening of June 11, 2005.

Mr. Grant is charged with attempted murder and weapons offences in connection with the incident, which a jury has heard was the culmination of a dispute that began over a drug deal brokered by Ms. Baker.

The jury has heard Mr. Grant had been badgering Ms. Baker for his money back in the days leading up to the confrontation, and that he had been in phone contact with Ms. Baker in the hours leading up to the stabbing. Ms. Baker has admitted she consented when Mr. Grant said he was coming to her Rosefield Road townhouse that evening.

Ms. Baker, the first witness to take the stand in the trial, said Mr. Grant was angry and confrontational when he showed up just before nightfall on that Saturday evening. She said her brother Greg grabbed a baseball bat and stepped in when Mr. Grant and another unidentified man became physically aggressive.

But Mr. Robichaud pointed out that Mr. Baker, who was not involved in the drug deal but was aware of the problems Ms. Baker was having with Mr. Grant, was toting the baseball bat earlier in the day when he picked her up after work.

He said Ms. Baker consented to having Mr. Grant come to the house that evening, when she was surrounded by her brothers and other friends attending a barbecue, to either intimidate Mr. Grant or lay a beating on him.

"You knew your brother was there," he said. "You knew your brother had a bat."

"I don't even know where you want me to start on that," replied Ms. Baker, who had earlier testified Mr. Baker had gone into the house to fetch the bat after Mr. Grant pulled a knife.

The defence lawyer meticulously hammered away at the witness during their often testy exchanges, pointing out what he said were inconsistencies in statements she gave to police immediately after the stabbing, during a preliminary hearing, and at this trial. Ms. Baker allowed she had "minimized" details about drugs and her brother's using a bat during the fracas.

Mr. Robichaud argued she had done more than that.

"What I'm suggesting is you're making this up and you can't keep your story straight," he told Ms. Baker, 24.

"Of course you're suggesting that," she shot back.

The five women and seven men on the jury began hearing testimony Wednesday. The trial continues.

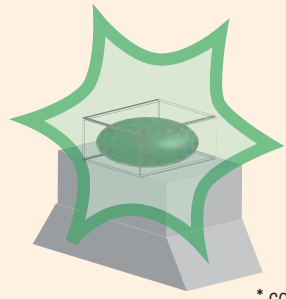
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- A visual fire alarm can use a strobe light that is active at the same time as the audible alarm. The alarm is positioned in the line of sight of a person who is hearing impaired.



Arthurs has alarming safety vision for all

By Danielle Milley
Staff Writer

DURHAM — For many, the sound of a fire alarm signals danger. For David Hamen, not hearing it poses a safety concern.

Mr. Hamen is program director for Durham Deaf Services and a strong advocate of a private member's bill that would require all provincial and municipal public buildings be equipped with a visual fire alarm system.

"I'm a member of the deaf community and I know the issues and concerns with fire safety," he said. "I think it is about time. I'm happy the bill is going forward."

Pickering-Ajax-Uxbridge MPP Wayne Arthurs introduced the bill, which passed second reading Feb. 16, because a hearing-impaired member of his family asked him about fire accessibility.

"Often we don't think the deaf and hard of hearing need the opportunity to protect themselves," he said. "This is a very good place to start, for government to show some leadership."

A visual fire alarm has a light that flashes or shines a beam to make those who are hard of hearing or hearing impaired aware that the fire alarm is going off while at the same time an auditory alarm sounds.

Mr. Hamen knows first-hand the danger that comes with being hearing impaired in a fire. He said about 10 or 15 years ago when he was living alone he left a kettle of water boiling while he went to answer the phone. He forgot about the kettle and didn't realize it had caused the alarm to go off.

"I looked over and I saw out the win-

dow the fire truck and people gathered outside," he said. "It was scary."

He felt bad because he knew that if something had happened, it would have been his fault. But this isn't an isolated incident, he said.

"Often I'm in having a coffee break and the fire alarm goes off and I wonder where everybody is going," he said, adding people usually let him know or come and get him. Both Mr. Arthurs and Mr. Hamen said it would be safer and more accessible if hearing-impaired people could be alerted just like everyone else.

Following the incident in his apartment, Mr. Hamen tried to take the steps to protect himself and others, but found it a challenge.

"I was thinking of buying a fire alarm with a flasher, but no one had any (at that time)," he said. Prices used to be \$400 to \$800 for a visual fire alarm and he said they're now down to about \$200. Mr. Hamen thinks the bill could help lower prices even more.

"It can encourage the prices to go down and once all the public buildings and schools and institutions, once the government forces all the buildings to be accessible, others will follow," he said.

Mr. Arthurs hopes that happens as well.

"I hope it gets approved on the first round... I'm optimistic if the government shows leadership it would be setting the stage for the private sector to follow suit," he said.

The bill goes to committee next for discussion and debate, during which time stakeholders can comment. Following that it will come back for third reading.

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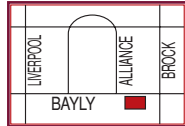
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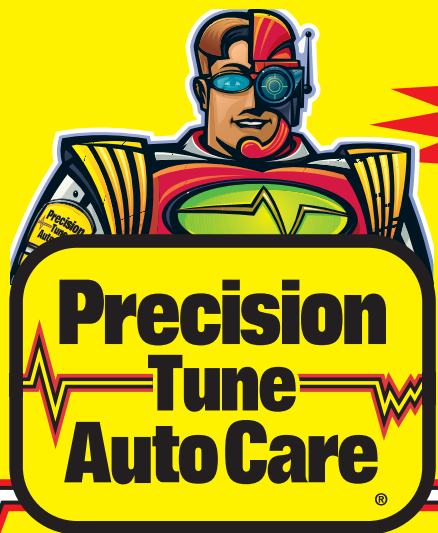
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Dear Readers: The next time you are on an airplane and you begin complaining about the food, the delays in your flight or lost luggage, remember none of these will hurt you. But sitting in a cramped seat for extended periods of times can cause blood clots to develop. These medically are known as deep vein thrombosis (DVT).

This potential problem, sometimes called "economy class syndrome", has been in the news of last after a 28 - year - old travelling from Australia to London died. An autopsy later confirmed that she died as a result of DVT. Most of us only think of blood clots as occurring in older people, or those with pre-existing health concerns, but the death of this young lady shows that the elderly are not the only potential victims of DVT.

Although the term economy class syndrome infers that the problem occurs only with air travel, individuals seated in movie theatres, cars and other vehicles and even those seated in business class may be at risk. It can also happen to patients bedridden in hospitals. Immobility, and not the environments, is the greatest factor leading to DVT. Plane travel, however does not put the passenger in very confined surroundings, especially in window or middle seats. The space between the seats has also decreased over the years making it difficult to stretch.

Medical studies have not definitively found a link between air travel and DVT. One study found no correlation at all, while another said that the average healthy person would need some other underly-

ing factors. One of the most famous individuals to develop DVT while travelling by air was American vice-president Dan Quayle, when in 1994 a leg clot travelled to his lung. Most of us need not worry about DVT, as flight related cases are very rare.

Sign and symptoms of DVT are pain, warmth, and /or swelling of the legs. Shortness of breath may also be present.

People who think they are at risk should consult their family physician before travelling. Medical conditions that may affect passengers are previous episodes of leg clots, previous leg or pelvic surgery, leg injury, varicosities or pregnancy. Those who smoke take birth control pills, hormone replacement therapy, chemotherapy as well as those with heart disease or diabetes have increased susceptibility to long periods of immobility. Lastly, the overweight, elderly and very tall passengers will find themselves more confined by cramped seating.

Any amount of immobility is not healthy. Sitting for long periods of time without contracting your leg muscles can cause the pooling of blood in the deep veins leading to DVT. Walking on the plane every hour is the best way to prevent clot, even if it means climbing over the passenger beside you. Avoid placing your carry-on bags under the seat in front of you so you can stretch your legs out more easily.

While sitting, flex your ankles up and down as if you were stepping on the accelerator. Repeat this 20 times every couple of hours. Another exercise is to clinch your toes and hold for three seconds at a time. This will aid in contracting your calf muscles. Never sit cross legged.

Speak to your family physician about taking aspirin before flying to help to keep blood thinner. Air on a plane has less humidity. This can lead to dehydration, thickening the blood and making it more prone to clots. Drinking an eight - ounce glass of water every two hours will help prevent blood from stagnating.

When booking seats on an airplane, always choose those with the greatest amount of leg room. Ask for the seats on an exit row, the bulkhead or on the aisle. Remember, immobility is one of the greatest causes of DVT, whether you are in a hospital bed, sitting in the theatre or flying on an airplane. Know if you are at risk and speak to your medical doctor.

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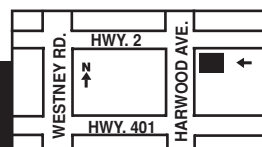
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Ron Pietroniro/ News Advertiser photo

In training

PICKERING — The Athletic Training Professionals celebrated its grand opening recently, at 1050 Brock Rd. Units 20 and 21, offering specific sports training and a sports injury clinic under one roof. In the front are, Jamie Hollins (owner) along with wife Jennette Proctor. In the back are, Sue Hussey, Walid Lodin (chiropractor) and Sherry Fraser (trainer). Among the services are elite athlete memberships, chiropractic services, custom orthotics, and medical acupuncture.

Manners have to be reinforced every day

Amount of disrespect is amazing

As long as I've been employed, I have worked in the so-called 'service business.' I was a waitress, a cashier, a sales representative and have worked directly with people to ensure that my service met their standards. However, I have never encountered so many children and adults with little to no manners or respect as I did when serving them.

The issue of manners and the dire lack of them in our society strikes a very sad chord in me. When teenagers and children have little to no respect for authorities and lack in proper etiquette, it only supports the stereotype of rebellious teen characteristics. The lack of manners could result from parents who are too lenient with their child's behaviour or their child's simple reluctance to obey rules.

Is it that some parents believe that once children have reached a certain age, they should know what manners are and how to use them? If so, why do we put so much accountability on young children? Despite these questions, teenagers and children are being further stereotyped because they are not being taught the right manners and more importantly not being taught how to maintain them. As I see it, lack of manners and etiquette diminishes the civility of par-



Katalin McLean
youth columnist

ents, their children and anyone they come in contact with, which leads to a very cranky society.

Parents normally teach children from an early age that respect is directly forwarded through one's manners. I was certainly taught at an early age that please and thank you were essentials in daily conversation. However, children tend to find that crack in their parents' discipline and linger there until they are promptly set in their place.

They will settle into what they believe is rebellious behaviour, awaiting guidance from their authorities. Unfortunately, this transition from young child to disobedient child is very gradual and sometimes difficult to catch. It could be anything from not saying thank you when somebody opens the door for you, or failing to utter thank you when receiving a food order. The point is something is going desperately wrong with today's generation when we fail to

remember these morals once we set out into the world.

Most of the children and adults I serve are very polite and gracious. However, it's sad that the almost one per cent of people who are rude to me are the ones who I tend to remember at the end of the night. I was certainly surprised when I entered the serving business and found how many people do not say thank you when I bring their order. It's so simple, isn't it? I was appalled at how some children are let free to run around the restaurant, dodging servers who are carrying trays full of drinks. It just makes me angry that somebody is not enforcing that restaurants are not playgrounds, and some people are trying to enjoy their meal. Sadly, this is almost a daily occurrence and can make a server's shift very difficult.

I understand children will rebel, but when they start to be disrespectful to other people, someone must put them in their place. After all, who is the adult here? Kids will be kids and that's OK with me, but they will learn from example and sometimes, to be quite frank, the adults can be more impolite than the children.

Please continue to enforce manners every day, as it will lead to a more respectful bond between the citizens of Durham.

Katalin McLean is an 18-year-old Ajax resident. She is the News Advertiser's youth columnist and appears on the fourth Sunday of each month.



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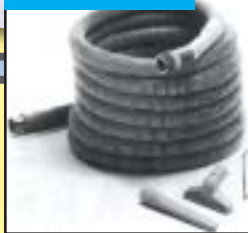
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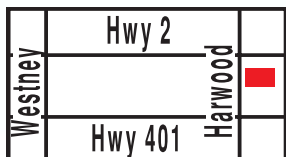
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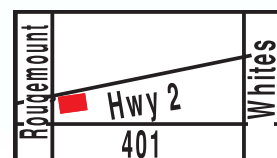
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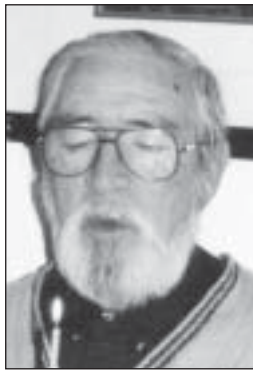
"Carol and Brian Eathorne are delighted to announce the engagement of their daughter, Jennifer Lindsay, to Gregory Robert, son of Debbie and Garry Bugden of Newfoundland. A September wedding is planned. We wish the happy couple a lifetime of love, happiness and laughter."



"Happy first birthday to Brianna Bridgemongal on Feb. 17. Love Mommy, Daddy, Grand Mommy, Grandpa Ann, Grandpa Errol and Tonic, Great-Grandma June and Doris, Aunt Cookie, Baby and Nadia, plus the rest of the family."



"Our 'Cheeky Monkey' turned one Feb. 13. Happy first birthday Ciara. You have made our love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten, and the future worth dreaming about. Thank you for all the love, laughter and happiness you have brought to our lives. Lots of love n' cuddles from Mummy, Daddy, Grandma, Nonno, Nana, Bisnonna, and all your family and friends."



"Congratulations go out to Ed Forrest, longtime resident of Pickering, who turns 80 on Feb. 26. Ed will celebrate his birthday with his family, including wife Betty, daughters Lindsey, Julie, Diane, sons-in-law John Paul and Roger, and grandchildren Simon, Amanda, Tory, Holly and Katy. Lindsey and Simon are travelling from Richmond, B.C. to help celebrate the special day. We love you Ampie."



"Don Bilby celebrates his birthday Feb. 26. Best wishes from Boo Boo, friends and family."



"Happy first birthday Abby Rose. Love from Mitchell, Mandy, Mommy, Daddy and family. There's lots of love on your big day, Feb. 21."



"Our baby is three years old. On Feb. 11, friends and family celebrated Jonah O'Hara's birthday. Jonah, you are a special boy and we love you so very much. You have grown so much last year and you amaze us everyday. We love you. Happy birthday and love, Mommy and Daddy."



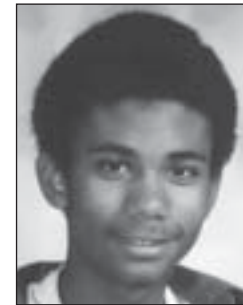
"On Feb. 17, Shelby celebrated her 14th birthday. A made-to-order day with school closed and ringette at the ACC! Can it get any better? Happy birthday Stinzz. Hugs and kisses from Mom and Dad."



