

# News Advertiser

PRESSRUN 46,600 ♦ 32 PAGES ♦ SUNDAY, APRIL 18, 2004 ♦ [durhamregion.com](http://durhamregion.com) ♦ OPTIONAL DELIVERY \$6/\$1 NEWSSTAND

## GAMES ON

Durham hosts seniors  
Sports, 24

## FIZZLING OUT

College cancels 'Last Blast'  
News, 14

## LAND DEAL

Region eyes property  
News, 4

# Making a very big mark

National Volunteer Week recognizes the hard work of those who give so much to community

By Stephanie Mason  
Special to the News Advertiser

DURHAM – It may be a long way from Thanksgiving, but this month non-profit agencies and organizations worldwide are giving thanks to volunteers.

Between April 18 and 24, individuals and groups from around the world are recognized for their hard work, dedication and help in their community, as part of National Volunteer Week.

One-in-four Canadians volunteer and the numbers are rising, according to Nancy Burke, co-ordinator of the Volunteer Resource Centre for Durham Region.

The average volunteer ranges in age from 14 and up, however those younger shouldn't be discouraged from giving time as long as they have an adult accompanying them, says Ms. Burke.

The resource centre serves Durham residents and refers people interested in volunteering to specific agencies, such as Girls Incorporated or the Pickering Community Nursing

♦ See Community page 2



Celia Klemenz/ News Advertiser photo

## Chick it out

PICKERING — The first order of chicks is in at the Claremont Country Depot. Dustin Macauley welcomes a Harco Black friend to town, while the Columbian Rock X Red chicks wait for their turn. The chicks arrive every week on order until October.

# PACT gets sensitive

Environmental group wants Pickering to protect northern areas of concern

By Danielle Milley  
Staff Writer

PICKERING – Pickering Ajax Citizens Together for the Environment wants the City to keep Seaton green.

The local group commissioned Joe Boyce, a professor of geology at McMaster University, to do a review of Pickering's growth management study.

The comments, as well as those of PACT's members, are being formally presented to Pickering councillors tomorrow (Monday).

"Our concern, and it always has been our concern, is that the environmentally sensitive areas and heritage (areas) must be protected first and foremost," said David Steele, chairman of PACT.

The group is concerned about how the coldwater streams and groundwater in the area are going to be affected by development.

"What we're saying is how do you protect the large woodlots and more important how do you protect coldwater streams?"

Mr. Joyce used to teach at the University of Toronto and is familiar with the land in the study area.

He reviewed the Phase 2 report completed by Dillon Consulting in February and the water budget analysis reports.

In his letter to Mr. Steele he said he had some doubts about whether the predicted groundwater infiltration and baseflows estimated are valid.

Mr. Joyce suggests the consultations incorporate the studies already done on the hydrologic and geologic characteristics of the area. (The Interim Waste Au-

♦ See PACT page 5

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Bell World

# Community can always use more volunteers

◆ Community from page 1

Home. Girls Inc., which serves Ajax and Pickering, matches up young girls with a mentor.

Girls can also participate in various programs and workshops, with mentors volunteering a minimum of four hours per week.

"Our mandate is to inspire all girls to be strong, smart and bold," said Marilyn Mitchell, executive director. Currently Girls Inc. has 45 girls matched with a mentor, however, there are still 30 girls in need of a friend.

Volunteers are also the lifeline of the Community Nursing Home.

"When we had a recent shutdown there wasn't enough help with group programs," said Rachelle Cuaresma, co-ordinator of volunteers.

"We noticed the absence of them (volunteers)." She explained the 107 volunteers at the nursing home offer support to patients and provide extra encouragement in daily activities.

Even though Durham has a lot of volunteers, many more are still needed. However, some people are discouraged. One point Ms. Burke makes is that people should volunteer because they want to, not because they have to.

"People are not there to get a paycheque," she said. "They are there to want to help."

She added, "Our community wouldn't be the same without volunteers."

Time isn't a factor either, noted Ms. Cuaresma. "People may not know

what is required of themselves when they volunteer," she said.

"Volunteering goes around people's schedules.

For more information on volunteer opportunities, contact the Volunteer Resource Centre, 223 Brock St. N., in Whitby, at 905-430-0470 or e-mail [www.volunteerdurham.org](http://www.volunteerdurham.org).



Carl Ferencz/ News Advertiser photo National Volunteer Week kicks off today, turning the spotlight on the thousands of volunteers who make communities go. Across Ajax, Pickering and Durham Region, there are countless volunteers who give up their time to make it a better place to live. Above, News Advertiser sister paper, Port Perry This Week, recently held a volunteer fair that attracted a great number of participants.

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# Officer describes Jones crime investigation

By Keith Gilligan  
Staff Writer

DURHAM – A gunshot to the head killed Roy Jones, court heard Friday.

“The last wound was to his head as he lay on the road. The perpetrator intended to kill Roy Jones,” Douglas Usher, a lawyer for accused Cosmo Jacobson, said in an agreed submission by the Crown and defence attorneys.

Mr. Jones was shot multiple times around 10:30 p.m. Feb. 4, 2001 as he returned home from his job as security supervisor at the since-demolished Metro East Trade Centre.

He was scheduled to testify in a preliminary hearing regarding a Pickering home invasion on Feb. 7, 2001. Mr. Jacobson (aka Avi Mundy) and Sean Hall are being tried for first-degree murder in Mr. Jones' death.

At the start of the trial, Mr. Jacobson pleaded guilty to five counts related to the home invasion, while Mr. Hall pleaded not guilty to the charges.

During testimony before Justice Dan Ferguson of the Superior

Court of Justice in Whitby, Durham Regional Police Detective Constable Shawn Duxbury, a member of the force's forensic identification unit, said when he arrived at the scene, Mr. Jones lay on his left side on Pickering Beach Road (since renamed Salem Road), near the Twilley Lane home he shared with his family.

Much of Det. Const. Duxbury's testimony dealt with the collection of evidence found at the scene, including five spent bullet shells, a set of keys, a drawstring from a piece of clothing and a pair of binoculars.

He said all five shells, two found next to the victim's house and three near the body, were Triton 45 Super casings.

Three keys, attached to a fob or chain, the binoculars and two shells were found between Mr. Jones' home and the neighbouring house, Det. Const. Duxbury stated.

One key was for the door and trunk of a Chrysler vehicle, one for a Chrysler ignition and one a house key, he added.

The trial continues Monday.



Celia Klemenz/ News Advertiser photo

## Digging in for another season

PICKERING — Staff and volunteers are busy getting ready for another year of keeping in touch with our past, as the Pickering Museum Village moves towards its season opening. City of Pickering works department crew Scott McKay, left, and Russel Johnston were working on bringing the vintage plows outside, as school tours will start soon. The annual Steam Up and Opening weekend is scheduled for May 30 this year.

## Regional garbage load decreased in 2003

DURHAM – The Region disposed of 129,922 tonnes of waste from houses and apartments in 2003, a regional works department annual report said.

That represents a decrease of 1,594 tonnes from 2002. Around 16,000 tonnes of leaf and yard waste was also

collected, as well as 2,519 tonnes of kitchen organic compost from Clarington, Brock, Scugog and Uxbridge who are enrolled in the program.

But there was only a 31 per cent waste-diversion rate overall in 2003, a far cry from the Region's goal of 50 per cent diversion by 2007 or earlier.

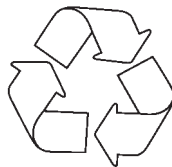


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### CORRECTION NOTICE

The Mr. Noodles 12-Packs (#9274296/317) featured on page 19 of our current flyer (ending April 25th) will not be available in all stores.

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We apologized for any inconvenience this may have caused.

*Spring into Guiding!*

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Pickering Recreation Centre  
O'Brien Room (Arena Entrance)

# Durham has land purchases in mind

## Ajax waterfront property in line for \$500,000 towards \$3 million cost

DURHAM - Helping municipalities purchase environmentally sensitive land will be a new budget item for 2005.

The move comes after the finance and administration committee Tuesday agreed to help Ajax purchase 23 acres of waterfront property. The land, located in the Carruthers Creek watershed at the bottom of Shoal Point Road, is privately owned with an application to build 16 homes about to go before the Ontario Municipal Board.

The strip is considered a "critical link" in helping Ajax achieve a connect waterfront and trail system, the Toronto and Region Conservation Authority and Town say.

After an hour-long debate, the committee agreed to give Ajax \$500,000 split evenly between 2004 and 2005 to help in the \$3-million cost.

Negotiations will now continue with the land owner.

The committee also agreed to add a new budget item for 2005 with a \$500,000 base to help municipalities acquire land.

In his inaugural speech, regional chairman Roger Anderson said buying sensitive land would be part of Durham's plans, a promise made to former Mayor Doug Moffatt who brought the idea forward in his departing address before the November 2003 election.

Mr. Moffatt wanted revenues from Great Blue Heron Casino used to buy land, but that money is already allocated to the general tax levy budget, said Jim Clapp, the commissioner of finance.

Diverting that money would result in a tax increase, he said.



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# PACT wants space to grow

◆ PACT from page 1

thority completed several studies when there were proposals to build landfills in the area).

The study area is comprised of the provincially owned Seaton lands east of West Duffins Creek and the privately owned land in the Duffins Rouge Agricultural Preserve west of the creek.

PACT would like to see comprehensive surface and groundwater studies done in both areas, but its members feel the Seaton land is more environmentally sensitive because of its cold-water streams and numerous woodlots.

The group also recognizes Pickering's need for more land to develop as urban.

"It is essential that space be put aside for Pickering's future growth," said Philip McMullen, of the PACT executive. "Which area poses the least amount of environmental damage in the future? ... The answer is the farm-

land."

David Home, also on the PACT executive, agrees.

"There is a need for growth... What we do say is that it has to be responsible growth and take into account the environmentally sensitive areas," he said.

Mr. Home is an Ajax resident who participated in the battles against the landfills.

"I have a great interest in Duffins Creek. We fought a great debate against a garbage dump on the banks," he said. "I didn't do that work to see that happen five or six kilometres upstream."

PACT is making three recommendations to the City concerning the study, including having Dillon complete surface water and groundwater studies to determine which areas can be developed, and what level of population can be supported on the Seaton land and the agricultural land without adverse impacts on the environment.

## Regional drop-off stop closes

DURHAM - The Durham Region Health Department is advising residents that, as of April 16, the water sample drop-off service will not be available at the Ajax location at 126 Commercial Ave.

The Emergency Medical Services (EMS) division has been relocated to the new Durham Region EMS/Durham Regional Police Services facility at the corner of Anderson and Taunton in Whitby.

The new facility is not a part of the drop-off program and will not accept water samples. All other drop-off services will remain unchanged. Samples can be dropped off at the Health Department offices at 1615

Dundas St. E. in Whitby or 2 Campbell Dr. in Uxbridge Other locations include:

- Garnet B Rickard Recreation Complex, 2440 Hwy. 2, Bowmanville;
- Durham Pharmacy in the Medical Associates Building, 462 Paxton St., Port Perry;
- Township of Brock Municipal Office, 1 Cameron St. E., Cannington.

Any questions or concerns related to water-quality issues can be addressed by the Health Department's Environmental Help Line at 905-723-8521 or 1-800-841-2729, ext. 2188, from Monday to Friday, 8:30 a.m. to 4:30 p.m. or by visiting [www.region.durham.on.ca](http://www.region.durham.on.ca).

**the Bay**  
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In our April 11th 3-day Sale advertisement the photo for Outline digital watches is incorrect.

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# Editorials & Opinions

SUNDAY, APRIL 18, 2004 ♦ News Advertiser ♦ DAVID STELL, NEWS EDITOR, 905-683-5110 EXT. 249

## Editorial

# Pitch-In Week great chance to pitch in

## Joining community volunteers is the best way to say thanks

Spring is here and blooming right along with the crocus and hyacinth are piles of litter in ditches, parks and along roadsides all over Durham Region.

Surely all that litter wasn't there when the first dusting of snow fell last fall, but nevertheless, when winter's generous amount of snow seemed to melt away almost overnight this year, it revealed an alarming amount of garbage in all our neighbourhoods. Take a stroll and you'll spot all manner of debris tossed about.

Just as it's time for spring cleaning and getting our homes in order, it's also time to band together and spiff up our outdoor environment. Pitch-In Week, April 19 to 25, is a great excuse for getting some exercise, fresh air, and spending time with friends and neighbours while putting some pride of ownership back into our communities. Soon, the grass will be greener and neighbourhood flower beds and pots will be riots of colour, and all that litter will be an unwelcome eyesore.

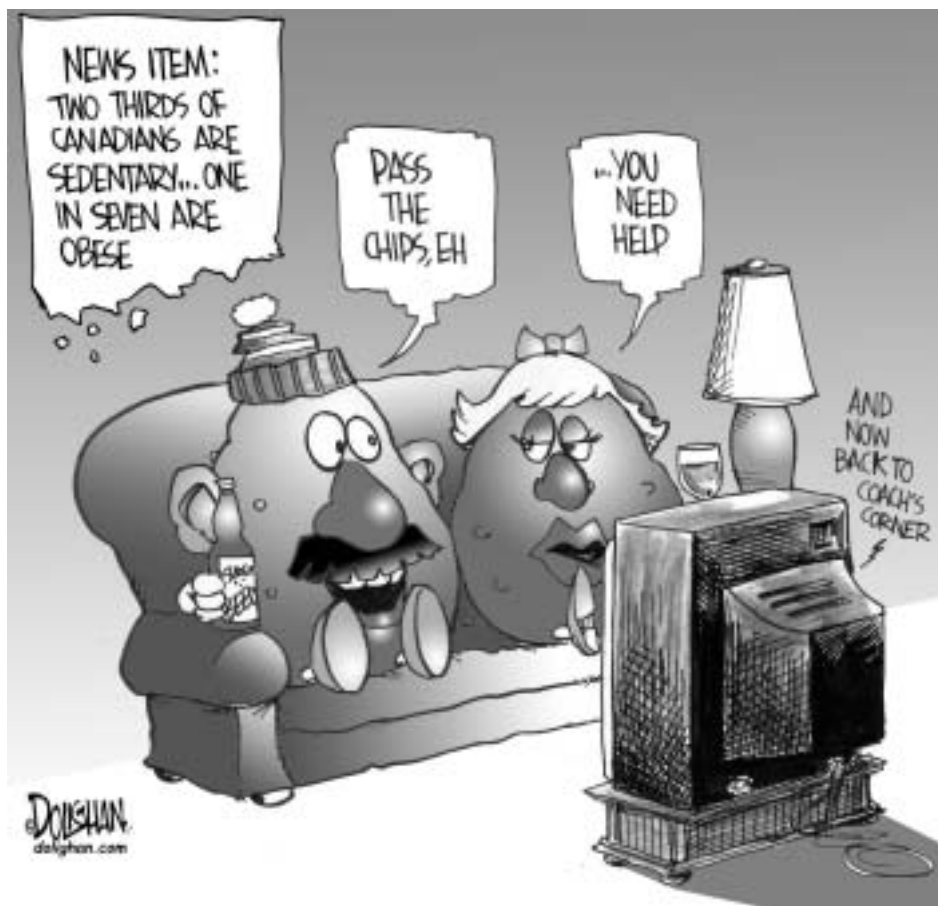
A little effort goes a long way. Groups, service clubs, youth organizations and individuals are invited to get out there and pitch in, whether you're undertaking your own project or joining another organized group that's targeting a certain area. It's a great opportunity, too, for high school students to put in some volunteer hours required for graduation.

