

The Pickering NEWS ADVERTISER

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Durham Region earns Triple 'A' credit rating

DURHAM — The Region received another financial pat on the back this week after Moody's Investors Services of New York gave the government a Triple 'A' credit rating.

Moody's identified the Region's five-year financial plan, low debt burden, steadily growing assessment base and expanding revenue base as major credit strengths. While praising the possible move to regional transit, Moody's did warn it could exert pressure on the Region's finances over the medium to long term.

The credit rating helps reduce debenture debt borrowing costs for the Region and its municipalities.

ITSY BITSY SPIDER CRAWLS INTO PICKERING



PICKERING — Sarah Fowler and Chris Lim, members of the First Highland Creek Venturers Company, check out the Chilean Rosehair tarantula that was the guest of honour Thursday night at the monthly meeting of the Pickering Naturalists. The creepy crawly critter was on display courtesy of the Toronto Zoo and members were treated to a night of common families of spiders. The naturalists meet on the first Thursday of each month at St. Elizabeth Seton Catholic School in Pickering.

A.J. Groen/ News Advertiser photo

Veridian getting smart in Pickering

By Jennifer Stone
Staff Writer

DURHAM — Veridian Connections has joined a group to help deliver Smart Meters to local electricity users.

Veridian, which delivers electricity to much of Durham Region, including Bowmanville, Newcastle, Orono, Pickering, Ajax, and Uxbridge, is part of a group of six of the province's largest local distribution companies to help bring Smart Meters to the marketplace.

"Smart Meters, combined with a proper pricing scheme, allow customers to know when they are using power, and make decisions on energy usage based on that," said Veridian president and CEO Michael Angemeer.

A pricing scheme would reward usage during off-peak hours, he said. The Province has established a target of having 800,000 smart electricity meters installed by Dec. 31, 2007. All Ontario customers are expected to have them in place by

Dec. 31, 2010.

The coalition of six will develop strategies for the installation of the meters and data management within their service areas.

So far, no information is available on who will bear the cost of the installation, said Mr. Angemeer.

"There are a number of different proposals as far as what technology is to be used, and how it will be paid for," he noted.

The coalition also includes EnerSource Corporation, which serves

Mississauga; Hamilton Utilities Corporation; Hydro Ottawa Limited; PowerStream Corporation, which serves the Vaughan area; and the Toronto Hydro Corporation. The six represent 1.65 million customers, or more than 40 per cent of all electricity customers in Ontario.

Smart Metering could be valuable to consumers, said Mr. Angemeer.

"I think, ultimately, it allows the consumer to have some degree of control over their electricity bill," he said.

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Pickering MPP Arthurs leading provincial examination of small business relationships

PICKERING — Wayne Arthurs is leading the Ontario government in its business homework. The Ajax-Pickering-Uxbridge MPP is chairing the recently formed Doing Business with

the Ontario Government Task Force, which will see the Province study methods for improving the relationship between the government and small- and medium-sized businesses through-

out Ontario. The goal of the task force is to identify the barriers that exist for small- and medium-sized businesses when dealing with the government. As well, it will examine and improve the province's procurement policies for these businesses.

meetings in five different communities throughout the province, including Ajax, is hoping to hear from various business organization representatives in an effort to improve existing policies.



Wayne Arthurs

After each consultation, the task force will submit a report with recommendations to be delivered to Gerry Phillips, chairman of the management board of cabinet.

The Ajax meeting is Friday, Feb. 18, with location and time still to be determined.

"The government is holding these discussions to help find ways to access government procurement policies," said Mr. Arthurs.

Nominate a distinctive woman

DURHAM — Nominations are now being accepted for the 23rd annual Women of Distinction Awards by the YWCA of Durham.

"Durham Region is the home of many committed and talented women of all ages," said Eva Martin Blythe, executive director of the YWCA. "The YWCA Durham is fortunate to be the sponsor of an event that showcases a group of these women each year."

education and encouragement.) There's no need to designate a category or field except for the Young Women of Distinction Award.

The winners will be honoured at a gala dinner on May 12 at the Deer Creek Golf and Banquet Facility in Ajax.

Honorary chairwoman this year is Joanne Burghardt, editor-in-chief of Metroland Durham newspapers and a previous Women of Distinction winner. Host for the evening will be Jenn Jones, from Chex TV.

Tickets until March 31 are \$75. After that, they are \$85. Proceeds go to YWCA Durham programs. Donations for a silent auction and raffle are being accepted.

To nominate a candidate or purchase tickets, call 905-723-2538 ext. 207 or send an e-mail to wod@sympatico.ca.

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Riding stables struggle with hit from tax rate change

But ministry announces review of decision

By Joshua May

Special to the News Advertiser

AJAX — For those planning to join the horse set, you may be getting more than you bargained for.

The Municipal Property Assessment Corporation (MPAC) has been re-evaluating many equestrian establishments throughout the province, branding stables that provide boarding and riding services to the public as commercial properties. With these inherited titles come new taxes, which will be shared by both the business and consumer.

"The government has put absolutely no thought into this legislation," said Marc Desautels, owner of Durham Equestrian Services and Custom Equine Services in Durham Region. "(MPAC) doesn't care whether or not these taxes are putting entrepreneurs out of business or the fact that many full- and part-time jobs are in danger because of these changes."

The Ministry of Finance announced Thursday, however, that it has directed MPAC to review the criteria for establishing tax classifications on such operations. Pending the outcome, MPAC has been asked not to make any further changes.

"I have asked MPAC to meet with representatives from equestrian associations to develop appropriate criteria for assessing equestrian facilities," said Finance Minister Greg Sorbara in a release. "I expect to see a report about these criteria within the next month."

The issue of equestrian property assessment first came to light for MPAC in 2002. After a Durham ratepayer complained of being charged commercial taxes, while related neighbouring businesses were being excluded from similar fees, MPAC examined approximately 500 equestrian centres throughout the province, reassessing the properties and

levying new taxes in the following years.

Based on legislation set forth by the Ministry of Finance, MPAC's role is to administer the regulations by placing value and classifications on businesses.

"This legislation is not good for anyone. It's just another way for the government to drum up money from hard-working business owners," said Mr. Desautels. "The tax increases they've been issuing are 115- to 120-per cent higher than they ever were in the past. How is the everyday business owner, like myself, supposed to afford that — let alone the increases the consumer is bound to face?"

The equestrian community points to flaws in MPAC's rules such as the exemption of therapeutic riding establishments owned by non-profit organizations from commercial taxes. In addition, horse groups also point to the increased costs levied upon smaller farmers, whose gross annual income is often not enough to support their agricultural business without running extracurricular boarding and riding activities.

"All we're asking is that we be treated fairly. The government needs to sit down with the (equestrian community) and talk to us rationally about these increases," said Bruce Brown, of Audley Road Stables in Ajax and president of the Association of Riding Establishments of Ontario. "Right now, one in 10 employees of the province work for horse-related industries. With these tax increases and the potential layoffs to follow, the economic impact could be drastic."

Anyone who has been reassessed by MPAC is encouraged to call Leslie Brooks at the Association of Riding Establishments of Ontario at 519-696-3688 for reassessment advice. To learn more about appealing an assessment, call MPAC at 1-866-296-6722 or visit www.mpac.ca.

For more information on the new boarding and riding taxes, visit www.horse.on.ca.



Walter Passarella/ News Advertiser photo

Marc Desautels, of Custom Equine Services, is warning that the recent change in tax classification for farm operations that board horses is a big blow to the industry.



A.J. Groen/ News Advertiser photo

Keeping his distance

DURHAM — The 2005 Durham Emergency Medical Services Hockey Tournament was played in Oshawa recently, raising funds for the Heroes of Hope Cancer Centre campaign. Durham EMS player Mark Langston tried to keep a pursuing Eric Lang, of the Durham College team, from getting the puck.

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New labour option delivered to Ajax and Pickering hospital

Make the call to help those in need

Midwives now at Rouge Valley

By Danielle Milley
Staff Writer

AJAX — Ajax and Pickering women have another option when it comes to how they deliver their babies.

On Tuesday, the Rouge Valley Health System announced it's granted privileges to the four midwives of Sages-Femmes Rouge Valley Midwives.

"It's very exciting," said Lisa Weston, a registered midwife. "Rouge Valley can truly say they offer all of the choices to women in the community for labour."

The midwife practice, which serves Ajax and Pickering and southeast Scarborough, opened in July and began offering local women the option of a home birth. This week's announcement means women can choose to give birth at their home, attended by a midwife, in the hospital with her family physician or an obstetrician, or in hospital with a midwife.

"It's really nice to be able to have the whole envelope of care for patients," said Julie Goldstein, program general manager of

the women's and children's program at Rouge Valley.

"We're excited about now being able to offer midwifery care to our patients," she said. "For us it's about supporting the entire family during this very special time and making sure the family and especially the mom and baby receive safe, quality care."

Midwives provide individualized care for women during their pregnancy, labour and postpartum period. Ms. Weston said if a woman decided to deliver in hospital under the care of a midwife, she would still go to her midwife for care during the pregnancy but they would register her at the hospital for the delivery.

"Ultimately it is all the same. If they go into labour at home, we go there and go to the hospital when it is appropriate," she said, adding there is minimal use of the hospital.

Ms. Weston said she and her colleagues all have experience working in hospitals, while Ms. Goldstein added the hospital's nurses are well-trained and will work well with the midwives.

"It's a matter of being exposed to what a midwife



Rouge Valley Health System, which includes the Ajax and Pickering hospital, has granted privileges to four midwives from Sages-Femmes Rouge Valley Midwives. Dr. Terry Logaridis, chief of obstetrics at Rouge Valley; Lisa Weston, a registered midwife; and family physician Dr. Keyna Bracken made the announcement this week.

does," she said.

She is glad women in the community have the additional option of care, especially with the current physician shortage.

"We do see down the road that the physician

shortage isn't going away and we won't have to worry about will women be able to find primary care when they want to have a baby," Ms. Goldstein said.

Rouge Valley, which has sites in Ajax and Scarbor-

ough, is to host an open house in the coming weeks so residents can meet the midwives. They currently have spots available.

For more information, visit www.yourmidwives.com.

DURHAM — Your old cellphone could help victims of the tsunami disaster.

The charitable recycling program of PhoneBack, Canada has launched 'Recycle For Relief' and is accepting used cellphones. It will make a monetary donation to the Canadian Red Cross for each phone received, whether the device is new or old, broken or operating. There's no need to turn in the battery, charger or operating manual. The phones are refurbished and reused in less-developed countries, redistributed as 911 emergency phones to clinics and for seniors or recycled if they cannot be reused.

To participate, mail the phone to PhoneBack, Canada. Businesses, community groups, church groups, schools, Guides, Scouts, sports teams and similar groups can register as collecting partners. They receive marketing materials, posters and more to help with the collection.

For information, visit www.CharitableRecycling.ca.

Region's choice of mover draws ire of businessman

DURHAM — A local moving company is upset the Region gave the contract to move offices into the new headquarters to a business that put in a higher offer.

"We cannot understand why the bidding system was thrown aside, if you will," Bob Rockbrune of Rockbrune Brothers Ltd. said to a finance and administration committee meeting Wednesday. "We, in fact, felt we met all the criteria."

Oshawa's Mackie Moving Systems, whose \$174,337 bid was around \$3,500 more expensive than Rockbrune's, was awarded the contract to move more than 10 offices into the new Durham Region headquarters.

But a staff report said Mackie's bid was "ranked the highest" when it came to criteria such as corporate experience, references and equipment.

Seven companies responded to a request for proposals in October to move the offices. The report said additional costs will be incurred to help with storing and disposing of furniture.

The Region has a \$500,000 budget to spend on the move. The headquarters will cost \$69.6 million, plus \$14.5 million for a three-level parking garage.

Staff is expected to move into the new building through the late summer and early fall this year.

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There's a little in everyone

Pickering in brief

FEBRUARY 6, 2005

Session offers health tips

PICKERING — The Chiropractic Centre for Optimum Health wants to teach people how to become healthier. The centre hosts a free information session Tuesday, Feb. 8 to share tips on creating a balanced lifestyle, finding a natural approach to banish excess weight gain, balancing meals, and learning the fundamentals of vitamins and minerals. The session is at the centre, 1550 Kingston Rd. Seating is limited so spots need to be reserved. For more information, call 905-420-7231.