"Look at our teen now. Jennifer Barr turned 13 on Feb. 12. We can't believe you are a teenager already. Boy how time flies. Happy birthday and lots of love always, from Mom, Dad, Stephen and pets Brandy and Lilly ('woof')."



"Happy birthday to Nicole on Feb. 22. Lots of love from Mom, Dad and Sheryl."



"Preston Farrell turned 14 on Feb. 14, Valentine's Day. Our little boy is growing up to be the perfect little man. We are so proud of you Preston. Lots of love from Mom, Dad, Jaylyn and Kola."



"Happy birthday to Paige and Erik Lojet. Paige is nine on Feb. 25 and Erik is six this year, but since he is a leap-day baby (born Feb. 29), he doesn't really have an actual 'birthday day', so we will be celebrating his special day March 1. We are blessed to have such wonderful children. Love for eternity, Mom and Dad."



"Tom and Deb Mohr of Pickering, and Brett and Ann Harrison of Whitby, are delighted to announce the engagement of their daughter, Erin Harrison, to Todd Walker, son of Dennis and Pauline Walker of Colborne. Love and best wishes for a long and happy future together. A meeting of the minds is yet to be attained regarding a date for the nuptials."



"Jan. 23 was a special day in the Scherer household, as Jacob celebrated his fifth birthday. Happy birthday sweetheart, we are very proud of you. Lots of love from Mummy and Daddy, brother Christopher and all of your family and friends."



"Speerzy's 18 on Feb. 24! Happy birthday Kyle. We wish you all the best on this special day. Love Mom, Dad and Ashley."



"MacKenzie Earle turned six Feb. 20. Another year has gone by already and you have turned into a beautiful young lady right before our eyes. Your honest and innocent outlook on life gives us all a new perspective on things around us. You are truly special. All our love, from Mommy, Daddy, Dallas, Grandma and Grandpa Sheath, and Nanny Earle."



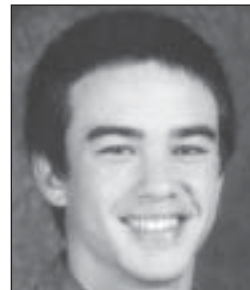
"Happy first birthday on Feb. 14 to our special Valentine, baby Drew. Thank you for the most amazing year of our lives. We love you sooo much! Love from Mommy, Daddy, Brandi and all of your family."



"Whatcha doing? Turning 28? H.B. from Brian, the fam and Momo. Jena turned 28 on Feb. 10. Love ya!"



"Serena turned sweet 16 on Feb. 21. She's still smiling. Happy birthday and love from Mom, Dad, Aaron, all the aunts, uncles and cousins. And, Nona celebrated her 76th birthday Feb. 18 too."



"Happy 18th birthday to Brent Kenneth Tamane on Feb. 23. We want you to know how proud and how special you are to us all. Lots of love and best wishes for a wonderful day. Love from Dad, Mom, Grant, Nanny, Grandma, Grandpa and all the rest of the family."



"Oh no, it was the 'F' word for Rhonda Wiles on Feb. 21. If you see her, wish her all the best and a very happy 50th birthday."



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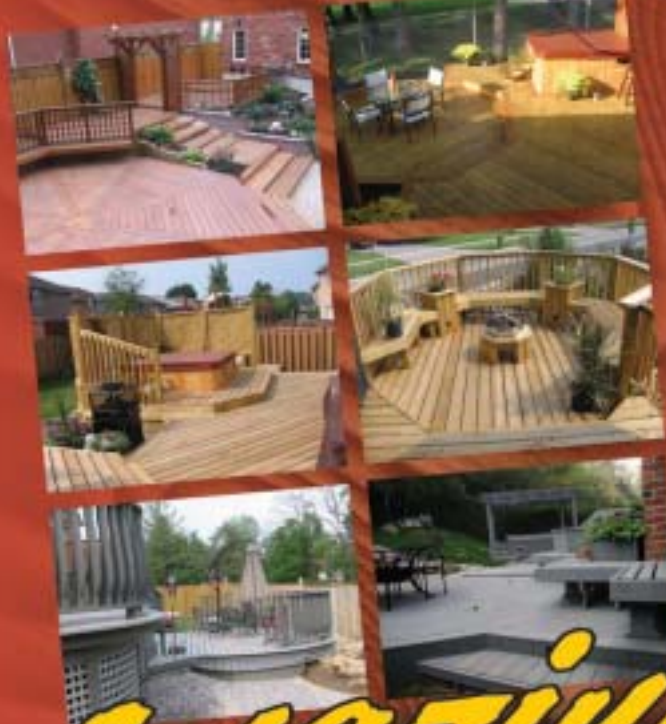
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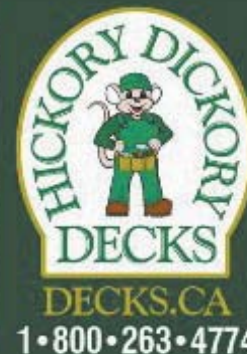
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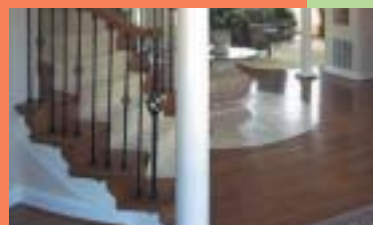
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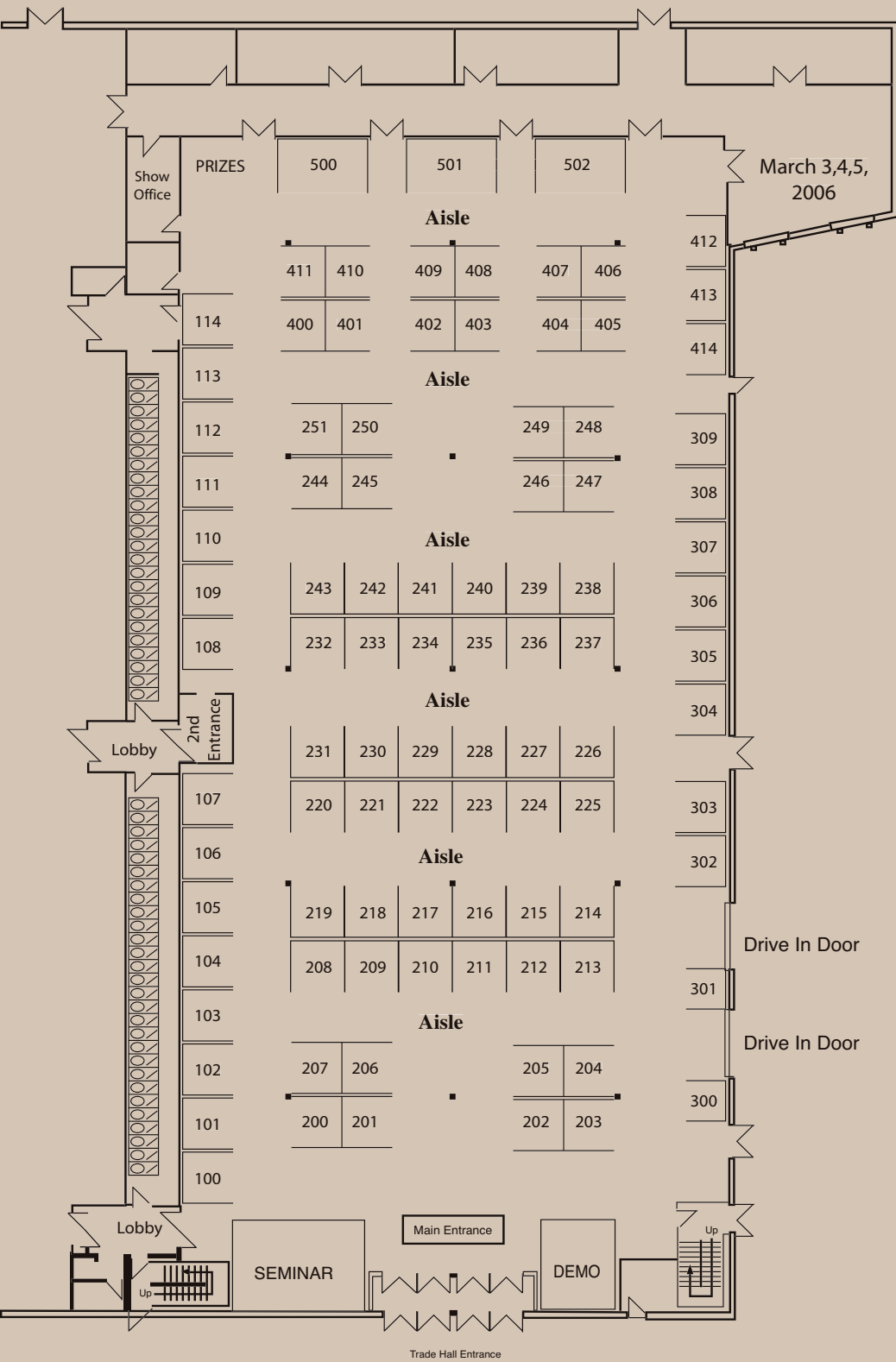
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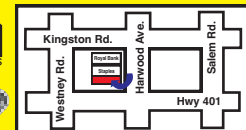
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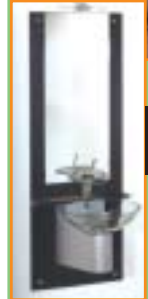
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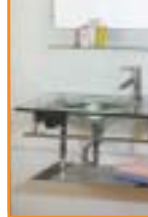
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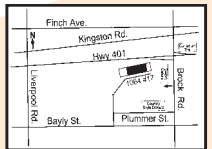
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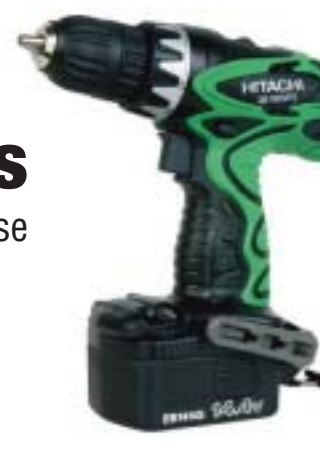
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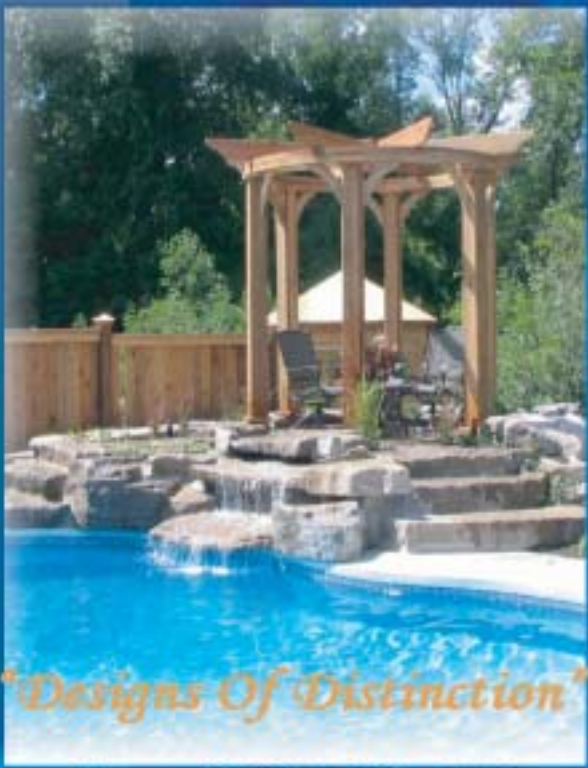


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Merle Robillard/ News Advertiser photo

Walk this way

PICKERING — Ed Young walks along the boardwalk of the Beachfront Park in Pickering on a warm, windy Thursday afternoon before the bad weather hit.

Girls are going in Ajax

Ophea program promotes healthy bodies and minds

By Crystal Crimi
Staff Writer

AJAX — Go Girls is working to get Ajax's 12-14 year olds going on a healthy body and mind.

An Ontario Physical and Health Education Association (Ophea) program, Go Girls wants girls throughout Ajax to be more active, improve eating habits, increase self esteem and develop positive relationships.

"In some cases, this program has really changed girls' lives," said Jennifer Cowie Bonne, Ophea's director of development.

The seven-session program is held after school throughout Ajax for girls in Grades 7 and 8, and is presented by Big Sister and parks and recreation volunteers, aged 18 to 25.

"Basically it's a mentoring program," said Ms. Cowie Bonne. "It's not necessarily for kids who have problems."

Ms. Cowie Bonne said along with activities, participants learn about balanced

eating and have a healthy snack and talk session to discuss healthy choices.

"These (mentors) aren't just people, these are people in the same community as the girls in school," said Ms. Cowie Bonne.

She said it's offered to students aged 12-14 because the age category tends to be the activity drop out age. She added some studies show girls don't like to sweat in public.

"We felt this was a good time for intervention," she said and added the program tries to get the girls on the right track before they get to high school.

The program began as sports mentoring in 1999 and in 2001 it became province-wide. In 2004, Big Brothers and Sisters joined as Go Girls delivery partners. The Town of Ajax recreation services as well as public health units are also partners.

Most of Ophea's funding is provided through a temporary Trillium Foundation grant. Although Go Girls helps start up the program, it is up to local communities to keep it going.

For more information on Go Girls, call Ophea at 416-426-7120.

No ban for now, but Province still has a say

Public board trustees decide against getting tough on smoking next to schools

By Erin Hatfield
Staff Writer

DURHAM — Public board trustees will wait for the Province to decide if smoking by students adjacent to schools should be banned.

At the Feb. 20 meeting of the Durham District School Board, Pickering Trustee Paul Crawford made a motion requesting students not be permitted to smoke next to school property until the Province makes a universal decision on the matter.

Last November, trustees decided to send the Province a letter regarding the issue.

The letter, sent in January to coincide with national non-smoking week,

requested that Ontario's ministers of health and education, as well as the attorney general, look into amending the Smoke-Free Ontario Act to prevent anyone under age 19 from possessing tobacco products.

"I thought it might be a long time before they come back with this," Trustee Crawford said.

A large majority defeated the motion after concerns were expressed about the repercussions of prohibit-

ing students from smoking adjacent to schools.

"The insinuation, by default, is that we are asking them to go somewhere else," Pickering Trustee Sherry Croteau said.

"They will just be across the street or go somewhere else," student trustee Kiyoko Fujimura said.

"It might just make students late for class a lot more."

The DDSC is still awaiting a response from the Province.