There are local clean-up projects you can join. Or, you can simply choose a park, choose a street, or resolve to go on a half hour walk and pick up litter; every effort will make a difference. Make it a family project and take the chance to teach your children how important it is not to be a litterbug in the first place.

Don't forget to wear rubber gloves, take garbage bags and dress appropriately for the weather. And if the family pet is along for the outing, take stoop-and-scoop materials, too, or you'll be inadvertently contributing to our environmental problems instead of helping clean up.

We're lucky to live in a region with so much green space, conservation areas, local parks, and relatively safe, well-kept neighbourhoods. We're also lucky there are so many community-minded volunteers who'll be out during Pitch-In Week, working to keep our communities beautiful.

Let's join them. Pitching in ourselves is the best way to say thanks for a job well done.



## Letters to the Editor

### Maintain services at Rouge Valley Ajax and Pickering

#### To the editor:

The public owes a debt of gratitude to Dr. Romas Stas for voicing the concerns of the residents of Ajax, Pickering and Whitby over the erosion of our medical services at Rouge Valley Ajax and Pickering.

Since September 2003, beds at the Ajax hospital have been reduced from 59 to 45, the number of elective surgeries have been decreased and labour and delivery services have been downgraded. The food services for our local hospital are now transported from Centenary hospital in Scarborough. What's next?

In our growing region, the residents of

Ajax, Pickering and Whitby have only the Ajax hospital. The residents of Scarborough are fortunate to have three major hospitals. I am confident 15 members of the Rouge Valley Health System board of directors will not ask the quarter-million people our Ajax hospital now serves, to leave our region to travel over 25 kilometres along one of the busiest highways in North America into Scarborough for medical services.

In an emergency situation how would an ambulance negotiate rush-hour traffic along the 401 into Scarborough?

Now that the Rough Valley Health System public consultations are over, it is essential results of the consultations be made public, and it is crucial that the citizens of Durham remain committed to doing what is necessary to keep our only local hospital a full-service hospital.

**Lynda Brisbane**  
Ajax

# Be honest in introducing new taxes

Nothing seems to get the blood boiling like taxes.

If any further proof was really needed, it was delivered last week.

Ho hum, our taxes are going way up again at the Durham Region level, this time at about a 5.9-per cent clip. Mercifully, regional councillors did pull the plug on a move that would have seen \$20,000 set aside to help Durham employees adjust to the, ahem, hardships of moving into a new state-of-the-art home, once construction is complete.

The fact the money was even in the budget in the first place is a stunning development. The fact it made it to public discussion without someone realizing the absurdity



**Tony Doyle**

**managing editor**

ty is simply sad.

This is just the type of tax dollar allocation that so infuriates taxpayers. There's a feeling politicians are trying to pull the wool over their eyes.

Consider too, the food fight brewing over the Liberals' proposal to add the PST to basic meals under \$4. Again, taxpayers are played for the fools.

The Liberals ran a very vocal election campaign last fall fully trumpeting that the Tories were hiding a deficit, that the books were nowhere near balanced. Yet, Dalton McGuinty promised that a province governed under his Liberal banner would get plenty more (I believe the sun, the moon and the stars were among his 200-plus pledges). His contention was that he'd overcome the deficit and still deliver for core areas.

When pressed, he couldn't explain where the magical money tree would be planted to produce the needed revenue. Because all along he knew there was never a chance he'd be able to deliver without finding new revenue streams, hence the new taxes he's begin-

ning to introduce.

These examples really strike at the crux of the issue. Politicians just don't seem to get it.

They rarely come clean with the public and say: 'yes, your taxes will likely go up, but there is a reason. We will maintain this service and that, and we'll commit to this other new thing.'

No one wants to pay more in taxes, but it's a bit easier to turn the money over if you know what you're paying for.

Because at their very core, everyone wants to know they're getting good value for their dollar.

*Tony Doyle's column appears every second week. E-mail [tdoyle@durhamregion.com](mailto:tdoyle@durhamregion.com).*

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All letters should be typed or neatly hand-written, 150 words. Each letter must be signed with a first and last name or two initials and a last name. Please include a phone number for verification. The editor reserves the right to edit copy for style, length and content. Opinions expressed in letters are those of the writer and not necessarily those of the News Advertiser. We regret that due to the volume of letters, not all will be printed.



health and wellness

advertising feature

# Toothprints

By: Toni-Rose Cabanero

To celebrate April as Dental Health Month Doctor's Marvin Lean and Chetna Wadwa and the staff at the Pickering Dental Office are raising awareness of the importance of identification among children.

Today, dental hygiene is at its best and children have fewer cavities, which is good news for many parents. However, due to the lack of dental records from excellent oral hygiene, many children are left without a distinctive means of identification.

Other than fingerprinting, forensic teams around the world turn to dental imprints for identification, which is why the Pickering Square Dental Office is offering the community free toothprints, a \$40 value.

The Durham Regional Police department is working with the staff at the Pickering Square Dental Office to increase the means of identifying children by informing parents of the benefits of both fingerprinting and toothprinting for their children.

Toothprints are made of patented, arch-shaped thermoplastic wafers that are left with dental impressions once they are bitten into. When the imprint is made, individual tooth characteristics are recorded, which provide vital identification information.

After parents receive their child's toothprint, they get to keep it for immediate access. Also, a toothprint that isn't rinsed captures saliva, which makes it effective for scent-dog tracking. Although clothing does capture an individual's unique scent, it doesn't have the lasting power to secure odours as toothprints do.

*Continued on next page*



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**905-831-1280** Pickering 1235 Bayly St.

health and wellness

advertising feature



# The benefits of having Toothprints handy

Continued from previous page

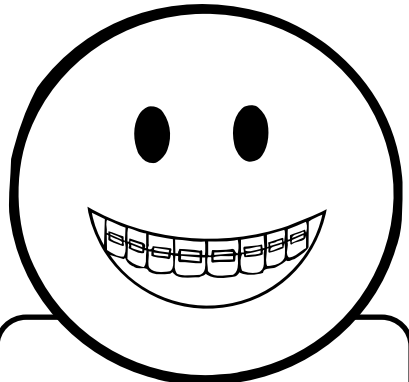
If you're a parent whose child goes missing, having your child's toothprint is vital in the early hours of an investigation.

Unfortunately, children go missing all too often, which is why it's beneficial to have this program readily available. The toothprints and ID kits enables parents to equip themselves with a permanent identification record of their children, and will ultimately help speed up the recovery process of a missing child.

In an effort to give back to the community, the dental office staff will be offering complimentary toothprinting. It will be available for a limited time, and parents must schedule an appointment for their child to receive a toothprint. It only takes a few minutes, but has a value that lasts a lifetime.

On Tuesday, April 20 from 2 to 9 p.m. and Saturday, April 24 from 9 a.m. to 2 p.m. the Durham Region Police department will be at the Pickering Square Dental Office to offer free children's ID kits and fingerprinting for children in the community.

For more information visit the Pickering Square Dental Office at 1450 Kingston Rd., or call 905-420-1777.



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## tooth prints™

### The Dental ID For Safeguarding Your Children

A toothprints dental ID takes only minutes. It's comfortable for your child and gives you peace of mind. Hopefully you'll never need to use it.

- Like fingerprints, dental imprints are unique to every person, so bite impressions can serve as an accurate method of identification.
- An unrinsed Toothprints also captures saliva, which is a powerful source of our scent, making Toothprints effective for scent-dog tracking.



Dr. Lean and Dr. Wadhwa at Pickering Square Dental Office are offering

## FREE TOOTHPRINTS

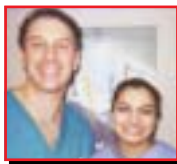
For a limited time only. Call in advance to book your appointment.

**plus** Durham Regional Police in conjunction with Pickering Square Dental Office **WILL BE ON HAND TO FINGERPRINT**

Tues. April 20 2pm - 9pm & Sat. April 24 9am - 2pm

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Vaccines work to safeguard your child from illness and death caused by vaccine preventable diseases.

**Immunization** is still the best way to protect your child from these serious infectious diseases.

**National Immunization Awareness Week**  
**April 25 to May 1, 2004**



### Celebrate with us!

The Health Department's Immunization Awareness booth will be on display at:

- Pickering Town Centre: April 26 & 27
- Five Points Mall: April 28 & 29
- Oshawa Centre: April 30 & May 1

*Win a mountain bike!*

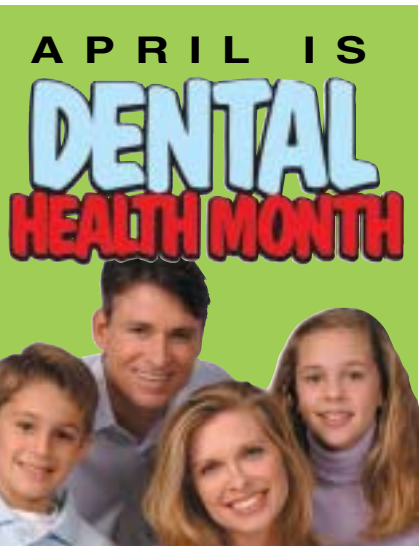
### Keep a Record...



Health Department nurses will be on site at the booth to answer questions and share information about infant and childhood vaccinations.

A computerized database will be available at the booth for parents who would like to obtain a record of their child's immunization.

**Durham Region Health Department**  
**(905) 723-5338 or 1-800-841-2729 ext: 2195**



## APRIL IS DENTAL HEALTH MONTH





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(Between King and Adelaide on Townline)

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50+ LIFESTYLE  
SHOW

**Sunday April 25**

10:00am - 4:30pm

**Monday April 26**

9:00am - 4:00pm

## CHARITY CONCERT EVENT



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**Brian Finley**

and Soprano Singer  
**Donna Bennett**

Performing

Sunday April 25 at 7:00pm

Doors open 6:30pm

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# A.E. King Fitness Complex

Sunday April 25 & Monday April 26

Presented By



METROLAND DURHAM REGION MEDIA GROUP

## A Celebration of the 50+ Lifestyle

The 50+ Lifestyle Show is a must see for everyone enjoying their Golden Years.

The show will take place Sunday, April 25th and Monday April 26th at the A.E. King Fitness Centre in Oshawa.

There will be lots of booths and displays as well as a schedule of

shows and seminars to inform and entertain.

Admission is free and as an added feature there will be a charity concert Sunday night. Read the story below and learn more about this event and the talented performers Donna Bennett and Brain Finlay.

One of the highlights

of the show will be the fashion presentations both days at 2 p.m.

They will feature a variety of ladies and men's spring and summer fashions from Sears.

All of the models are volunteers from The Oshawa Seniors Centre, Whitby Seniors Centre and Clarington Older

Adult Association. All of the clothing can be purchased at Sears in the Oshawa Centre and Pickering Town Centre.

The stage decorations are being done by Karin Miller of KVH Fashions of Whitby.

While at the show go to the Sears Booth to find out how you can become

a Sears Mature Outlook Member.

For information on ticket locations turn to

the second last page of this special section.

See you at the show!

### Charity Concert Sunday Night

Don't Miss the charity concert Sunday night at 7 p.m..

It will feature the talented duo of Brian Finlay and Donna Bennett.

Tickets are \$10.00 and the doors open at 6:30 p.m.

Known to audiences internationally for her sparkling performances ranging from opera and oratorio to Broadway and musical theatre, Donna has performed leading operatic roles at the Edinburgh

Fringe Festival, the London International Opera Festival, the Henze Festival in Montepulciano, Italy, as well as in Berlin, Neuberger, Toronto and New York.

In addition to her many opera and operetta roles, Donna has performed as Maria in The Sound of Music, as Mary Magdalene in Jesus Christ Superstar and as the Soprano Soloist in Requiem for a Millennium all for the Westben Arts Festival Theatre - an arts organization she founded in 1999 in Campbellford, Ontario with pianist/composer Brian Finley.

Artistic & Managing Director of the Westben Arts Festival Theatre in Campbellford, Ontario,

Brian continues to pursue a multi-faceted career as a pianist, composer, director and impresario. As a pianist, he has performed with orchestras such as the Dallas Symphony and Calgary.

Philharmonic, and at venues ranging from the Olympic Music Festival in Washington, to Wigmore Hall in London, England and the Glenn Gould Studio in Toronto. He has appeared in over ten international piano competitions including the 8th International Tchaikovsky Piano Competition in Moscow, and won the third Prize in the AMSA International Competition in Cincinnati as well as the Gina Bachauer Award in Dallas.



Renowned Concert Pianist Brian Finley and Soprano Singer Donna Bennett will perform.

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Below is a list of our prizes:

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- 2 Oria hearing aids any style donated by Beltone - value \$5100.00
- 1 Music Pro hearing aid any style donated by Siemens - value \$1391.00
- 2 Gaia BTE hearing aids donated by Oticon - value \$3880.00
- 2 Umbrellas donated by Oticon - value \$25.00 each
- 1 Infrared system donated by Sennheiser - value \$439.00
- 4 ball caps donated by Widex - value \$10.00 each
- 2 Senso Diva t-shirts donated by Widex - value \$15.00 each
- 1 back pack donated by Widex - value \$25.00
- 1 fleece travel blanket donated by Widex - value \$35.00
- 1 fleece jacket donated by Unitron - value \$40.00
- 3 long sleeve t-shirts donated by Unitron - value \$20.00 each
- 1 travel case donated by Unitron - value \$25.00
- 1 travel mug donated by Phonak - value \$15.00
- 1 sweat shirt donated by Phonak - value \$35.00

The draw will be held Monday, April 26 at 3:30 pm at the show.