Pickering Naturalists

PICKERING — The Pickering Naturalists is studying gulls at its March meeting. Richard Joos, a bird band with the Toronto Bird Observatory, will join the group to study Little and Ross's gulls in Churchill, Manitoba. Joos has been researching an Arctic ecosystem associated with the feeding habits of the gulls. The meeting begins at 7:45 p.m. on Thursday, March 3 in the library at St. Elizabeth Seton Catholic School, corner of Rosebank Road North. For more information, call Heather Jessop 905-837-1775. The group's March outing is for birding along the Toronto waterfront. Meet John Stirrat at 10 a.m. at the corner of the Pickering GO Station parking lot, before driving to Humber Bay East Park. Participants will work their way along the waterfront to view wintering ducks and gulls. Dress warmly. The session is Saturday, March 12. Call Mr. Stirrat in advance at 416-284-7744.



Ron Pietroniro/ News Advertiser photo

Iraqis get their vote

DURHAM — Sali Albahrani smiles as she casts her ballot in the Iraq election at a polling station in Scarborough, one of three in the Greater Toronto Area. Many Iraqi-Canadians from across Durham Region were also registered to vote in this historic election.

A grand evening for Grandview

DURHAM — A fundraising dinner and auction will be held Thursday, Feb. 10, to benefit Grandview Children's Foundation. The charity dinner and event is at Tosca Banquet Hall, 800 Champlain Ave., Oshawa. Tickets are \$50. The evening begins at 5:30 p.m. For tickets, call 905-728-1673 ext. 240, e-mail foundation@grtc.ca or go to www.grtc.ca.

Thefts, vandalism lead to crackdown at GO lot

PICKERING — Arrests went up and crime was way down during a week-long police initiative designed to address issues around the GO Transit property in Pickering, Durham Regional Police said. Police arrested 15 people and laid 20 criminal charges — many of them drug-related — during the crackdown, which took place Jan. 24 to 28. Police launched the initiative in response to a number of concerns, said Sergeant Paul McCurbin.

“There’s been an increase in incidents on the GO lot — theft, mischief and unwanted activity,” he said. Incidents included vandalism and theft from cars, as well as the outright theft of automobiles, Sgt. McCurbin said. During the week-long period of surveillance at the property — at Liverpool Road near Hwy. 401 — there were no vehicle thefts or break-ins reported, Sgt. McCurbin said.

Sofas, mattresses taken during Pickering break-in

PICKERING — Pricy leather sofas were among the haul stolen from a Kingston Road furniture store early Tuesday, police said. It’s believed thieves may have loaded a stolen cube van with the high-end sofas and mattresses during the break-in, which is believed to have occurred during the early morning hours of Feb. 1 at Fairview Furniture and

Mattresses, at 1095 Kingston Rd., Durham Regional Police said. The five-ton truck was later recovered, police said. Police were called to investigate the theft at 11 a.m. Tuesday. Anyone with information on the incident is asked to call 905-579-1520, extension 2541, or Crime Stoppers at 1-800-222-8477.



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EDITORIALS & OPINIONS

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EDITORIAL

Same-sex bill protects rights of the minority

Not since Canadians debated the design of our country's flag in the 1960s, has Canada been so divided over a single issue.

On Monday, Feb. 2, the federal Liberals introduced a bill that will make it legal for same-sex couples to marry. If Parliament adopts the bill, and word is Prime Minister Paul Martin wants the bill approved before the summer break in June, Canada will become only the third country, after Belgium and the Netherlands, to permit gays and lesbians to get married.

The debate across Canada is focused on two main issues.

Opponents are concerned about changing the long-upheld definition of marriage, which notes a union is between a man and a woman. With the introduction of the same-sex bill, Parliament is simply following the wishes of Canada's highest court, which has ruled that minorities such as gays and lesbians cannot be discriminated against because of their sexual preference. Our courts were founded on equality and fairness, and this ruling upholds our beliefs about a minority's rights not being trampled upon by the majority.

The second issue for those opposed to the bill is the concern that religions would be forced to conduct a same-sex marriage if it goes against the parishioners' religious belief.

That concern has also been answered in the bill, which notes "it is recognized that officials of religious groups are free to refuse to perform marriages that are not in accordance with their religious beliefs."

The debate during the next few months will force many to examine those beliefs and where they stand on minority rights. Mr. Martin has made it very clear where he stands. During his recent trip to China the PM noted he would be willing to fight an election on the same-sex issue.

Local MPs have already started the process to get input from constituents. This is your chance to speak on one of the most contentious issues Canadians have debated in a while.

Our country is famous for standing up for the rights and freedoms we take for granted and which are denied in far-off lands. We owe the same consideration to gays and lesbians who call Canada their home and work every day to make it a better place to live.

LETTER TO THE EDITOR

Hospital staff goes the extra mile for patients

To the editor:

All the staff, volunteers, nurses, aides, and doctors of two terrific hospitals — Ajax-Pickering and Kingston General, need to be recognized for great work.

On Dec. 19, my husband suffered a heart attack and it was discovered that he would need quadruple bypass surgery. Unfortunately, illness does not choose 'favourites' or any particular time of year to happen, and due to the busy holiday season, finding a cardiac bed was rather difficult. But one was found, and the transfer took place on Christmas Eve.

Surgery was very successful and now for the road to recovery. The caring and truly professional individuals who keep our hospital systems going in times of true emergencies are outstanding. There are just too many people involved in one individual's hospital stay to note them individually.

Seeing so many professionals in a 15-day time period can be rather confusing, but to everyone who we had contact with at both facilities during this stressful time, you have earned some recognition. Especially the Ajax-Pickering emergency department and intensive care unit. With so much negativity toward our hospital system, we would like to say that the system works, and is there for those who truly need it.

Grace and Stuart Budgell
Ajax



Durham shows it's a true community

Remarkable support for tsunami relief efforts

What a relief. You want to talk pressure? Try having just over three weeks to rally a community of more than 500,000, arrange for donations, both monetary and actual goods, and plan for a grand gala evening, all in the name of tsunami relief.

That was the task facing a group of about 20 mainly Ajax and Pickering residents when they first came together Jan. 3. The News Advertiser was lucky enough to be invited to join that initial group, out of which the Durham Community Tsunami Relief effort was formed. It was made up of people from all walks of life, from the political arena, to businessmen and women, to service clubs and residents with an urge to do what they could. There was simply a good, old-fashioned desire to rally the community and make a difference.

Too many of our friends and neighbours were affected by the disasters in South Asia to sit this one out on the sidelines.

Looking back now, it's obvious we could never have failed. Boy, can we ever rally, Durham.

The working group was at more than 40 by meeting No. 2, and over 50 by our third session. The phone calls, e-mails, and faxes just kept coming from across Durham saying, 'what can I do?'

If these past few weeks have been about anything, they've been about incredible community spirit. For a few dozen days political differences were pushed aside, foes became allies and strangers came together in a common



Tony Doyle
managing editor

bond.

We've heard about children giving up their Christmas and birthday money to help with the cause. We've seen people who've never given a dime before, give what they could. We've watched schools mobilize their communities. We've watched inspiring story after inspiring story unfold before our eyes.

Everyone just did what they could, no questions asked.

And when all was said and done at the gala evening Jan. 29, an estimated \$700,000 had been raised here in Durham in less than four weeks, \$200,000 of which came from the working group alone.

Pickering Councillor Maurice Brenner, who co-chaired the relief effort working group with fellow Pickering councillor Bill McLean, noted the world would be a better place if it could function like Durham Region.

Well said, and really well done Durham.

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

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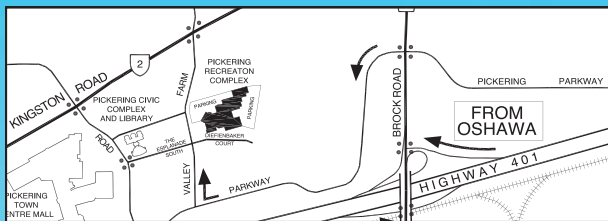
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GM, partner show off fuel of the future

General Motors unveils forklift powered by hydrogen

By Jillian Follert
Staff Writer

DURHAM — Imagine a world where blackouts, unsightly power plants and the heavy smog generated by millions of cars are things of the past.

Visitors to the Oshawa General Motors (GM) plant were allowed a rare glimpse of that vision recently, when the automotive company and partner Hydrogenics, unveiled a forklift that runs on hydrogen power, instead of cumbersome lead

acid batteries.

The unique power source works by separating water into its two elements, hydrogen and oxygen, and allowing them to interact through a thin membrane, creating an electric charge. The only by-product of this fuel source is harmless water vapour.

“When you look at the price of oil in the world today, and the amount of urban air pollution, it becomes clear that this is a worthy cause,” said Pierre Rivard, president and CEO of Hydrogenics. “We are moving down the road to a hydrogen economy.”

GM and Hydrogenics are currently working with Sustainable Development Technology Canada

(SDTC) to push hydrogen-powered forklifts toward commercialization, in the hope that cars, buses and other industrial vehicles will follow.

GM’s vice president of corporate and environmental affairs David Paterson said forklifts are ideal for the project, because they are used indoors where emissions are most problematic, and they remain on the plant site, where a dedicated refuelling station is located.

Shorter refuelling time, more ergonomic vehicles and an end to complicated battery disposal procedures are among the other benefits of hydrogen-powered forklifts.

While environmentalists have long questioned the benefits of hydrogen power, as many generators

create high levels of carbon dioxide in the process, Hydrogenics officials stress that this is not the case with their company.

“We make hydrogen strictly through the electrolysis method, which is separating water into oxygen and hydrogen,” said Joe Cargnelli, the company’s chief technology officer. “The other way to make it is by stripping methane, which creates carbon dioxide.... With our way there is absolutely no carbon dioxide.”

Mr. Paterson said GM plans to be the first manufacturer to profitably sell 1 million fuel cell vehicles, a goal that got underway last month when the company unveiled the Sequel hydrogen powered car at the 2005 International Auto Show in Detroit.

Paws and enjoy nature in Pickering

PICKERING — Enjoy the outdoors and learn about local wildlife inhabitants on an upcoming hike.

The Frenchman’s Bay Watershed Rehabilitation Project group is holding a ‘Paw Prints’ hike, with families invited to join in and find clues in the snow and find out which animals are living in the woodlot at Rotary Frenchman’s Bay. The day starts by decorating plaster animal tracks and then participants venture into the woods nearby.

The hike begins Saturday, Feb. 19 at the Frenchman’s Bay Yacht Club, 635 Breezy Dr., east of West Shore Blvd. from 10 a.m. to noon.

To register, call Michelle Pongracz 905-420-4660 ext. 2212.



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Why kids can't write anymore?

Recently, a parent brought me a sample essay she had written when she was in grade eight. We compared it to the work of her grade eight son. The difference was amazing! Her essay contained no spelling or grammatical mistakes, was well organized with its ideas and they were clearly presented.

Her son’s project wandered. It suffered from spelling, grammatical and organizational

mistakes. It was interwoven with passages, which obviously he had copied from a textbook. Thirty years had passed since his mother had been in grade eight. What has happened?

The answer can be found not only in whole-language reading programs, which do not teach grammar, but also with programs that encourage creative spelling and free form writing without editing or correcting mistakes. These

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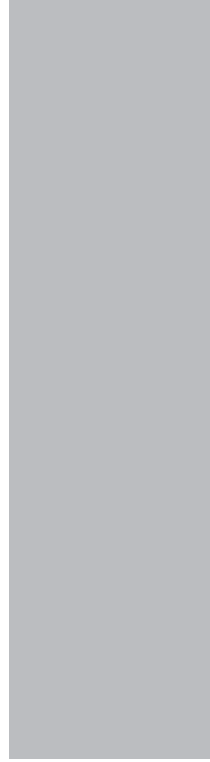
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March

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disastrous mistakes have produced students who do not know the difference between a noun and a verb or who cannot write or think clearly.