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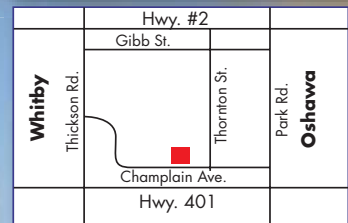
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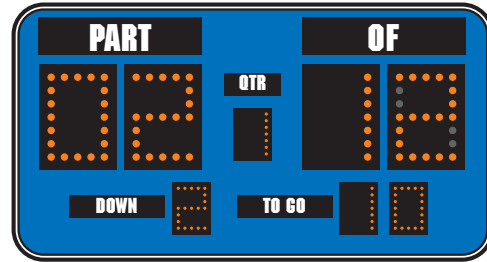
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UPCOMING

The Pickering Panthers host the Markham Waxers in Game 4 of their second round playoff series at the Pickering Rec Complex Friday, March 3, at 7:30 p.m.

Youth soccer growing more popular in Pickering



Pickering Soccer Club
a year-round
enterprise

By Al Rivett
Sports Editor

PICKERING — Whether it's 30°C with the sun beating down as he watches from the sidelines or it's -10°C outside and he's overlooking the play on a gymnasium's parquet floor, Steve Pootes is never far from a soccer pitch.

A volunteer coach in the Pickering Soccer Club for the past seven years, Pootes is a rare breed. He spends the long winter months as an indoor coach and then, when the outdoor season arrives after the Victoria Day long weekend, Pootes is right back on the field.

Indoor or outdoor, whether the ball's dribbled on hardwood or grass -- the game holds the same allure for the 40-year-old Toronto District School Board employee who, you could say, gets a kick out of coaching kids.

"I love it," he says, simply, as to why he's so involved. "I get along great with the parents and the children. I love both the indoor and the outdoor game."

Pootes is one of more than 350 coaches in the PSC who deliver the game to the approximately 4,500 players who inhabit the pitches, be they indoor or outdoor, each season. The numbers speak loudly as to the game's popularity in Pickering; it's a sport that cuts through cultural and socio-economic boundaries, making it appealing to all. The PSC, in its 22nd year of providing soccer in the city, is made up almost equally of boys and girls from age four to adult, and boasts more than 1,000 volunteers and employs a yearly budget in excess of \$800,000.

This indoor season, Pootes is as active as ever. The two-time, PSC house league outdoor coach of the year is doing double duty, serving as a coach for his daughter Jennifer's under-14 co-ed team, as well as coming out each Sunday during the winter months to give instruction to his son Robert's under-16 co-ed team.

He describes the indoor game as a great way for kids to keep their skills sharp, while also getting a great workout.

"It keeps them in game shape for the outdoor season and it is very fast paced. The kids run back and forth like cheetahs. It's incredible."

And, the smaller ball used in the



Above, Stephen Pootes offers instruction to his team in a time out during a Pickering Soccer Club indoor soccer game at Dunbarton High School. Pootes is a volunteer coach with the organization in both the indoor and outdoor seasons. Among the players he coaches is son Robert Pootes, left, who is seen moving into position in front of the goal.

Jason Liebrechts/
News Advertiser photos

position or they should be playing more. The kids all have different ways of looking at things."

Overseeing the colossus that is the Pickering Soccer Club is first-time president Larry LeBlanc. He notes he's in awe of the level of participation in soccer, which he sees as traversing upwards year over year.

"We are experiencing growth and we have for a number of years. And, there's the potential for a lot more growth," says LeBlanc, adding the club could easily top 5,000 participants in the next few years.

But, with growth, there are also growing pains. And, LeBlanc acknowledges the PSC has experienced some of that, too. Mostly, it's centred on the lack of playing fields in the city that keeps the PSC literally bursting at the seams. That, says LeBlanc, is the single biggest issue facing the club.

"We have a number of quality fields, but we don't have enough of them. We don't have enough fields, period," he says, adding "99 per cent" of the fields utilized by the PSC are in the south end of the city, with the new-growth areas in the north having few soccer facilities attached to them.

The strength of the club, which operates on a year-round, basis, is in its players and coaches, says LeBlanc. Under the stewardship of head coach Tony La Ferrara, the quality of PSC coaches -- in both house league and rep levels -- has increased, thanks to an ongoing program of skills development.

"We've always strived to get the best coaches we can. It's a volunteer system, so we're limited that way, but we've provided good training procedures, education and upgrading -- those kinds of things," says LeBlanc.

The focus on good coaching, along with player-development programs, has produced outstanding results on the field, says LeBlanc. This past outdoor season, PSC rep teams captured a whopping 36 tournament championships, including two teams that claimed prestigious Robbie International Tournament titles.

As for Pootes, with soccer being a family affair, he's confident he'll be patrolling the sidelines each summer and winter for the foreseeable future.

"I don't see myself stopping for quite a few years yet."

By the numbers

- 4,508 players in 2005 season -- 51 per cent female
- 90 or more referees each outdoor season
- 250 coaches
- 1,000 volunteers
- 2,020 female players in house league
- 1,933 male players in house league
- 279 females in competitive programs
- 276 males in competitive programs
- 4 -- age of youngest players
- 40 or older -- ages of senior women's players
- 16 -- percentage of city population involved

Other information:

- PSC's competitive teams play in a number of leagues, including the Durham Boys Soccer League, Durham Girls Soccer League, Central Boys Soccer League, Central East Boys Soccer League, Central Girls Soccer League, and the Ontario Youth Soccer League, the top level for competitive boys' and girls' teams.

- Over the years, PSC alumni have earned scholarships to top U.S. universities and have played internationally. One in particular, Steve Gill, made 21 international appearances on the Canadian national youth and Olympic teams.

— Source: Pickering Soccer Club

indoor game is "like a tennis ball on steroids."

"If you can control an indoor ball, it's effortless to control an outdoor ball."

Oddly enough, Pootes says it was his wife who urged him to get into coaching. And, after an extensive playing career with the Wexford

Soccer Club in Scarborough in his youth, as well as playing high school soccer there, he wanted to share some of his soccer knowledge.

"It's such a great team sport and I try to help the kids with any skills that I had learned over the years," he says. "It's great fun. It's great to see the kids achieve something and I'm

glad to do my little part for the community and to help out the kids."

Outside of knowing and teaching soccer, Pootes says coaches need patience in large doses in order to juggle the many and varied personalities on a team.

"Some kids think they should be playing this position instead of that



Pickering High School Trojans' Megan Canavan lunges to make a return during the Lake Ontario Secondary School Athletics junior girls' 'AAAA' volleyball final against Whitby's Sinclair Secondary School Celtics at Ajax High School on Thursday night. Pickering High won the LOSSA title with a 15-12 come-from-behind victory in the third and final game.

Ron Pietroniro/ News Advertiser photo

Meet medals for city gymnasts

PICKERING — A large contingent of artistic gymnasts from the Pickering Athletic Centre had their competition over a barrel at a meet in Niagara Falls last weekend.

Many of the 29 girls who participated made their competitive debut for the season at the meet.

Among the category winners were Ashley Hart, who led the way in the Level 3 age 8-to-11 division. She finished first on vault, balance beam and floor exercise, and third on uneven bars. Also striking gold was Tiara McCleary in the Level 5 7-and-8 division. McCleary was first on vault, bars and floor and second on beam. In the same category, Kaitlyn Trach was the silver medallist, finishing second on vault, bars and beam and first on floor.

In Level 3, 8-to-11, Ashley Hart was golden, placing first. She was first on vault, beam and floor and third on bars. In Level 5, age 9, Julia Watters captured gold, finishing first on beam, third on vault, fifth on bars and sixth on floor.

National-level gymnast Tara Swami finished with the overall silver medal, finishing second on vault, uneven bars, balance beam and floor exercise.

Other results were:

- Level 4, age 11: Taylor McFarlane, second on vault, first on bars, sixth on beam, third on floor, second overall;
- Level 2, age 7: Cassidy Collin, second on vault and bars, third on beam and floor, third overall;
- Level 2, age 8: Jesse Taylor, second on vault, bars, beam floor, second overall; Stephanie Stiles, second on vault, bars, beam, floor and overall; Shemoya Hylton, third on beam, second on vault, bars floor, second overall;
- Level 2, age 9: Jennifer Hamlyn, first on vault, third on bars, second on beam, second on floor, second overall; Sarah Harris-Lowe, third on vault, first on bars, fourth on beam, seventh on floor, third overall.
- Level 2, age 10-11: Sonya Morais, eighth on vault, sixth on bars, sixth on beam, sixth on floor, seventh overall;
- Level 3, age 9: Casey Kurtin, first on vault, 10th on bars, second on beam, sixth on floor, third overall;
- Level 3, 12-and-over: Cassandra Schilling, second on vault, eighth on bars, eighth on beam, 10th on floor, sixth overall;
- Level 3, 8-11: Presley Tiernan, eighth on vault, sixth on bars, eighth on beam, third on floor, eighth overall; Lindsey Gordon, third on vault, 10th on bars, 12th on beam, second on floor, 10th overall;
- Level 3, 11: Ashley Cammisa, ninth on vault, fourth on bars, fifth on beam, second on floor, fourth overall; Emma Kikulis, second on vault, 11th on bars, 13th on beam, first on floor, ninth overall.
- Level 4, age 11: Brooke Hing, fifth on vault, fourth on bars, second on beam, ninth on floor, fifth overall; Rebecca Palen, eighth on vault, sixth on bars, seventh on beam, seventh on floor, eighth overall;
- Level 4, 12-13: Jessica Hughes, fifth on vault, sixth on bars, seventh on beam, eighth on floor, sixth overall;
- Level 4, 14-and-over: Angela St. Denis, fifth on vault, third on bars, second on beam, fourth on floor, third overall; Tnesha Rozas, seventh on vault, ninth on bars, 12th on beam, eighth on floor, 12th overall;
- Level 5, age 9: Samantha Smedley, second on vault, third on bars, third on beam, first on floor, fourth overall;
- Level 6, 10-11: Alexandra Large, fourth on vault, first on bars, fifth on beam, first on floor and tied for third overall with Sydney Marcoux, fifth on vault, fourth on bars, second on beam, third on floor;
- Level 7, 12-13: Alex Clayton, second on vault, ninth on bars, fourth on beam, first on floor, fourth overall.
- Level 8, 10-11: Maya Swami, third on vault, second on bars, fourth on beam, fourth on floor, third overall.

Trojans refuse to lose in final

Pickering High girls make big comeback to nip Sinclair in junior volleyball final

By Al Rivett
Sports Editor

AJAX — Despite facing its fair share of adversity in the Durham Region final, the Pickering Trojans junior girls' volleyball team simply refused to give in.

After winning handily 25-16 in the first set, the Ajax high school's game seemed to go south against Whitby's Sinclair Secondary School Celtics in the Lake Ontario Secondary School Athletics (LOSSA) 'AAAA' volleyball championship at Ajax High School on

Thursday night.

Pickering High ended up losing the second set 25-22 and the Trojans were officially on the ropes, trailing 8-2 in the first-to-15 third and final set.

With a championship starting to slip away, Pickering High righted the ship in the nick of time.

The Trojans completed the comeback, thanks in large part to better serving and to a stepped-up defence, pulling out the nar-

row 15-12 victory for the 2-1 win.

"To our credit, our girls refused to lose," says a proud Pickering High coach Scott Burrows. "It was a fantastic match, a real nail-biter."

Although he praised his players for their ability to dig deep when it mattered most, Burrows was most impressed with the play of the Celtics. The Trojans had beaten the Celtics for the gold medal at Durham College early in the season, but this version of the Celtics was much improved.

"Their coaches (head coach Kate Kolesnik and assistant Shannon White) have done a good job with that team. They gave us a good game. It could have gone either way and that's a tribute to their coaches," says Burrows.



Scott Burrows

ESN, NAP play to sister kisser on the basketball court

Top Shelf pins loss on printers

AJAX — ESN Packaging Services and North Alliance Press were fit to be tied in Ajax Men's Basketball League play at Ajax High

School last Wednesday night.

The teams played to a 47-47 draw. Claude Whitfield led all scorers with 18 points for ESN. Bob Hunt added 10. John Beyaz had the hot hand for NAP with 17 points; Mike Allen chipped in 12.

Game 2 proved to be no contest as Top Shelf breezed by Dickson Printing 56-31. All Top Shelf players scored, including Gord Brown and Louis Davis with 13 each, and Luke Luukkonen with 12. Stephen Johnston led Dickson with eight points, followed

by Kevin Walker's seven.

The Burgundy team prevailed 41-32 in a see-saw battle with the Blue team. The lead changed several times. Frank Forde paced Burgundy with 13 points. David Jackson was solid on the boards for Blue, scoring 15 points.



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The position of Municipal Planner requires a degree in planning or a planning related discipline and a minimum of 3 years relevant professional planning experience, preferably at the municipal level. A complete understanding of the Planning Act, the Municipal Act and the Ontario Municipal Board process are essential. Strong interpersonal and communication skills are important because of the daily contact with staff, the development community, other professionals, Council and the general public. A valid Driver's licence (Class G) and vehicle are required.

This is a one year contract, available because of a maternity leave.

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Phone: 905 885 4544 Fax: 905 885 7698
E-mail: ccannon@porthope.ca

Resumes will be accepted until 12:00 p.m., Monday, March 13, 2006.
We thank all applicants who apply for this position, but advise only those applicants selected for an interview will be contacted.

THE MUNICIPALITY OF PORT HOPE
Invites Applications for the position of
DIRECTOR OF PLANNING SERVICES

The Director of Planning Services, reporting directly to the Clerk/Deputy CAO, is responsible for the management and implementation of land use planning and the building department functions and services for the Municipality, in conformity with the Ontario Planning Act, the Official Plan, and the Building Code.

The position of Director of Planning Services requires a degree in land use planning, urban geography or equivalent and significant senior level municipal experience. Membership in the Ontario Provincial Planning Institute would be an asset.

Strong leadership skills combined with integrity, system thinking, a problem solving approach and excellent interpersonal, oral and written communication skills are essential. Excellent management skills including computer proficiency, budgeting, and financial management are necessary.

Applications are to be directed to the attention of:
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Municipality of Port Hope
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Resumes will be accepted until 4:00 p.m., Monday, March 13, 2006.
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cell **416-433-6213**

530 sales help & agents

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SECRETARY/ Receptionist for busy Pickering Real Estate Office, evening & weekend work. Fax resume to: **(905)831-8147**

RECEPTIONIST/BOOKKEEPER required full time for Whitby company. Quickbooks an asset. Please fax **905-655-7178**. No phone calls please.

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Mary **(905)428-1648**
Helen **(905)427-6622**

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WEB MASTER/GRAPHIC Designer position available at sales and marketing company in Pickering. Responsibilities will include: maintenance and design elements for our company website. Knowledge in PHP, SQL, HTML, Programming and secondary software knowledge in Flash, ASP, Java Script. Please submit resume with salary expectations to: **jdavis@somcan.com**

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525 office help

BUSY REAL ESTATE office needs well organized Office Manager with an outstanding telephone manner and good computer skills. This is a busy multi-tasking position and you must like working independently. Real Estate office experience a must. Hours are Monday to Friday, 9am to 5pm. Salary to commensurate with experience. For more information Call: **1-800-417-7284** ID#2006 listen to a recorded message.