We are there to answer any hearing questions you may have or do any minor repairs on your hearing aids.

We look forward to seeing you at the show.

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# 50+ Lifestyle SHOW

## A.E. King Fitness Complex

Sunday April 25 & Monday April 26

Presented By



METROLAND DURHAM REGION MEDIA GROUP

# Shadow on the Golden Years by Linda Graef

As the percentage of seniors continues to increase in our population, we all need to be vigilant of signs of possible elder abuse,

particularly if the elder is institutionalized or dependent on a caregiver for the basic necessities of life. Whether it involves a parent,

sibling or spouse, someone needs to monitor the care they are receiving. Abuse is not always intentional and it takes many

forms. The following suggestions are intended to help detect and or deter abuse in an institutionalized setting.

1. Ask for a list of all medications being given to the person. Every pharmacist and doctor has a copy of the Compendium of Pharmaceuticals and Specialties (commonly referred to as CPS) by the Canadian Pharmacists Association. It lists possible side effects of drugs and precautions that should be taken regarding interaction with other changes you have observed in the manner/behaviour of the person, and ask to read what it says about the prescribed medications.

The internet is another possible source of information for this.

2. Little money for research has been made available for studies on the elderly, so often an experimental approach is taken. Question validity of the approach of new therapies, drugs, routines etc.

3. Be observant of the overuse of restraint, whether it is physical such as straps holding the person in a chair, or chemical where drugs are used to sedate them. With cut-backs in the healthcare sector, reduced staff often chooses to use these methods to make their job easier but it robs the senior of dignity and quality of life.

4. Be observant of any signs of possible physical abuse such as bruises, cuts and other unaccounted for injuries as well as fearful behavior when the caregiver is present.

5. Be observant of verbal abuse such as fear when spoken to, avoidance of eye contact or crying.

6. Have you noticed a change in mental outlook? Some medications interact negatively with each other, resulting in mental confusion, new physical ailments, depression or even suicidal thoughts.

7. Are they getting sufficient/appropriate nourishment? If they can't

Continued on page 12

## 50 + Lifestyles Show Stage Demo Schedule

### Sunday, April 25

10:30 a.m. – 11:30 a.m.

Cardiac Health Improvement Project (C.H.I.P.S.)  
Norwill Simmonds

11:30 a.m. – 12:30 a.m.

Cardiac Health Improvement Project Cooking Demo

12:40 p.m. & 1:15 p.m.

John Cooper- comedy

2:00 p.m. – 3:30 p.m.

Fashion Show By Sears

### Monday, April 26

10:30 a.m. – 11:00 a.m.

Qigong by Donna Elliott

11:15 a.m. – 11:45 a.m.

Clarrington Square Dancers

12:40 p.m. – 1:15 p.m.

Taoist Tai Chi by Harry Toenjes

1:20 p.m. – 1:50 p.m.

Qigong by Dave Chatham

2:00 p.m. – 3:30 p.m.

Fashion Show by Sears

3:30 p.m. – 4:00 p.m.

Latino Linedance by Brenda Hancock

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# A.E. King Fitness Complex

Sunday April 25 & Monday April 26

Presented By



METROLAND DURHAM REGION MEDIA GROUP

## Be Aware Of the Signs Of Elder Abuse

from page 11  
 feed themselves, is someone feeding them? Are they given a reasonable length of time to eat? Rushed feedings can result in aspiration of food into the lungs resulting in pneumonia.

8. If the person is in a nursing home, attend the annual Multi-Disciplinary Conferences that are held on each resident. Those involved in their care discuss the residents general care: diet, medication, problems, improvements, management of pain etc.

It is your right to attend these meetings. Your presence shows your concern and greater attention may be given to problem areas.

someone to be an advocate for him or her. You need to be knowledgeable, observant and ask questions.

Every institutionalized person needs

### 50 + Lifestyles Show Seminar Schedule

#### Sunday, April 25

- 11:00 a.m. – 12:00 Noon**  
Creative Arts for the Soul by Jennifer Laffier
- 12:00 Noon – 1:00 p.m.**  
Goligers Travel with Jim Knight
- 1:00 p.m. – 2:00 p.m.**  
Healing Power of Essential Oils with Nimisha Jimenez
- 3:00 p.m. – 4:00 p.m.**  
Canadian Automobile Association (C.A.A.)

#### Monday, April 26

- 9:00 a.m. – 10:00 a.m.**  
Goligers Travel with Jim Knight
- 10:00 a.m. – 11:00 a.m.**  
Theatre Presentation by Joan Hill "The Hidden Crime"
- 11:00 a.m. – 12:00 Noon**  
Pickering Ajax Digital Archives with Cindy Kimer
- 12:00 Noon – 1:00 p.m.**  
Interior Design with David Metcalfe
- 1:00 p.m. – 2:00 p.m.**  
Durham Grief Resource Centre with Tom Easthope
- 3:00 p.m. – 4:00 p.m.**  
Genealogy with Cindy Kimer

### Ticket Locations

- East Shore Community Centre, (Liverpool Rd. & Bayly St.) Pickering
- Ajax/Pickering News Advertiser, 130 Commercial Avenue (Harwood & Station Street) Ajax
- This Week Newspapers, 865 Farewell Street (Wentworth & Farewell St.) Oshawa
- Oshawa Senior Citizens Centre, Main Branch - 43 John Street, Oshawa
- Oshawa Senior Citizens Centre, South Airport - 1000 Stevenson Rd. N.(Red Brick Building), Oshawa
- Clarington Older Adult Association, 26 Beech Avenue (Concession & Liberty St.), Bowmanville
- Goligers TravelPlus, 243 King Street E.(King & Liberty Street), Bowmanville
- CAA Travel, 1050 Simcoe Street N.(Simcoe St. North of Rossland) Oshawa
- Whitby Seniors' Activity Centre, Brock Street S and Burn Street E. Whitby
- SEARS, Oshawa Centre & Pickering Town Centre
- Ajax Public Library, Main Branch, Harwood Ave S., Ajax
- Port Perry This Week, Port Perry, Ontario
- Uxbridge Tribune, Uxbridge, Ontario

## Got Your Tickets Yet?

Don't forget to buy your tickets to the Brian Finlay/Donna Bennett Charity concert

- Sunday, April 25th
- Doors open at 6:30 p.m.
- Tickets \$10.00 each

Buy them early at one of our many ticket locations or at the door!

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# 50+ Lifestyle SHOW

# A.E. King Fitness Complex

Sunday April 25 & Monday April 26

Presented By



METROLAND DURHAM REGION MEDIA GROUP

## Seniors Centres in Durham

### OSHAWA SENIOR OSCC CITIZENS CENTRES

Come Live, Laugh and Learn with the Oshawa Senior Citizens Centres. If you are over 55 then you are eligible to participate in the many programs that are offered. We provide transportation and cafeteria, services, wellness seminars, recreational opportunities, Day Program, Travel Club and many different continuing education courses. Our mandate is to promote the health, welfare and happiness of seniors by providing programs and services that foster senior empowerment, social interactions, public education and advocacy. Join us today! You won't be disappointed. We can be reached at 905-576-6712 or come

to see us at our 43 John St West Branch or at our Northview Branch, 150 Beatrice St. E. in Oshawa.



#### Whitby Seniors Activity Centre

The purpose of the Town of Whitby seniors' services is to provide a variety of accessible programs and services and volunteer opportunities to maintain, improve, and develop new skills, interests and social opportunities for citizens 55 years of age and older to enhance their quality of life. Some of the exciting programs and services that you can participate in are a wide variety

of classes, drop-in programs, trips, meal services, footcare, transportation, special events, health and wellness and much more! We are located at 801 Brock St South in Whitby and can be reached at 905-668-1424.



In Pickering, older adults are invited to enjoy weekly programs, classes and events at the East Shore and Petticoat Creek Community Centres. The rates are very affordable for Older Adults 55+ with up to 50% off regular membership rates at the Recreation Complex for Older Adults who are 65+. Throughout the year some great special events are held. Please call the East Shore Community Centre at

905-420-6588 to get more information. Call today!



The Town of Ajax offers quality programs for seniors such as arts, crafts, photography or jazz dance, modern dance, linedance, aquafit, yoga and more! For more information on these programs please call 905-427-8811. You can also reach the Ajax Seniors Friendship Club at 905-686-1573. Join us today!



The Clarington Older Adult Association opened in September 1998 and provides the opportunity for adults 55+ to participate in social, educational and physical activities geared towards promoting healthy living. The Clarington Older Adult

Association is located at the Clarington Beech Centre, a beautiful and newly renovated facility located in central Bowmanville. Our centre features two large activity rooms, an auditorium, dining area, computer room,

game's room, two board rooms, a kitchen and a lounge area. The operation of the Association is managed by a working board of directors, volunteers, and staff. For more information please call 905-697-2856.

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# SEARS

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**Fashion Show Times:**

**Sunday, April 25 • 2 pm - 3 pm**  
**Monday, April 26 • 2 pm - 3 pm**

**Pickering Town Centre**  
905-420-8000

**Oshawa Centre**  
905-576-1711

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# 'Last Blast' dropped after shooting

Decision made in wake of Ajax man's death outside college pub

By Lesley Bovie  
Staff Writer  
DURHAM - The Last Blast year-end party for Durham College students has been cancelled in the wake of a fatal shooting at an on-campus pub earlier this month.

"The decision came out of respect for family and friends of the victims," said student association president Ken Swan. "We're hearing many people still want it to take place, but many don't think it should happen this year."

"We decided it wouldn't be an appropriate venue due to the incident happening so close," Mr. Swan said.

Durham Regional Police are still investigating, but have yet to lay murder charges in the April 3 shooting at E.P. Taylor's, which killed 21-year-old Ajax resident Dwayne Moses.

A 24-year-old bouncer was also treated and released from hospital with gunshot wounds to the leg.

Six men - five from Toronto and one from Ajax - were originally taken into custody and charged jointly with attempted murder and aggravated assault. Due to insufficient evidence, those charges were downgraded last week to breach of probation and obstruction of justice and police.

One of the six men, 23-year-old Matthew Okoko of Toronto, was released and all charges against him were dropped.

The student centre at

Durham College, which has remained closed for investigation since the shooting, was turned over to the college's student government Tuesday afternoon.

While E.P. Taylor's will be open during the day for students finishing up their final exams this week and next, Mr. Swan said "all formal programming" has been cancelled until the end of the term.

That includes the Last Blast, a New Orleans-themed party that was to take place at E.P. Taylor's April 23.

"There's been a lot of planning for it. We certainly didn't anticipate this happening," said Mr. Swan. "But we're comfortable with our decision."

Asked if E.P. Taylor's is beefing up its security, Mr. Swan said, "Everything is going to be reviewed by the student centre and student centre management at a later date."

In the meantime, there will be a greater security presence, in the form of more security guards at E.P. Taylor's during the day, he said.

Mr. Swan couldn't say if the shooting has made pub management reconsider allowing outside patrons inside E.P. Taylor's in the future.

"All of our policies still have to be reviewed," he said.

With it being the last week of classes, most students are concentrating on exams and end-of-year projects, Mr. Swan said.

"I'm sure there are lots of mixed emotions," he said.

"As for any concern about their own safety, I haven't heard anything to that effect (from students)."

"I don't think this has been a reflection of our campus at all," he added.

# Arthritis information the topics of forums

DURHAM - The Arthritis Society of Durham Region will present two free educational forums for people with osteoarthritis and rheumatoid arthritis.

The Arthritis Public Forum is on Monday, April 26, from 7:30 to 9:30 p.m. at St. Mary's of the People's Church Hall on 532 Stevenson Rd. N. in Oshawa, and on Tuesday, April 27 from

7:30 to 9:30 p.m. at the Kinsmen Heritage Centre, 120 Robertson Dr. in Ajax.

The forums are about managing arthritis and arthritis medications. The Arthritis Society provides education, support and solutions to people living with arthritis, giving hope for a better life.

For more information call 905-434-7221.

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Durham College was established more than 35 years ago and a lot has changed since then, but helping students to succeed is still our passion. Every year, we make your educational experience even better by offering new programs, services and facilities. Add inspiring professors and a lively, welcoming campus, and it's no wonder that we've ranked first in student satisfaction in the GTA for six years in a row.

Making the transition to college can sometimes seem daunting. Maybe you're wondering what career to pursue, or whether you can even afford to continue your education. We're here to help you — every step of the way. We're always willing to meet with you and your family to provide information or to discuss concerns.

With Durham's selection of more than 90 job-focused programs, we can take you where you want to go. You'll learn real-world skills that employers need now. In many cases, you can gain on-the-job experience through field placements co-ops and internships.

The results speak for themselves: **more than 87 per cent of our graduates are hired within six months** of completing their programs. Our Career & Employment Services will help you land that important first job.

Your education at Durham College goes beyond the classroom. Opportunities abound to make lasting friendships. Campus life is vibrant, thanks to an active students' association, fun clubs and great entertainment. To exercise your body, and energize your mind, choose from a range of varsity and intramural sports or work out at our Athletic Centre.

College is an exciting adventure, and a time of tremendous growth, bursting with new ideas, new people, and new possibilities. You've got a great future waiting to be discovered. Let it begin with Durham College.



TO FIND OUT MORE ABOUT DURHAM COLLEGE OR TO ARRANGE A VISIT,  
PLEASE CONTACT OUR ADMISSIONS OFFICE AT 905.721.3046 or  
905.721.3088, OR [info@durhamc.on.ca](mailto:info@durhamc.on.ca).

## The parent connection

College is a major milestone, and a very emotional one for most parents. As you look ahead to the next chapter in your child's independence and academic career, here are some ideas to consider:

- Start planning early for your child's education. If college is still a few years away, consider opening a Registered Education Savings Plan (RESP) and taking advantage of the federal Canada Education Savings Grant, which will supplement your annual savings.
- Discuss all the options with your son or daughter before he or she decides on a program and a college.
- Visit the campus with your children and encourage them to visit on their own. Urge them to speak with an admissions representative, a financial aid advisor, a professor in their area of interest and current students.
- Some questions to think about: Are professors accessible? What's the average class size? What housing options are available? Is there a school safety program? Are there career planning and placement services? What financial aid is available? What clubs and recreational opportunities exist on campus?
- Help in the search for financial aid. Besides government loans, there are thousands of scholarships available to post-secondary students. Check out Web sites like [studentawards.com](http://studentawards.com) or [scholarshipscanada.com](http://scholarshipscanada.com).