Those of us over 40 years of age remember “English Grammar” classes with varying degrees of satisfaction or fear and loathing, however not only did we learn the parts of speech, but during those classes we also learned to write and think. Our thoughts had to be expressed clearly. It was unacceptable merely to fill a page with writing and hand it in.

Our teachers demanded excellence. We had to try our hardest. The result of those old programs was that we learned to express ourselves through writing. This clarified our thinking and improved our comprehension. This taught us to think, integrate, understand and explain.

They said that those “old style classes” were dull, mindless repetitions of memorized material that was completely divorced from the “new reality” of the child’s life. Starting about 40 years ago, “progressive educators” claimed that those classes did not teach the “whole child”.

I don’t want you to think that I completely endorse those old grammar classes. In fact, I think that they were not an overly effective method of teaching writing skills. Teaching writing should be an integral part in every subject and not just simply reserved for grammar class. Students should spend more time writing in history, geography and science. Even math class is an opportunity for students to write!

When a student can explain in writing what the math teacher is trying to teach, you can be sure that the student understands the principle. Writing is more important than memorizing formulas or equations. When a student is capable of clearly explaining a concept in writing, that student has demonstrated that he or she will not

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Located in the quaint town of Whitby, Trafalgar Castle School prides itself on its close-knit community within a small-town. With average class sizes of 13, we offer students a nurturing and supportive approach to learning. Students receive individual attention and are taught to think critically and acquire the necessary skills to excel in today's ever-changing world.

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for further information regarding The Education Feature contact Marilyn Brophy at 905-683-5110 ext. 233 mbrophy@durhamregion.com



At Trafalgar, leadership opportunities everywhere. Students can become President of the Athletic Association, team captains, club presidents, house captains, class representatives and chair fundraising and social events. Senior girls are nominated and elected by students and staff to hold Prefect positions in which they are responsible for a variety of daily facets of life at Trafalgar and one girl is elected to lead the Prefect Body as Head Girl. Join us at our Open House, Saturday, February 19, 10 a.m. to Noon and see for yourself what the Trafalgar experience is all about!

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continued from previous page

have to memorize it. For example, in history class, if we crammed less "stuff" into our students heads, such as dates, times and names and asked them to understand, integrate and explain the process, we would have well-grounded students who actually understood what they were learning.

And there is a bonus! In addition to having better educated students, we would have motivated and happier students who could see some relationship between what they are studying and the world they are living in. That's the real motivation.

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This year, Heart and Stroke Foundation volunteers will be out in your communities, making a remarkable difference by collecting donations for February's Annual Heart Month Campaign. The Heart and Stroke Foundation has taken steps to ensure easy recognition of their Heart Month Campaign volunteers during February, Heart Month. Last year, these volunteers raised over \$4 million in donations. The goal this year is to match that total.

If you miss the visit by a Heart and Stroke Foundation Campaign volunteer, you'll find a donation envelope with information on the Foundation and its mission, again all with the familiar Foundation logo. You may also make a donation by logging onto www.heartandstroke.ca and completing the Foundation's secure online donation form.

For further information, please contact your local Heart and Stroke Foundation office at 905-666-3777 or visit www.heartandstroke.ca

The logo is also prominently displayed on the canvasser kit and on materials distributed by the Foundation volunteer.

Familiar red and white Foundation logo button pinned to volunteer.

The logo will appear again on your tax receipt should you make a donation.



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Forever YOUNG

A FEATURE FOR TODAY'S FIFTY-PLUS LIFESTYLE

Stop by for a visit and make someone's day

Ajax, Pickering residents needed for Community Care program

By James McMurtrie
Special to the News Advertiser

DURHAM — Community Care Durham is once again reaching out to the Ajax/Pickering community, with a plea for volunteers for its 'Friendly Visitors' program.

"We have a long waiting list of seniors," says Sharon Alipanopoulos, service co-ordinator for home

health, home maintenance and friendly visiting, of Community Care Durham.

Currently there are 27 elderly men and women waiting patiently for their opportunity to be matched with a friendly visitor.

The program asks little of the volunteers, maybe watch a movie and eat some popcorn on a Sunday or even every other Sunday. Things as simple as going for a walk can make a difference, says Ms. Alipanopoulos.

◆ See Community, Page 13

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Chequing in

AJAX – The Ajax Seniors Friendship Club held its annual afternoon of giving recently, presenting \$1,000 cheques to four local organizations and a \$5,000 cheque to the Rouge Valley Health System Foundation. The money was raised nickle by nickle, and dime by dime, says club president Jack Syme, noting there were activity dues, 50-50 draws, and two bazaars among the many fundraisers. Front, from left, are Heather Tim, of Community Care Durham; seniors club treasurer Elva Brennan; and Anne Summers of the Children's Wish Foundation. Back, from left, are Bolton C. Falby teacher Lisa King, who accepted the cheque for the school's healthy snack program; Tracy Paterson, director of annual programs with the hospital foundation; and Therese Howard, of Herizon House, the women's shelter serving Ajax and Pickering.

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Community care works for best possible match with Ajax and Pickering volunteers, seniors

◆ Community from page 12

"Many seniors are forced to live with walkers, canes and in wheelchairs, so many are housebound," she explains.

She adds being cooped up inside all day can be uncomfortable and disheartening and fundamentally all these people want is someone to laugh with or someone who will listen to their stories.

Program co-ordinators first try to match volunteers with a senior who lives nearby and, secondly, they try to match interests of volunteer and senior, so that a volunteer who likes movies can watch movies with another movie buff, and a volunteer who likes the mall can window shop with a companion from the 'Friendly Visitors' program.

High school students who

volunteer for the 'Friendly Visitors' program can put their hours involved toward their mandatory 40 hours of community service required for graduation, Ms. Alipanopoulos points out.

Community Care Durham is a non-profit registered charitable organization that provides services for the elderly and those who need assistance or aid in daily

life. The organization offers home support, respite and the COPE mental health program.

With 25 years of community service, Community Care also offers paid programs such as snow shovelling in the winter, grass cutting in the summer and leaf raking in the fall.

For more information or to volunteer call 905-837-0017.

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If you have been wearing the same dental prosthesis for more than five years without having it checked by your dentist, you are running unnecessary risks. Too many people believe that dentures are good for over 20 years. Nothing could be further from the truth!

The removable prosthesis is made of a hard, rigid material. Your face, mouth and jaw, on the other hand, change over the years. Because it can not adapt to these changes and because artificial teeth wear down with time, a prosthesis cannot do its job effectively for more than about five years. This reality can have devastating consequences that are often invisible and imperceptible to the wearer of a worn-out denture.

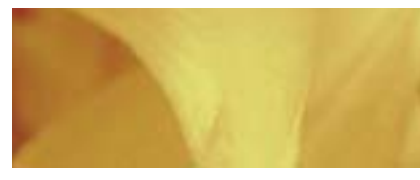
Here is a short list of the most harmful possible effects suffered by wearers of prosthesis more than five years old:

- softening of the tissues
- painful irritated tissues
- more labourious chewing and difficult digestion
- headaches, earaches, neck pain and joint problems
- sagging mouth, point chin and prematurely old face
- accelerated resorption of the bone

And this is only a partial list!

Very few people maintain their prosthesis properly. Some even neglect to remove it for the night. Don't take chances with your health! See your dentist annually.

When was the last time you saw your dentist? Pickering Denture Clinic offers free consultations. For more information call Andre Maragh, (Dentist) at 905-420-2652, located at the Loblaws Market, 1792 Liverpool Rd. Pickering.



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Last week we spoke about the effects that poor biomechanics has on the lower extremities and how it can affect your ability to ski and snowboard.

Keeping feet warm during any outdoor activity is dependent upon blood flow through the capillaries, the smallest of blood vessels. Too tight a boot, or too many layers of socks, will cut off the blood flow, and as blood flow decreases, so does temperature. Once your feet are in your ski boots, the buckles are used to equalize the fit, not just to secure your feet. Reducing pressure around your feet will allow the blood to flow unimpeded. This is best done by doing the buckles up in a specific order.

The first buckle to close is the one over the instep (the second buckle from the toes). This positions the foot evenly on the orthotic or inbed. The next buckle to close is the one above the instep, or the second from the top. This helps position the heel of the foot in the rear of the boot. The next buckle to close is the top one. At this point bend your knee and flex your ankle. This allows the foot to slide further back in the boot and frees up the toes. Now secure the top Velcro strap. The last buckle to close is the one over the toes. As the liner compresses, your boots may loosen. If you have to re-adjust your buckles, do so in the same order as above, paying special attention to the buckle over the instep. Never keep your boots in the trunk of the car. Cold boots will keep feet from ever warming up. These feet don't STAND a chance of skiing an entire day.

Thin, non-cotton socks are also important in keeping feet dry and warm. Body heat through a thin sock will help warm the inside of a boot, much like your body heat warms up the inside of a sleeping bag. Cotton socks absorb perspiration but as they saturate the socks then help to keep the feet cold and clammy. Wool and wool blends help remove moisture from the foot and displace it to the liners, keeping the foot dry and warm. Liner should be removed at the end of each day and allowed to dry for the next day.

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advertising feature

Detoxification & Weight Loss

By Karen Steward, RNCP, CNP, LCM, PTS

How well a person detoxifies can be somewhat understood by their ability to withstand things in their environment such as house dust, tobacco, sugar, alcohol, perfume, and caffeine. These are some of the powerful environmental influences that can negatively impact our health by 75 per cent.

Some individuals are better able to detoxify than others, and we should never compare one person to another as each one of us is bio-chemically unique. The approach to detoxification for each person will be different as well. Detoxification happens in stages and sometimes difficulty can be experienced in the first or second stage.

Professional products exist that facilitate the different stages of detoxification. These products and the practice of good lifestyle habits are essential requirements to combat disease, and return a person to a better state of health.

Recommendations should be made for each individual's situation and preference, rather than purchasing a random detox kit from a store. The body has to be prepared to cleanse properly and this preparation is necessary to avoid stressing the system and experiencing unpleasant side effects. Also, detoxification is nutrient dependent, so an assessment for nutritional deficiencies is a great place to begin. This can be achieved through a Hair Mineral Analysis laboratory report. Also consider Food Sensitivity Testing to expose and eliminate foods that cause reactions and add more stress to the liver.

Here are a few facts about detoxification people should be more aware of...

- The liver filters blood (almost two quarts every minute). When the liver is overburdened and doesn't do this well the filtration system is not efficient.
- The liver manufactures bile (about one quart per

day) this bile is stored in the gall bladder for secretion. In cases where the gall bladder has been removed, so has the storage facility for the bile, and an additional job is placed on the liver. If you have had your gall bladder surgically removed, then certain digestive enzymes could prove to be invaluable! Bile emulsifies fats and fat soluble vitamins and assists in excretion of toxins with the aid of fiber. If we are lacking fiber we may re-absorb toxins into the blood stream.

People concerned with losing weight should be extra cautious as



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they need to breakdown fat which is where a lot of the toxins are stored, and this adds an additional burden to the detoxification process. Therefore, people that need to lose a lot of fat should be guided professionally to ensure their health doesn't deteriorate.

If you want more information about the detoxification method that is right for you and steps you can take to be on your way to a healthier you, Karen Steward is a Health Professional in the Durham Region and can be reached at (905) 837-6627.

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workout. It's designed to be safe, simple, and effective for men of all ages and fitness levels, who are seeking greater strength, muscle tone and physical definition. **JET** also offers sport specific team programs, and is currently training the Pickering Fusion U-17 Boys soccer club on a weekly basis. It's about time for a program in our own backyard that caters to men with hectic schedules, who deserve a healthier and more physically active lifestyle. Owners of **JET** for Men, Patricia and Bill Bailey are extremely excited to provide such an extraordinary workout program.

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The Pickering Panthers junior 'A' hockey club finishes its regular-season campaign in Toronto against St. Michael's Buzzers on Sunday.

A tournament of Hart

Pickering's Richard Hart lone Durham resident at curling provincials

By Brian McNair
Staff Editor

PICKERING — It's remarkable, really, that Richard Hart will be searching for his first provincial championship when the 2005 Kia Cup kicks off at the Iroquois Park Sports Centre Monday.

After all, this is someone who represented Canada at the 1998 Winter Olympics in Nagano.