RECEPTIONIST/BOOKKEEPER required full time for Whitby company. Quickbooks an asset. Please fax **905-655-7178**. No phone calls please.

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WHITBY LAW FIRM seeks experienced law clerk for estates, wills powers of attorney and real estate law. Reply with resume to: **blclaw@hotmail.com**

SALES, advanced commissions, P/T, F/T, okay with talking to small groups. A NYSE Company. Diana 866-306-5858.

Place your ad at 905-683-0707

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510 general help

Mack VOLVO

Durham Truck and Equipment Sales & Service is currently seeking a **PARTS FOREPERSON** to work in our Mack/Volvo Truck Dealership. The successful candidate will be responsible to work with, train and encourage all parts staff including increasing productivity and proficiency in a sales environment. Responsibilities will also include scheduling shifts and supervision of parts staff. Experience in the heavy duty truck industry, specifically Mack/Volvo parts, is a necessity. Computer experience is vital for this position which includes looking up parts in an internet environment as well as invoicing. Knowledge of shipping / receiving processes would be useful. In return we offer highly competitive Wages, Benefits, Bonuses and a great team environment. Please send resumes attention:

Human Resources
Fax: **(905) 426-2771** or E-mail: **emontgomery@durhamtruck.com**
Only those selected for an interview will be contacted

510 general help

Tim Hortons

JOB FAIR

Wednesday, March 8
1725 Kingston Rd, Pickering (Mandarin Plaza)
4 p.m. - 7 p.m.

SEEKING *FULL TIME POSITIONS *ALL SHIFTS

- Paid training
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- Room for advancement
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Apply in person fax **(905) 427-6354**

514 salon & spa help

SALON RECEPTIONIST required for 2006 Canadian Salon Team of the Year. Professional voice and retail exp an asset. Approx 25 hours/week. Apply in person: Valentino's, 210 Brock St. Whitby

515 skilled & technical help

HIGH END restoration shop, looking for licensed bodyperson, with minimum, of 15 years experience. Wages negotiable, Start immediately, call **(905)436-1999**

515 skilled & technical help

Seeking 4 Kluge Press Operator's for contract positions at our Pickering Location. Responsibilities include set up and operation of Hot Foil Stamping Press(es). Requires mechanical ability, communication skills, flexibility and willingness to be a team player. Contracts would start immediately for a 6-month term.

Shift Hours are Sunday to Thursday from 10:00 p.m. to 6:00 a.m. and Monday to Friday from 2:00 p.m. to 10:00 p.m.

Apply in confidence to:
rachael.charbonneau@dhhtd.com or fax 416-696-4311.

Apply by **March 6, 2006.**

The successful candidate will pass a security clearance.

Thank you for your interest in Davis + Henderson; only qualified applicants will be contacted.

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530 sales help & agents

530 sales help & agents

530 sales help & agents

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DUE TO INCREASING GROWTH, WE REQUIRE THE FOLLOWING:

Outside Sales Representative

You:

- Are a results-driven achiever
- Are a hunter
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We:

- As per selling power magazine, ranked #20 of the top companies to sell for
- Are an 800 million (US) dollar international company listed on the NYSE and specializing in the uniform image business for small to major companies in all industries
- Care about our people and promote from within
- Have been growing for over 70 years and have an exciting career path to executive management
- Have in-depth training and ongoing support
- Offer competitive salary (\$40K+), commission, quarterly bonus, car/cell allowance and full benefits.

If you are an achiever looking for a career opportunity, send your resume including notable accomplishments to:

Wil Zufelt, Sales Manager
Unifirst Canada Limited
1175-1 Squires Beach Rd., Pickering, ON L1W 3V3
905-426-8435
wzufelt@unifirst.com • Fax: 905-426-8819

Bennett's Home Furnishings

of Pickering is growing and we are looing for the right people to grow along with us. Moving into the world of Furniture sales may be just the right niche for you. You are assertive, dedicated, and have strong interpersonal skills. You want those skills to be used in a creative and strong company devoted to their customers and their employees. You are able to work retail hours and have strong busines and retail background. Compensation ranges from \$35,000 to \$60,000 per year plus health and dental plan.

Send or drop resume to:
Bennett's Home Furnishings,
1099 Kingston Rd., Pickering, L1V 1B5
Fax 905-420-3247.

No phone calls please. Only those chosen for an interview will be contacted

515 skilled & technical help

A GAS 2 FITTER, experienced for a/c and furnace installs. Also a licensed Oil Burner mechanic. Call Frank at Cullen Heating **(905)260-0172** or fax **(905)725-0886.**

515 skilled & technical help

INDUSTRIAL roofing company needs installers for cladding, flashing, steel roofing. Experience preferred, will train hard working candidate with own transportation. **905-666-8594** or fax **905-666-0145. 9am-5pm.**

AIR CONDITIONING INSTALLER required, also experienced electric water heater installer. Please fax resume in confidence to **905-725-0886.**

LICENSED DIESEL MECHANIC or well trained apprentice experienced in hydraulics an asset for local construction company. fax resume to: **905-655-7178**

AUTOCAD Technician Ajax - part time, evenings, weekends. Email resume: **hkortek@sympatico.ca**

MOBILE TRAILER MECHANIC required. Licensed for trailer. Welding experience a must. Valid drivers license. Generous wages and benefits. Call Bryce **416-297-1712** or **905-728-2346**

CNC PUNCH PRESS / LASER OPERATOR Exp in Set-Up and Operation for Amada & Trumpf. Precision Job Shop, North Scarborough. Fax Resume to **416-291-3233**

SIGN INSTALLER - Must have minimum 15 years experience. DZ drivers license and 0-8 tonne crane certificate. Jobs sites cover GTA. Fax resume to **905-649-3713** or call **905-649-2531.**

DURHAM BASEMENT Technologies Inc. (dhti.ca) seeks Independent Operators to waterproof basement foundations from the inside and perform Basement Finishing and related work. **905-665-1585** or **info@dhti.ca**

520 computer & IT

BUSY COURTIAGE Graphic Design Agency immediately seeking motivated Junior Web Assistant. Must possess HTML, FTP and Flash understanding. Interested persons should contact **chris@courtiurmedia.com**. Only those qualified will be contacted.

525 office help

OFFICE MANAGER /BOOKKEEPER

For Whitby medium size remanufacturing business. Main Responsibilities will include managing a full set of books including GL, AP, AR, and Payroll, up to yearend preparation.

Main Duties: Bank Reconciliation, General Ledger Account Reconciliation, General Journal Entries, Payroll Entry, Inter-company Reconciliation, Overseeing Accounts Payable and Accounts Receivable, Managing the office administration

The ideal incumbent should have a min 5 yr. Senior Bookkeeper experience including written and oral communication skills, organizational skills as well as good knowledge of Excel, Accpac and Quickbooks Accounting. A post secondary school education is expected but a person with CGA levels preferred.

Send resume to Email: **office1150@bellnet.ca** or by fax **905 668-9699**

525 office help

CREDIT/ COLLECTION TRAINEE

Collection Agency located at Kennedy & Progress has immediate position available. Good salary and bonus incentives. Will train suitable applicants. Must be computer literate

For appointment call **Jody Kwan (416)297-7077 ext. 292** or email: **jkwan@commoncollections.com**

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Are you a "people person" who loves delivering outstanding customer service?

Unifirst Corporation, a national leader with over 65 years of experience supplying uniforms and corporate apparel to businesses presently has a need for a **Route Sales Representative** to service our existing customers and expand route volume in the **GTA.**

To be considered, you should be totally committed to superior customer service. We are looking for energetic individuals with the desire to grow within a great organization. Delivery experience preferred but not necessary. Sales experience a huge plus.

Unifirst offers the right candidate a competitive base salary, monthly commission, DPSP, RRSP and participation in UniFirst's Health and Benefits program. (Remuneration approximately 50K per year) Please submit your resume in confidence to:

Chris McNeil, District Service Manager
Unifirst Canada Limited
1175-1 Squires Beach Rd., Pickering, ON L1W 3V3
905-426-8215
cmcneil@unifirst.com • Fax: 905-426-8819

Visit us at **www.unifirst.com**

514 salon & spa help

Place your ad at 905-683-0707

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530 sales help & agents

530 sales help & agents

530 sales help & agents

535 hospital / medical dental

535 hospital / medical dental

535 hospital / medical dental

535 hospital / medical dental

100 houses for sale

145 industrial/commercial space



ADVERTISING SALES Commission-Based Contractor Position

You are an entrepreneur looking for a low-risk/high-return means of supplementing your income. You are a highly competitive and results-oriented individual with a positive attitude and desire for success. You are an effective communicator and understand a prospect's needs and wants.

Metroland is a dynamic, high-growth multimedia company with an immediate need for a commission-based contractor sales partner to support growth of an innovative new publication.

If you feel you are the right individual for this partnership, email your resume to: jwilliams@durhamregion.com with subject line "SALES PARTNER" before **February 24, 2006**.

Only those invited for an interview will be contacted.

* Please note that this is a contractor-based position, not employment-based.

535 hospital / medical dental

535 hospital / medical dental

535 hospital / medical dental

Alzheimer Society DURHAM



PSYCHOGERIATRIC RESOURCE CONSULTANT

Put your knowledge of psychogeriatrics and experience in education/training to work in this exciting opportunity to join the local Psychogeriatric Resource Consulting team.

Alzheimer Society of Durham Region and the Seniors Mental Health Program of Whitby Mental Health Centre are currently accepting applications for the position of full time Psychogeriatric Resource Consultant (40 hours per week). The successful applicant will provide specialized support to front line staff in long-term care facilities and community agencies that serve people who exhibit challenging behaviours.

Individuals with:

- Advanced knowledge/experience in psychogeriatrics & community mental health, including Alzheimer Disease & related dementia
- University degree or related experience in a recognized health care profession such as nursing, social work, occupational therapy or psychology
- Current registration with designated College
- Demonstrated experience in providing education and training to care providers in a variety of health settings,
- Valid driver's licence and access to a vehicle
- Advanced computer skills

You are invited to apply in writing to:
Joan Skelton, Executive Director
Alzheimer Society of Durham Region, Ste. 207 - 419 King St. W.,
Oshawa, ON L1J 2K5, FAX: 905-576-2033
Email: Info@alzheimerdurham.com Before 4 p.m. March 8, 2006
Concurrent Internal & External Job Posting

The financial support of the Ministry of Health and Long Term Care for the Psychogeriatric Resource Consulting Program is appreciated



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OUTCOMES MANAGER & COORDINATOR INFORMATION TECHNOLOGY

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The primary responsibility of all CLOC employees is ensuring that personal and organizational outcomes are achieved.

Outcomes Manager: As an Outcomes Manager within Residential services you will be responsible for the management and efficient operation of residential homes.

Education: Undergraduate degree in Social Science with a minimum of one year supervisory experience.

Coordinator of Information Technology:

responsibilities include the management of an information system, IT support and maintenance of the system.

Education: Post Secondary education in Computer Science Technician & three years relevant experience. Driver's License and vehicle required.

Please forward resume
C/O Human Resources
39 Wellington Ave East
Oshawa, Ontario L1H 3Y1 Fax 905 576 9757
pdaraa@communitylivingoc.ca

For detailed job descriptions please visit www.communitylivingoc.ca

We thank all of those interested in the above two positions,
however only those contacted will be interviewed.



PARTNERS IN COMMUNITY NURSING Employment Opportunities - Durham Region

RN's Required Part time & Casual

required for visiting program Days, Evenings, Weekends
Interested candidates please forward updated resume to:

Heather Smith, Director of Nursing Services
1450 Hopkins St., Suite 203
Whitby, Ontario L1N 2C3
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Fax: 905-665-9961

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Learn how to use the powers of hypnosis to help yourself and others lose weight, stop smoking and reduce stress. This program is taught by award winning trainer and best selling author, **Rory Sheehan**, and leads to **Certification by the National Guild of Hypnosis**, the worlds largest hypnosis organization.

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SALES ASSOCIATES NEEDED! Empire Today, North America's leading shop-at-home retailer, today featuring carpeting & flooring, with more to come, is currently hiring! CONFIRMED APPOINTMENTS provided!! In-home sales experience a plus but not necessary. Call Gregg Jackson at (888)588-2315 x3940. Fax Resume in confidence to (866)381-6810. www.empire-today.ca EOE M/F/D/V

SALES REP REQUIRED, great part time or full time position. All pre-set appointments, evenings starting at 6:00pm. Average sales commission \$45-80k yearly, verifiable. Excellent training program, no experience required. Call for interview, (905)655-9053

TELEMARKETER - Pickering-based conference company est. in 1986 seeks individual with excellent telephone manner for telemarketing to businesses within an existing client base. Hourly plus commission. Resume to tammy@electricityforum.com

532 retail sales help

FITNESS DEPOT requires sales associate. Fitness background a plus. Fax resume to our Pickering location: 905-839-8481 attn. Todd

535 hospital / medical dental

CDA or PDA full-time position, Oshawa practice, no evenings or weekends. Minimum 2 years experience. Fax resume to: 905-434-8520, attn. Mary.

DENTAL ASSISTANT required part time 1 day per week. No evenings/weekends. Experience preferred. Fax resume to 905-831-5975.

DENTAL Hygienist required Monday-Thursday, for 1 year maternity leave position, commencing April, 10, 2006 Please call Dr. Debra Shoniker at 905-688-4001.

DENTAL RECEPTIONIST REQUIRED immediately for Pickering location, Logitech exp. an asset. Fax resume to Michelle, 905-427-9697.

FIRST IMPRESSIONS Person with experience wanted for excellent dental office in Scarborough. Great attitude and strong customer relations skills a must. Call 416-222-9019

HERE WE GROW AGAIN! Very busy walk-in family practice clinic requires a Nurse, Receptionist and File Clerk due to expansion. Experience a must. Fax resume to 905-430-6416.

MEDICAL SECRETARY required for busy Ajax OB/Gyn office. Billing and transcription an asset. Fax resume to (905)683-4284.

MEDICAL SECRETARY for Markham office.
Fax cv to
905-472-2004
between
9am-5pm.

PHARMACY TECHNICIAN full time, friendly customer service essential. Experience in Zadal and/or nursing homes and ability to work independently are assets. Excellent benefits and wages. Fax resumes (905) 728-9992.