## The time of your life

College is a special experience that will be remembered for the rest of your life. Marks are definitely important. But there's so much more. At Durham College, there are a lot of opportunities to get involved, have fun, and make good friends.

**Would you like to help others?** Try serving as a peer tutor to other students, donate your talents for fundraising events or assist students with special needs. There are many volunteer opportunities on campus and beyond.

**What are your hobbies?** Chances are, there's already a club devoted to it, or you can create one. Durham College students are involved in more than 25 different clubs, from the Modern Poets Society to the UOIT/DC Engineering Society.

There's also a lot of good entertainment at our campus pub, and other social events almost every day.

It all takes place in a genuinely friendly, safe and respectful campus environment. Durham College values every student, and makes sure that their needs are met. Students also serve on key college committees and their input is sought before important, student-related decisions are made.

If you want to make the most of your college years, Durham College has a place for you!

*"My program at Durham College has equipped me with the skills I will need in the workforce. I have been able to use these skills already as a club president, through the Student Association, through my work as a student ambassador, and through my two field placements. Thanks to my education at Durham, I am amazed at the doors that have opened during the last two years."*

—**CAROLINE TIMPERLEY**, PUBLIC RELATIONS, 2ND YEAR  
SINCLAIR SECONDARY SCHOOL, WHITBY



## Get on the ball!

At our Oshawa Campus Athletic Centre, there are many ways to stay in shape:

- work out in our 5,000-square-foot fitness centre;
- play basketball, volleyball, squash, badminton, and other sports;
- join an intramural team in hockey, indoor soccer, beach volleyball or badminton;
- practise your golf swing at our indoor golf range and putting area;
- match your tennis skills against other players at our new Campus Tennis Centre; or
- try out for a varsity team.

For information on our athletic scholarships, drop by the Athletic Centre or call **905.721.3040**.

*"I chose college over university in order to get a specialized and practical diploma in my desired field. I chose Durham College because of the quality of its services for students and the job-focused courses available especially to me."*

—**CHANTELLE HOOD**, MULTIMEDIA DESIGN, 2ND YEAR  
LLOYDMINSTER COMPREHENSIVE HS,  
LLOYDMINSTER, ALBERTA







## Your source for skilled trades

Canada faces a critical shortage of skilled workers in a variety of trades, and that could mean as many as a million unfilled jobs over the next decade. There is a tremendous opportunity for students who like to work with their hands, as well as their minds. Because skilled workers are in high demand, salaries are similarly high, especially when overtime and bonuses are added.

Durham College's Skills Training Centre on our Whitby campus is an Ontario leader in preparing students for rewarding and challenging technical careers, and offers a wide range of skilled trades, apprenticeship and specialty programs. In some cases, you'll gain skills here that are difficult to find anywhere else. That's one reason why companies keep hiring our trades graduates. For more information on programs, please call **905.721.3300** or e-mail [skilledtrades@durhamc.on.ca](mailto:skilledtrades@durhamc.on.ca).

## Money matters

A college education is probably the most important investment you'll ever make. But it takes careful planning. We have more than \$2 million in scholarships and bursaries available to students. Each year, more than 200 scholarships, ranging from \$500 to \$5,000, are awarded to students with high academic standing who have completed at least one year at Durham College.

For students in financial need and in good academic standing, Durham College offers regular and emergency bursaries ranging in value from \$500 to \$4,500. There are also opportunities for students to work on campus. Managing your money well is crucial. You can start by downloading this budget form, at <http://www.durhamcollege.ca/student-services/budgetcounselling.html>.

For more information on financial aid, budget counselling and other assistance programs, follow the student services links on the college's Web site [www.durhamcollege.ca](http://www.durhamcollege.ca), or call **905.721.3036**.

## Always here to help

Durham College is dedicated to the success of every student. Through our caring and knowledgeable staff, we offer support above and beyond the classroom — whether you're researching student loans, in search of childcare, hunting for a place to live, or feeling those pre-exam jitters.

Our services and resources for students include:

- financial aid and one-on-one budget counselling;
- on-campus employment opportunities;
- academic advice;
- peer tutoring;
- help with study skills and exam preparation;
- medical professionals, including doctors and registered nurses, for confidential medical services on campus, as well as referrals;
- Centre for Students with Disabilities (REACH) office.



## Still accepting applications

WE ARE ACCEPTING APPLICATIONS TO BEGIN CLASS THIS SEPTEMBER IN THE FOLLOWING PROGRAMS.  
FOR FURTHER INFORMATION CONTACT ADMISSIONS AT **905.721.3046** OR **905.721.3088** OR E-MAIL [INFO@DURHAMC.ON.CA](mailto:INFO@DURHAMC.ON.CA).

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Business Administration - Information Systems  
Business Administration - Marketing  
Business Administration - Operations Management  
Chemical Engineering Technology  
Communicative Disorders Assistant  
Computer Animation - Filmmaking Studio Arts  
Computer Programmer  
Computer Systems Technician  
Computer Systems Technician - Database Developer  
Computer Systems Technician  
Court & Tribunal Agent  
Dental Assistant (Levels I & II)  
Early Childhood Education

Electronic Business  
Electronic Commerce  
Electronic Engineering Technician  
Electronic Engineering Technology  
Environmental Technology  
Financial Planning  
Food & Drug Technology  
Foundations in Art & Design  
Foundations in Communication Arts (Pre-media)  
General Arts & Science  
Graphic Design  
Heating, Ventilation & Air Conditioning Techniques  
Human Resources  
Journalism - Print  
Law & Security Administration  
Legal Administration  
Mechanical Engineering Technician  
Mechanical Engineering Technician  
- Non Destructive Evaluation  
Mechanical Engineering Technology  
Mechanical Technician - Mechanical Maintenance & Control

Mechanical Technician - Tool & Die/CNC  
Mechanical Techniques - Industrial - Online  
Mechanical Techniques - Precision Machining - Online  
Mechronics - Electro-Mechanical Engineering Technology  
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Public Relations  
Sport Business Management  
Supply Chain Management  
Web Developer



*"Durham College's Advertising program has opened many doors because of the hands-on experiences available through student-learning exercises, like The Chronicle (student newspaper)."*

—**MEGAN STEELE**, ADVERTISING, 2ND YEAR,  
ST. JOSEPH'S SECONDARY SCHOOL, CORNWALL

## More for you

Durham College is constantly improving and expanding to better meet the needs of its students. Here's a list of the new facilities and services that have recently been added or are in the works:

- new, three-storey library due open by September 2004
- ground will be broken this spring on a new, twin-pad ice arena, financed in part by the City of Oshawa
- a state-of-the-art, year-round tennis facility opened earlier this year
- more computer services
- enhanced student intranet
- a new residence (South Village) and dining hall
- additional student clubs
- a championship-grade soccer field
- Tim Hortons and Williams Coffee Pub
- Τηλε Χηρονιχλε, named the province's number 1 college and university newspaper by the Ontario Community Newspapers Association
- Saturday night activities for students of all ages
- new assistive computer software and support services
- hairdressing salon ... and more!

## Dates to remember for fall 2004

- **Thursday, July 1:**  
Canada Day (college closed)
- **Friday, July 2:**  
deadline for payment of year 1 fees for programs starting in September. Cash, debit card, cheque, money order, Visa, Mastercard, or American Express are all accepted
- **Saturday, August 21:**  
Durham College Family Orientation, Whitby Campus
- **Monday, August 23:**  
Classes begin for all students at the Whitby Campus
- **Wednesday, September 1, and Thursday, September 2:**  
Durham College Family Orientation, Oshawa campus
- **Tuesday, September 7:**  
Classes begin for year 1, 2 and 3 students at the Oshawa campus

## A bright future in store

In an aggressive bid to bolster its status as one of Ontario's most dynamic post-secondary institutions, Durham College will focus the next three years on offering even stronger programs and services, and better serving the needs of its exceptional staff.

Unveiled recently, Durham's strategic plan details 45 separate goals in four key areas:

- quality programs and services for students;
- staff wellness, recruitment and development;
- efficient management of enrolment, facilities and operations; and
- a distinctive college sharing a joint campus.

"The Durham College of the future will be unlike anything it has been in the past," said Dr. Gary Polonsky, president of the college, and Bev Balenko, its chief operating officer, in a joint message introducing the 2004-2006 strategic plan. "This will be an exciting and transformational period for the college."

*"The greatest thing about Durham College is the professionalism and respect shared between teacher and student. All of my professors come from excellent backgrounds and are able to share their experiences in the classroom, further enhancing the quality of the education we all receive."*

—**BRIAN HOUSTON**, POLICE FOUNDATIONS,  
2ND YEAR, EASTDALE CVI, OSHAWA.



# Learn to pick out fraud and scam artists

## Library session teaches the warning signs

PICKERING - There were over 13,000 victims of identity theft in Canada in 2003, losing more than \$21 million says an organiza-

tion bent on preventing the crime. Phone Busters says there is a way to help lower these numbers. The Pickering central library branch, with the assistance of the Volunteer Resource Centre of Toronto and Scotiabank, is hold-

ing a presentation, The ABCs of Fraud, to help inform people of door-to-door and telemarketing scams, bogus charities and Internet theft. The prime target for identity thieves and con artists is older adults and particularly women. The

library presentation helps the public learn tips for identifying and preventing consumer fraud. Everyone is welcome, however the program is geared toward older adults. The presentation is Thursday, April 22, from

10 to 11 a.m. at the central branch, 1 The Esplanade, in Pickering. For more information or

to register, call 905-831-6265 or 905-686-0250 or e-mail the library at help@picnet.org.



## CANADIAN TIRE PICKERING ONLY

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**Tuesday** April 20  
**Wednesday** April 21  
**Thursday** April 22

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## PICKERING

Want to know what's happening in Pickering?

Check Wednesday's paper each week for complete details

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# National Volunteer Week

Advertising Feature

APRIL 18 TO 24, 2004

## BECAUSE TIME IS NOT MONEY!

In today's competitive world, it can be easy to believe that time is money and that a person's happiness is reflected in what they have and what they can do. In a society that's ruled by market value, everything boils down to products and services for sale, profits to be made and untapped markets to conquer. But in any system, there is always a small rebellious group who dares to ask, "What if things were different?" Asking this question forces us to reconsider our values. Without always being aware of the fact that

they are indeed asking themselves this question, aren't those who volunteer choosing a life that implies more than simply earning and consuming?

Volunteering is often trivialized, but it is based on an ideology that flows against the stream of our increasingly-individualistic world. It reminds us of the power of sharing, of the happiness that comes from giving of ourselves freely, of the strength of solidarity. It reminds us of what connects us socially. It reminds us that we are indeed

able to give freely—a gesture that is more than democratic, but entirely human.

National Volunteer Week will be held this year from April 18 to 24. It is more than a just a time to recognize those who donate their time and support-week after week, month after month, year after year; it's also an important occasion for all of us to reconsider our values and to question who we are and what kind of person we would like to be. Making the world a better, kinder place begins with you.




Volunteering is based on values that flow against the stream of our increasingly-individualistic world

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**Hats off to all of our Volunteers for helping us keep our community safe.**

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*Leaders in Community Safety*



**Jim Flaherty, MPP**  
**Whitby • Ajax**

To all the those who volunteer in local communities and across Durham,  
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*Congratulations to Eva Gainer Volunteer of the year.*

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# National Volunteer Month

Community Justice Alternatives of Durham Region (CJA) is a non-profit agency funded by the Ministry of Community Safety and Correctional Services and assisted by donations from other community groups.

Services offered by CJA to the Durham Community are:

1) Victim-Offender Reconciliation Program (VORP)  
 A program offering courts & the community a different way of dealing with the aftermath of crime.

2) Durham Community Mediation Program (DCMP)  
 Established to assist Durham Region residents in resolving conflict through mediation

3) Community Service Order Program (CSO)  
 Enables and encourages offenders on probation to use their leisure time to fulfill hours assigned as 'repayment' to the community for an offence.

Volunteer opportunities include serving as:

- Board member
- Mediator (training provided)
- Fund-raiser

Contact information:

Susette Clunis  
 Tel: 905-683-8615 x 226  
 Email: Susettec@cjadurham.com

### Top Volunteer

Patricia Brooks is currently the Vice President of CJA and served as President and Treasurer in previous years.

Ms Brooks resides in Ajax and has a long history of volunteering with community agencies including Amnesty International and Government of Canada Host Program for New Canadians. Pat served three terms on the Board of Directors of Big Sisters Association and two terms on the Board of United Way of Ajax-Pickering.

Armed with a Bachelors Degree in Applies Arts, Ms. Brooks worked as a freelance writer and was Deputy Assistant to the Parliamentary Secretary.

Thank you Pat for your generous support of the Ajax-Pickering community over the years and for the value you've added to the CJA organization in particular!



**Jeff Gallagher** Durham Regional Police Service

Jeff Gallagher has been a volunteer with Durham Regional Police Service since 1999. He has served well over 500 hours to date.

Jeff's dedication is well known to our police service and his colleagues in volunteerism. Jeff is always the first person to offer his time and talents when needed.

Jeff graduated from Loyalist College in 1994 in a 2-year Communications Program. After graduation he found employment in the security field, and since then has become more interested in policing.

Some of Jeff's interests include: cross country skiing, in-line skating, fishing and camping.

Jeff is currently assigned to the Kids Safety Village in Whitby. The village is truly a community project dedicated to building a safer future for our children. It is a non-profit organization and has been built with donations of cash, services and materials from local businesses, citizens and service clubs. Community groups, teachers and parents will often find Jeff assisting at the village with the children or off site in other volunteer duties. Some of his other activities include: special events, community days, child fingerprints, police partnered youth dances, annual police week, and much more.

When asked, "why do I want to volunteer with police?" Jeff responds, "ever since I was a kid I have had an interest in policing. I think what first peaked my interest in becoming a volunteer was my father being an officer."

## EVA GAINER

MADD Durham Region is pleased to announce that: Ms. EVA GAINER has been chosen as the chapter VOLUNTEER of the Year.

