

The Pickering NEWS ADVERTISER

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Homelessness

Regional politicians on tour,
gain insight into problem

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Pickering getting tough on violence and vandalism

Chief administrative officer says new policy will give staff 'more teeth'

By Kristen Calis
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PICKERING — The City of Pickering will no longer tolerate violence or vandalism on its properties once the zero-tolerance policy is passed.

Ward 2 Regional Councillor Bill McLean, who has been working on the policy for months now and put the motion forward with Ward 2 City Councillor Doug Dickerson, was happy when the draft was finally passed at Monday's council meeting.

"I'm quite pleased," he said in an interview. "I think it's something that was wanted by the sporting groups and the community and I think it's something that is going to give staff,

coaches, players and parents a foundation to use as a building block, to encourage better sportsmanship conduct and keep safety in our facilities."

The policy is meant to eliminate violence and anti-social behaviour on the City's properties by setting a standard for dealing with negative incidents in a fair and consistent manner. City staff will have the authority to remove individuals who engage in such behaviour, and the chief administrative officer, Tom Quinn, will evaluate each case. Intolerant behaviour includes harassing, fighting, vandalism and threatening, and consequences can include immediate removal from the facility, a mandatory suspension from the facility, or even prohibiting participation within the City's affiliated sport community for two years. Durham Regional Police Services could also be made aware of the incidents. All people within the facilities - coaches,

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PROUD OF HER DAD



AJ Groen/ News Advertiser photo

PICKERING — Callista Satiriou holds her father John's helmet badge. He had just graduated into the Pickering Fire Service with 10 others at the Pickering Recreation Complex on Wednesday.

Family pet put down after horrific attack

Police looking for public's help

PICKERING — Police have launched an investigation after a Pickering family's pet cat died from what appeared to be deliberately-inflicted injuries.

It appears someone swung the cat, a four-year-old grey tabby, by its tail, Durham police said; it was put down by a veterinarian.

Police said the cat was found, in obvious distress, when the family returned to their Deerbrook Drive residence in the Finch Avenue - Liverpool Road area late Saturday. The cat's tail was stretched and it was bleeding from its hindquarters.

The injuries are consistent with someone swinging the cat in a circular motion by its tail, police said.

The cat was taken for treatment but was euthanized after a

♦ See Attack, Page 10

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'Ontario, and that means Durham, is facing a real health crisis'

Healthy Weights Forum included speakers, displays, break-out sessions

By Crystal Crimi
ccrimi@durhamregion.com

DURHAM — In the morning, Dr. Robert Kyle cycles on a stationary bike for about an hour, does some reading, then drives leisurely to work, passing his wife out walking along the way.

As a professional couple with kids, they've made physical activity and healthy eating a priority in their lives, said Dr. Kyle, the Region's commissioner and medical officer of health, during an Oct. 13 Healthy Weights Forum.

But, that's not the norm, according to Phyllis Berck, the forum's keynote speaker. She notes we're becoming a society that's not particularly healthy.

"As the stats show, Ontario, and that means Durham, is facing a real health crisis," said Ms. Berck, director of the Toronto Office of Partnerships in the City of Toronto, and author of a handbook for sport leaders and other publications.

Addressing educators, community members, and health officials attending the event hosted by Notre Dame Catholic Secondary School in Ajax, Ms. Berck displayed an illustration of evolution behind her, starting with a primate and eventually leading to an obese guy in his underwear, shoulders slouched, soda in hand.

In Canada, 25 per cent of chil-

dren and youth age two to 17 are overweight or obese.

She said she was impressed Dr. Kyle and his wife made time to cycle and walk.

"These are complicated times," she said. At one point, people wondered what we would do with all our leisure time provided by technology, but she'd be surprised if anyone has more time now as a result - so we look for conveniences.

According to the Heart and Stroke Foundation, the extra weight one of two Canadians is carrying is becoming as serious a health threat as smoking was 30 years ago, she said.

Ms. Berck added weight gain is a little more complicated than people just pushing away from the table sooner and can include family, schools, environment, and social factors.

"What's always struck me is the cost of beer is the same no matter where you go in the province - the price of bananas is not," said Ms. Berck. Fruits and vegetables are more expensive particularly in northern parts of Ontario.

Unlike tobacco, where large industry was dismissive of research on its health repercussions,

people generally understand the benefits of eating well and physical activity.

"Nobody disagrees this is an important issue," said Ms. Berck.

It's more an issue of finding time and sometimes resources to be healthy. Ms. Berck said kids play more video games than run around and the whole notion around safety has changed.