PHYSIOTHERAPIST POSITION available in Whitby. Full time for physiotherapist owned clinic. Case load primarily orthopedic and sports injuries with affiliation to local minor sports teams. Potential for equity/ownership. Extremely competitive compensation arrangements. Email resume to physioonbyron@rogers.com

540 hotel / restaurant

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100 houses for sale

100 houses for sale

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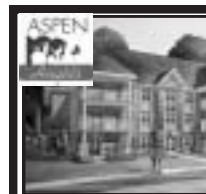
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COBOURG - exceptional home on 4.5 acres, ravine on property, 4 bedroom home, large wrap around porch, air conditioning, ground source heat pump, above ground pool, too many features to list! A must see! To book an appointment please call 905-342-3943, 8379 Smylie Road, Cobourg \$414,000.

HOUSE FOR SALE BY OWNER 3-bedroom home on crescent in North Oshawa; open concept with 9 foot ceilings, finished basement, interlocking walkway and deck. \$235,000 (905)571-5232. A must see! OPEN HOUSE Sunday 2-4pm. 1138 Timberland Cr.

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ONLY \$199,900. Live close to the lake in this beautiful semi-detached 3+1 bedroom home with finished basement, ceramic tiles, fenced backyard. Go Train and 401. Only 5 minutes away. Telephone (905) 432-0905

OPEN HOUSE: SUN. 2-4PM, 854 Audley Rd. S., lakeside community Ajax Over 2500sq.ft., 4-Bedroom, 3 Bathroom, 9ft Ceilings, Hardwood Floors on main floor, WOB on pool size lot beside parkette. \$469,000 (905)427-3226.

OSHAWA, Simcoe/Mill. 4 bedroom 2-storey house. 2 living-rooms, 4 washrooms, partially finished basement. 2-car detached heated garage. low taxes, easy access to 401. \$205,000. (905)728-0591

STUNNING 2,900 SQ. FT. executive in sought after Courtice location. Beautiful home with 2 bedroom basement apartment with separate entrance, \$350,000. Call (905) 436-9155.

145 industrial/commercial space

AJAX-2668 SQUARE feet available. 4 offices up front + huge warehouse space at back. \$2400/month (360 Bayly St. W. Unit #6). If interested, please call Anna 905-438-3098.

OSHAWA, INDUSTRIAL UNIT, 1937sq.ft., available March 1st, 1280 Terwilliger Ave., (Phillip Murray). \$1100+ GST monthly. Call 905-579-5077 or 905-571-3281.

SUBLEASE 2,000 - 3,000 SQ. foot showroom and warehouse. All amenities and services. Reasonable rates. Kendalwood Plaza, Whitby (905) 433-9218

150 office & business space

EXECUTIVE OFFICE SPACE, available March 1st. Downtown Pickering, professional office building, 1 or 2 offices furnished. Serious inquiries only. Contact Steve (905)420-2900 ext. 223

160 business opportunities

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2 BEDROOM Oshawa Hospital area, bright spacious upper duplex, overlooking park, appliances, air, \$825, no smoking/pets, call (905)432-7517.

2-BEDROOM APT., Oshawa, 385 Mary St. N., basement of 3-plex, \$680 plus hydro. Available April 1st. Call (705)437-2924

ADULT LIFESTYLE, North Oshawa Triplex, 2 bedroom main floor. \$875/inclusive, 1 bedroom basement, \$695/inclusive. first, last, references. No pets/smoking. \$100 move in allowance. Lynn (905)925-3200, (905)436-6886.

AJAX - 401/Harwood, 3 bedroom main floor house, appliances. Near shopping & bus. No smoking/pets. \$1300/incl. Parking, laundry, available March 1st. 905-426-6060.

AJAX 3 bedroom main floor semi, 4-appliances, parking, near schools/shopping. Avail. April 1st. References. first/last, \$1150-incl. (905)686-3201

AJAX BAYLY/SALEM clean 2-bedroom legal basement apt, sep entrance, laundry, parking, no smoking/pets, \$750/inclusive. March/April 1 (905)686-8104, 416-834-9759, 416-658-4094.

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AJAX, Harwood/401. Main level 3-bdrm house. Clean, bright, newly renovated. Laundry, 1-parking, \$1200/mo inclusive. Avail. immediately. No smoking/pets. Call (905)231-9383

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AJAX, large beautiful, 2 bedroom basement, viewing Wed. 7-9pm, Sat. 1-2 pm, or call. 62 Marshall Cres. \$695., parking, laundry. 1-866-737-5617 or 416-436-2884.

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AVAILABLE MARCH 1ST. - Oshawa, Park/Gibb, 1 bedroom apartment, convenient location. References, first/last required. \$610, plus hydro. No dogs. Call 416-725-3323.

BACHELOR, 1, 2 & 3 bedroom apartments, in most beautiful adult lifestyle building. Available immediately. Stevenson & Rosland, Oshawa. Call 905-579-3700 or (905)723-1009.

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NORTH OSHAWA - Spacious, 2+1 bdrm. apt. \$995/mo inclusive, parking included. Also 1 bdrm. bsmt. apt. Separate entrance, beautiful backyard, fridge/stove, washer/dryer, whirlpool tub. \$695/mo inclusive. Both available March 1. First/last. No smoking/pets. 905-666-5157

OSHAWA, BOND/SIMCOE, Spacious apts lowrise building. 1-bdrm apt \$660/mo avail. immediately. 2 bdrms \$800/mo avail. April 1st. Appliances, laundry facilities and parking included. Call 905-434-9514

OSHAWA, Holiday Inn area, small brand new 2 bedroom, lower level \$955-all utilities included, appliances, no dogs, first/last/ret. Avail. immediately. (905)434-1386 or 905-431-0190

OSHAWA, KING/SIMCOE - 2 bedrooms freshly painted, laundry facilities, 1 parking, \$725/month plus hydro, available March. Call Val 905-720-0255.

OSHAWA- SOUTH END two 2-bedrooms. Close to beach, schools & GM. Includes utilities, washer/dryer, 2 parking spaces, share backyard. \$770/\$800. Available March 1st. No dogs. (905)721-2342

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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 905-622-0885

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OSHAWA, beautiful spacious 2-bedroom apt. 2 washrooms on quiet street with parking. Mins from 401. \$950 all inclusive. Call 416-268-2844 or 416-219-0070.

OSHAWA, Best Deals! Newly Renovated 1, 2 & 3 bdrm in senior lifestyle bldg. Large units, new kitchens, carpeting, windows, security. Near hospital, bus stop. Avail. Feb/March. 905-728-4966 or 1-866-601-3083 www.apartmentsinontario.com

OSHAWA, Bloor & Harmony - 2 bedroom apt. Quiet area, close to all amenities. Clean building. \$725 & hydro. 289-314-6825 or 905-743-9514

OSHAWA, Bond/Simcoe, Spacious apts lowrise building. 1-bdrm apt \$660/mo avail. immediately. 2 bdrms \$800/mo avail. April 1st. Appliances, laundry facilities and parking included. Call 905-434-9514

OSHAWA, Great Location. 1, 2 & 3 BDRM apts. Large units. New, carpeting, windows, security. Near schools, bus stop, amenities. Avail. immediately, March/April. 1-866-601-3083 or 905-438-1971 www.apartmentsinontario.com

OSHAWA, Holiday Inn area, small brand new 2 bedroom, lower level \$955-all utilities included, appliances, no dogs, first/last/ret. Avail. immediately. (905)434-1386 or 905-431-0190

OSHAWA, KING/SIMCOE - 2 bedrooms freshly painted, laundry facilities, 1 parking, \$725/month plus hydro, available March. Call Val 905-720-0255.

OSHAWA- SOUTH END two 2-bedrooms. Close to beach, schools & GM. Includes utilities, washer/dryer, 2 parking spaces, share backyard. \$770/\$800. Available March 1st. No dogs. (905)721-2342

NORTH OSHAWA, 1-bedroom for rent \$710/monthly, includes utilities, fridge, stove, parking, call 905-579-9777.

ONE BEDROOM, and bachelor apts. N.E. Oshawa, available March 1st. Clean, quiet, newly renovated no pets. \$550 and \$620. all inclusive. (905) 571-7840.

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OSHAWA - Clean, new building, 2-bedrooms, \$840/mo. available March & April 1st. Appliances, parking & utilities included. 905-438-9715.

OSHAWA - 2 BED. APT. close to all amenities, next to St. George's Ukrainian Church (corner of Albert & Jackson). Freshly painted throughout. Fridge, stove, heat, hydro included. \$800/first/last. 905-723-9781.

OSHAWA - ONE BEDROOM apartment, ceramic and hardwood flooring throughout, brand new bathroom, clean neighborhood, 1 parking space. \$800 per month, hydro and water included. Laundry facilities in building near Oshawa Centre. Absolutely no pets. Available April 1st. John (905)576-4229.

OSHAWA - Park/Adelaide, Large 3-bedroom apt, 2-baths, sep. diningroom, 8-rooms total! Coin-laundry, lots of parking, bus-stop at door, \$1250/inclusive/first/last. 905-426-5844.

OSHAWA - Park/Adelaide, Junior 1 bedroom basement, coin laundry, parking, bus-stop at door \$650/inclusive, 1st/last, suits one person. 905-426-5844.

OSHAWA - RITSON/DEAN main floor, one bedroom apt. (near all amenities), livingroom, appliances, freshly painted, \$600/mo plus hydro. Available March 1st. (905)239-0121, 416-346-8472.

PICKERING - Bayly & Liverpool area. 2 bdrm. bsmt. apt. Separate entrance, no smoking/pets. \$750/mo. First/last. 905-420-7079

PICKERING - Brand new, professionally finished 2 bedroom basement apartment. Rouge Valley area. Bright, Separate entrance, A/C, laundry, cable +, large modern kitchen/bath, 1 car parking. No Pets/Smoking. \$875/month inclusive. Available immediately. Call 416-818-5700

PICKERING Liverpool Rd. S., 1 bedroom basement apt. suits one person, separate entrance, parking. \$625 inclusive, avail. immediately. (905)839-7054.

PICKERING PARKWAY - 3 bedrooms, 1 1/2 baths, one-parking, avail. March 25. \$1295/mo+hydro. Immaculate condition. View at www.tinyurl.com/22N4J 416-893-2545

PICKERING Whites/Sheppard 1-bedroom bsmt. side-entrance, laundry, 1-parking, near all amenities/401. Available March 1st. \$700-inclusive, prefer single, first/last, no pets/smoking. Call Abbas (905)831-3835

PICKERING, Rosebank/Sheppard. Bright 2-bdrm basement, private entrance, parking, private washer/dryer, storage, fireplace. Available immediately. \$950/mo inclusive. No pets/smokers. Call Gita at 905-940-9200 ext 334, or 647-208-4482. References

PICKERING, 1 bdrm basement, parking, free computer and internet, suitable for mature friendly person, \$750/mo inclusive. Avail. immediately. No smoking/pets. 289-314-9016

PICKERING, Brock/Hwy#2, 1-bedroom basement. Full bath, separate entrance, parking/garage, cable, own laundry. Close to OPG. No smoking/pets. First/last, \$750/inclusive. (905)428-3788

PICKERING, BUNGALOW, beautiful neighbourhood, 2 units, 3-bedroom main \$875+ utilities, 2-bedroom bright basement \$800+ utilities. Large yard, steps to beach/ parks, on bus route. 416-284-4324

PICKERING, Liverpool/Hwy. 2, bachelor basement in townhouse. Share entrance. Parking, laundry. No smoking/pets, male preferred. Available March 1st. \$550/inclusive. 905-420-2654.

PICKERING, ONE BEDROOM Ground floor, Newly renovated, 1 parking spot Available March 1st \$800 inclusive, references required. 905-424-2604

PICKERING- WHITES/BAYLY, 1-bedroom basement apt., recently renovated, clean, quiet, utilities and parking included. Available immediately. \$775/month. No smoking. Call (905)420-3738.

PICKERING - Liverpool/Bayly, spacious 3-bedroom basement, separate entrance, a/c, laundry, 1 parking, near all amenities. No pets, \$1100 inclusive, first/last. Available immediately. 416-991-9990, evenings (905)420-0898.

PORT PERRY, Quiet, well kept large deluxe, 283 bedroom apartments in low-rise, walk to Lake Scugog. Parking and laundry. No pets. Call 905-985-3406.

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OSHAWA, Newly renovated Bachelor, 1 & 2 bdrms in senior lifestyle bldgs. Large units. New kitchens & appliances, carpeting, windows, security. Near schools/bus stop, & amenities. Available March/April. 1-866-601-3083 or 905-432-6912. www.apartmentsinontario.com

OSHAWA, NICELY decorated 2-bedroom apt., in clean well-maintained building. Heat, water, parking included, on-site laundry, near schools, shopping, transit. Available immediately. \$690/month. (905)434-9844 to view.

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3-bedroom legal duplex, renovated, 4 appliances, new carpet, eat-in-kitchen, private laundry, garage, fenced yard, deck, \$1100+2/3 util.
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TRIDEL/LIBERTY @Discovery Place, Upgraded Suites available, bachelor, 1-bedroom, or 1-bedroom and den. Gated community beside library, LTC and Go bus. Pls call Penny Lozowski, Sales Rep. Re/Max First Realty Ltd. 905-831-3300.

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WALKOUT 1-BDRM basement apartment, prefer working professional. \$600/mo. utilities included. Private laundry, OR top 2 floors \$1200/mo.. Available immediately. Call 905-831-4068; 416-882-1248.

WHITBY - 2 bedroom suites from \$880 - \$875 per mo. all inclusive. Close to all amenities. Office hours 9 - 5, Monday - Friday. (905)430-1877

WHITBY - HUGE 2 bdrm basement apartment in desirable area. Close to everything - shopping, parks, GO, school, 401. Large living space, lots of light, eat-in kitchen, aesthetic fireplace, shared laundry. Utilities and digital cable included - \$920. First/last required. No smoking/pets. Avail immediately! Please call Christine at 905-431-3375.

WHITBY - 2 bedroom suites from \$880 - \$875 per mo. all inclusive. Close to all amenities. Office hours 9 - 5, Monday - Friday. (905)430-1877

WHITBY - HUGE 2 bdrm basement apartment in desirable area. Close to everything - shopping, parks, GO, school, 401. Large living space, lots of light, eat-in kitchen, aesthetic fireplace, shared laundry. Utilities and digital cable included - \$920. First/last required. No smoking/pets. Avail immediately! Please call Christine at 905-431-3375.