But such is the strength of curling in this country that someone with an Olympic silver medal to his credit can't lay claim to provincial or national titles.

Next week's 10-team Ontario provincial championship should prove no exception where depth of talent is concerned, as Hart predicts eight teams will have a legitimate shot at winning.

Hart, a 36-year-old Pickering resident, figures his Coldwater team — skipped by two-time world champion Glenn Howard — and the St. George's team led by Wayne Middaugh should be considered the favourites, but expects stiff competition from the likes of the Peter Corner, Bryan Cochrane and Greg Balsdon

rinks.

"There's only two teams with very little experience," says Hart, who curls third and serves as Howard's vice. "The rest probably all have a good chance of winning."

Hart initiated the partnership with Howard in 2001, a year after the Mike Harris-skipped Olympic team broke up. A lifelong vice to that point, Howard fully understands and appreciates how valuable Hart is in that role now.

"I wouldn't change a thing for the last five years," says Howard. "He is in the top echelon of thirds in the world."

The full complement of the current team has only been together for just more than a year. When brothers Collin and Jason Mitchell of Brooklin went into semi-retirement last year, Howard and Hart brought aboard a pair of 26-year-olds — Brent Laing and Craig Savill — who won junior world championships together in 1998 and 1999.

"It's been a lot of fun. You really get a new outlook as opposed to four old grumpy guys," says Hart. "I think all teams have a shelf life, for sure."

Considering he is the lone team member with Olympic experience, it's ironic Hart is also the only one without a provincial championship. Howard teamed

up with his brother, Russ, for seven provincial titles between 1986 and 1994, while Laing and Savill won with John Morris in 2002.

With Harris as his skip, Hart finished second in 1992 and 1993. He also finished second with Howard last year, losing to none other than Harris in the final.

"Over the years I've come close a couple of times, but never been able to pull through," he says. "We were favoured last year. That was real disappointing because we had already beaten Mike twice that week."

He won't have to worry about Harris this time around. As another testament to the talent in Ontario, Harris failed to even qualify.

Being the lone Durham Region resident at the Kia Cup — Scott Foster of Nick Rizzo's Omeme team was born in Oshawa, but now lives in Burlington — Hart is looking forward to a throng of family and friends cheering him on to what he hopes is another appearance in the final, this time a successful one.

"It's really a new experience for me because normally we're on a plane and off to some other part of the country," he says. "It's going to be neat to play in such a big event so close to home. I'm really looking forward to it."



A.J. Groen/News Advertiser photo
Pickering curler Richard Hart shows his silver medal from the 1998 Olympics in Nagano. Beginning Monday in Whitby, he'll vie for his first provincial men's title.

Kia Cup ready to rock in Durham Region

2005 field a colourful cast of characters

By Paul Futhey
Staff Writer

DURHAM — Ontario men's curlers looking to get to the Tim Hortons Brier this year will have to throw, slide, sweep and, yes, hurry hard throughout the duration of the Kia Cup.

If they don't, it could be a long week, starting Monday at the Iroquois Park Sports Centre with the five-day round-robin portion. A look at the 10-team field shows the provincial championship event will be anything but an easy task.

"You can't get much tougher," agrees Glenn Howard, who returns to the provincials after last year's runner-up finish at the 2004 event in Owen Sound. "There's no gimmies, so to speak. We've got to play at the top of our game."

With work commitments forcing the departure of his lead and

second from last year's team, Howard's rink has a new look this season with Craig Savill and Brent Laing, both of whom were members of John Morris's 2002 provincial champion. The result? Howard is 7-0 in zone and regional play-downs. Howard's foursome defeated the Andrew Fairfull foursome at the regional championships. Fairfull, who qualified through the B pool, is the youngest skip (23) in the tournament and is 7-1 in play-downs.

Even while some of the combinations may be new to the event, a number of the individual curlers aren't. When it comes to previous provincial championship experience, Howard's foursome has been to 30 events combined (Howard alone has curled in 16). Wayne Middaugh's rink also has 30 combined while Peter Corner's rink boasts 28 and Bryan Cochrane's 25.

Cochrane, asked where this year's crop of teams ranks com-

pared to other years, emits an almost-rueful laugh.

"This," he says, "is a really good field."

The event's 2003 champ who finished sixth in 2004, Cochrane benefitted from the recent return of second Ian MacAulay during wildcard qualifications, known as the challenge round.

"It's kind of neat to have our Brier team back together," Cochrane comments.

Greg Balsdon is the other challenge round qualifier. The other eight teams are either regional A or B pool champions. The zone and regional playdowns are in a double-elimination format, giving little margin for error.

For Middaugh, a two-time world champion who won the provincial title the last time he entered in 2001, next week's championships are serving more as means to an end: Olympic qualification in 2006. He knows the event, especially with former teammate Howard in

the mix, will be especially tough. In four meetings between the rinks this season in various bonspiels, Howard has won three times.

"Glenn's got to be the favourite," says Middaugh, citing the Howard rink's record and experience in addition to its motivation after coming so close the previous year. "If somebody comes up and beats them they will have to play very well."

Last year, Howard defeated Mike Harris twice during the tournament but Harris won when it mattered the most: in the final. Harris, battling a back injury, came up short in his bid to return to the championships this year, losing in the semifinal of one of the challenge rounds.

Howard, though, is mindful that during bonspiel play he's been on both ends of wins and losses against a number of the foursomes, like Middaugh's and Brian Lewis's, he'll face in this year's tournament.

Who's playing

Competitors are listed in order of skip-third-second-lead. Ages are in brackets.

Greg Balsdon, Guelph Country Club
Greg Balsdon (27), Adam Spencer (32), Don Bowser (26), Rob Dickson (27)

Bryan Cochrane, RCMP Curling Club
Bryan Cochrane (47), Bill Gamble (52), Ian MacAulay (40), John Steski (35)

Josh Adams, Granite Curling Club
Josh Adams (26), Spencer Cooper (27), Brian Vance (23), Paul Wood (27)

Peter Corner, Glanford Curling Club
Peter Corner (36), Craig Kochman (35), Ian Robertson (39), Ken McDermot (36)

Andrew Fairfull, Guelph Country Club
Andrew Fairfull (23), Scott Hodgson (21), Eric Gibson (23), Mark Gamble (21)

Glenn Howard, Coldwater Curling Club
Glenn Howard (42), Richard Hart (36), Brent Laing (26), Craig Savill (26)

Brian Lewis, Huntley Curling Club
Brian Lewis (43), Willie Jeffries (33), Mark Rodgers (39), Jeff Norman (32)

Wayne Middaugh, St. George's
Wayne Middaugh (37), Graeme McCarrel (44), Joseph Frans (29), Scott Bailey (35)

Nick Rizzo, Omeme Curling Club
Nick Rizzo (43), John Epping (21), Scott Foster (31), Rob Brockbank (NA)

Kirk Ziola, Ilderton Curling Club
Kirk Ziola (48), Darcy Tomchick (36), Mark Koiwula (24), Steve Lodge (39)

Scoreboard

FEBRUARY 6, 2005

PICKERING MEN'S BASKETBALL LEAGUE

Results from play on Jan. 17

GAME ONE

Van Kempen 48 vs. Ell-Rod Holdings 41

TOP SCORERS

Van Kempen: Alonzo Starling 16, Tom Rowen 12, John Girmonte 10, Kevin Walker 8.

Ell-Rod: Don Leahy 12, Ivor Walker 10, Tom Pittman 9.

GAME TWO

Verifeye 65 vs. Knights Corner Pub & Grill 40

TOP SCORERS

Verifeye: George Iordanov 20, Roger Young 19, Bill Warren 12, Randy Filinski 10.

Knights: Karl Hutchinson 15, Mike Jovanov 15, Steve Leahy 8.

GAME THREE

Synergy Trade Group 35 vs. Warwick Publishing 34

TOP SCORERS

Synergy: Orin Taylor 10, Jue Calliste 7, Claude Feig 6, Corrado Roccasalva 4.

Warwick Publishing: Rod Fraser 10, Sherwin James 9, Derrick Jaggall 6, Franklin Lewis 5.

GAME FOUR

West Hill Men's Slo-Pitch 46 vs. Gallantry's Eatery 28

TOP SCORERS

West Hill: David Voth 17, Conrad Davis 10, Bill Boston 9, Paul Vorvis 6.

Gallantry's: Ian Grant 12, Elman McLean 10.

GAME FIVE

Lakar Carpentry 32 vs. Accent Building Sciences 26

TOP SCORERS

Lakar: Fred Dever 11, Horace Peterkin 10, John Fleming 6.

Accent: Mike Horn 12, Tony Oliver 5, Pat Roach 5.

PICKERING MEN'S BASKETBALL LEAGUE

Week 1 of a nine-week quarter-final playoffs

Games played Jan. 24

GAME ONE

West Hill Men's Slo-Pitch 63 vs. Synergy Trade Group 51

TOP SCORERS

West Hill: David Voth 23, Conrad Davis 20, Paul Vorvis 8.

Synergy: Rubeen Newman 16, Orin Taylor 15, Claude Feig 8, Jim Noel 5.

GAME TWO

Lakar Carpentry 46 vs. Van Kempen 41

TOP SCORERS

Lakar: John Fleming 12, Gord Brown 10, Horace Peterkin 10, Alberto Daros 8.

Van Kempen: Tom Rowen 11, Kevin Walker 8, John Girmonte 8, Bill Hart 7.

GAME THREE

Verifeye 53 vs. Warwick Publishing 50

TOP SCORERS

Verifeye: Roger Young 14, Bill Warren 13, Randy Filinski 8, George Iordanov 5.

Warwick Publishing: Derrick Jaggall 13, Rod Fraser 13, Sherwin James 8, Franklin Lewis 6.

GAME FOUR

Ell-Rod Holdings 49 vs. Gallantry's Eatery 48

TOP SCORERS

Ell-Rod: Don Leahy 17, Ivor Walker 16, John Esposito 7.

Gallantry's: Elman McLean 16, Ian Grant 11, Ted Piotrowski 8.

GAME FIVE

Knights Corner Pub & Grill 65 vs. Accent Building Sciences 33

TOP SCORERS

Knights: Peter Dundas 19, Dave Bayliss 17, Karl Hutchinson 15, Mike Jovanov 8.

Accent Building Sciences: Pat Roach 8, Frank Tuit 7, Ron Pella 5, Richard Hoyne 5.

Kia Cup men's curling schedule

Round-robin draw

Game	Day	Time	2*1	4*3	6*5	8*7	10*9
Game 1	Monday, February 7	1:30 p.m.	2*1	4*3	6*5	8*7	10*9
Game 2	Monday, February 7	7:45 p.m.	4*10	1*5	2*7	3*9	6*8
Game 3	Tuesday, February 8	2 p.m.	6*3	7*9	8*1	10*5	4*2
Game 4	Tuesday, February 8	7 p.m.	1*7	6*4	3*10	2*8	9*5
Game 5	Wednesday, February 9	1:30 p.m.	5*2	8*10	4*9	1*3	7*6
Game 6	Wednesday, February 9	7 p.m.	8*9	2*6	7*3	5*4	10*1
Game 7	Thursday, February 10	1:30 p.m.	7*4	9*1	5*8	6*10	2*3
Game 8	Thursday, February 10	7 p.m.	3*5	10*7	1*6	9*2	8*4
Game 9	Friday, February 11	1:30 p.m.	9*6	3*8	10*2	4*1	5*7

- Andrew Fairfull (Guelph)
- Wayne Middaugh (St. George's)
- Peter Corner (Glanford)
- Josh Adams (Granite)
- Kirk Ziola (Ilderton)

- Glenn Howard (Coldwater)
- Nick Rizzo (Omeme)
- Bryan Cochrane (RCMP)
- Greg Balsdon (Guelph)
- Brian Lewis (Huntley)

Playoffs

Friday, February 11, 7 p.m. PAGE game (3 vs. 4; winner to semifinal)* or Tie Breaker #1 (if necessary)

Friday, February 11, 12 midnight Tie Breaker #2 (if three are needed)

Saturday, February 12, 9 a.m. Tie Breaker #3 (if three are needed) or #2 (if two are needed)

Saturday, February 12, 1:30 p.m., PAGE game (1 vs. 2; winner to final, loser to semifinal)

Saturday, February 12, 7 p.m., semifinal; Sunday, February 13, 1:30 p.m. final

* date and time of PAGE game 3 vs. 4 could change depending on number of tie-breakers

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www.torontobusinesscollege.ca

Register Today!