Some things people can do to help change happen include looking at the environmental factors as well as activity and dieting - are there sidewalks, public transit, and address societal and individual factors with both immediate and distant changes. One place to start is advocacy.

"Advocacy is important, it's long-term change," said Ms. Berck. She added it's not often on everyone's lips because they want immediate solutions but, without long-term changes, the same issues will be around in 10 years. Ms. Berck

used the example of a smoke-free Ontario for how advocacy can make a difference over years.

By getting government to create policy, it's also harder to change than funding priorities, she added.

"Schools are important because they access every child," said Ms. Berck.

Although the province requires 20 minutes of daily physical activity in schools now, it's sometimes taught by people who have little interest or knowledge, and the number of physical specialists in schools has decreased.

Lots of Durham schools are consolidated and kids have to take buses, with many eating in the cafeteria. Maybe the cheapest choices aren't necessarily the best ones, she added. Collectively, they need to look at ways to increase physical activity. Some recommendations include modifying the curriculum to include

physical activity.

In British Columbia they have action schools that link physical education to school spirit, said Ms. Berck, and also discussed other initiatives occurring. In Arkansas, although she personally thinks it's a bad idea, school kids get a Body Mass Index report similar to a report card.

In summary, what's needed is plenty of action, which includes setting priorities for community, sharing responsibility, addressing individuals and environments, and changing policy.

Participants at the forum also heard from other speakers and participated in break-out sessions. The event was sponsored by the Durham Region Health Department, the Heart and Stroke Foundation of Ontario, the Canadian Cancer Society, and Durham's public and Catholic school boards.

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EDITORIAL

Shame on Heroes sign thieves

Despicable is a word the new OPP detachment commander used to explain the recent thefts of four Highway of Heroes signs between Port Hope and Trenton.

Unless you were one of the people who stood on the back of a truck or on a ladder and removed the small, white signs that feature the words 'Highway of Heroes' and a poppy, you'll likely agree with Inspector Doug Borton's assessment.

Whether you're for or against the war in Afghanistan, there is absolutely no reason for people to disrespect the memories of the more than 70 soldiers who have lost their lives in that war-torn country. These aren't just small chunks of metal on the side of Hwy. 401 these people are stealing -- with every bolt they unscrew and Highway of Heroes sign they take down, they're dishonouring the memory of those who have made the ultimate sacrifice for our country.

It has been well-documented both locally, provincially and nationally that Durham Region residents from Clarington to Ajax and Pickering were among the first to flock to our highway overpasses to salute fallen soldiers as their repatriation ceremonies led their grieving families to Toronto and eventually home to be laid to rest. Thousands have paid tribute to our soldiers this way.

Is this the work of youngsters, just looking to wreak a little havoc and ruffle feathers? Or is it an older and supposedly more mature culprit who believes they can honour our soldiers properly by displaying a Highway of Heroes sign in their bedroom, basement or garage?

Their intentions could be pure, but their actions are anything but.

There are proper ways to honour fallen soldiers -- display a Canadian flag at your home, buy a sticker for your car, attend the next repatriation ceremony (an unfortunate inevitability) or send the troops a Christmas card.

This would show a soldier you care.

Stealing a sign meant to honour their fallen brethren does not.

LETTER TO THE EDITOR

Too many schools too close to preferred site

To the editor:

So, Hwy. 401 and Courtice Road is a good place for an incinerator because there are "only two houses in the one-kilometre radius of the site."

Look at what's within a 10-kilometre radius: Dr. Emily Stowe Public School, about 5.5 km from the preferred site; S.T. Worden Public School, about 6.5 km from the preferred site; Courtice North Public School, just under 5 km from the preferred site; Lydia Trull Public School, just under 4 km from the preferred site; Dr. G.J. MacGillivray Public School, just under 5 km from the preferred site; Good Shepherd Catholic School, just under 5 km from the preferred site; Mother Teresa Catholic School, about 5 km from the preferred site; Monsignor Leo Cleary Elementary School, 6 km from the preferred site; Courtice Secondary School, just under 5 km from the preferred site; Holy Trinity Catholic Secondary School, just under 3 km from the preferred site.

These figures take into account neither children in private schools, nurseries, day cares and at home nor schools in areas surrounding Courtice.

What are we doing?

Kristin McKinnon-Rutherford
Courtice



Want to speed up the justice system? Deep-six dead time

What with elections, Throne speeches and other political processes occurring these past few weeks, there's been a lot of discussion of justice issues, mainly of the get-tough-on-crime sort.