WHITBY BROCK/401 - 3 bdrm main floor, clean, quiet, 5 appliances, deck & yard. No smoking/pets. Available April 1st. \$1170/mo inclusive. Call 905-428-3965

WHITBY large new 1 bedroom, separate entrance, ensuite, dishwasher, ceramic tiles \$950 including utilities. First/last, no pets/smoking 905-576-1779

WHITBY, 3-bedroom main floor, \$1350/month, includes utilities and cable. Basement apt., large 2-bedroom, \$900/mo, all new, includes utilities and cable. No pets/smoking, references required. (905)683-6863

WHITBY, BEAUTIFUL bachelor apt in quiet triplex, includes utilities cable, no smoking or pets, great area. \$700 905-571-3464

WHITBY, LARGE 2-bedroom, executive area. No smoking/pets. Near schools, shopping. Includes 3 baths, master ensuite, fridge, stove, dishwasher, laundry, cable, c/air, gas fireplace, all utilities, indoor parking. April 1st, \$1500/month, first/last, references. (905)668-3977

SPACIOUS, BRIGHT 2-BDRM bsmt apt, includes everything but telephone. Westshore/Bayly \$1100/mo cable/utilities included. Separate entrance, laundry, patio, parking, close to bus stop. 416-505-7389

TRIDEL/LIBERTY @Discovery Place, Upgraded Suites available, bachelor, 1-bedroom, or 1-bedroom and den. Gated community beside library, LTC and Go bus. Pls call Penny Lozowski, Sales Rep. Re/Max First Realty Ltd. 905-831-3300.

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WALKOUT 1-BDRM basement apartment, prefer working professional. \$600/mo. utilities included. Private laundry, OR top 2 floors \$1200/mo.. Available immediately. Call 905-831-4068; 416-882-1248.

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WHITBY - HUGE 2 bdrm basement apartment in desirable area. Close to everything - shopping, parks, GO, school, 401. Large living space, lots of light, eat-in kitchen, aesthetic fireplace, shared laundry. Utilities and digital cable included - \$920. First/last required. No smoking/pets. Avail immediately! Please call Christine at 905-431-3375.

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WHITBY BROCK/401 - 3 bdrm main floor, clean, quiet, 5 appliances, deck & yard. No smoking/pets. Available April 1st. \$1170/mo inclusive. Call 905-428-3965

WHITBY large new 1 bedroom, separate entrance, ensuite, dishwasher, ceramic tiles \$950 including utilities. First/last, no pets/smoking 905-576-1779

WHITBY, 3-bedroom main floor, \$1350/month, includes utilities and cable. Basement apt., large 2-bedroom, \$900/mo, all new, includes utilities and cable. No pets/smoking, references required. (905)683-6863

WHITBY, BEAUTIFUL bachelor apt in quiet triplex, includes utilities cable, no smoking or pets, great area. \$700 905-571-3464

WHITBY, LARGE 2-bedroom, executive area. No smoking/pets. Near schools, shopping. Includes 3 baths, master ensuite, fridge, stove, dishwasher, laundry, cable, c/air, gas fireplace, all utilities, indoor parking. April 1st, \$1500/month, first/last, references. (905)668-3977

WHITBY - 2 bedroom suites from \$880 - \$875 per mo. all inclusive. Close to all amenities. Office hours 9 - 5, Monday - Friday. (905)430-1877

WHITBY - HUGE 2 bdrm basement apartment in desirable area. Close to everything - shopping, parks, GO, school, 401. Large living space, lots of light, eat-in kitchen, aesthetic fireplace, shared laundry. Utilities and digital cable included - \$920. First/last required. No smoking/pets. Avail immediately! Please call Christine at 905-431-3375.

WHITBY - 2 bedroom suites from \$880 - \$875 per mo. all inclusive. Close to all amenities. Office hours 9 - 5, Monday - Friday. (905)430-1877

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WHITBY BROCK/401 - 3 bdrm main floor, clean, quiet, 5 appliances, deck & yard. No smoking/pets. Available April 1st. \$1170/mo inclusive. Call 905-428-3965

WHITBY large new 1 bedroom, separate entrance, ensuite, dishwasher, ceramic tiles \$950 including utilities. First/last, no pets/smoking 905-576-1779

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194 shared accommodation

AJAX & PICKERING HOUSES - clean, quiet, large furnished bedroom. Cable, internet, laundry, parking, house-phone. Near plaza, bus, smoking-outside. No pets. Mature male preferred. No lease. \$485/incl. 905-409-9495.

AJAX - ROOM PLUS Harwood/401 - clean and quiet. Kitchen, laundry, cable, air, parking. Great for students or shift workers. Call Dave after 5 p.m. 905-428-9398

AJAX HOUSE, clean quiet, furnished, cable, internet, laundry, parking, house-phone, near plaza, bus, smoking outside. No pets. Mature male preferred. NO lease \$450/incl. 905-409-9495.

AMAZING NEWLY renovated "apartment style" bachelor, separate entrance and shower, lounge. Available furnished, parking, laundry. Clean & responsible. Available March 1 2006 & April 1 2006. 905-720-2265

LOOKING FOR 2 Professional roommates to share 4-bedroom townhouse in North Oshawa. Close to all amenities and only 5mins to 401. \$500/month all inclusive, no pets, non-smoker call Kevin (905)579-8613

WHITBY - Garden & Dundas. Townhouse to share. Extra large bedroom, parking, laundry. Close to all amenities. Non-smoker, no pets. \$535/mo. inclusive. First/last. Available March 1. Call 519-894-1843, 519-241-9586 or 1-877-893-2963.

215 campers, trailers, sites

1989 SIERRA COBRA, 39 ft. front bedroom, back bunks, sleeps 10, lots of extras, reduced to \$9500. obo. Call 705-324-9030.

232 boats & supplies

FISHING BOAT - 14' fiberglass hull, back side bench & 2 middle seats, wired for lights & live well 20 hp. Evinrude, Northtrail trailer, tongue jade. Boat runs well & in great shape. \$1700. Also 46 lb. thrust Minn Kota electric, transom mount used once, \$250. Will store boat for winter. 705-328-0402 after 6 p.m.

268 personals

SINCERE SINGLES, Professional Introduction Service (1992) unlimited matches, unlimited time period. Call toll free 1-866-719-9116 www.sinceresingles.ca

270 nannies live-in / out

LIVE-IN NANNY required for 9 & 10 yr. old, Ajax. Flexible schedule. References required. Prefer Filipino speaking. \$9/hr., light housekeeping. Susana (905)619-2894

NANNY/HOUSEKEEPER required, part-time 5 days week or 3 full days. 1 toddler. Pickering. Prefer Urdu speaker. Rate negotiable. Call Hina (905)831-8062

273 daycare available

AFFORDABLE loving daycare, all ages, non-smoking, exp., steps Glenogrove P.S., St. Anthony Daniels bus route. near PTC. Large fenced backyard. Playroom/crafts, Snacks, lunch. References. (905)839-7237

DAYCARE AVAILABLE for weekends and night shift. Mrs. Abbas 905-420-8558.

278 registration

278 registration

WOODWORKING COURSES
"BUILD A ROUTER TABLE" COURSE
An accurate and solidly built Baltic birch floor table, complete with custom router plate, adjustable fence and electric. A real workhorse.
STARTS: Wed. Mar. 15 ~ 12 weeks
INTRODUCTION TO WOODWORKING
Have you always wanted to try your hand at woodworking? Then this is the course for you. You will learn many basic skills while building one of two specially selected projects.
STARTS: Thurs. Apr. 20 ~ 8 weeks
INTERMEDIATE WOODWORKING
A more advanced course, but also designed with the beginner in mind. Build either a "Raised Panel Deacon's Bench" or "Waterloo County Dry Sink"
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To Register Call
The Carpenter's Square
Do-It-yourself woodworking shop
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www.thecarpentersquare.com

273 daycare available

CONVENIENT LOCATION on commute to work at McCowan/401: clean, non-smoking, good rates, ECE qualified, extended and flexible hours, rich program and policy, 416-289-6032

DAYCARE AVAILABLE immediately by dependable stay home mother. 1 offer full/part time childcare. Provide affordable rates, healthy/snacks/meals. Plus a fun, caring active environment. Katherine 905-686-4632

FINDING CHILDCARE
Has never been easier!
Connecting providers, parents and nannies.
Not an agency.
View free list today at:
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RESPONSIBLE home childcare, 17 years experience, infants-10 years. First-Aid/CPR, creative play and outdoor activities. Church/Delaney. Call Elaine (905)683-0352

279 tutoring service

TUTORING
High school
Math Tutoring
5 years experience
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285 health & homecare

BUY/SELL stair lifts, porch lifts, scooters, hospital beds, ceiling lifts etc. Call SILVER CROSS AT (905) 668-8560 OR 1-800-659-0668

KIND AND PATIENT caregiver looking for position. Has experience with Alzheimer patients as well as various type patients with other disabilities. Call Joan: 905-831-3026.

286 seniors services

RESPIRE CARE available. Call SUNNYCREST NURSING HOMES. Margaret Misset, Director of Care, 905-576-0111 ext. 226.

294 psychics

IBRAHIM, AFRICAN Medium and Clairvoyant. I can help you out with all despairs, Reunite lovers forever, happy marriages, court case, remove bad luck, curses, success in business, ex-am, protection against evil, and even hopeless cases. Quick Results. 416-783-3910

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.

305 poultry & livestock

HAY & STRAW for sale. Double conditioned, no dust, small squares, 50-55 pounds, First and Second cut, Delivery Available. (705)426-3099.

310 articles for sale

1995 PONTIAC GRANDAM V-6, auto, 4-dr. Hi km's but excellent cond. New tires, PDL, PW, Power side mirrors, Cert, e-tested. \$2200. 905-435-1091

2004 POLARIS 330 ATP 4-wheeler, 5 ft. blade, winch, as new, asking \$6500. After 6p.m. 705-324-8030.

24' DUTCHMAN TRAILER. Low mileage. Very good condition. Pictou area. \$12,500.00 (613)354-5719.

6' PINE HARVEST TABLE, 6 ladder-back cane-bottom chairs, buffet. \$800 OBO. Solid wood Electric Fireplace, with mantle, "Symphony Encore" \$2000 OBO. (905)420-7572

A BEDROOM SET, gorgeous cherry sleigh, triple dresser/mirror, tall dresser, 2 night tables, new. Cost \$7450, sell \$1,800. Call 905-213-4669.

A DINING ROOM, cherry wood, double pedestal table, 8 chairs, Buffet, hutch, dovetail construction. New, still in boxes. Cost \$11,000, sacrifice \$2,600. 416-746-0995.

A King orthopedic pillowtop mattress set. New in plastic, cost \$1600. Sacrifice \$550. 416-746-0995. Can deliver

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

AFFORDABLE APPLIANCES, HANK'S APPLIANCES. JUST ARRIVED Scratch & Dent Appliances. Durham's largest selection of reconditioned appliances - Lowest price guaranteed! Too much to list! Paris Specialist. 426 Simcoe St.S. (905)728-4043.

ALL NEW QUEEN orthopedic mattress set, cost \$1000, sacrifice \$250. Call 905-213-4669.

APPLIANCES, refrigerator, stove, heavy duty Kenmore washer & dryer, apartment size washer & dryer. Mint condition. Will sell separately, can deliver. Call (905)903-4997

BED, Amazing bargain, queen orthopedic mattress set, new in plastic, warranty, \$250. 416-741-7557. Will deliver

BEDROOM SET, cherrywood, bed, chest, dresser, mirror, 2 night stands. Dovetail construction, never opened. Cost \$8,000 Sacrifice \$1,900. (416)748-3993

BITS AND BYTES COMPUTER SERVICES: P4's (Desk) Starting at \$319, add matching 17" Flat (CRT) Monitor for \$65. Laptops. Call for Current Inventory. Repairs at reasonable rates. Located at 112 Luke Street, Oshawa. Email: bitsandbytes@rogers.com www.bitsandbytes.com or call (905)576-9216

BLACK LEATHER RECLINER comfortable, in good condition. \$200 (\$899, new). Got lift chair, must sell. 905-839-6038

CARPET CARPET CARPETS - All Berber carpets on sale starting from \$13/yard installed including hi-density pad, 12mm thick laminate from \$2.49 sq. ft. installation available. All other carpets and vinyls at unbeatable prices. Lots of selection for every budget. Free in-home quotes. SALLIAN CARPETS 1-800-578-0497, 905-242-3691 (Oshawa area); 905-373-2260.

CARPETS SALE & HARDWOOD FLOORING: carpet 3 rooms from \$329 (30 sq. yd.) includes: carpet, pad and installation. Free estimates, carpet repairs. Serving Durham and surrounding area. Credit Cards Accepted. Call Sam (905)686-1772

CARPETS. Laminate and vinyl sale. 3 rooms, 30sq yds. for \$319. Commercial carpet including premier underpad and installation. Laminate \$1.69sq ft. Click system. Residential, commercial, customer satisfaction guaranteed. Free Estimate. Mike 905-431-4040

COMPUTER TROUBLE? We offer you On-Site Networking & Computer Repairs/Upgrades, Virus Removal & Wireless Security. We also sell New/Used Systems & Laptops. For your computer Repairs/Sales call S D L 905-428-7559, cell 416-892-6965

DINING ROOM SUITE French Provincial, cherry wood, buffet, hutch, 4 can back chairs, 2 matching can back tub chairs. \$700.905-668-8629

DINING ROOM SUITE, cherry wood, buffet, hutch, arm chairs & side chairs, pedestal table, dovetail drawers. Cost \$9550, sell for \$2950. New, still in boxes. 905-213-4669.

ENTERTAINMENT UNIT \$50 with 2 matching end tables \$50. 4-speed transmission from '79 228 Camaro, best offer. 905-666-5175.

FOR SALE: 3 carboys, aerators, bottles, casting kit, books etc., all for \$75. 905-342-3067. Rice Lake area.

VELVET SWIVEL ROCKERS, (2) beige, Sklar-Pepplar, \$300 pair or best offer. (905)686-6273

310 articles for sale

FURNITURE - (\$1200) 2000 Camel back sofa bed...\$200; (\$1100) 1985 50" 7 drawer oak roll top desk...\$600; (\$1500) 2003 2 Elran midnight blue rocker recliners...\$425/set. (\$50) 1996 Wicker hutch...\$25. (\$2700) 2001 Custom built South Paw pine tv armoire 48"x73"x26".... \$1000. Call 905-434-2970.

HEAD LICE GONE. Nit free terminator, \$23.95. lice squad.com. Call the professionals 866-838-LICE

HOT TUB (SPA) COVERS Best Price, Best Quality. All Shapes & Colours. Call 1-866-585-0056 www.thecoverguy.ca

HOT TUB COVERS & Pool Safety Covers - best quality, best prices, all colours, all sizes. Delivery included. PAUL'S HOME AND LEISURE 905-259-4514 or 866-972-6837 www.homeandleisure.ca

LARGE 6 glass door walk-in Commercial cooler, plus coin operated pool table., call (905)666-5275

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, (416)335-7007.

LIKE NEW- Two 8pc. bedroom sets, 1 light oak, 1 brandy, Dresser, wing mirror, armoire, head/foot rails, 2 night tables \$1800. 905-721-7202.