Eva is a victim of impaired driving and suffering the loss of her husband Don and son Bryon in a terrible crash where she herself was severely injured. She has turned her healing into a very proactive agenda by volunteering for the MADD Durham. The chapter could not possibly cover this vast region with all the public awareness and educational events that they do without Eva Gainer. Eva represents the chapter many times a year telling her story making everyone who will listen aware of the dangers of drinking and driving. Thank You Eva for all that you do to Stop Impaired driving and support other victims of this violent crime.

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(formerly Big Sisters of Ajax/Pickering)

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The Staff at The Denise House wish to take this opportunity to acknowledge the importance of our volunteers past and present and thank them for their support. Each and every volunteer makes a valuable contribution to the physical and emotional well being of our clients and the programs we provide.

Thank you very much for all you do and enjoy your week of honour.



If you are interested in joining our volunteer team call 905-728-7311.

The Denise House Staff

**Jean Forrest, B, Admin(Health Service), R.N. Administration**



Thank-you for all the helping hands within Durham Region

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# Education

ADVERTISING FEATURE

## Early learning: A smart move

Parents can get their preschoolers off to a great start. Ever wonder why some kids do well in school right from the start? Experts at Oxford Learning Centres say that "smart" kids start learning almost at birth, during that critical period of early childhood when the mind is wide open.

"Research shows that certain developmental, or cognitive, skills can only be fully developed if they are offered at the appropriate time," says Emma Gamble, Oxford's Early Childhood Education Specialist.


"Think of the child's developing mind as a series of plateaus. Research shows that these plateaus open at a certain young age. If they are not developed during that period, they close."

A 1999 study by Dr. Fraser Mustard, titled "The Early Years Report," showed that by the age of six, most of the human brain's wiring for lifelong learning, behavior and health is already in place. The study also found that children's earliest experiences, particularly during the first three years of life, are major contributors to positive brain development.

While most children in North America attend a day care centre or pre-school before entering the traditional school system, Gamble says that few programs are structured to promote lifelong development. The good news, however, is that parents can help their children develop a love of learning and Oxford's Little Readers program can help too.

1. Set the stage. Pioneer educator Dr. Maria Montessori often spoke of the "prepared environment" as a place that is conducive to learning. Parents can arrange their home in such a way that their kids can't help but learn. Buy plenty of books and place them on a few low shelves, where tiny hands can reach them. Keep art supplies in an accessible cabinet and display artwork where it can be readily admired. Play classical music, restrict television viewing to a few hours a week and encourage children to play outside, where they can learn about the natural environment. The key is to keep the tools of learning, be they formal or informal, close at hand.

*Continued on next page*

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 Photo credit: Myles McCarthy for tickets at mcarthy@castle-ed.com or (905) 468-3538 ext. 309

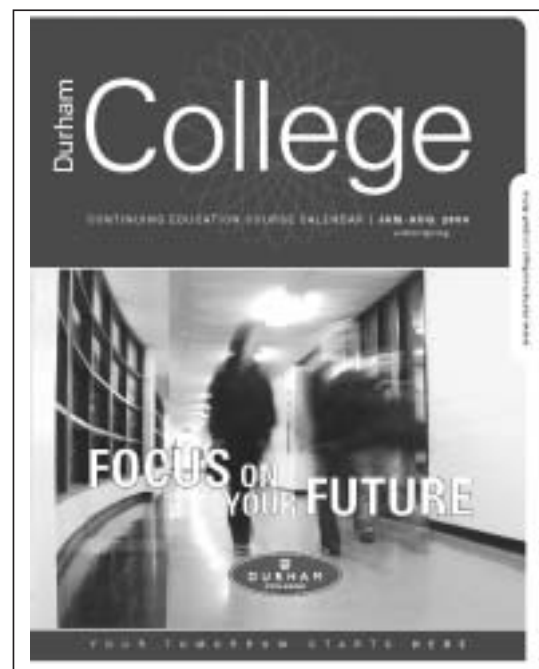
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Ron Pietroniro/ News Advertiser photo

## Two much to handle

PICKERING — Jamal Reynolds goes airborne as he drives for two points during a pickup game of basketball on Middleton Street in Pickering. Jamal and friends, including Blair Williams, were playing last week.

## Session helps women feel better

PICKERING — The Chiropractic Centre for Optimum Health is offering a free Women's Wellness meeting.

On Tuesday, April 20 at 6:30 p.m. learn about natural and effective approaches to dealing with menopause,

preventing bone mineral loss and the symptoms of PMS.

The centre is at 1550 Kingston Rd., Unit 11, in Pickering.

Seating is limited, so book by calling 905-420-7231.

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## Take charge of your child's education

Continued from previous page

2. Encourage independence. A true sense of self-esteem encourages children to do things on their own. And capable children grow into capable adults. Parents can start by getting kids involved with household chores. Start with simple tasks, like polishing furniture and wiping the table. Slowly introduce them to more difficult tasks, such as flower arranging, sweeping and cooking. Child-sized brooms, mops and sponges can make these jobs go more smoothly. Place stepstools near the kitchen and bathroom sinks, and make sure they can reach and make their own beds.

3. Read, read, read. Parents should start reading to their children as infants. As they grow, encourage them to make up their own stories about the characters, complete with

different endings. This is where a stockpile of dress-up clothes comes in handy! Oxford's Gamble points out that children as young as three can learn to read, as is evidenced by the success of Oxford's Little Readers program, which features proprietary phonics and math curricula. Parents can get started by teaching their kids the sounds of letters with Oxford's own ABC song. (Listen at [www.oxfordlearning.com](http://www.oxfordlearning.com).)

Observe a few 3-year-olds and see if you can catch them not learning. It's impossible because young children are always learning, says Tom Hawks, owner of the Oxford Learning Centre in Pickering, Ontario. The key is to channel that early energy in the right direction toward the underlying thinking and learning skills. Once that foundation is in

place, they can do anything.

If you want to help your young child get ready for success in school call the Oxford Learning Centre today at 905-420-3141 and ask about their exciting Little Readers preschool program for children three to six years of age. It is never too early to take the first steps toward success in school.

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# Sports

SUNDAY, APRIL 18, 2004 ♦ News Advertiser ♦ AL RIVETT, SPORTS EDITOR 905-683-5110 EXT. 250



A.J. Groen/ News Advertiser photo

## Dribblin' and drivin'

**AJAX** — ESN Packaging's Dave Jackson keeps control of the basketball, while being hounded by Dickson Printing's Chuck Tezak during the Ajax Men's Basketball League's championship game at Ajax High School Wednesday night. ESN Packaging won the league crown with a 44-39 victory.

# Ajax club in the swim of things at own event

**AJAX** — Ajax Aquatic Club swimmers had plenty to cheer about at their Ajax Sprint Long Course Meet at the University of Toronto Pool April 2 to 4.

The Ajax club's meet is the first of the long course season and attracted numerous clubs from across Ontario.

Senior swimmer Jennifer Beckberger captured the girls' 15-and-over high-points' trophy, running the table in the freestyle events. She won the 50-metre, 100m, 200m and 400m free events. She also finished first in the 100m and 200m backstroke

and was third in the 50m back.

Beckberger wasn't the only swimmer to capture a high-points' trophy. Eric Chan, competing in the boys' 15-and-over division, won the coveted prize after placing first in the 100m and 200m breaststroke, second in the 50m breast and 200m individual medley, third in the 200m free and 50m butterfly, and fourth in the 100m free and 200m fly.

Cameron Harper swam his way to the high-points trophy in the boys' 10-and-under age group. Harper placed first in the

50m, 100m and 200m free, 100m fly and 100m IM and second in the 50m fly.

Michelle Fleming broke her second club record of the season, this time swimming to a new standard in the girls' 11-12 age group 50m breast (long course) in a time of 39.70 seconds.

Carolanne Landry also set a new long course club record in the girls' 11-12 50m back. She swam the event in 35.61 seconds.

Curtis Voth, swimming in the boys' 11-and-under age bracket, set a provincial time in the 50m back.

# Seniors can get in the Games

## Durham hosts 13 events in 20th anniversary edition

By John Herron  
Special to the News Advertiser

**DURHAM** — Seniors across Durham Region are getting mentally and physically prepared for their annual six-week competition that will see them compete in 13 action-packed events.

The Durham Region Senior Games will get under way on April 23 with a variety of events taking place in Pickering, Ajax, Whitby, Oshawa, Port Perry, Uxbridge and Clarington.

More than 800 people, aged 55 and over, are expected to participate in the 20th anniversary of the event.

People interested in participating this year can pick up a registration form at seniors' buildings throughout the community.

One can also enter by logging onto [www.sp5c753.com](http://www.sp5c753.com), clicking on the Home and News index and linking to games information.

It's a special year this year because gold medallists will have the option of travelling to St. Catharines to compete against the rest of the province in Actifest.

The dates for that event are August 16-18.

President of the Durham games, Donna Andrechuk, is keeping a close watch on all participants this year because cheating has been known to happen, especially in an Actifest year.

"We have had an awful time with seniors cheating in the games," chuckled Andrechuk. "It blew my mind, I couldn't believe it."

One event Andrechuk is telling fans to look out for is the 5-pin bowling. The women defeated the men two years in a row dating back to 2000-01 and seem to be assembling another strong team this year.

"Two years in a row we had a women's team win the 5-pin bowling," proudly announced Andrechuk. "It was pretty exciting because the men usually

win. The men were saying that the ladies must have cheated or something."

Time is running out to register for the games. The final registration dates, event dates and locations are listed below:

### 10-pin Bowling

Registration: complete.  
Event location and date: Leisure Bowl, 728 Champlain, Oshawa. April 23.

### 5-pin Bowling

Registration: April 16. Event location and date: North End Bowl, 1300 Wilson Ave. N., Oshawa. April 30.

### Tennis

Registration: April 22. Event location and date: Campus Tennis Centre, Simcoe and Conlin, Oshawa. May 6.

### Cribbage

Registration: April 23. Event location and date: Whitby Senior Centre, 810 Brock St. S., Whitby. May 7.

### Bridge

Registration: April 27. Event location and date: Latcham Centre, Queen St., Port Perry. May 11.

### Eucre

Registration: April 28. Event location and date: Uxbridge Seniors, Marietta and Parkside, Uxbridge. May 12.

### Carpet Bowling

Registration: April 29. Event location and date: Ajax Senior Centre, 46 Exeter St., Ajax. May 13.

### Darts

Registration: May 3. Event location and date: South Pickering Senior Centre, 910 Liverpool Rd S., Pickering. May 17.

### Bid Eucre

Registration: May 11. Event location and date: Clarington Older Adults Association, 26 Beech Ave., Bowmanville. May 25.

### Shuffleboard

Registration: May 14. Event location and date: Ajax Senior Centre, Exeter St., Ajax. May 28.

### Lawn Bowling

Registration: May 18. Event location and date: Pickering Lawn Bowling Club, 910 Liverpool Rd. S., Pickering. June 1.

### Golf

Registration: May 24. Event location and date: Harmony Golf Course, 1000 Bloor St. E., Oshawa. June 7.





# CLASSIFIEDS

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Pickering Or Ajax Call:  
**905-683-0707**

**Ajax News Advertiser**  
130 Commercial Ave., Ajax  
Hours: Mon.-Fri 8:00-5 p.m.  
Closed Saturday

E-Mail Address: [classifieds@durhamregion.com](mailto:classifieds@durhamregion.com) Call: Toronto Line: (416) 798-7259 Now when you advertise, your word ad also appears on the internet at <http://www.durhamregion.com>

**500** career training    **500** career training    **500** career training

## Accounting & Payroll

Are you looking for **MORE than a Job?**

Invest in becoming a Professional! Develop the skills required to work as a Member of the Accounting Profession.

Upon successful completion you may find Employment in:

- Accounts Payable-Receiveable
- Credit Office / Bookkeeping
- Payroll Administration

419 King Street W. Oshawa Centre  
**905.723.1163**

## Community/Social Service Worker

Are you looking for **MORE than a Job?**

Invest in becoming a Professional! Develop the skills required to work as a Member of the Social Service Profession.

Upon successful completion you may find Employment in:

- Women or Youth Shelters
- Correctional Facilities
- Addictions, Group Homes
- and more

419 King Street W. Oshawa Centre  
**905.723.1163**  
Visit: [www.trilliumcollege.ca](http://www.trilliumcollege.ca)

## Dental Chairside Assistant

Train for an exciting and creative career in the dental health field, helping people and making a difference.

Program Overview:

- Anatomy & Histology
- Pharmacology
- Radiology (H.A.R.P.)
- Preventive Dentistry
- and more

Apply for a position in:

- General or Specialized Practice
- Public Health
- Dental Sales & Administration

**(905) 723-1163**  
419 King Street W. Oshawa Centre  
Visit: [www.trilliumcollege.ca](http://www.trilliumcollege.ca)

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## Web Developer and Designer

With offices in Oshawa, [durhamregion.com](http://durhamregion.com), a Metroland property, is Durham Region's premier community portal. Passionate and highly competitive, you will lead technical development of new services, enhance and maintain current services, and function as a local technical consultant. A strong multi-tasker, you take pride in delivering projects, with high-quality functionality and aesthetics, on time. You have proven expertise in: PHP/MySQL application development, HTML/XML, interface design and usability, graphic design, JavaScript, Photoshop, Illustrator and Dreamweaver. You have strong working knowledge of Web hosting, security issues and online transactions. Solid communication skills and a love for assessing new technologies are huge assets.

The successful candidate will become part of an exciting, local online team. Aggressive remuneration package and flex hours are available. Send your resume (in Word or PDF format), and a list of recent sites for which you had primary development responsibility, to: Todd Blayone, Manager Web Publishing ([tblayone@durhamregion.com](mailto:tblayone@durhamregion.com)).

Only those selected for an interview will be contacted.

**durhamregion.com**

**505** careers    **505** careers    **505** careers

Sobeys Inc. is a leading national food distributor committed to building sustainable worth for its customers, employees, franchisees, suppliers and shareholders. We feature stores under the banners of Sobeys, IGA, Price Chopper and Commisso's.

We currently have outstanding opportunities available for:

### Operations Supervisors

At our Whitby Retail Support Facility

In this highly proactive role you will be accountable for the execution of daily warehousing operations through strategic planning and the effective supervision of a unionized workforce, delivering exceptional customer service-always Ready to serve.™

You will be responsible for ensuring a positive, safe and healthy work environment by ensuring our facility exceeds Operational, Health and Food safety standards.