Politicians see this as expedient, because they (rightly) perceive a sense of frustration and even disdain among the public when it comes to the justice system.

Sentencing is a huge part of this discussion. There is a sense that sentences in this country tend to be light and that when jail time is imposed, it's offset by factors such as parole and credit given for pretrial custody, known by the colloquialism "dead time".

It's called dead time for a reason -- pretrial custody is typically spent in stir at a provincial jail such as the local Lindsay bucket, where prisoners have little in the way of programs or diversions. The accepted practice is for a judge to credit a convicted person on a two for one basis for this time and subtract it from the front end of any sentence handed down.

There's fairness in this practice; it recognizes time people spend waiting for their turn in a large and unwieldy system, and also gives a nod to a principle we refer to as presumption of innocence.

Section 11 (b) of our Charter of Rights and Freedoms dictates that an accused person must be tried within a reasonable time; failure by the Crown to make this come about can result in charges being dismissed. But an accused person can waive his or her Charter rights and impose delays that can result in a trial



Jeff Mitchell
staff writer

taking years to occur; they can, in effect, "bank" dead time, with the knowledge that it will be subtracted from any sentence that is eventually imposed.

Not all delays are unreasonable; not all accused people whose cases take time to reach court are playing the system for lighter punishment. But some are.

So how about imposing the same onus on defendants as is placed on the Crown? Judges have the power to impose trial dates on defendants, while being mindful of the accused's right to fair process. It is done.

A directive from the federal government to do so more often could help clear court backlogs and deliver meaningful sentences, unencumbered by calculations for dead time.

And greatly improve the public's perception of Canadian justice.

Jeff Mitchell is the Durham Region Media Group's justice reporter. His column appears periodically. E-mail jmitchell@durhamregion.com.

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Framework for climate change committee laid out

'I don't want it to end up as a protest movement because there are already lots of those out there': Councillor Don Mitchell

By Erin Hatfield
ehatfield@durhamregion.com

DURHAM — The warm fall weather may be pleasant, but it has Regional Councillor Don Mitchell a little "creeped out."

He said 20 C temperatures in mid October is a clear indication the effects of climate change are here.

The framework for a Regional roundtable on climate change got planning committee's approval and, with any luck, Coun. Mitchell said it will pass through the finance and administration committee and then be approved by Regional Council. The Region can then work to mitigate and adapt to climate change, he said.

"The action really is at the municipal level," Coun. Mitchell said. "The provincial and federal governments are pretty ineffective at addressing it."

The goal of the group is to position Durham Region as a leader in addressing climate change issues by preparing and recommending a strategy.

It's not just about saving the world, Coun. Mitchell said. The round table will also address adaptation to the effects of climate change already occurring, like extreme weather events.

It is suggested the group be comprised of 13 people, including: the Regional chairman; the Region's Chief Administrative Officer (CAO); one councillor from each of the Region's four standing

committees; and, seven citizen members representing local corporations, institutions and the general public.

Members of Parliament and Members of Provincial Parliament representing Durham will also be invited to join as non-voting members.

"I didn't want it to end up as a protest movement because there are already lots of those out there," Coun. Mitchell said. "We live in the hope that everyone will collectively understand what is going on here and that we only have one planet. Things have got to change here."

Lori Riviere, a Regional project planner who worked on the group's terms of reference, said one of the key elements to the proposed round table is representation from each of the standing committees.

"Climate change affects all departments it is not just a land use planning issue," Ms. Riviere said. "We also wanted to include the Region's CAO because he basically represents the Region's staff perspective."

Ms. Riviere said representatives would be sought from the manufacturing, transportation, development, agriculture, communication education and health-care industries.

"There are various types of corporations and industries we will be looking to for various representatives so that will allow for a broad range of membership," she explained.

The terms of reference for the roundtable goes before the finance and administration committee on Oct. 24. If accepted, a staff liaison would be hired. The approach will require a funding allocation for the new staff person, operating costs and studies, which are estimated to be between \$200,000 and \$300,000.

Region secures \$262,000 for northern municipalities

DURHAM — The Regional Municipality of Durham has secured \$262,000 from the provincial government for the implementation of broadband access in north Durham, which includes the townships of Scugog, Brock, and Uxbridge. The Region, local municipalities, telecommunications service providers, and other private partners, will contribute to additional project costs.