NEED HOME PHONE SERVICE?
* No Credit
* No Deposit
* Everyone Qualifies
\$34.95 mo.
CALL TELECREDIT 4hookup 1-888-424-6658

NEW DANBY APT sized freezers \$209. New Danby bar fridges, \$119/up. Also, variety of new appliances, scratch and dent. Full manufacturers warranty. Reconditioned fridges \$195/up, ranges \$125/up, dryers \$125/up, washers \$199/up, new and coin operated washers and dryers at low prices. New Danby Frost-Free Apt. size fridges \$399., new 24" and 30" ranges with clock and window @\$399 Reconditioned 24" ranges and 24" frost free fridges now available. Wide selection of other new and reconditioned appliances. Call us today, Stephenson's Appliances, Sales, Service, Parts. 154 Bruce St. Oshawa.(905)576-7448

PIANO - Mason & Risch upright with matching stool, easily accessible for moving, paid \$1800, asking best offer. 416-291-1374 (work); or 905-427-0811 (home)

PIANOS - AND - CLOCKS - Specials on all 2005 instock items. Not sure if your kids will stick with lessons. try our unique rent-to-own system. 100% of all rental payments apply! Large selection of upright and electronic pianos and Howard Miller clocks. Yamaha, Kawai, Heintzmann etc. Call TELEP PIANO 905-433-1491. www.Telep.ca WE WILL NOT BE UNDERSOLD!

POOL TABLE, 1" slate. Solid wood. New in box, accessory package included. Cost \$6750 sell for \$2150. 905-213-4669.

RENT TO OWN - New and reconditioned appliances, new TV's, Stereos, Computers, DVD Players, Furniture, Bedding, Patio Furniture, Barbecues & More! Fast delivery. No credit application refused. Paddy's Market, 905-263-8369 or 1-800-798-5502.

SATELLITE TV- NO MONTHLY BILLS: Pay Per View + Movies, Sports, Adult + More!. We also offer installation + repair. NOW ACCEPTING DONATIONS IN LIEU OF THE CORCORAN FAMILY. U-Neek Electronics, 226 Bloor Street E. Oshawa. (web.) www.uneekelectronics.com: Visit our store today! (905) 435-0202

USED KITCHEN cabinets for sale. Price negotiable. Call after 6 p.m. weekdays, anytime weekends. (905) 686-8192.

VENDORS WANTED at the Courtice Flea Market. 5,000-6,000 people per weekend. Rent starts \$200 - \$230 per month for indoor space. (Sign-ups by March 31st, will receive a free months rent!) Located 2 min. North of 401 between Oshawa and Bowmanville. Call 905-436-1024 or visit us: www.courticefleamarket.com

WE BUY YOUR OLD GOLD: RINGLEADER FINE JEWELRY 145 Kingston Rd., Ajax (McDonald's Plaza) 905-426-7464. WE BUY YOUR OLD GOLD, ask for Phil.

316 vendors wanted



CANADIAN DIGITAL TECHNOLOGY EXPO 2006
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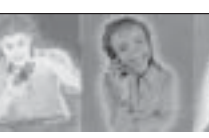
VENDORS WANTED!

Recommended Vendor Types: wireless, digital, audio, gaming, computers, home theatre, digital photography, home networking, exercise equip. etc.

Just \$899 Includes FREE One Year 411 Business Directory Listings (\$360 Value) on durhamregion.com, Table, 2 chairs, Curtained Booth! Note: Limited Space! Call Now!

Call Deborah: 905.579.4473 x2223

316 vendors wanted



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Call Deborah: 905.579.4473 x2223

400 cars for sale

1991 HONDA CIVIC Hatchback with wide body kit and many new parts. Hit on driver's side, asking \$900 or o.b.o. Call Chris at 905-447-6415

1996 CHEV CAVALIER, 2dr, red, rebuilt trans. new alternator, new battery CD. E-tested \$995; 1991 CHEV BLAZER, blue, 4dr, 4-wheel drive, rebuilt motor. E-tested \$795. 905-259-8682 before 9 p.m.

1999 SATURN 162K \$3,999. 1998 Neon 145k \$2,990. 1997 Ford Probe 142k \$4,990. 1997 Chev Venture \$3,999. Others from \$1699, certified & e-tested. Call (905)683-7301 or (905)424-9002 www.kellyandersonsauto.com

1992 S-10 BLAZER 4x4, 220,000kms, 4.3 Vortec, lots of new parts, \$1900 as is or best offer. Call 905-623-2121 after 4pm.

1998 FORD E-350 CUBE VAN, 7.3L turbo diesel, 14' heated box, well-maintained, 312k, certified & e-tested \$9,500. (905)579-3760.

1992 SIERRA COBRA, 39 ft. front bedroom, back bunks, sleeps 10, lots of extras, reduced to \$9500. obo. Call 705-324-9030.

232 boats & supplies

FISHING BOAT - 14' fiberglass hull, back side bench & 2 middle seats, wired for lights & live well 20 hp. Evinrude, Northtrail trailer, tongue jade. Boat runs well & in great shape. \$1700. Also 46 lb. thrust Minn Kota electric, transom mount used once, \$250. Will store boat for winter. 705-328-0402 after 6 p.m.

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SINCERE SINGLES, Professional Introduction Service (1992) unlimited matches, unlimited time period. Call toll free 1-866-719-9116 www.sinceresingles.ca

270 nannies live-in / out

LIVE-IN NANNY required for 9 & 10 yr. old, Ajax. Flexible schedule. References required. Prefer Filipino speaking. \$9/hr., light housekeeping. Susana (905)619-2894

NANNY/HOUSEKEEPER required, part-time 5 days week or 3 full days. 1 toddler. Pickering. Prefer Urdu speaker. Rate negotiable. Call Hina (905)831-8062

273 daycare available

AFFORDABLE loving daycare, all ages, non-smoking, exp., steps Glenogrove P.S., St. Anthony Daniels bus route. near PTC. Large fenced backyard. Playroom/crafts, Snacks, lunch. References. (905)839-7237

DAYCARE AVAILABLE for weekends and night shift. Mrs. Abbas 905-420-8558.

278 registration

278 registration

405 cars wanted

A ABLE TO PAY Up to \$5000 on cars & trucks Free Towing 24 hours, 7 days. (905)686-1899 (Pickering/Ajax) or (905)665-9279 (Oshawa/Whitby).

CASH FOR CARS! We buy used vehicles. Vehicles must be in running condition. Call (905)427-2415 or come to 479 Bayly St. East, Ajax at MURAD AUTO SALES

410 trucks for sale

1978 Chev. 1 ton dump 4X4, all new tires, approx. 80,000 original miles, runs good \$2000. 905-723-6794

1992 S-10 BLAZER 4x4, 220,000kms, 4.3 Vortec, lots of new parts, \$1900 as is or best offer. Call 905-623-2121 after 4pm.

1998 FORD E-350 CUBE VAN, 7.3L turbo diesel, 14' heated box, well-maintained, 312k, certified & e-tested \$9,500. (905)579-3760.

420 vans / 4-wheel drive

1998 FORD E-350 CUBE VAN, 7.3L turbo diesel, 14' heated box, well-maintained, 312k, certified & e-tested \$9,500. (905)579-3760.

905 adult entertainment

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Relaxing Massage
VIP Rooms & Jacuzzi
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PINK PEARL
• Indulge!
• Reveal!
• Experience
Pure Ecstasy!
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910 massages

Asian Girl Hot & Sweet Private Massage Central Ajax 905-619-9945 North Oshawa 905-429-2420

315 articles wanted

WANTED - Mens size 10 downhill ski boots, Mens size 10 ice skates, also George Foreman cooker and ice cream maker wanted, all in gently used condition. Call Hope 905-404-8676.

WANTED - used but not abused Drum Cymbals (no drums) Sabian, Zildjian etc. Call 905-686-8351

330 firewood

A KOZY HEAT FIREWOOD, excellent, very best quality hardwood, guaranteed extra long time fully seasoned, (ready to burn), cut and split. Honest measurement. Free delivery. Dependable, quality service since 1975. (905)753-2246.


FIREWOOD FOR SALE - call Gerry at 9

258 in memoriam 258 in memoriam 258 in memoriam 258 in memoriam 258 in memoriam 258 in memoriam 258 in memoriam

"Forever Young"
 In Loving Memory
James Windle
 April 13, 1977 -
 February 25, 2005

He died as he lived,
 Everyone's friend,
 A beautiful young life
 That came to an end,
 It's sad but true,
 And we wonder how so,
 The best are always
 the first to go.

Sadly missed & fondly remembered by
 The Windle Family, Friends and Co-Workers.




Joanne Haigh
 Jan 5, 1953 to Feb 28, 2005

I miss you so very much Mom. I think about you all day long. I look up and watch as the birds soar through the sky and daydream about you flying around Heaven with your beautiful angel wings. I remember your voice and your loving, caring face and your smile, as though I was with you only yesterday. I remind myself everyday that you are the reason that I am so lucky to be here with Krista and our beautiful son Elliott, and our little baby still in Krista's belly on the way. I look in the mirror and I see your eyes looking back at me. Krista and I show Elliott your pretty pictures on the walls and he calls out Nanny and smiles and giggles with memories of you. Gary Dad and I talk about you all the time and we say how much we miss you being here with us Mom, but we hold you so closely in our hearts that it's like you really aren't gone at all. We love Mom, and we know that you are shining down on us all from Heaven.

*FLY ON MY SWEET ANGEL
 FOREVER I WILL BE BY YOUR SIDE*

All my love always,
 love Michael
 xxx 000



HAIGH: Joanne
 Jan. 5, 1953 to Feb. 28, 2003

*It's just a little memory,
 For such a little girl,
 How lucky are the many,
 Who knew this little pearl.*

*She'd make you split with laughter,
 Or bring you to your knees,
 Enjoying as you peed your pants,
 While she giggled and she teased.*

*Thought I was so together,
 Thought I had shed my tear,
 Seems I badly was mistaken,
 When the months became a year.*

*How quickly days are numbered,
 Like I know they ought to be,
 But Joanne was so damn special,
 And I miss her can't you see?*

*I will toast her smile at midnight,
 I will gather photos too,
 And always cry when saying,
 "Yeah, I'm her big sister Sue".*

In loving memory of one of the only people I know who was more courageous than I could ever hope to be and taught me the true meaning of the word friend.

I love you and miss you Jo,
 Forever in my heart . . . Sue

To place your personalized In Memoriam, call 905-683-0707 (Ajax) and let one of our professional advisors help you.

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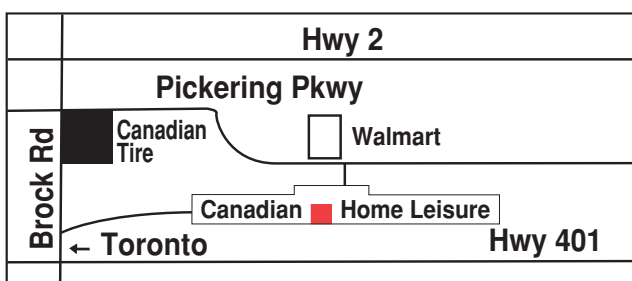
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Scoreboard

FEBRUARY 26, 2006

Ell-Rod Holdings 35 vs. Ellis Packaging 19
TOP SCORERS
 Ell-Rod: Roger Young 11, Eric Hamdic 8, Steve Leahy 6, David Voth 5
 Ellis: John Esposito 5, Joe Lococo 4, Dave Bayliss 3.
GAME THREE
 Best Buy Insurance 44 vs. Verifeye 25
TOP SCORERS
 Best Buy: Sherwin James 14, Rueben Newman 10, Iain Grant 7, Kip Van Kempen 7.
 Verifeye: Scott Poulton 9, Derrick Jaggall 8, Anthony Watson 4.

PICKERING MEN'S BASKETBALL LEAGUE

First week of playoffs

GAME ONE
 Accent Building Sciences 56 vs. Gallantry's Eatery 47
TOP SCORERS
 Accent: Rick Jones 16, Ian Campbell 15, Mike Horn 11, Mario Rojas 8.
 Gallantry's: Steve Gazmin 23, Corrado Roccasalva 7, Tim Bowen 6, Tony Oliver 6.

GAME TWO
 Best Buy Insurance 52 vs. Lakar Carpentry 49
TOP SCORERS
 Best Buy: Iain Grant 15, Frank Tuitt 15, Frank Gallo 10, Tom Recalis 8.
 Lakar: Dodge Beckford 25, John Fleming 11, Pat Roach 6, Bill Boston 3.

GAME THREE
 West Hill Men's Slo-Pitch 63 vs. Ell-Rod Holdings 57
TOP SCORERS
 West Hill: Orrin Taylor 19, George Iordanov 18, Chris Sheldon 10, Elman McLean 10.
 Ell-Rod: Alberto Daros 13, David Voth 13, Steve Leahy 11, Roger Young 10.

GAME FOUR
 Verifeye 49 vs. Ellis Packaging 30
TOP SCORERS
 Verifeye: Scott Poulton 13, Collin Exeter 10, Howard Jones 9.
 Ellis: John Esposito 10, Conrad Davis 7, Kevin Walker 6.

GAME FIVE
 Knights Corner Pub & Grill 59 vs. Warwick Publishing 54
TOP SCORERS
 Knights: Rod Fraser 17, Karl Hutchinson 16, Randy Filinski 14, Jim Wilkinson 6.
 Warwick: Alonzo Starling 17, Claude Feig 13, Gord Brown 13, Luke Lukkonen 5.

PICKERING MEN'S BASKETBALL LEAGUE

Results of games played on Jan. 30.

GAME ONE
 West Hill Men's Slo-Pitch 43 vs. Accent Building Sciences 23
TOP SCORERS
 West Hill: Elman McLean 16, George Iordanov 12, Chris Sheldon 6.
 Accent: Horace Peterkin 6, Ian Campbell 4, Mario Rojas 4.

GAME TWO

GAME FOUR
 Knights Corner Pub & Grill 62 vs. Warwick Publishing 42
TOP SCORERS
 Knights: Rod Fraser 20, Karl Hutchinson 18, Mike Jovanov 10, Randy Filinski 6.
 Warwick: Sam Macada 11, Glenn Forss 10, Luke Lukkonen 6, Alonzo Starling 12.

GAME FIVE
 Gallantry's Eatery 58 vs. Lakar Carpentry 51
TOP SCORERS
 Gallantry's: Tony Oliver 21, Jim Bowen 16, Corrado Roccasalva 10, Steve Gazmin 10.
 Lakar: Bill Warren 14, Dodge Beckford 14, Bill Boston 8, John Fleming 6.