HIGH DEMAND INDUSTRY
HAIRSTYLING DIPLOMA (graduate in 10 mths)
ESTHETICS DIPLOMA (graduate in 7 mths)

- ✓ Hands on Training
- ✓ Monthly Start Dates
- ✓ Interest Free Payment Plans

**Registered and approved as a Private Career College under the Private Career College Act*

Art & Technique Academy of Hairstyling & Esthetics
15 Simcoe St. S., Oshawa www.artandtechnique.com
Esthetics (905) 728-7383 Hair (905) 576-0479

BE A PROFESSIONAL



HAIR STYLIST

An industry in very high demand! With a grade 12 you are eligible for our 10 month program

- Job ready for employment
- Monthly start dates (providing there are openings)
- 1-10 student teacher ratio
- Payment plan
- Recruitment opportunities

CAREER SCHOOL OF HAIR & NAILS
(905) 576-3558

get connected.

to a career you want in as little as **6-12** months

medical and health care

The health care sector of our economy is experiencing an acute shortage of skilled professionals. Research and development in pharmacology, microbiology and biochemistry have led to an unprecedented explosion in new treatments, new therapies and new medication. Today, doors are opened wide for a multitude of career opportunities. Available courses include:

- **Personal Support Worker**
- **Medical Office Assistant**
- Financial Assistance available to those who qualify
- Instructor led classes
- Job Placement Assistance

CLASS STARTS FEB. 28

905-420-1344 **TORONTO Business College**
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505 careers 505 careers 505 careers

Myron

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. We are currently recruiting outbound sales reps to make new prospect follow up calls to potential customers in North America:

North American Telesales

We offer:

- Base plus commission plus bonuses with a minimum guarantee of \$14/hr
- No cap on earnings
- Monday to Friday 9:00am to 5:00pm
- 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: hrcda@myron.com or by fax to **416-291-8786** or access our recruitment hotline at **416-291-1834 ext 599**
Quote Ref: NA2004

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

www.myron.com

505 careers 505 careers

Durham College

requires **COMPUTER INSTRUCTORS**
(contract positions) for Microsoft OfficeXP and general internet courses. Previous teaching experience required. Submit resume to: joy.lavergne@durhamcollege.ca

get connected.

to a career you want in as little as **6-12** months

office administration

In today's dynamic world of business, there is a high demand for people with excellent office support skills and an ability to function efficiently with little or no supervision. Administrative staff with excellent knowledge of computer applications combined with great interpersonal skills will enjoy career paths that are wide and varied. Programs include:

- **Legal Administrative Assistant/Law Clerk**
- **Executive Office Assistant/ Office Assistant**
- **Business Administration**
- **Accounting & Payroll Administrator**
- Financial assistance available to those who qualify
- Job placement assistance

905-420-1344 **TORONTO Business College**
1450 Kingston Rd. E. Pickering, Ont. L1V 1C1
www.torontobusinesscollege.ca

GENERAL LABOURERS & OFFICE HELP

Work for people who care

We are currently recruiting for the following positions:

- 5 Tig Welders
- 2 Brake Press Operators
- 20 General Labourers
- 50 Inbound / Outbound Call Centre Representatives
- 5 Receptionists
- 10 Data Entry Operators

Required:

- Minimum 2 years work experience
- General laboureres must have steel toed safety boots

Interested?
Come meet us on Monday, February 7 between noon - 3 pm:
Pickering Recreation Centre
1867 Valley Farm Road, Room #3
Pickering, Ont

Please bring two copies of resume and one work reference.

quantum

509 drivers

EMBASSY-1

looking for 20 AZ Drivers for local work. Clean abstract, clean CVOR. Also US Drivers required, long haul, home weekends, CDRP Fastpass an asset, but not required, paid for drops, pickups. To start immediately, GM experience an asset but will train. \$16.75/hour, mileage 0.42/mile, Call Barb 905-665-9916

TRUCK DRIVER/RE STOCKER required. Full time. Drop resume off at 6 Barr Rd., Ajax.

510 general help 510 general help

Y Superstore

the real Canadian Superstore

JOB FAIR



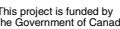

When: Tuesday, February 8, 2005
Time: 1:00 pm - 5:00 pm

- Bring your resume for an on the spot interview!
- Business casual dress. No jeans!
- Interview spots are limited!

BONUS

- Mock Interviews with a Job Skills Specialist while you wait!
- Resume and Cover Letter Tips!
- Check out more than 250 Job Postings!

Check out the **YMCA Durham Employment Services**
Job Connect* and Youth Foyer*
1550 Kingston Road, Suite 16, Pickering
Phone 905-427-7670

START WORK WEDNESDAY

Looking for a number of people to train as Air Quality Technicians

WE OFFER:

- Complete company training
- \$14.95 hr/ \$2500 mo. to start
- Paid company vacations
- Full time hours, no lay-off's
- Professional & friendly work environment

YOU OFFER:

- Willingness to learn
- Positive attitude
- Presentable appearance
- Punctuality
- Good work ethic

Must have vehicle
Call 905-720-0702
Mon. & Tues. 9 a.m. - 5 p.m. for an interview

CLASS A, 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.

Place your ad at 905-683-0707

505 careers

MONTESSORI- Upper Elementary Teacher

required. Ajax/Pickering/Scarborough for September, CESA Teacher for April. Must be T.M.I. or A.M.I. trained. Blaisdale: 905-509-5005 ext 107, email: hwilson@blaisdale.com.

509 drivers

BADGER DAYLIGHTING

seeking labourers with DZ in the Durham area. Fax resume & references to: 613-257-3067 or email resume to: peter.seguin@sympatico.ca

509 drivers

DRIVER Wanted

- Part time. Mature individual preferred. Clean abstract. 3-4 days/week. 8:30-5pm. Toronto area. Please call (905)919-6632.

510 general help

Adult Route Operators

for home delivery of the Toronto Star in Whitby, Ajax or Pickering. Earn up to \$1200/mo. part-time. Call 1-800-804-9663 noon-8 p.m. www.canadian-deliveryservice.com/careers

CASH DAILY \$80 - \$100!! Wholesale Dist. Co. still needs 10 F/T people for CSR/Inventory/Marketing. Advancement for those who excel. Car an asset. For an interview call Julie (905)571-3260

CASHIER REQUIRED for convenience store in Oshawa. Must be able to work 11pm-7am +. Must have own transportation. Please call (905)725-0688

Job Fair

Part Time & Full Time Food & Beverage Pro Shop Maintenance/Grounds Mechanic
Please apply in person

Bushwood Golf Club

We are located at 10905 Reesor Rd. just north of Elgin Mills. www.bushwoodgolf.com 905-640-1233

February 12th & 13th and February 19th & 20th from 10am - 3pm

A NICE JOB WITH NAUGHTY BENEFITS

If you think our products are fun you should see what it's like to work here. We've been helping couples enhance their sexual relationships for over 20 years...and now we'd like to enhance your career.

We're looking for experienced Sales Associates who have:

- A commitment to superior customer service
- A clear understanding of retail store operations
- Minimum 2 years experience
- Very strong interpersonal skills

Please respond via e-mail to: careers@arentwenaughty.com Or via fax to: 905-678-5091



Weed Man

REQUIRES

SALES AGENTS FOR IMMEDIATE POSITIONS

Canada's Largest Lawn Care Company Has Immediate Position Available In Our Conveniently Located Scarborough Sales Office.

\$10.00 Per Hour Guaranteed Base.

Afternoon and Evening Shifts Available, "NO COLD CALLING."

Motivated Applicants Who Possess Outstanding Communication Skills Along with an Excellent Command Of The English Language College & University Students Are Encouraged To Apply. Previous Sales/Closing Experience, Basic Computer Skills and a Positive Attitude Are Assets.

NEW SCARBOROUGH LOCATION

11 Grand Marshall Drive, Morningside & 401 (TTC accessible)

Please call now:

416-269-8333

The Ministry of the Attorney General of Ontario Is currently seeking Freelance Court Interpreters

In the following language in Central Eastern Ontario

Vietnamese, Cantonese, French, Spanish, American Sign language, Russian, Tamil, Filipino, Urdu, Macedonian, Dari, Albanian Polish, Korean, Slovak, Hungarian, Gujarati, Bulgarian, Hindi, Arabic

Description of work,

Court interpretation involves interpreting lawyers' representation and witness's testimony in open court and may, from time to time, involve interpreting documents such as probation orders for signature by the accused.

Court interpreters work under freelance, on-call arrangements. They are not deemed to be employees of the provincial government.

\$75.00 minimum appearance free plus \$25.00 per additional hour

If you speak any of the above language well enough to interpret in English court proceedings,

Send resume to: Ministry of the Attorney General, Manager of Court Operations, Court Services Division, 605 Rosland Rd E. Whitby Ontario, L1N-9G7

An expanding Environmental Waste Management Company in Pickering has the following positions available:

Plant Operator: The ideal candidate will have a minimum of OAC Chemistry. Knowledge of Reg. 347, TDGA and WHIMIS preferred. Shift and weekend work required.

Chemical Laboratory Technician: Post secondary diploma as a Chemical Laboratory Technician. Some requirements of the job are sample management and laboratory clean up. Carry out all analytical assignments safely and properly to produce accurate results on time. Candidate should have working knowledge of: ICP, GC, AA and Bomb Calorimeter as well as sample preparation and wet chemistry. Shift and weekend work required.

AZ, DZ Drivers: We are looking for safe, reliable drivers with a valid AZ or DZ license, a clean abstract, a clean CVOR, a positive attitude, excellent customer service and communication skills and the ability to do heavy lifting. Vacuum truck experience preferred but will train.

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

CERTIFIED PICTURE framer needed for fine art gallery. Retail skills also required to deal with day to day duties. Inquiries to Antony @ Antony's Gallery 905-665-5977

HOMEWORKERS needed!! To Assemble Products- Mailing/Processing Circulars- PC/Clerical Work Available. No Experience Needed! Free Information: www.homeworkersnetwork.com or send S.A.S.E.; OSEI, 111-336 Yonge St., Reference #7-107, Barrie, ON, L4N 4C8. (705)726-9070.

Joe's Sports Club & Billiards Private Club
2200 Brock Rd. Pickering (North of Hwy. 2)
NOW HIRING:
Wait Staff - F/T, exp'd., mature & reliable.
Smart Serve required.
Apply in person with resume after 11 a.m.

LOOKING FOR PEOPLE to work at construction in cleaning new homes & windows. Scarborough Area S.I.N. and car necessary.
Call: 905-665-8733
Fax: 905-665-8774

510 general help

ARJO, the worlds leading producer of patient hydrotherapy, bathing, lifting and transfer systems for the health care industry, has an immediate opening for:

FIELD SERVICE TECHNICIAN

This position requires a strong mechanical aptitude, repair experience, as well as flair and affinity for customer satisfaction and interaction. Experience in plumbing, electronics, hydraulics and also exposure to the sale of service contracts would be helpful. You will be responsible for the servicing and repair of our equipment at healthcare facilities throughout Ontario. Some travel is involved! Vehicle and expenses are provided.

For immediate consideration, fax your resume including an expectation of compensation to the attention of Human Resources: 905-238-7881 or e-mail to hr@arjo.ca
No phone calls please.
Visit our web site at www.arjo.ca

BRAND AMBASSADOR

Exciting Part time opportunity Are you outgoing, self motivated, energetic and sales driven? Do we have an exciting opportunity for you! Our client partner is looking for Brand Ambassadors to generate leads and build brand. Working 16 hours per week. Thursday evenings, Saturday and Sundays. Base hourly rate plus commission. Interested applicants should apply by submitting your resume to careers@instorefocus.com by Wednesday February 16, 2005. Please ensure "Brand Ambassador-NIP" appears in your subject line.