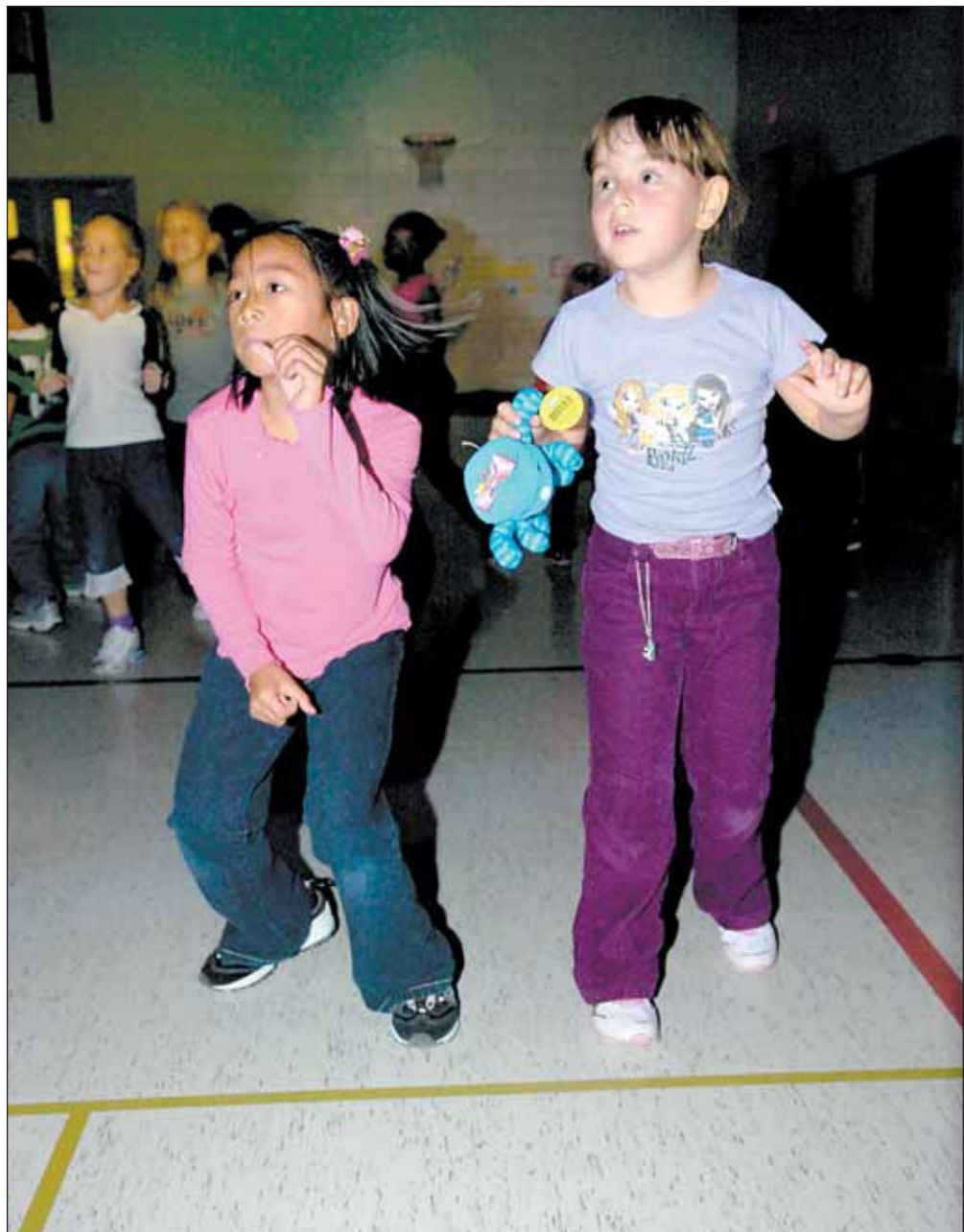
"This funding represents a great opportunity for the economic and social development of Durham Region," stated Regional Chairman Roger Anderson. "We are committed to providing the infrastructure necessary to ensure the sustainability and economic growth of our rural communities. An efficient, secure and reliable telecommunications system is key to increasing the competitive advantage of the townships of Brock, Scugog and Uxbridge."

The program is designed to enhance broadband access to the Uxville Industrial Park located in the Scugog Industrial Park; Township of Uxbridge; and throughout the Township of Brock.

Durham Region was on of the 18 rural municipalities in southern Ontario to receive the funding. It was a one-time initiative through Rural Connections - the Ontario Municipal Rural Broadband Partnership Program - to reduce infrastructure gaps in southern Ontario and enable a diversified economy in rural communities.