LOSSA WRESTLING RESULTS 2006
 The Lossa Wrestling Championship tournament was hosted by UOXXA Secondary School with 177 wrestlers and 14 Durham Region high schools in attendance.
 The Open category wrestlers who won gold and silver medals qualified to represent LOSSA at the Ontario High School Championships (OFSAA) at the Sarnia Sports and Entertainment Arena Feb. 28 to March 2

OFSAA Qualifiers:
 Josh Smerland, 64 kgs. Pine Ridge SS - Gold
 Liam Berry, 77 kgs. - Pickering HS - Gold
 Trent Boughner, 57.5 kg - Ajax HS - Gold
 Paul Rabjohn, 72 kg - Ajax HS - Gold
 Michael Proca, Heavy Weight - Ajax HS - Silver
 AJAX H. S. Individual Results for Open Boys:
 3rd place Jordan Amos @ 47.5 kg
 1st place Trent Boughner @ 57.5 kg
 2nd place Paul Rabjohn @ 72 kg
 Team Results for Open Boys:
 1st place - O'Neill CVI, 70 points
 2nd place - Eastdale CI, 60 points
 3rd place - Sinclair SS, 44 points
 4th place - Ajax H. S., 38 points
 5th place - G. L. Roberts, 32 points

PICKERING MEN'S BASKETBALL LEAGUE

Results of games played on Jan. 30.

GAME ONE
 West Hill Men's Slo-Pitch 43 vs. Accent Building Sciences 23
TOP SCORERS
 West Hill: Elman McLean 16, George Iordanov 12, Chris Sheldon 6.
 Accent: Horace Peterkin 6, Ian Campbell 4, Mario Rojas 4.

GAME TWO

3rd place Robert Palmer @ 67.5 kg
 1st place Jacob Featherstone @ 77 kg
 3rd place Ryan Burton @ 83 kg
PICKERING H. S. INDIVIDUAL RESULTS FOR CADET BOYS:
 2nd place, Pierce Jemmitt @ 54 kg
 2nd place, Dylan Lloyd @ 89 kg

PICKERING H. S. INDIVIDUAL RESULTS FOR CADET BOYS:
 2nd place, Maxwell Bean @ 47.5 kg
 3rd place, Tim Chase @ 77 kg
 1st place, Dean Hipson @ 67.5 kg
 1st place, Arif Mahboob @ 44.5 kg
 1st place, Brent Smith @ 83 kg
 1st place, Audan Morgan @ 54 kg

TEAM RESULTS FOR CADET BOYS:
 1st place, Ajax H. S., 66 points
 2nd place, Pickering H. S., 60 points
 3rd place, Sinclair S. S., 38 points
 4th place, Uxbridge S. S., 27 points
 5th place, G. L. Roberts 26 points

AJAX SOCCER CLUB

Indoor Season
 Standings and Results inclusive to Feb. 12, 2006

| TEAM | Standings - Under 12 Division | | | | | GF | GA | PTS |
|------------|-------------------------------|---|---|---|----|----|----|-----|
| | G | W | L | T | GF | | | |
| Dalmations | 12 | 9 | 2 | 1 | 19 | 7 | 28 | |
| Terriers | 12 | 6 | 4 | 2 | 11 | 8 | 20 | |
| Shepherds | 12 | 6 | 5 | 1 | 18 | 13 | 19 | |
| Beagles | 12 | 5 | 6 | 1 | 21 | 23 | 16 | |
| Greyhounds | 12 | 3 | 5 | 4 | 13 | 18 | 13 | |
| | 12 | 1 | 8 | 3 | 3 | 16 | 6 | |

January 29 results
 Beagles (Champagne) 5 Vs Retrievers (Maroon) 3 Greyhounds (Yellow) 0 Vs Shepherds(Orange) 3 Dalmations (Red) 0 Vs Terriers (Sage) 2

February 5 results
 Beagles (Champagne) 3 Vs Greyhounds (Yellow) 0 Shepherds(Orange) 1 Vs Dalmations (Red) 2 Retrievers (Maroon) 0 Vs Terriers (Sage) 1.

February 12 results
 Terriers (Sage) 1 Vs Shepherds(Orange) 0; Greyhounds (Yellow) 0 Vs Retrievers (Maroon) 0 Dalmations (Red) 1 Vs Beagles (Champagne) 0

| TEAM | Standings - Under 10 Division | | | | | GF | GA | PTS |
|------------|-------------------------------|---|---|---|----|----|----|-----|
| | G | W | L | T | GF | | | |
| Marlins | 12 | 9 | 2 | 1 | 22 | 6 | 28 | |
| Sharks | 12 | 4 | 5 | 3 | 10 | 12 | 15 | |
| Barracudas | 12 | 3 | 6 | 3 | 11 | 14 | 12 | |
| Dolphins | 12 | 3 | 6 | 3 | 9 | 20 | 12 | |

January 29 results
 Sharks (Navy) 0 Vs Barracudas(Maroon) 0; Marlins (Orange) 3 Vs Dolphins (Purple) 1

February 5 results
 Marlins (Orange) 4 Vs Barracudas (Maroon) 1 Sharks (Navy) 2 Vs Dolphins (Purple) 1 **February 12 results**

Dolphins (Purple) 0 Vs Barracudas (Maroon) 1 Marlins (Orange) 1 Vs Sharks (Navy) 0

| TEAM | Standings - Under 12 Division | | | | | GF | GA | PTS |
|-----------|-------------------------------|---|---|---|----|----|----|-----|
| | G | W | L | T | GF | | | |
| Fury | 12 | 8 | 3 | 1 | 43 | 20 | 25 | |
| Thunder | 12 | 6 | 6 | 0 | 45 | 44 | 18 | |
| Lightning | 12 | 5 | 5 | 2 | 34 | 36 | 17 | |
| Blizzard | 12 | 3 | 8 | 1 | 32 | 54 | 10 | |

January 29 results
 Thunder (Champagne) 5 Vs Lightning (Gold) 2 Fury (Orange) 7 Vs Blizzard (Kelly Green) 0

February 5 results
 Fury (Orange) 4 Vs Lightning (Gold) 4 Thunder (Champagne) 3 Vs Blizzard (Kelly Green) 1

February 12 results
 Blizzard (Kelly Green) 6 Vs Lightning (Gold) 2 Fury (Orange) 5 Vs Thunder (Champagne) 3

| TEAM | Standings - Under 14 Division | | | | | GF | GA | PTS |
|-----------|-------------------------------|---|---|---|----|----|----|-----|
| | G | W | L | T | GF | | | |
| Stealth | 12 | 7 | 4 | 1 | 35 | 26 | 22 | |
| Firebirds | 12 | 5 | 4 | 3 | 31 | 28 | 18 | |
| Mustangs | 12 | 5 | 5 | 2 | 28 | 29 | 17 | |
| Corvettes | 12 | 3 | 7 | 2 | 30 | 41 | 11 | |

January 29 results
 Firebirds (Forest Green) 2 Vs Mustangs (Maroon) 4 Stealth (Silver) 8 Vs Corvettes (Yellow) 4

February 5 results
 Stealth (Silver) 3 Vs Mustangs (Maroon) 0 Firebirds (Forest Green) 3 Vs Corvettes (Yellow) 3

February 12, 2006 Results
 Corvettes (Yellow) 3 Vs Mustangs (Maroon) 5 Stealth (Silver) 8 Vs Firebirds (Forest Green) 1

| TEAM | Standings - High School Division | | | | | GF | GA | PTS |
|--------------------|----------------------------------|---|---|---|----|----|----|-----|
| | G | W | L | T | GF | | | |
| Tottenham Hotspurs | 12 | 7 | 5 | 0 | 50 | 33 | 21 | |
| Manchester United | 12 | 6 | 4 | 2 | 47 | 41 | 20 | |
| Liverpool | 12 | 6 | 4 | 2 | 34 | 36 | 20 | |
| Everton | 12 | 5 | 4 | 3 | 41 | 35 | 18 | |
| Arsenal | 12 | 5 | 5 | 2 | 40 | 44 | 17 | |
| Chelsea | 12 | 2 | 9 | 1 | 29 | 52 | 7 | |

Correction November 6 results
 Manchester United (Red) 3 Vs Arsenal (Sage) 3

January 29 results
 Chelsea (Maroon) 2 Vs Manchester United (Red) 3 Everton (Champagne) 2 Vs Liverpool (Orange) 2 Tottenham Hotspurs (Silver) 3 Vs Arsenal (Sage) 2

February 5 results
 Chelsea (Maroon) 1 Vs Everton (Champagne) 3 Liverpool (Orange) 0 Vs Tottenham Hotspurs (Silver) 3 Manchester United (Red) 3 Vs Arsenal (Sage) 2

February 12 results
 Arsenal (Sage) 3 Vs Liverpool (Orange) 2 Everton (Champagne) 4 Vs Manchester United (Red) 4 Tottenham Hotspurs (Silver) 5

Vs Chelsea (Maroon) 6.


| TEAM | AJAX MINOR HOCKEY ASSOCIATION MIDGET PLAYOFF STANDINGS | | | | | PTS |
|--------------------------|--|---|---|-----|--|-----|
| | W | L | T | PTS | | |
| Brian English Foundation | 1 | 1 | 0 | 2 | | |
| Polak, Mckay, Hawkshaw | 1 | 1 | 0 | 2 | | |
| Albern Windows & Doors | 1 | 1 | 0 | 2 | | |
| Ontario Power Generation | 1 | 1 | 0 | 2 | | |
| Fuji Dental | 1 | 1 | 0 | 2 | | |
| Kinsmen Club Of Ajax | 1 | 1 | 0 | 2 | | |

| TEAM | PEEWEE HOCKEY STANDINGS | | | | | PTS |
|----------------------|-------------------------|---|---|-----|--|-----|
| | W | L | T | PTS | | |
| Starling Pools | 1 | 0 | 0 | 2 | | |
| Gic Brokers | 1 | 0 | 0 | 2 | | |
| Kinsmen Club Of Ajax | 1 | 0 | 0 | 2 | | |
| Fuji Dental | 0 | 1 | 0 | 0 | | |
| Pizza Pino | 0 | 1 | 0 | 0 | | |

Rockbrune Brothers Blue 0 1 0

| TEAM | BANTAM PLAYOFFS EAST DIVISION | | | | | PTS |
|--------------------------|-------------------------------|---|---|-----|--|-----|
| | W | L | T | PTS | | |
| Ontario Power Generation | 1 | 0 | 1 | | | |
| Coldwell Bankers | 1 | 0 | 1 | 3 | | |
| Bulk Pharmaceuticals | 1 | 1 | 0 | | | |
| State Farm - Atkinsons | 1 | 1 | 0 | | | |
| Masplastics.com | 0 | 0 | 2 | 2 | | |
| CIBC | 0 | 2 | 0 | 0 | | |

| Team | WEST DIVISION | | | | | Pts |
|--------------------------|---------------|---|---|-----|--|-----|
| | W | L | T | Pts | | |
| Brian English Foundation | 2 | 0 | 0 | | | |
| Cadby Building Corp. | 2 | 0 | 0 | 4 | | |
| Fuji Dental | 1 | 1 | 0 | 2 | | |
| Gyro Mazda | 1 | 1 | 0 | 2 | | |
| Kinsmen Club Of Ajax | 0 | 2 | 0 | 0 | | |
| Bay Cycle Sports | 0 | 2 | 0 | 0 | | |



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When you call Durham Windows and Doors for a free estimate, Wayne will show up at your door with his Mobile Showroom which you'll enter by way of a sliding patio door.

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Wayne would also like his customers to know that he does all of the estimates personally, eliminating the cost of a salesperson.

Durham Windows and Doors also does all of its own installations, which ensures that every customer gets a high quality job done at the best possible price.

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Celebrating our 15th Anniversary Hospice Durham



Hospice Durham began its work in 1991 when a group of individuals recognized the need for services to support the terminally ill and their families. Today, over 140 Hospice Durham volunteers provide thousands of hours directly serving clients. Hospice Durham is a non-profit, community-based volunteer agency providing in-home support. We are committed to enhancing the quality of life of individuals and families facing a progressive life-threatening illness through volunteer support and education in partnership with the community.

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Services and Programs

- In-home support by travel volunteers carefully matched to our clients.
- Bereavement support by volunteers trained to guide individuals through their grief journey.
- Speakers provide informative and educational presentations about Hospice Durham services and palliative care on request.
- Books and videos available on loan from our library.

There are no fees for our services.

What is Hospice Durham?

From a grass-roots organization to the vibrant agency of today, Hospice Durham has grown and matured, while providing crucial volunteer palliative care service to the people of the south Durham Region. Agencies must constantly change to keep abreast of new systems and technologies and at Hospice Durham we try to be innovative while keeping true to the core of the agency, which is putting the client first and directing all of the resources of this agency to assisting our clients and their families at the most vulnerable time in their lives. Hospice Durham has been incorporated as a Registered Charity since 1991. It is governed by a volunteer Board of Directors, and administered by a small group of part-time staff and a full-time Executive Director. Operating costs are funded by an allocation from the Ministry of Health & Long-Term Care, corporate and in-memoriam donations, and fundraising events.

How Do We Help?

Hospice Durham provides support to individuals and families who face life threatening illness. All services are free of charge and provided by specially trained volunteers in the homes of clients. In-home support, in collaboration with other community agencies, enables families or caregivers to take needed time away from their loved one, and feel comfortable doing so.

Volunteers

Over 140 volunteers from throughout the southern part of Durham Region provide services to palliative clients. All visiting volunteers are screened and complete a 30 hour training course. Bereavement volunteers take an additional 10 hour course, and all volunteers are encouraged to continue their education through workshops and seminars. Men and women of different age groups and from many walks of life offer services through this agency. One of the main tasks of our Coordinators is to match our clients to the most suitable volunteer in order to provide the best service.

Volunteer Opportunities

Women and men from different walks of life are Hospice Durham volunteers. A desire to help, good listening skills, a big heart and open arms are the key to volunteering. Volunteering provides the community with valuable resources not readily available. These include:

- **Client Care:** providing non-medical, emotional support for clients facing a life threatening illness.
- **Bereavement Support:** Offering grief support to those dealing with the loss of a loved one.

- **Community Awareness:** Promoting the mission, work, and goals of Hospice Durham to the community.
- **Fundraising:** Raising funds to support Hospice Durham through projects and events.
- **Administration:** Assisting with duties in the daily operation of Hospice Durham.

**Hospice Durham: 209 Dundas Street East, Lower Level, Units 1&2, Whitby, ON L1N 7H8. Tel: 905-430-4522
Toll-Free: 1-888-790-9414 Fax: 905-430-4533 www.hospicedurham.com email: hospice@hospicedurham.com**

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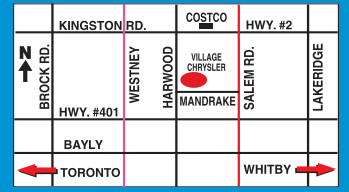
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