RECESSION PROOF

Our company has seen tremendous growth in the last year. If you are highly motivated with a strong desire to excel give us a call. Car a must. We offer training salary with full benefits, vacation pay, great pension and more.
For an interview call: Gary Gentles Pine Ridge Memorial Gardens (905)427-5416

TV ads, Print & Film

Outgoing Kids Needed!
www.catalent.ca
We are agents - NOT scouts.
We are auditioning now. Since 1992.
416-929-3456
BBB Member

COORDINATOR for new community. Must have excellent computer and communication skills. Weekend hours required, event planning, quarterly newsletter, work with budget, team player. Own transportation an asset. Fax resume to Erin 905-619-1927

COUNTER PERSON required for Jefferson cleaners. Good working conditions, great co-workers, flexible hours. Apply in person 1794 Liverpool Rd., Pickering.

CUSTOMER SERVICE REP, full time, required for Pickering printing company. No exp required but computer literacy a must. Fax resume to 905-831-3977

CUSTOMER SERVICE/ORDER Takers - \$20/hr avg. Bonuses Available! We Train You! Call ARON at 905-435-0518.

DOWNTOWN WHITBY Tax Office seeking TAX PREPARER who is proficient with paper filing, experienced. Computer skills not needed. Call 905-430-1986 for skills testing.

EXPANSION! Our wholesale Co. is about to open 2 new locations, and we need help immediately. Openings available from sales, office, and inventory. Call Tony 905-571-6444

EXPERIENCED SHINGLER with min. 5 years experience & LA-BOURERS with roofing experience. Vehicle and valid drivers license an asset. Top wages. Maxwell General Contracting, Roofing Division, (905)623-7747

MAGICUTS one of Canada's leading chains requires full and part time stylist, for Oshawa and Whitby salon. We offer: Competitive salary, opportunity for advancement, paid vacation, free training classes, monthly prizes, benefits. Join a winning team. Call Sabrina (905) 723-7323.

510 general help

515 skilled & technical help



GENERAL TECHNICIANS

required for Durham's #1 Chrysler dealer
WE OFFER:
• Excellent work environment
• Comprehensive benefit package
• Generous pay
YOU OFFER:
• Dedication & punctuality
• Customer service awareness
• Strong communication skills
Join our winning team!
Fax resume in confidence:
905-428-3463 Att: Karl

Jensen Trailer Sales & Service MECHANIC NEEDED

Or 2/3 year apprentice (automotive) For Trailer Sales and Service operation located in Oshawa. Experience in welding (steel & aluminum preferred. Forklift experience would be an asset.
Must have valid Driver's license.
Starting date: Immediate
Please fax resume to:
905-571-0404

510 general help

PERSONAL AND COMMERCIAL INSURANCE Progressive Insurance brokerage in the Durham region is seeking professional, experienced RIBO licensed individuals to join our team. Successful candidates must have experience (5+ years) in sales/servicing/marketing of personal and/or commercial insurance. Excellent organizational, communication, and problem solving skills are a must. Must be able to interact well within a team environment and the ability to deal with people in a positive, cheerful manner under stressful situations. Good computer skills necessary. Please forward resume to: Box #154, P.O. Box 481, Oshawa, ON L1H 7L5. We thank all interested applicants, however only those selected for an interview will be contacted.

525 office help

ADMIN/RECEPTION, permanent full time position, must be team player with strong computer and communication skills. Ability to multi task, professional appearance, weekend hours required. Own transportation an asset. Fax resume to Erin 905-619-1927

HIRING IMMEDIATELY

Collection Agency located in Scarborough East (Kennedy/401) No Experience Necessary! Fully paid training program If you are seeking a fast paced environment with tremendous advancement opportunity please call today.
Amy Elson:
416-297-7077 x264

Registration Officer

Positions Required \$20.00/hr Avg. We Train You! Call Tom (905) 435-0280 Christmas help req'd

TELEMARKETERS needed for Part-time evenings. \$10/hr. Earn extra income. Call 905-686-2445 after 4pm. Ext. 304.

TELEPHONE SALES. Re: Circus performances in Ontario, on behalf of PRO & GBC. Permanent employment, work from our office only. Mon-Fri. Salary + commission + bonuses. Aggressive, mature voices and excellent command of English required. Call Shawn at 905-433-0048.

WINDOWS / SUNROOM Manufacturing Company is looking for production labour with some window/glass manufacturing experience. Call Brian 905-686-2445 ext 241 after 4pm.

REQUIRED IMMEDIATELY Entry Level Clerk, must possess computer knowledge and excellent typing skills. Please fax resume to 905-839-9406.

SMALL, busy family/litigation lawyer requires junior assistant with minimum of 1 year experience. Must have good grammar/spelling skills and car. Please fax resume to 905-668-7936.

TEMPORARY TAX CLERK for tax season (full time 10 weeks from February 21 to April 30, 2005) required by Ajax accounting firm. Emphasis on collating and checking. Good interpersonal and communication skills. Able to organize and prioritize workloads. Fax resume to: 905-686-2276.

ESTHETICIAN required, part time. Please fax resume to: 905-839-8806 or email: wellnessspa@bellnet.ca Att: Dara

SALON / SPA RECEPTIONIST - Professional appearance with cashing, people and phone skills a must to join our team. Apply in person: Valentino's, 210 Brock St., downtown Whitby.

514 salon & spa help

2 EXPERIENCED full-time stylist or part-time stylist required. Call (905)655-4119 or apply in person: 76 Baldwin St., Brooklin

LEARN HOW to operate a mini office outlet from home, earning \$3000+ month. www.missionsuccess.ca.

LOCAL OSHAWA office seeking telemarketers to conduct surveys by phone. No selling, hourly wage, 1 - 9 p.m. - 4 - 9 p.m. by day every Friday. Call (905) 720-1808

MATURE RESPONSIBLE handy couple required for live-in superintendent position in low-rise apt building, high standards of cleaning, building and yard maintenance essential. Minimal rent. (905)439-8893.

NEED ASAP, experienced ICI Construction Superintendent (contract) for local warehouse/freezer project. E-mail resume to: bhoffand@maple.ca or fax: 905-821-4822

PICKERING METAL shop requires an assistant to the Shipper/Receiver. Duties include, light assembly, packaging, house-keeping exp. Willing to train the right person. \$10/hr Fax resume to 905- 831-9350.

515 skilled & technical help

525 office help

OFFICE ASSISTANT

Busy Pickering office requires a cheerful, positive-minded person to take on a variety of tasks. Must be very proficient in all aspects of Microsoft Office and be able to independently produce accurate and professional documents. Basic bookkeeping knowledge and experience in A/R and A/P required; familiarity with Quickbooks Premier preferred. Excellent telephone manner and customer service skills are essential. Willingness to work flexible hours a definite asset. Please mail resume and wage expectations to:
File #153 c/o This Week PO Box 481 Oshawa, ON L1H 7L5

"Renvoi à Travailler"

Cherche - l'agent de reservation Voulez vous travailler dans un environnement superior, êtes vous jouer d'équipe. Avez vous de l'expérience dans le service à la clientele. Avez vous connaissance de l'utilisation de l'informatique de l'internet. Pouvez vous travailler des heures flexible entre 5:30 et 22:00hr. Envoyez votre résumé: 905-426-3895

535 hospital / medical dental

535 hospital / medical dental

PATIENT CO-ORDINATOR

Looking for a great new Dental Career where you can work, learn, grow and play? Altima Dental can offer you the chance to make a difference. We are seeking a part-time Patient Coordinator (evenings & week-ends), for our center at Cedarbrae Mall, Scarborough. Visit www.altima.ca for details. Email: cedarbrae@altima.ca. Fax: 416 438 5175

530 sales help & agents

AVON Special Offer Expires Feb. 11

Join To-day Start to earn \$Cash\$ and receive \$40 Beauty Pack Free! Call Pauline 905-655-8898 1-866-888-5288

PART-TIME SECRETARY required for medical office in Ajax. Wed 2-7, Fri. 9-4. Medical experience preferred. Fax resume to 905-686-8776.

RPN NEEDED for walk-in family practise clinic with phlebotomy, injection, ECG experience. P/T, days, evenings, weekends. Fax resume: 905-426-4852.

SALES/MARKETING REP with experience required for an Ajax Publisher for conference and book publishing division. Proven track record and organizational skills a must. Email resume to: rwh@rogers.com

RMT Required for physio/massage clinic in Ajax. Saturdays with negotiable weekday/evenings. Please Fax resume to: 905-428-8830.

540 hotel / restaurant

BUFFET WORLD, Whitby Mall, South East Corner of Thickson and Dundas. Waitstaff, and bussers wanted. Experience preferred. Apply in person.

525 office help

525 office help

Accounting Clerk/Bookkeeper - Full Time SourcePoint Business Group (Pickering)

Accounting firm requires an individual who enjoys challenges and working to deadlines. Position responsibilities include primarily bookkeeping for multiple monthly clients processed in our office. Excellent computer and communication skills essential. Please fax your resume and salary expectations to: 905-509-3528

535 hospital / medical dental

535 hospital / medical dental

535 hospital / medical dental



Rory Sheehan B.A., B.Ed., M.B.A. (Senior Trainer) Winner of the 2001, 2002, 2003 Readers Choice Awards for Corporate Trainer of the Year.

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If you like helping people with their problems, and always wished you could get paid for it, now you can. Join the rewarding field of alternative health with full Hypnotic Certification. Learn to use the powers of hypnosis to help people lose weight, stop smoking, and reduce stress.

Past Life Regression - Feb. 5th
Hypnosis for Weight loss - Feb. 7th
Hypnotic Certification - Feb. 25th
905-683-9133

110 apartments/condos for sale



BOWMANVILLE'S FINEST LOCATION

OWN NEW! FROM \$699/MONTH
New Suites from \$111,990
2 bedroom from \$134,990
• LIMITED OFFER 3 stainless steel appliances and washer dryer
• Juliet balconies or patios
• Ensuite Laundry
• Close to 401, public transit & GO
• 25 minutes east of Toronto
Buy now with \$500 initial deposit
Ask sales rep for details

IMMEDIATE OCCUPANCY OR RENT & INVEST IN YOUR FUTURE

• New 1 & 2 bedroom suites from \$975/mo.
• \$100 per mo. will be credited towards your future Kaitlin home purchase
Ask sales rep for details
CALL ERIC (905) 697-0513
www.kaitlingroup.com
visit our model suite.
Prices correct at press time. E&OE

110 apartments/condos for sale



BOWMANVILLE'S FINEST LOCATION

OWN NEW! FROM \$699/MONTH
New Suites from \$111,990
2 bedroom from \$134,990
• LIMITED OFFER 3 stainless steel appliances and washer dryer
• Juliet balconies or patios
• Ensuite Laundry
• Close to 401, public transit & GO
• 25 minutes east of Toronto
Buy now with \$500 initial deposit
Ask sales rep for details

IMMEDIATE OCCUPANCY OR RENT & INVEST IN YOUR FUTURE

• New 1 & 2 bedroom suites from \$975/mo.
• \$100 per mo. will be credited towards your future Kaitlin home purchase
Ask sales rep for details
CALL ERIC (905) 697-0513
www.kaitlingroup.com
visit our model suite.
Prices correct at press time. E&OE

165 mortgages, loans

100 FAMILIES WANTED - to become debt free. Must have mortgage and debts. Debt Freedom Canada Inc. To Register call: 1-800-590-7203 ext. 2062.

CENTRAL FUNDING GROUP, first & second mortgages to 100%. From 4.8% for 5 years. Best available rates. Private funds available. Refinancing debt consolidation a specialty. For fast professional service call (905)666-4986

MONEY PROBLEMS? STOP judgments, garnishments, mortgage foreclosures & harassing creditor calls. GET: debt Consolidations, & protection for your assets. Call now: (905)576-3505

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

170 apartments & flats for rent

(3) - One bedrooms, \$675/inclusive, avail. immediately and March 1st. Bachelor, \$650/inclusive, available immediately. First/last. Downtown Oshawa area. (905)725-8710

1 & 2-BEDROOM available immediately. Central Oshawa, couple preferred, fridge, stove, hardwood, carpet, fresh paint. Shopping, laundry, no dogs, near bus, reasonable. Immediate possession. (905)725-2642, after 5pm.