The Province awarded the funding to municipalities that are ready to implement and sustain broadband capability. 10 million was the fund for the program, qualifying projects will receive up to one-third or the eligible costs. The program is a joint effort between the ministries of Agriculture, Food, and Rural Affairs, Government Services, and Small Business and Entrepreneurship.

Marlene Werry, Durham Region Rural Development Office, submitted the application on behalf of the townships or Brock, Scugog and Uxbridge. The selection or one or more telecommunications providers will be done through Request for Proposal (RFP) process. The RFP is posted on the Region's web site at www.region.durham.on.ca/purchasing.



Ron Pietroniro/ News Advertiser photo

Party time

PICKERING — Grade 2 students Sophia Alvero and Alexandria Hynek dance the morning away during a MuchMusic Video Dance Party at St. Isaac Jogues Catholic School. The fundraiser was used to purchase equipment for the school.

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Health & wellness



ADVERTISING FEATURE



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Whether it's back to school or back to the office, more and more people are sitting at the computer for long hours. Aches and pains are experienced in the neck, shoulders, upper and lower back, wrists and hands as a result. To prevent these "Repetitive Strain Injuries: (RSI), that can damage tendons, muscles, nerves and other soft tissues, check these controllable factors at your work station:

Posture:

Critical for injury prevention, slouching at the keyboard puts your spine and limbs in positions that contribute to increased strain and tension.

Office Set-Up:

A poorly designed work station that causes you to reach excessively, poke

your chin to view the computer screen or overextend your wrists at the keyboard can be a problem.

Worker Technique:

"Pounding" at your keyboard, using your wrists to move the mouse or overgripping the mouse increase the demands on hands and wrists.

Work Habits:

Sitting for extended periods of time without frequent breaks can also contribute to RSI.

Don't ignore the early warning signs such as pain, headaches, weakness or tingling in your hands. Early treatment will speed your recovery

and return to a normal activity level. Make sure you are stretching regularly, taking breaks from the computer to get up and move around. Add variety to your tasks, keyboarding, filing, telephone, reading documents etc. Improve your work station set up, even request an ergonomic assessment of your station. Talk to a registered physiotherapist who will listen to your symptoms, assess your injuries and work out treatment options for soft tissue repair, improvement of posture and to offer advice regarding your specific workstation set-up.

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There is a significant correlation between a healthy mouth, and a healthy body. Having regular check-ups can identify and treat dental decay, which could prevent serious dental infections. These infections have the ability to spread to deeper, surrounding tissues of the head and neck, including the brain.

Professional cleanings are necessary to maintain healthy gums. A large percentage of the population does not brush properly, and an even larger number do not floss on a regular basis. Mild infection of the gums (gingivitis) can lead to chronic infections in the bone and ligaments which hold the teeth in place. Links between gum disease and heart disease have been discovered, along with links between gum disease and the birth of pre-term babies.

You use your mouth for breathing, to obtain nutrition and for communication. So, even if you think you have a perfect set of teeth—or no teeth at all—make a regular trip to your dentist at least twice a year to ensure that yours is a healthy mouth.

Suzanne Fujiki recently completed her dental education at the University of Detroit Mercy, and has joined her brother Mark and father Robert at Fujiki Dental in South Ajax.



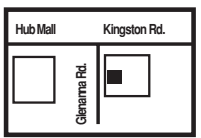
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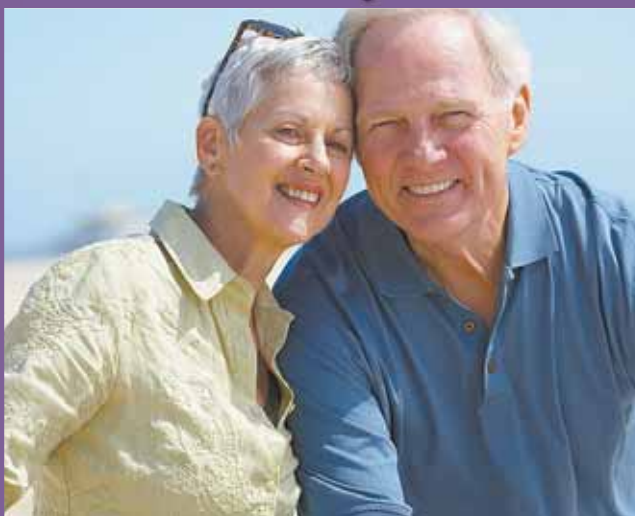
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Health & wellness



ADVERTISING FEATURE

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(NC)-Everyone feels pain: adults, children and even babies. Often young children have difficulty expressing themselves and may find it hard to tell an adult where it hurts and what it feels like.