Successful candidates will have a minimum of 3 years of experience as an Operations Supervisor in a unionized environment with demonstrated business and team management skills. You must possess the ability to be an exceptional motivator and communicator who is committed to developing your employees. Interpersonal and organization skills are a must to ensure your success.

We offer a competitive salary and bonus plan, together with a comprehensive benefits program including pension and profit sharing. Shift and Weekend work may be required.

Are you up to the challenge? If so, please forward your resume and salary expectations to:

**Sobeys Ontario**  
6355 Viscount Road Mississauga, Ontario. L4V 1W2  
Email: [ontario.resumes@sobeys.com](mailto:ontario.resumes@sobeys.com) No phone calls please.

We thank all applicants however only those selected for an interview will be contacted. We are an equal opportunity employer.

Next Start Date  
May 3, 2004

### NETWORK ADMINISTRATOR Diploma Program

Top individual IT skills for 2004 include:

- 1) TCP/IP
- 2) Windows XP
- 3) Windows 2000/ME
- 4) Security Skills
- 5) Microsoft SQL Server

"Quoted from 2004 IT Labour Market Data collected in part by Information Technology Association of Canada."

Trillium College Information Technology graduates are in demand.

Over 90% of our class of graduating IT students are now employed in their field of study.

Call to book an appointment with one of our experienced education registrars.

**905-723-1163**

Due to growth, **StonCor Group**, a Fortune 500 Company, has an immediate opening for an energetic, hard working professional

### Marketing Assistant

- 3+ years marketing exp. with a proficiency in a Microsoft Office environment (Word, Excel, Powerpoint, Quark and Photoshop)
- Outgoing personality, creative, team player, detail-oriented and ability to multi-task is a must.
- Marketing Diploma or related discipline is an asset.

**This is a 3 month contract position, leading to full-time for the right individual.**

Forward your resume today to:

**StonCor**  
95 Sunray Street, Whitby, ON L1N 9C9  
Fax (905)430-0318 or  
email [dsandrelli@stoncor.com](mailto:dsandrelli@stoncor.com)  
visit our website at [www.stoncor.com](http://www.stoncor.com)

### COMPUTER NETWORKING INSTRUCTOR WANTED.

Must have A+, CCNA, MCSE. Please email resume to Durham College: [colin.mccarthy@durham.on.ca](mailto:colin.mccarthy@durham.on.ca)

**509** drivers    **509** drivers    **500** career training

### LOCAL AZ DRIVING POSITIONS HARMAC TRANSPORTATION INC.

A recognized leader in the Liquid Bulk Transportation Industry has currently has **IMMEDIATE** Openings for Class AZ licensed drivers, in our **Petroleum Division**.

**We Offer:**

- Local Routes, out of the GTA region
- Competitive Compensation Package
- Comprehensive Group Insurance
- Safety Bonus paid twice per year
- Uniform and boot allowance
- Lucrative Signing Bonus

**Requirements:**

- Class AZ License
- Clean Abstract, Criminal Search, CVOR
- 2 Years Verifiable Driving Experience
- Pre Employment Drug Screen
- Professional Attitude,
- Petroleum experience-a definite asset

Qualified Applicants should Contact Jeff at **(416) 642-0515** or **(800) 828-6615 ext. 3050**. Fax Resume CVOR, Abstract, and Criminal Search to **(416) 642-0933 "Driving Safety in 2004."**

## AZ/DZ HIGHWAY DRIVERS

### Albion Hills Industries Ltd.

**We Provide:**

- Late Model Equipment
- Satellite Dispatch
- Excellent Maintenance Program
- 24 Hour Dispatch
- Competitive Pay Package
- Benefit Package
- Weekly Pay-Direct Deposit
- No NYC
- No Slip Seating
- Home Every Weekend

**We Require:**

- Valid AZ/DZ License
- Clean Driving Abstract
- Professional Attitude

We are a Whitby, Ontario Based Carrier specializing in expedited service to and from the U.S.

**For More Information Please call 905-665-6752 or email: [recruiting@on.aibn.com](mailto:recruiting@on.aibn.com)**

**510** general help    **510** general help

**\*\*\*STUDENTS WANTED\*\*\*** 2 to 3 weekday evenings and 1 full day on weekends. Must be reliable. Cash paid daily. Call 905-571-9358 leave message or 905-809-1087 after 6 p.m.

## Salon Concepts

Salon opportunity now available in the Durham Centre, Ajax. We are presently seeking an artistic team of highly skilled and professional: **HAIRSTYLISTS**

Come see the latest in Salon Design. At Salon Concepts Spa, we encourage your creativity and ongoing technical training, in a bright, friendly atmosphere. Call **(416)571-8367**

## CNC Set up Personnel and Operators

A fast paced growing CNC machining Facility is looking for hands on individuals who work with a sense of urgency to get tasks done.

**Candidates should have the following credentials:**

- a minimum 5 years experience and responsibility for CNC Set ups and First Off approval
- understanding of 2-7 Axis Multi task machining
- good communication skills to interface with Employees

Qualified candidates send resume to:  
**Jebco Manufacturing Inc.**  
PO Box 303  
Colborne, Ontario  
K0K 1S0

Or email at [jebco@eagle.ca](mailto:jebco@eagle.ca) **NO** phone calls please

**500** career training

Ajax Manufacturing Facility requires **Full-Time Order Desk Clerk**

Duties include inventory control, purchasing. Excellent telephone manner and computer skills required.  
**Starting salary \$26,000.**

Please send resume to: **File #986**  
P.O. Box 481, Oshawa, ON L1H 7L5

**CLASS D, F AND Z** Endorsement training at Durham College Whitby. Job opportunities for graduates. Call now and reserve your seat. Completion could take less than one month. 905-721-3368 or 905-721-3340.

**COMPUTER COURSES** at Durham College. MICROSOFT CERTIFIED SYSTEMS ENGINEER, MICROSOFT OFFICE, CONA, A+, MCSA. Changing career path? Train at top rated Durham College in 100% instructor led courses. Full/Part time available. Funding through EI/OSAP/WSIB to qualified. These certifications are highly sought after skills in today's environment. Call Colin McCarthy 905-721-3336 [www.durham.on.ca](http://www.durham.on.ca)

**505** careers

**\*\*SPORTS AND MORE\*\*** Tired of \$10 hr? New company in Oshawa in seek of 11 account managers, as well as administrators. \$500 to \$550 week starting. No telemarketing or hard sales. Call Calen - Tyler@ (905) 571-3260.

**LEARN REFLEXOLOGY** Certificate Courses. May 22-23 5500. Early enrollment savings. Approved by Ministry Education and H.R. Canada. Aromatherapy Massage June 12-13 (905)809-5926

**PRIMERICA JOBS.** An opportunity awaits you at Primerica. If you like Sales while helping yourself and others to financial freedom call Danny now 416-918-3520 to enroll in classes.

**509** drivers

### TAXI DRIVERS WANTED

Full-time & Part-time in Ajax area  
**905-683-5570**

**510** general help

**\$\$\$ PAID WEEKLY!!** Company needs part-time/ full-time help processing unclaimed bank accounts. Call 1-866-883-0780, 24 hours.

**ACTING AGENCY** for actors located in downtown Toronto seeks career minded agents assistant. Excellent opportunity for growth and advancement. Willing to train. Call 416-536-6939

**ACTOR/ MODELS-** Film & advertising industry is booming. Scouting new people (no experience needed) with all looks, shapes and sizes (newborn to senior) for Commercials, Movies, TV, Catalogues. StarQuest Model & Talent Search will be holding auditions in Oshawa, The Holiday Inn, 1011 Bloor St. East on Friday April 30th. Arrive anytime from 5-8 pm. Registration fee of \$39 + GST. Refundable if you do not qualify. StarQuest is not a school or agency. [www.starquest-talent.com](http://www.starquest-talent.com)

**ADVERTISING SALES REP.** Ajax publisher seeks an experienced ad sales rep. for trade magazine. Candidates should have a proven sales record in trade publishing. Email resume to Mr. R. Hurst, at [rhurst9119@rogers.com](mailto:rhurst9119@rogers.com)

**AIR DUCT CLEANER** with experience required immediately for Pickering-based company. Must have clean drivers licence & good knowledge of GTA. Hourly rate. (416)293-1800

**AZ DRIVER,** 3 years flatbed/tandem to multi axle/tarping/u.s. border crossing experience. Trips locally and through Central and Eastern Canada/U.S. Clean driving record. Fax resume to (905) 430-7956 or call Laure at (905) 430-8191 or 866-850-1250.

**BELLA NOTTE Restaurant** requires experienced cooks, dishwashers & wait staff. Apply in person with resume Monday - Friday after 2:30 p.m. 3570 Brock St. N., Whitby.

**CASH DAILY.** Positions avail. in Set-up Display, Marketing, Customer Service & Inventory Control. Call Amanda 905-571-7346

**CLEANER** required full-time day shift Monday-Friday in the Ajax area. Valid drivers license required. Must be a team player and motivated. Please call (905)683-7515

**COOKS AND LINE COOKS** required full and part time. Competitive wages. Bring resume to: East Side Maños, (Taunton & Harmony) Oshawa between 1-4 p.m.

**510** general help

**DURHAM EMPLOYMENT SERVICES PRESENTS...**  
**Parent Information Night**  
 Date: Wednesday, April 21, 2004  
 Time: 6-7pm  
 Location: YMCA Youth Foyer  
 1550 Kingston Rd., Unit 7  
 (in First Pickering Place strip mall, at the intersection of Valley Farm Rd.)  
 Telephone: (905) 686-7060

Light refreshments to be served  
**Call now to register!**

**Attention Parents of Job Searching Youth!**

Are you the parent of a youth 15-30 who needs a job, but doesn't know where to go for help?  
 Do you want to help your youth but don't know what resources are available to help in the job search process?  
 If this sounds like you, come to our **Parent Information Session** and find out more about how **YMCA Durham Employment Services** can help your youth find a job!  
 This project is funded by the Government of Canada  
 Ontario United Way Canada

**DURHAM WIDE EXPANSION**

**DURHAM REGIONAL PROTECTION**

**IMMEDIATE OPENINGS**

In customer service, sales, labour & office work  
**\$3000 per month performance guar.**  
 No experience necessary, benefits. Company vehicle and/or transportation available for qualified applicants.  
 Must be available to start immediately.  
**Call 905-434-6149**  
**Sat & Sun 10-2, Monday 9-9**

**HAIR FITNESS INC.**

Come join a winning team of great hair stylists. We offer: above competitive wages, incentive programs, advanced training, paid vacation & much more! If you are an experienced hairstylist and looking for a friendly bright atmosphere give us a call  
**(416)571-8367**  
 Positions available in Ajax & Oshawa

**OUTSIDE SALES**

Expanding Oshawa Office has several positions available for motivated, enthusiastic people.  
 \$420 - \$700 plus per week.  
**CREW MANAGERS** with own reliable car also required \$900-\$1500/week  
**(905)723-6900**

**GARDEN CENTRE MERCHANDISERS**

Needed for busy Oshawa, Whitby, Ajax locations. Experience preferred.  
**SUPERVISOR POSITION** also available for Durham Region. Must have product ordering & merchandising experience.  
**Apply today at: www.horta.ca**

**535** hospital / medical dental

**EXTENDICARE**  
**RPNS OR NEW GRADS**  
 (Pending registration.)  
**Required Immediately**  
 Part-time & Casual  
 Please forward resume to:  
**Virginia Comandante**  
**Extendicare Oshawa**  
**82 Park Road north**  
**L1J 4L1**  
**Fax: 905-579-1733**

**510** general help

**CULLEN GARDENS REQUIRES** high-energy individuals for new concept restaurant: line cooks, pantry, servers, hostesses, bartenders. Also need experienced gardeners for grounds. Fax resume to (905) 668-0510

**DISPATCH POSITION** - Oshawa location. International and domestic flatbed experience required. Excellent telephone and communication skills an asset. Fax resume to: 905-436-5364.

**EL RANCHO** Restaurant is looking for waitstaff, experience a must. Also Dishwashers, Line Cooks. Drop resume 3500 Brock St. N. Whitby (north of Rossland)

**HOUSECLEANERS WANTED** - Part-time days, Monday to Friday, \$9/hr, experience helpful. Call 416-818-0452.

**510** general help

**EXPERIENCED** concrete finishers/concrete stamping wanted for Durham Region. Also concrete estimates and laborers. Call 905-720-0777.

**EXPERIENCED PHOTO LAB** Technician with computer experience. Previous retail experience an asset. Drop resume off at: Rapid Photo, 243 King St., Bowmanville Mall, or fax to: 905-697-3808

**FIRE YOUR BOSS.** Turn your PC into a business and work from home. FT & P/T now available. www.fromhome2wealth.com or 1-800-873-7361.

**FULL & part-time positions.** Ajax. Must be available days, evenings & wknds. Retail or pool/spa experience an asset but not req'd. Will train. Fax resume: 905-886-3146

**525** office help

**INVOICING / A/R CLERK**  
**Requirements**  
 ● Min. 3 yrs. related experience  
 ● Min. 3 yrs. collections experience  
 ● Min. 1-2 yrs. experience with ACCPAC for windows  
 ● Strong written and verbal communication skills  
 ● Ability to work independently  
 ● Computer literate (Microsoft Word & Excel)  
 ● Proven organizational skills  
 ● Good decision making and problem solving skills  
**Please forward resumes to: aforma@innovativecompany.com**

**530** sales help & agents

**Myron** is a world leader in imprinted promotional material. We have been in the business of helping our clients grow their business for over 50 years. Over the next couple of months we will be hiring for:

**Business To Business Outbound Sales Representatives**

**We offer:**  
 ● Base plus Commissions plus Bonuses with a minimum Guaranteed Rate of \$14/hr  
 ● No cap on earnings  
 ● Full time, Monday to Friday 9:00 A.M. to 5:00 PM  
 ● Comprehensive Benefits Package  
 ● Paid Training - Modern office facilities including Employee Gym  
 ● Company paid Parking and other Great Perks  
 ● Located in N. E. Corner of Scarborough with easy access by Highways and TTC  
 ● Fast paced sales environment

**We require:**  
 ● Motivated and progressive entrepreneurial individuals  
 ● Excellent English language skills, both verbal and written  
 ● Competent basic computer skills  
 ● Strong negotiating and closing skills  
 ● Professional and courteous telephone skills

Qualified candidates interested in rising to the Myron Challenge are urged to forward their resumes by email to: **hrca@myron.com** or by fax to **416-291-8786** or call our recruiting hotline @ **416-291-1834 ext. 599**

*Myron encourages all qualified applicants to apply. However, only those who are being considered for an interview will be contacted.*



**510** general help

**NO TELEMARKETING!** We have unlimited opportunities! Fast growing marketing company in seek of trainees for our 3 - 6 month training program. Join the team, students welcomed. Ask about scholarship programs. Call Denise Marks @ (905) 571-7346

**NOW SELECTIVELY HIRING** Female Companions for very busy Escort Referral Booking Agency. Must be sexy, 19+, transportation and child care provided. Cash paid nightly. Minimum \$800-\$1200 weekly. Call for interview 905-434-7128.