1 BD RM. clean, Oshawa, refurbished, ASAP or March 1. \$595-inclusive. Suitable for single person. Absolutely first/last, references. (905)571-5814

1 BEDROOM APT. - newly renovated, exceptionally clean & spacious. Oshawa, above retail. \$750/mo. incl. util. No pets/smoking. Available immediately. 905-431-1552.

1 BEDROOM basement apartment, walk-out. Nice, clean. New kitchen, full bath. Available January 15th. \$800/inclusive. Call (905)231-0102 (905)213-6078 between 4pm-11pm

1 OSHAWA NORTH, 1 & 2-bedrooms, 6-storey quiet building, balcony, appliances, utilities included. Laundry and parking available. \$750 & \$850. Avail February/March/April. 905-436-9785.

1-BEDROOM BASEMENT APT. - Thickton/401 area, separate entrance, laundry, parking, close to schools, shopping, park. Avail. immediately. \$675/mo incl. First/last. Call 905-720-3596 after 6 p.m.

1011 SIMCOE ST. N. Oshawa - Large 3 bedroom 2 storey town home suites with full basements, available for rent. Private fenced yards with mature trees. \$999.00 per month. 12th month free! Call (905)579-7649 for an appointment.

2 APTS IN WHITBY BUNGALOW main floor, 3-bdrms, \$950/mo+ utilities. Immediate. Bsmt apt. 1-bdrm, \$800/mo incl. utilities. Immediate. Parking, bus, GO. No pets/smoking. (905)451-0800.

2 BDRM APT. avail now. Simcoe St. North Oshawa. Appliances, laundry facilities, 1-parking. Call 905-720-0432

2 BEDROOM APARTMENT. \$800/month, all utilities included. Own entrance, coin laundry, first/last, available March 1st. (905)576-8675

2-BEDROOM 1200-sq.ft. apt. in house, panoramic view, fireplace, walk-out to large yard, sep. entrance. No pets, first/last/refs. \$900/mo+1/2 hydro. Raglan. 905-431-0571

2-BEDROOM APT. Simcoe/Mill Oshawa. Hardwood floors. Available anytime after Feb. 6th \$765/mo. inclusive. first/last required. Cat okay. Excellent area. Call Mr. Wyne 905-427-7902.

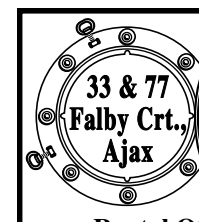
2-BEDROOM APTS. - Available immediately. \$750/\$825+hydro, first/last. Uxbridge downtown Brock St. No pets/smoking, references. Sam 416-895-8144

3-BEDROOM BUNGALOW, south Ajax, parking, quiet residential area, no pets, non-smoking, first/last. Available immediately. References required. \$1000/month plus 50% utilities. (905)683-5480

A MUST SEE! Oshawa 2-Bdrm. in 3-unit Adult occupied, clean, quiet building. New windows, private yard, laundry, storage, 2-car pkg. Bus at door. NO pets/smoking. Credit check, References. \$900-inclusive. 1st/last. March 1st. 905-427-2782

AJAX - spacious luxurious 2 bedroom plus den basement apt. Sep. entrance, 2-parking, all inclusive \$900/mo., no smoking/pets, available immediately. Credit check. (905)426-7116

170 apartments & flats for rent



2 & 3 bedroom apartments starting at \$978 per mo.
On-site superintendent and security.
Rental Office Mon.-Fri. 8:30 a.m. - 4:30 p.m.
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Condominium Sized Suites
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• Upgraded Security System
Drop by or Call for Appointment 905-728-4993

AJAX SOUTH - large one bedroom, suits quiet single female, immediate \$725/incl. Also 1 bed + den, suit single, March 1st. \$750/incl. Sep. entrance, parking, laundry, 3 bedroom main floor, April 1st. \$1075+part utilities. No pets/smoking. First/last/refs. (905)866-6773

AJAX, 1-bdrm basement, steps to lake, park & trails. Spacious & immaculate w/private entrance. Large windows, bright rooms, ceramic floors, eat-in kitchen, 4pc bath, Avail. now. \$800 inclusive w/cable. First/last, references. No smoking/pets. (905)686-0210

AJAX, 2-BEDROOM basement, large/brt, (lots of windows), separate entrance. \$950/mo inclusive. Washer/Dryer. Close to school. Available March 1st. No pets/smoking. (905)426-3585

AJAX, EAST HAMPTONS, 1 bdrm/1bath/1park/ \$890+utilities. Available now. 5-appliances, fireplace, laundry, freshly painted, clean through, Name & number re. rental to Jacquelyn Tanner, Sales rep. sutton grp-heritage (905)619-9500.

AJAX, LARGE 1-BEDROOM basement apt., fully renovated, separate entrance, full bathroom, a/c, cable, utilities, parking, laundry. First/last. \$725/month. (905)427-9382, leave message.

AJAX 2 BEDROOM - Pickering Village, Laundry, Parking. Oshawa-beautiful large 2 bedroom, in a clean low-rise, freshly painted, parking, call (905) 922-0252 or (905) 686-0470.

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 \$1,025. Call (905)767-2565

BEAUTIFUL 2-BEDROOM basement apt. Kitchen, large living-room, includes parking and cable. Available immediately. \$950 inclusive. Altona/Kingston, Pickering, nice area. (905)509-5412 after 3p.m. or 24hrs. 416-951-5876.

BLUEWATER PARK WHITBY 1 & 2 Bedrooms. Please call Mon-Fri. 9 a.m. - 7 p.m. 905-571-3522 Shelter Canadian Properties Ltd.

BOWMANVILLE - awesome 1 bedroom apartment, gas fireplace, country setting, on acreage at the edge of town, laundry available, all-inclusive, fridge and stove \$950. (905) 432-4094.

BOWMANVILLE, 2-bedroom plus sun room, in Century home. 4-appliances, pool, parking garage, A/C. \$995 plus hydro. Suit professional couple. Available March 1st. (905)430-9085.

BOWMANVILLE, immaculate 1&2 bedroom apartments available March. Rent includes appliances, utilities, laundry facilities & parking. Call 905-623-0791 or 905-666-1074.

BRAND NEW 1 bedroom basement apartment, Ajax location. \$595/mo. Separate entrance. Parking, Laundry, Fridge, Stove. No pets. Available immediately. 416-721-2720.

BRIGHT NEWLY renovated 2-bdrm bsmt, near Oshawa Centre, separate entrance, cable, solarium, own laundry facilities, large yard, 1-parking, \$950/month inclusive, no dogs. Avail. immediately. First/last/refs. 905-571-0631.

CHURCH/Hwy 2, Immaculate 3 bedrooms apartments. Close to schools / shopping/GO. 416-444-7391, Ext. 241

170 apartments & flats for rent

ONE-BEDROOM basement apt. laundry, parking, fridge included. Smoke-free. references req'd. \$650-inclusive. Sandy Beach Bayly near GO train, bus out front

OSHAWA NORTH, 2 bdrm. apt. in small, quiet building. A/C, fully carpeted, \$900 inclusive, first/last required, immediate/March 1st. No pets. Phone 905-718-0361.

OSHAWA, 1 large bedroom lower level for rent \$675+ hydro. No pets, located in quiet Oshawa residential area. Avail. Feb. 1st. Call (905)424-5083.

OSHAWA - 3 BEDROOM Ritson/Olive, clean, new carpet, fresh paint, parking, yard, porch. Professionally managed, Feb/Mar. \$949 plus utilities. Dan 416-657-2117.

OSHAWA - near Oshawa Centre, clean, quiet 1-bedroom basement apt in triplex, \$700/month inclusive. Phone 905-728-9570

OSHAWA 1-BEDROOM nice quiet area, adult lifestyle building, no smokers/pets. All inclusive \$625/month. Available Feb/March Call 905-404-8565

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

OSHAWA Dean/Ritson. 2-bdrm, main floor. Clean, quiet, newly renovated. 2 entrances, deck, laundry facilities, fridge/stove near all amenities. Avail. anytime. \$900/mo-inclusive. (905)439-0108

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

OSHAWA small 1-bdrm basement apt. 1-parking, quiet residential street. No smoking/pets. Suits one person only. \$550/mo. Call 905-723-8051 lv. msg

OSHAWA, clean 2 bedroom apt, main floor of house, \$700 plus utilities, first & last, no pets, avail. Mar.1, (905)725-2352.

OSHAWA, RITSON/401 new legal duplex, 1 bedroom main floor \$650 inclusive, 3 bedroom main/2nd floor, \$1050 inclusive, both units include parking, sep. laundry no pets, first/last, avail. Mar. 1, 905-668-9376.

OSHAWA, BOND/SIMCOE, Newly decorated, large 1-bedroom in clean, quiet low-rise building. Near all amenities. Laundry facilities, available March 1st. \$660, parking included, hydro extra. 905-434-7331.

OSHAWA, near downtown, 1-bedroom basement, sep. entrance, parking, freshly painted, new flooring, new bathroom, windows in every room, \$700/incl. (905)259-2552

OSHAWA, NEAR Q.C. 2-bedroom all utilities included, first/last, references. Available immediately \$750. Phone 905-243-0339, 905-263-2244.

OSHAWA - King/Ritson, large one bedroom apt. on main floor of century old house, close to downtown and all amenities. Laundry, parking, \$750/incl. 416-951-2236.

PICKERING - 1 bedroom basement apartment, separate entrance. Near 401 and all amenities. \$650/month inclusive, no smoking/pets. Available immediately. (905)831-3415

PICKERING - large 3 bedroom bungalow, main floor, bright, clean, a/c, new windows, 5 appliances, hardwood floors, close to go, 401, schools, shopping. \$1,225+1/2 utilities. (416)579-1375

PICKERING Brock/Major Oaks, one bedroom+den basement apt., renovated, new appliances, sep. entrance, laundry, parking, a/c, near 401/GO. clean/quiet. Immediate. \$750/mo inclusive. No smoking/pets. 289-314-9652; 905-426-5819.

PICKERING Major Oaks/Brock one-bedroom basement apt. Sep. ent. parking, laundry, fridge/stove. No smoking/pets. \$650-inclusive. Avail. Feb 15 (905)686-2823

PICKERING VILLAGE - large 1 bedroom basement apartment. Newly renovated. Separate entrance. Cable/shared laundry/parking. Available March 1/05. Non-smoker. \$800/incl. negotiable. (905)683-5507.

PICKERING, large, lovely, like new one-bedroom basement apt. A must see. No smoking/pets. 4-appliances, 4pc bath, near bus/GO/shopping. \$750/inclusive, (905)420-0069.

PICKERING, 1bd. bsmt., Brock Rd./Finch, avail. Mar. 1, \$675/mo., no-smoking, pets, laundry, first/last, all inclusive, parking, w/o, full kitchen/bath. (905)428-1986

PICKERING, Liverpool Rd. 1-bdrm bsmt, quiet executive home on waterfront lot. Separate entrance, own laundry, parking, air, cable. No smoking/pets. \$800/mo inclusive. 416-937-4522

170 apartments & flats for rent

ONE-BEDROOM basement apt. laundry, parking, fridge included. Smoke-free. references req'd. \$650-inclusive. Sandy Beach Bayly near GO train, bus out front

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PICKERING - large 3 bedroom bungalow, main floor, bright, clean, a/c, new windows, 5 appliances, hardwood floors, close to go, 401, schools, shopping. \$1,225+1/2 utilities. (416)579-1375

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170 apartments & flats for rent

PICKERING, Liverpool/Glenana. 1-bdrm. bsmt. apt. Separate entrance, kitchen, dining, bathroom, laundry. Close to all amenities. No smoking/pets. \$750/inclusive. Call 416-994-9512.

PICKERING - Liverpool/Bayly, 2-bdrm. bsmt. apt., parking, sep. entr., laundry, central air, near 401/mall/GO. \$680/mo+ 1/2 util., avail. immed. (647)224-8230

Regency Manor 2-BEDROOM extra-large in quiet bldg, freshly painted, in beautiful Whiby neighbourhood. Ideal for adults & seniors. clean building, ensuite storage, onsite laundry. Incredible value \$895+ 905-668-7758

REGENCY PLACE - 15 Regency Cres. Whitby, 50+ Lifestyle Apt. Complex. Clean quiet building, across from park. Close to downtown. Daily activities incl. All utilities included. Call (905)430-7397. www.realtar.ca.