**Order Takers/ Enumeration type work**  
 \$20/hr avg  
 Bonuses Available  
 Full training provided!  
 Call Tom at **905-435-0518**

**PART-TIME** help required for cafeteria. Starting \$7.50/hour. Call (905)683-2052 ext 396 between 6pm-8pm.

**PEOPLES TAXI** - Taxi drivers, Dispatchers & Mechanics needed immediately for fast growing company. Male or female, part or full-time. (905)427-7770

**PRIMERICA**, A member of Citigroup, the largest financial services company in the world. Financial services is the number one industry - career choice, offering unlimited earnings potential. You could be part of this. As a representative of our company you will possess a winning attitude, be hard working and dedicated to helping our clients in all aspects of their financial wellbeing. We offer full training to licensing by the Province, experience not required. If you are currently licensed, tired of quotas, been downsized or not reaching your full potential, I would like to talk to you. This is an exciting career with a dynamic company. Fax resume to 905-436-5876 or call Jill Roberts at 905-436-8499 ext 117.

**HAIRSTYLISTS** wanted for busy Ajax/Pickering hair salons. Hourly, profit sharing, paid birthday & holidays, also benefit pkg. Advanced training provided. Please call Tracie at 905-683-3650

**HOMEWORKERS** needed!! Assembling Products- Mailing/Processing Circulars- PC/Coupon Processor Program. No Experience Needed! Free Information: www.workfromhomeconnection.com or send S.A.S.E.; QSEI, 111-336 Yonge St., Relephant #7-107, Barrie, ON, L4N 4C8. (705)726-9070

**INTERLOCKING** and landscape person with valid drivers license required for work in the Durham area. Some experience required. Fax 905-404-6572

**LIFESTYLES HEALTH** and Fitness is looking for experienced highly motivated individuals for membership sales & personal training sales. Bring resume to: 164 Baseline Rd. Bowmanville, ON. (905)697-3104

**525** office help

**Registration Officer**  
 Positions Required  
 \$20.00/hr Avg.  
 We Train You!  
 Call Arron  
 (905) 435-0280

**530** sales help & agents

**WEST INDIAN COOK** specializing in Rottis, Curries (doubles), and wait staff needed immediately. Oshawa restaurant. Full-time position available. Please call June (905)728-8771 or 416-414-3953.

**RECEPTIONIST NEEDED.** Busy model and talent agency is hiring full time receptionist immediately. Must have prior experience and own car. Be reliable and organized. 416-482-5392

**NO LAYOFFS!** \$300 guaranteed plus bonus. Oshawa wholesale company is expanding its product line. Immediate positions for Office, Sales, Marketing & Entry Level Management. 26 openings must be filled this week! Call Jeff 905-571-6444

**RECEPTIONIST NEEDED.** Busy model and talent agency is hiring full time receptionist immediately. Must have prior experience and own car. Be reliable and organized. 416-482-5392

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**535** hospital / medical dental

**OAKWOOD RETIREMENT COMMUNITIES**  
 Oakwood is a dynamic and innovative organization committed to the highest standards of seniors' care in Ontario and is currently hiring for its Whitby location, The Village of Taunton Mills.  
**KINESIOLOGIST**  
 This position is responsible for maintaining the company Functional Abilities Program focused on enhancing the quality of life and level of independence of residents and designing and implementing innovative exercise, cognitive, and behavioural management programs with individual residents and monitoring the performance of residents in these programs.  
 Applicants must have a degree in Kinesiology with a focus in exercise rehabilitation and psychological and/or movement assessment. Enthusiasm and the motivation to develop innovative assessment and treatment programs is critical. Applicants must have superior communication, time management, and interpersonal skills. Previous experience working in a long term care facility is an asset.  
 Apply with resume and cover letter to:  
**Joyce Birnstihl, Manager, Human Resources**  
**Oakwood Retirement Communities Inc.**  
**460 Frederick Street, Kitchener, ON N2H 2P5**  
**Fax: (519)571-0947**  
 We thank all interested candidates, however, only those selected for an interview will be contacted. No telephone inquiries please.

**510** general help

**Still Job Searching?**  
 Age 16-24? Out of school & work? and not eligible for E.I.?  
**Job Connect works so you can too! Call us!**  
 Ajax 905-427-8165  
 Whitby 905-666-8847  
 Oshawa 905-579-8482  
 Bow. 905-623-6814  
 www.jhsdurham.on.ca  
**Job Connect is Funded by the Government of Ontario**

**SUPPLEMENT YOUR** family income while serving your community. Positions available for a Welcome Wagon representative in Whitby, Oshawa, Port Hope, Cobourg, Courice and Bowmanville. A car, computer with e-mail essential. Outside sales background an asset. E-mail your resume to: gyork@cocego.ca Visit our website: www.welcomewagon.ca

**SWIMMING POOL & landscape** construction company requires experienced pool installers and experienced landscape construction person. Knowledge of PISA and interlock required. Own transportation. (416)937-9219, (905)831-1860

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**2 ENERGETIC** summer students needed for odd jobs and garden work. Location: Falby Court, Ajax. For appointment call (905)683-8347

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**1-BDRM bsmt, separate entrance,** Brock/Pickering Pkwy, avail. immediately. \$790/mo inclusive. First/last, no smoking/pets. Students welcome. Michael (905)683-8607 or (416)821-8185

**1-BEDROOM APT.,** main level of house, Oshawa hospital area. Quiet, very private, suits 1 person, no pets. First/last, references. Private entrance, \$600 all inclusive. Immediately. (905)434-2914

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**101 SIMCOE ST. N., Oshawa** - Large 3 bedroom 2 storey town home suites with full bathrooms, available for rent. Private fenced yards with mature trees. \$939.00 per month. Call (905) 579-7649 for an appointment.

**2 BDRM.** - Newly decorated, Russett Ave. Simcoe N., \$870 Good location, quiet well maintained quiet 12 plex. Nice neighbourhood, close to shopping, bus, utilities, heating, cable, parking included, Laundry facilities. No dogs. (905)576-2982.

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**AAA Apartments,** luxury 1, 2 and 3 bedroom, available May or June, some with balcony, Oshawa Centre area. Between \$735-\$1000 inclusive. (905)723-0038 or (905)720-0228.

**AJAX & WHITBY** - Immaculate 1 bed. basement apt. Sep. entrance, single professional preferred. No smoking/pets. Appliances, parking, \$750/inclusive first/last. Avail. May 1st. Call 905-571-5784.

**AJAX** - Large 2-bedroom available May 1, in clean, quiet bldg. \$1000/mo inclusive with parking and new appliances. 905-426-1161

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**AJAX** - Oxford Towers. Spacious apartments, quiet bldg, close to shopping, GO. Pool, sauna. 2 and 3-bdrms \$965/1065, available immediately(3-bdr). May/June 1st. (905)683-8571 or 905-683-8421.

**AJAX** Old Harwood north of Hwy 2. 1 bedroom large, new very bright basement with walkout. No pets/smoking. Utilities included. Avail May 1st. First/last. (905)427-5426

**AJAX** one-bedroom basement apt furnished, cable, private 4-pc bath, parking, laundry, a/c. suits single business person. References, first/last. Hours for viewing between 9-3pm \$700-inclusive. 905-426-7824

**AJAX,** 2-bedroom basement apt. Large, bright, 4 appliances, parking, close to schools, shopping. \$800/mo + 1/2 utilities. Avail. May 1st. Call Richard - Days 416-866-7864 Eve/wknds 905-686-9662

**AJAX,** legal, clean one bedroom basement apartment, Bayly/Harwood, no smoking/pets, available immediately. \$900/mo. cable + utilities, laundry included, first/last/renter's fees required. (905)839-6514

**AJAX,** off Kings Crescent Bsmpt apt, recently renovated w/replace, private entrance, 2-parking, laundry, large yard, car, close to 401. \$725/mo. No pets. Call 905-426-4213

**AJAX/PICKERING** 1-bedroom apartment in exclusive neighborhood. Suit single person. No smoking/pets. Available April 15th. \$900/month inclusive. Call (905)428-3589

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

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**COURTICE** - Hwy 2 & Townline, large, bright, 1 bdrm bsmt apt. Fireplace, fridge, stove, parking, shared laundry. No pets. \$700/inclusive. Available May 1. Call 905-728-7791.

**DOWNTOWN WHITBY,** 2-bdrm., newly renovated, avail. immediately. \$1000/mo + hydro. Call Frank 905-668-7446

**DUNDAS/COCHRANE** - Large Multi-level 2 & 3 bedroom apt. available. Close to school/shopping/transit. Some with hardwood, freshly painted. 905-666-1525

**HILLCREST HEIGHTS** Community Living in Oshawa now has 2-bdrm units & 4-bdrm units. Avail. immediately. Hydro & parking incl. Please call 905-576-9299

**LARGE 3-BEDROOM** upper bungalow, laundry, parking, located South end, Madawaska Ave. \$1,000 first/last. Available June 1st. Call (905)571-5256 after 6pm Sunday, after noon weekdays, leave message.

**LARGE BACHELOR** apartment, open concept, Whitby (Brock and Victoria) walk from Go, bus at door \$850 per mo. Ist/last, Available May 1st. (416)238-5888.

**LARGE ONE BEDROOM** available June 1st. Sep. entrance, near Oshawa Centre/Hospital. Laundry, parking, utilities included. First/last. \$750. Call after 7 p.m. 905-725-7644.

**LUXURY SPACIOUS** 2 bdrm apts overlooking park & Lake Scugog, 5 appliances. Excellent location. Downtown Water Street, Port Perry. Call 905-728-7361 Mon-Fri 8am-5pm

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**NEWLY BUILT,** freshly painted 2-bedroom basement apt., separate entrance, includes cable, parking, laundry. No pets/smoking. First/last, references. \$925/month inclusive. Available immediately. Pickering, Brock/Hwy 2. (905)428-0632

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**NORTH AJAX,** between Westney/Harwood on Hwy#2. 2-bedrooms walkout basement apartment. Bright, clean, separate entrance. Laundry, non-smoking. Walk to school. \$800 +30% utilities. Available May 15th. Call (905)427-2098.

**ONE BEDROOM** apt for rent. Located 309 Cordova Rd., Oshawa. \$680/mo inclusive. Avail. May 1st. No pets. Please call (905) 579-2387 after 5 p.m.

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**OSHAWA** - 2 bed. apt. Fridge, stove, parking included. Private entrance. Mary/Adelaide area. Avail. May 1st. Asking \$850/inclusive. Call 905-728-3481 or 905-436-6085.

**OSHAWA** - near 401. Spacious 1 bedroom basement apt. Nicely renovated. Private entrance, all inclusive, fridge, stove, washer, dryer, cable. No smoking/dogs. \$600/mo. Suit one-working-person. Avail. May or June. 905-571-0772.

**OSHAWA** 3-bedroom, main floor of house, near lake heated shop/garage, deck, laundry facilities, shared yard, 2-parking, no smoking/pets, references, \$1100 inclusive, avail May/June 1st. 705-786-1842.

**OSHAWA APTS.,** Clean quiet newer bldgs. Bachelor, 1 & 2 bedroom includes utilities, parking, laundry on site. No dogs. (905)432-8914, (905)571-0425, or 1-888-558-2622 or 416-473-9173.

**OSHAWA** beautiful house, newly renovated, 3-bedroom main floor with deck \$1200; large one bedroom basement, fully furnished/TV, \$750 inclusive. No pets. First/last. (905)723-1926 after 8:00-pm. or leave message.

**OSHAWA HOSPITAL** - Mary/Adelaide area, 1-bedroom, upper, large, 2-levels, 6-rooms, private laundry, 2-bathrooms, 1-parking, \$800/month inclusive, 1st/last, call 905-668-8867, 9-5 p.m. &/or leave message.

**OSHAWA KING/SIMCOE** 1-bdrm apt above store, parking available, clean, high ceilings, quiet, cozy. Available immediately 416-229-0224 before 9pm.

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**OSHAWA,** 2-bdrm apts in brand new bldg, ceramics, oak kitchen, a/c, on main floor. \$950/mo + hydro & gas, avail. May 1st. Call (905)431-9717.

**OSHAWA,** 2-bedroom, avail. now Bloor/Park area. Also 1 bed. June 1st. Well maintained, Clean, quiet bldg. Near shopping, 401, Go, bus. First/last, references required. No pets. Seniors Special. (905)571-4576.

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**OSHAWA, MAY 1ST.** - newly renovated, bright, spacious one bedroom upper level, new fridge, stove, bus route, parking, separate entrance, satellite, utilities, central air included. No pets/smoking. Ist/last, \$800 per month. Available immediately. (905) 697-0915 or (905) 721-7519. Debbie

**PICKERING** - Brock/Major Oaks. Top notch 1,200 sq. ft. basement apartment, 2 parking, 4 appliances, central air, Available June 1st, \$900. (905) 428-2015.

**PICKERING** Liverpool/Bayly, large 2-bedroom basement apt., 2 min walk to Go and Town Centre, 1 car parking, \$800+1/2 utilities, non-smoking, no pets. Call (905)421-0225 or (416)574-4445

**PICKERING, 2-BDRM** bsmt, separate entrance, 4pc bath, laundry, no pets. First/last. Avail. May 1st \$1000/mo. inclusive. (905)839-5616 or 647-233-5616.

**PICKERING,** Altona/Sheppard. Large 1-bdrm basement apt. Separate entrance, laundry 1 parking. Close to all amenities. \$750 No smoking/pets. Available May 1st. Call Mr. Rizvi 905-509-6869.