SCARBOROUGH - Port Union/Kingston Rd. Spacious 3 bedroom Flat. Large backyard. 3 car parking. Laundry, TTC. Available immediately \$1200. Please call 416-286-4597.

SIMCOE ST. N. 1 - one bedroom, 3 - two bedroom units, Oshawa, air, 5 appliances, Luxury apartments, 1 bed \$1280, plus parking, 2 bedrooms \$1,460, plus parking. Call 905-571-3760

SIMCOE/MILL OSHAWA, close to 401. Nice, quiet building near shopping, transportation. Utilities included. 2-bdrm \$849/month. Available immediately/March 1st. (905)436-7686 until 7:30pm.

SOUTH AJAX 2-bedroom apartment. Fireplace, central air/vac, laundry, parking, backyard, hot tub, satellite, internet, ceramic throughout. Non-smoking, pets ok. \$1150/mo. hydro included. March 1st. 905-686-3197.

SOUTH AJAX quiet neighbourhood, brand new one bedroom plus living, legal basement apartment, sep entrance, parking/laundry/central air, many upgrades \$800.00 inclusive, first/last, available March 1st call 905-426-7770

SPACIOUS 800 sqft bachelor attic apartment in large, quiet family home. Private entrance/balcony, 4pc washroom, eat-in kitchen, A/C, premium cable, parking, utilities, Park/401, no smoking/pets. Available March 1st. \$675/month. 1st/last required. (905)576-4362.

TESTA HEIGHTS - 2 Testa Rd. Uxbridge. One & two bedroom apts. available. Conveniently located in Uxbridge in adult occupied building. Call (905)952-2534. www.realtar.ca

TWO BEDROOM apts for rent. Located 309 Cordova Rd. Oshawa. Avail. immediately. No pets. Please call (905)579-2387 after 5 p.m.

TWO BEDROOMS AVAILABLE anytime or March 1st. 946 Masson St., Oshawa. \$795/mo., all inclusive. No pets. Please call 905-576-6724 or 905-242-4478.

UXBRIDGE NEW! Townhouse/Apartment rentals. 2 bedrooms, 4 appliances, aircond., patio/garden, parking, storage. 905-852-4777

WESTNEY/FINLEY Large bsmt bachelor, w/complete kitchen, 4pc bath, cable, laundry, parking. Close to all amenities, close to GO. \$700/mo. 905-686-2441.

WHITBY - 2 bedroom apt., top floor, balcony, on quiet green street, in 7-unit building, beautiful view. Close to Go-Train, parking, available now. (416)498-4770

WHITBY - Rossland/Cochrane, 1 bedroom lower level apartment, walkout, large tub, shower, fireplace, private patio, parking, carport, share laundry, \$800/inclusive, available March 1st. Prefer 1 non-smoking person. Call Mike 905-665-7627 leave message.

WHITBY CLEAN quiet, spacious 1-bdrm main floor of house. Centrally located, "Oldie Whiby" full basement, laundry, suits, adult working person(s), non-smoking/pets. Avail. March 1. \$890+utilities. (905)-668-3011

WHITBY Place, 900 Dundas St. E., One and two bedroom suites. Low rise building, park like setting, balcony or patio. Close to downtown. In-suite storage. All util. incl. (905)430-5420. www.realtar.ca

WHITBY, LARGE, LEGAL 2-bdrm bsmt., share laundry. Close to public transit/shopping. No smoking/pets. \$850/mo all inclusive. Available immediately. Cal (905)655-9624 please leave message

WHITBY, BROCK/DUNDAS, large 1-bedroom basement, walk-in closets, hardwood/ceramic, bay window, separate entrance, walk-out, parking. New home. \$850/inclusive. (905)509-4006 or 416-877-4543.

WHITBY, beautiful 3 bdrm. home, Burns/Thickson area. 2 fireplaces, bay windows, all appliances incl. \$1500+utilities, avail. March 1. Call 905-427-5128.

WHITBY - 2 bedroom suites \$860, all inclusive, close to all amenities. Office hours 9-5 Monday - Friday. (905)666-4589.

170 apartments & flats for rent

WHITBY, downtown, 1-bedroom basement apartment, private entrance, includes utilities laundry and parking. Bright and clean, available immediately. \$600/month. No pets/smoking, 90

273 daycare available

INFANTS - 12 YEARS OLD

- safe home environment
- programming - personal attention
- receipts - full or part-time
- caregivers screened, trained, receive on going support, regular inspections
- Licenced by MCFCS

DURHAM PROFESSIONAL HOME DAY CARE 905-509-1207

233 snowmobiles

1998 SKIDOO FORMULA 500 with 2005 Trail Pass and two helmets, excellent condition, will sacrifice \$2700 o.b.o. (905)85-7711

267 companions

SINCERE SINGLES Spending time alone? We'll find you that special someone! 1-866-719-9116 www.sinceresingles.ca. Winter special now on!

268 personals

MALE LOOKING FOR HIS SOUL MATE, FEMALE. I'm 46, fit, athletic and handsome. I have a successful business. I'm strong enough to swallow my pride, non egotistical and non judgmental. I enjoy travel, dining out, movies, cycling, and swimming. I'm romantic, thoughtful, caring and an animal lover. You can E-mail at: davejohnson5@sympatico.ca

268 personals

SUSAN VICKERS, born in 1967, or anyone knowing her whereabouts, please contact her mother Helen at (905)452-9278, collect. (Last known address Oshawa)

270 nannies live-in / out

LIVE-IN certified overseas nannies/care givers. Elder care, special needs, minimum wage applies. No fee employers OEA. (416)699-8931.

273 daycare available

DAYCARE AVAILABLE IN OUR HOME - Responsible for the well-being and care of children of all ages. Nutritious lunches and snacks, constant supervision and attention. Receipts available. For more information call 905-686-6597.

273 daycare available

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

274 daycare wanted

NANNYHOUSE CLEANER available. Excellent references, 3 years experience. Call (905)428-3318.

285 health & homecare

POSITION AVAILABLE - Looking for an RNA or a personal support worker. Position to commence March 1/05. Must have experience identifying bedsores, and with catheterization. Spinal cord injury experience an asset. Call Anthony Deering at 905-985-0221.

294 psychics

PSYCHICS reader and advisor, help in all life's problems, satisfaction guaranteed, specializing in Palm, Tarot and Crystal Ball readings, always private and confidential, house parties available. (905)665-3222.

310 articles for sale

2005- ALL NEW FTA CARDLESS SATELLITE SYSTEMS. Full USA Programming, sales, service and installations. #1 in Durham. Call 905-767-0013.

4-door COMMERCIAL FREEZER/REFRIGERATOR, water cooled. Greening card display also available (905)666-5275

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

APPLIANCES - Refrigerator frost free, Deluxe stove \$475/pair. Heavy duty washer/dryer, \$275/pair or \$675/all. Also super deluxe refrigerator/stove, large capacity washer/dryer, used 2 years, will separate, all exceptional appearance. (905)925-6446

POOL TABLE, 1" slate. Solid wood. New in box, \$800 accessory package included. Cost \$6750 sell for \$2300. 905-213-4669.

PIANOS & CLOCKS - Savings on all 2004 models in stock. Ends Jan. 30th. Also on Sarnick pianos, and Howard Miller clocks. Large selection of used pianos (Yamaha, Kawai, Heintzmann, etc.) Not sure if your kids will stick with lessons, try our rent to own. 100% of all rental payments apply. Call TELEP PIANO (905)433-1491 www.telep.ca WE WILL NOT BE UNDERSOLD!

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310 articles for sale

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

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

PLAYSTATION2 MOD CHIPS Chip installed from \$125. XBOX MOD CHIPS Chip installed from \$125. Several chips available for each console. For all the details: www.durhammods.com North End Oshawa. 905-626-0542

POOL TABLE 4 ft.x7 ft., 3/4" slate, black with tapered legs, excellent condition, will provide professional installation, \$1,200 OBO. Call 705-786-0427.

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.

RESTAURANT EQUIPMENT for sale, closing end of Feb. Call (905)725-2212.

RETIREMENT SALE, Pine Loft Treasures. 918 Simcoe St.N. Everything must go, up to 50% off. Bedroom, diningroom, armoire and lots more. 905-579-9311.

SAMICK UPRIGHT PIANO with bench, black, approx. 10 yrs. old, excellent condition. Call for more information 905-623-9155, after 5 p.m.

SATELLITE SERVICES: Direct TV DISHNET, Free To Air, C-band, HD-TV. 20 years servicing satellite. 905-428-1223, or drop by store for a demo.

SINGLE "Adjusta-Magic" adjustable bed with vibrator. Made by "Adjusta-Magic". New mattress asking \$950, or best offer. Call 905-655-4386 after 5 p.m.

STEAM PRESS SINGER model MSP8. Excellent condition, \$350. Call (905)420-4165

WOODY'S MEATS - Gov't. inspected. FEBRUARY SPECIALS, but ending Feb. 21. Sides \$1.70 lb, cut, wrapped and frozen. 40 lb. special mixed \$120. Steaks, roasts and hamburger. 30 lb. packages of steaks, 3/4" thick \$6.99 lb.; Roasts \$2.90 lb; Hamburg 30 lbs. @ 1 lb. packages \$1.30 lb. Order now. Call 905-986-4932 between 8-5 Mon. to Fri., and Sat. 8-12 noon.

2000 CHEVY MONTE CARLO SS. 3.8L, V6, auto, air, black ext., leather, sunroof. 128,000km. \$11,900. (905)725-2633.

2000 OLDS INTRIGUE, 1 owner, lady driver, loaded, immaculate, 105 K, \$9,000. Call 1-705-324-5584

2002 JETTA TDI, 114,000 km. Black. Hidden hitch, snow tires, winter package, a/c. Diesel, very economical. Clean, great condition. \$19,900.00 (905)982-1290.

2003 REGAL LS, non-smoker, 22,300-km. Silver/grey leather int., p/sunroof, AM/FM cassette/CD. LS Premium Value Package. Mint condition \$19,999 (905)576-8657

2003 VOLKSWAGEN GOLF, 4 door, white, 46,000 kms., like new. Air, CD, \$18,500.00 (705) 432-3041 or (705)-357-3306.

BAD CREDIT? No History? Need a car? Tired of the run-around? Straight Talk! Call now! 905-686-2300 or toll free 1-888-769-2502

316 vendors wanted

ANTIQUE VENDORS WANTED at the Courtyce Flea Market. Open every Sat. and Sun. Rates start at \$195/month. Attendance 250,000 annually. Exit 401 at Courtyce Rd. and go north. 905-436-1024 or www.courtycefleamarket.com

330 firewood

AJAX LAKERIDGE FARM FIREWOOD. The best quality and prices around. Cut/split/seasoned/delivered. Discount for pick up. (\$300 bush) 905-424-1735.

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

ONTARIO MIXED HARDWOOD - seasoned, delivered. Day call: 705-484-2195 or Evening calls 705-484-0512.

352 farm equipment

JOHN DEERE 60 HP tractor and loader, bucket and brush fork, 7 1/2 Lucknow snowblower. Very good condition. \$7,500. Call 905-377-1937.

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258 in memorial

258 in memorial

DAMES, JACK (John)

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We think of you in silence, And often speak your name. All we have are memories, And your picture in a frame. In life we loved you dearly, In death we love you still. In our hearts you hold a place, No one can ever fill.

Always and forever, **Wife, Betty & Son Andy & Rebecca**.

256 deaths

256 deaths

ORLOW, Nick Peacefully entered into rest at Markhaven Nursing Home, Markham, on Thursday, February 3, 2005, at the age of 90. Nick Orlow, husband of Sera. Father of Walter, Fred, Nick, Ann, Alexandra, Nina, Alice, Carol and their families. A private family service held at the **MCEACHNIE FUNERAL HOME**, 28 Old Kingston Road, Ajax (Pickering Village) 905-428-8488 on Saturday, February 5, 2005. Interment Pine Hills Cemetery.

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255 announcements

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