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**PICKERING,** Brock/Hwy#2. Big, beautiful 2-bedroom walkout basement apartment. Bright and clean, strictly no smoking/pets. Suit working couple, references, first/last, \$825/inclusive. Immediately. 905-686-1650.

**PICKERING,** Very nice area. bachelor apt. with private entry, own laundry room, nice kitchen and bathroom. Suit female non-smoker. Available immediately. \$595+cable. 905-831-6311.

**PICKERING,** Major Oaks/Brock. 2-bedroom basement apartment, \$775/month plus utilities, available May 1st, first/last required. Separate entrance, parking, appliances/laundry. No smoking/pets. Call (905)428-9361.

**PICKERING,** near Pickering Town Centre, one bedroom basement apartment, \$750, or \$775 with laundry. Absolutely no pets/smoking. Avail. immediately. Telephone 905-420-2729 or 416-219-7339.

**PICKERING,** Valleyfarm/Hwy#2. Large bright 1 bedroom basement apartment. Separate entrance, 4pc bath, hardwood floors, laundry, parking. \$800/inclusive, available May 1st. Call (905)839-2885.

**PICKERING-LUXURY** Basement 2 bedroom, 2 bathrooms, fireplace, huge kitchen, very spacious, high ceilings, exclusive area. No smoking/pets., 1-parking first/last/security-deposit, \$1100. includes cable. (905)619-9176

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**WHITBY** Place, 900 Dundas St. E., One and two bedroom units available, park like setting, close to downtown, low rise building, laundry facilities, balcony, parking. (905)430-5420. [www.realstar.ca](http://www.realstar.ca)

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**WHITBY,** Garden/Rossland. 2 bedroom, 2-bath, solarium, laundry, appliances, underground parking. Available May 1st, \$1150/month. All inclusive. Call (905)665-7149

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**2-BDRM HOUSE,** fin. bsmt. Simcoe/Taunton, Oshawa. Avail. immediately/May 1st. \$825/mo + utilities. Call (905)479-0008

**3 BEDROOM HOUSE** for rent, \$1225+utilities. No smoking/pets. Shared parking + laundry. Ajax. Available immediately. Call (905)893-7384 or 416-577-5917 or 416-577-6680.

**4-BEDROOM DETACHED,** 5 appliances, double car garage, laundry, a/c, fireplace, fenced backyard, 2-1/2 baths. No smoking/pets. \$1500 plus 2/3 utilities. Available immediately. Hwy 2/Church, Ajax. (905)837-0632

**687 KING ST. W. OSHAWA** - 3 bedroom semi detached house, fenced, available immediately, \$950 + util, first/last, parking, Prime area near Oshawa Centre. No pets. 905-668-1946.

**A LOVELY** 3-bedroom home on a quiet street in South Ajax. \$1150/month, available July 1st. 905-426-8524.

**AA CHARMING SEMI,** available in Oshawa. Close to all amenities, private laundry \$975 plus utilities. Available May 1st. (905)665-3242.

**AJAX,** Westney/Rossland. 3 bedroom, 3 bathrooms, familyroom, fireplace, walkout to new deck. C.A.C. - upper two floors, approx. 1800sq. ft. \$1400 + 2/3 utilities. 905-420-5789 or 647-271-6660.

**AJAX,** Immaculate, detached home, 4BR's, 2 baths, LR./DR. Fireplace, Family room, Lg. Rec room, fenced yard. 5 Appliances. \$1,600.00 plus. Available May 1st. Call Julie Trebilcock Re/Max Quality One Ltd. 905-683-5000.

**AT ROSSLAND/THICKSON** - 4 bedroom house, double garage, basement not included. References. \$1,400 mo. plus utilities. May 16th. Ist/last. Tim Webster, Sutton Group Heritage (905) 619-9500.

**BEST DEAL** in Whitby - 3 bedroom, 1500 sq. ft. on quiet court, hardwood floors, finished basement, garage deck, A/C and major appliances. \$1,350 plus hydro, no parking. Available July 1st. (905) 668-2375.

**BOWMANVILLE N/E** - 3 bedroom country home on 3/4 acre, overlooking countryside, freshly painted with new flooring, 2 washrooms, utilities included, washer, dryer, new fridge and stove. \$1,395 (905) 432-4094

**OSHAWA** - 3 bdrm bungalow, near OC, hardwood throughout, nicely decorated, new paint. \$1300/Utilities. First/last. No smoking. Available May 1. Call 905-728-2826 after 4 p.m.

**OSHAWA, KING/WILSON.** Available May 31, 3-bedroom upper level of bungalow, recently renovated, C/Air, laundry, cable, utilities included, no smoking/pets, \$1200/mo.

310 articles for sale

310 articles for sale

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

NorthSheds Rustic Pine Garden Sheds 8'x8' for \$1,495... includes delivery, on site installation, solid pine walls, floor & roof, door, 2 windows with boxes, choice of stain & shingle colour. All sizes up to 12'x16' Call Brad at 905-473-9759, 1-877-876-2765 www.northsheds.ca

BEDROOM SET, cherrywood, bed, chest, dresser, mirror, 2 night stands. Dovetail construction, never opened. In boxes. Cost \$9,000 Sacrifice \$2,400. (416) 748-3993

NEW DANBY APT sized freezers \$199. New Danby bar fridges, \$139/upt. Also, variety of new appliances, scratch and dent. Full manufacturers warranty. Reconditioned fridges \$195/upt, reconditioned dryers \$125/upt, reconditioned washers \$199/upt, new and reconditioned coin operated washers and dryers at low prices. New Danby Frost-Free Apt. size fridges \$399., new 30" ranges with clock and window \$430. 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

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215 campers, trailers, sites

285 health & homecare

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

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

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CARPETS SALE & HARDWOOD FLOORING: carpet 3 rooms for \$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

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PIANOS & CLOCKS - Spring Sales Arrived - on Roland digital pianos, Samick pianos, also sale on Howard Miller clocks. Large selection of used pianos (Yamaha, Kawai, Heintzman, etc.) Not sure if your kids will stick with lessons, try our rent to own. 100% of all rental payments apply. Call TELEP PIANO (905)433-1491. www.Telep.ca WE WILL NOT BE UNDESOLD!

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705 handyman 705 handyman

232 boats & supplies

294 psychics

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

18 FT. FIBERGLASS run-a-bout, 8 ft. beam, 120 hp. I/O on a duel axle trailer. Also 2 Canon electric downriggers. Call George at 905-720-0306 for more info.

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COMPUTERS: BITS AND BYTES Computer Services. Complete systems, Internet ready: P2/350 only \$209; P3/450 only \$279. Other systems available. CD-RW upgrade only \$50. Interac, Visa & Mastercard accepted. Layaway Plans. 27 Warren Avenue, Oshawa (1 block East of Park & Bond). www.bitsandbytes.com Call 905-576-9216.

RECLAIMED BRICKS - barn-board, applewood, black walnut, red oak planks; T.J.I. floor joists, roofing steel, old windows. Call Wiebe, after 6 p.m. 905-697-0367.

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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.

705 handyman 705 handyman

234 pools & supplies

305 poultry & livestock

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

POOLS - 20' rectangular above ground Kayak Pools with decking/fencing, 25 Year Warranty. \$5,995.00 Call 1-800-668-7654 www.kayakpools.ca

SPRING Classic cataloged HORSE SALE for top quality riding horses. Saturday, May 8 at 10:00 am. Kingston Stock Yard. 613-548-8218. Catalog deadline April 15.

FOR SALE - super single bed with mattress, bed storage and bookcase headboard (complete bed) medium oak stain \$100. Dresser to match (excellent condition) \$80. Call Teresa at 905-260-3324.

Formal Oak 10-pc diningroom \$1400. Girls 5pc bedroom \$340; twin bed \$150; boys bedroom (blue) \$450; solid maple oak pedestal 4 chairs \$350; loveseat/chair \$1400; 25" TV 3-yr \$175; small freezer 1 yr \$175; washer & dryer 4-yr \$400. (905)260-1236

SPECIAL Occasions Rentals. Party tent, dunk tank, jumping castle, various video games, pinball machines, Crown & Anchor, Black-jack Tables, Slot machines & pool tables for all occasions. Biggun Amusement & Promotions. 905-429-1013

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TIRES - Major Brands, Wheels, Brake-jobs, great prices. P155/80R13 \$39. P185/70R14 \$44. Brake-jobs \$79 & up. (905)668-3793. 111 Industrial Dr, Whitby, Town Tire.

705 handyman 705 handyman

265 lost & found

310 articles for sale

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

LOST CAT - female, one year old, black and white long haired, long slender body, Bayly/Harwood area. 905-431-3844

LEATHER jackets 1/2 price, purses from \$9.99, luggage from \$29.99, wallets from 9.99. Everything must Go! Family Leather, 5 Points Mall, Oshawa (905)728-9830, Scarborough (416)439-1177.

Formal Oak 10-pc diningroom \$1400. Girls 5pc bedroom \$340; twin bed \$150; boys bedroom (blue) \$450; solid maple oak pedestal 4 chairs \$350; loveseat/chair \$1400; 25" TV 3-yr \$175; small freezer 1 yr \$175; washer & dryer 4-yr \$400. (905)260-1236

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705 handyman 705 handyman

268 personals

310 articles for sale

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

268 personals

310 articles for sale

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

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2001 YAMAHA GRIZZLY Ultra-matic, 2000lbs steel weight \$2,000. Call 905-436-3949

A DININGROOM, 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

A-1 CARPETS, CARPETS, CARPETS! 3 rooms installed with pad from \$269 (30 yds.). All Berber carpets on sale now! Free upgrade to 12 mm premium pad with every installation, 20 oz Berber carpet starting at 0.69 sq. ft., carpet only. Lots of selection for every budget. Three month equal payment plan available. Free in home quote. SALLIAN CARPETS at 905-242-3691 or 905-373-2260, 1-800-578-0497.

ACCURISER - Blood Stimulator Circulation Massager. 15 min. Accurising = 5 km. walk. It's easy! Easy for everyone. Be healthy & stay healthy by Accurising. Call Barbara 905-985-9020.

710 painting & decorating 710 painting & decorating

268 personals

310 articles for sale

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

DATING SERVICE Free Browsing, FREE for women meeting men. Durham & Beyond, telephone Voice ads & internet ads combo. (905)683-1110 for voice ads. www.911dating.com for internet ads.

MALE, white, widower, non-smoker, 190 lbs. 5'6", past 70, but what is age, it's how young you feel. Looking for loving single white female, non-smoker, understanding and sincere, enjoys movies, quiet evenings, social drinker, maybe 7 days vacation to get to know one another. Mail to: 2 Lotus Rd. RR#2 Pontypool, Ont. L0A 1K0.

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MOVING SALE! 2-family rooms: sofa, 2-recliners, dark-pine coffee table, matching end tables, 2-lamps. Office wall units dark pine matching desk. Call 905-576-3636.

MOVING SALE, 2 Ikea Poang chairs, Ikea Nikhkas shelving units, desk, vanity dressing table w/glass, decorator tables, glass shelves (46x14x1/2) cracked ice. 4 wicker chairs. (905)426-3955

710 painting & decorating 710 painting & decorating

268 personals

310 articles for sale

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400 cars for sale

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700 home improvements

700 home improvements

LIVE CHAT!

ALL NEW QUEEN orthopedic mattress, cost \$1000, sell \$275. Call 905-213-4669.

ALL SATELLITE SERVICES. Amazing Electronics, 601 Dundas St. W. Whitby. Call (905)665-7732

APARTMENT SIZE dryer, good working condition, \$50. Call 905-721-1633.

APPLIANCES - fridge, 2 door frost free, deluxe 30" stove \$475/upt, washer/dryer, heavy-duty, deluxe models, \$275/pr or 675/all; immaculate condition. Large capacity washer, \$275; dryer, \$200 or \$475/pr, used 2 yrs. 905-925-6446 (Oshawa)

APPLIANCES, refrigerator, stove, heavy duty Kenmore washer & dryer, apartment size washer & dryer. Mint condition. Will sell separately, can deliver. In-home Appliance Service also available. Call (905)839-0098

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

BUNK BED, oak, still in box. Cost \$850, sell \$395. 1-905-213-4669.

268 personals

310 articles for sale

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400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

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736 tree service 736 tree service

268 personals

310 articles for sale

310 articles for sale

310 articles for sale

400 cars for sale

400 cars for sale

400 cars for sale

700 home improvements

700 home improvements

WANTED: bedroom furniture with or without box & mattresses. Dining room furniture. Oak or maple kitchen furniture. Living room groups sofa, loveseat, chair, any other combination. Newer appliances or TV's. Will pick up and pay cash. (905)260-1236

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**753** party services

**753** party services

**420** vans / 4-wheel drive

**700** home improvements

**700** home improvements

**705** handyman

**730** flooring, carpeting

**910** massages

**910** massages

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All applicants accepted  
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1987 DODGE (Mitsubishi) RAIDER 4x4, as is \$600. Please call 905-434-4648.

1995 NISSAN KING CAB XE Pick-up truck. Green, 136,000km, Mint Condition, Emmissions Tested. CD Player, Tunnel Cover, Chrome Rims and Bumpers. Asking \$7900 O.B.O. Please call Dawn 905-623-1573

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1998 DODGE DAKOTA SPORT, loaded, excellent condition, highway kms, one owner, E-tested & certified. One owner. \$7500 obo. Call John 416-998-4320.

**420** vans / 4-wheel drive

1991 GMC JIMMY - 4 dr, 4x4, well maintained, approx. 23,000kms on a rebuilt engine. Over \$7000 invested to ensure a reliable vehicle upheld. \$4800 obo. 905-434-2970.

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1999 CHEVROLET LUMINA LTZ. 3800 Series II. 4 door, red exterior, grey interior. Fully loaded including sunroof, remote keyless entry, CD player, leather seats, air conditioning. 155,000 kms. Certified and E-Tested \$8200.00 Call 905-432-8863

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1987 HONDA CBX 250-Sport Bike Leaving country and must sell. One owner. Driven two seasons. Professional maintenance. Affordable bike for a beginner biker. Looks great, drives amazing. Low insurance rates... Will sacrifice for \$2700 Kenwood stereo system (top of the line) with studio lab speakers. Originally paid over 3k, will sacrifice all for \$600 firm. Rick 905-509-4809 305-588-0289

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