Often referred to as the fifth vital sign, pain is an uncomfortable sensation or feeling which can come in different forms, constant (always there) or intermittent (coming and going). Pain may be just a nuisance, or it may interfere with your child being able to get through their normal daily activities.

Since only the child can observe their pain, doctors have developed new tools to help define pain. Pain charts and scales use tools such as pictures to help children characterize it. Describing pain is an important step in helping parents and doctors recognize when pain may be something more than just a bruised knee. For example, if your child experiences pain and stiffness in the morning, it may be a sign of something more serious like juvenile rheumatoid arthritis (JRA) - a serious condition that affects one out of every 1,000 children under the age of 16.

It may be hard to tell if your child is experiencing the signs and symptoms of JRA.

What to look for in your child:

- If your child is stiff upon awakening in the morning or after a nap.
- He or she might walk with a limp or have trouble using his or her arms and legs.
- Certain problems that occur, but may not be noticeable right away. For instance, inflamma-



tion in the knee may cause one leg to grow slower than the other. Inflammation can also affect the eyes.

- Inflammation caused by JRA can be worse at some times (flares) and seem to go away at others (remission).

The good news is that JRA can be managed - treatment with newer class of medications called anti-TNFs, such as Enbrel, can treat the symptoms of the disease and help manage the pain. Recognizing JRA early, and telling your child's doctor about it, is the first step in your child's road to recovery.

If you think your child may have JRA, talk to your doctor about treatments available; your healthcare professional can work with you to determine the best treatment plan for your child.



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AJ Groen/ News Advertiser photo

He's a smash

DURHAM — The LOSSA tennis junior qualifiers were in Whitby recently. Josh Ali from J. Clarke Richardson Collegiate took part in the mixed doubles with partner Tiffany Lasala.

CAO says new policy would not pose a problem for sports

◆ CAO from page 1

players, and spectators - must play by the rules.

"I think every community should do it and probably, in time, that's what will happen," Mr. Quinn said in an interview. "I think it comes down to staff involvement and a willingness of the City to turn around and take that type of role on."

Although staff unanimously passed the draft policy, it wasn't done without debate. Ward 3 Regional Councillor Rick Johnson said he agreed with the majority of Council in supporting the benefits to kids, but said "I just hope we will realistically enforce it."

He hopes the intent of the policy will be addressed, but won't necessarily interfere with sports where some aggressive behaviour already exists, such as hockey or lacrosse.

"I just don't want to put our staff in a position where they're caught in the middle of trying to enforce something that's really not enforceable," he said in an interview. For example, he wouldn't want to see someone working at a hockey arena have to eject someone sitting in the penalty box.

Mr. Quinn said this won't pose a problem. "Every organization has their own rules and regulations governing their own body," he said.

He explained the basic principles have always been in place in the City of Pickering, but the policy will make the public and organizations more aware of the rules and expectations.

Coun. McLean believes the concept will encourage kids through sports to become better citizens by teaching them professionalism, fun, inclusion and excellence through sports. Mr. Quinn believes the policy will be endorsed at the next council meeting without any problems.

Attack on family's cat believed to have occurred last Saturday

◆ Attack from page 1

veterinarian determined the extent of its injuries, which included irreparable nerve and muscle damage, police said.

Police are hoping to hear from anyone

who may have knowledge of the attack, which is believed to have occurred in the morning or afternoon of Saturday, Oct. 13. Anyone with information is asked to call police at 905-579-1520, extension 2534 or Crime Stoppers at 1-800-222-8477.

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Booster seat age considered

By Erin Hatfield
ehatfield@durhamregion.com

DURHAM — Health staff at the Region of Durham believe children should be in booster seats until the age of nine.

A resolution was presented to the Region's health and social services committee on Oct. 18. It asks the Province to amend the booster seat provisions of the Highway Traffic Act such that the age criterion is raised to include children nine years of age and under. The age is currently eight. "It's based on the literature that car seat manufacturers tell us, because of the relative immaturity of kids' pelvises it is safer for them to be in booster seats," said the Region's chief medical officer of health, Dr. Robert Kyle. "For adult seat-belts to work properly with kids they need to have a minimum weight and height or be above those specifications."

Based on a review of the literature it appears eight may be too young. Dr. Kyle said his staff tells him nine is probably a better age.

"From an enforcement perspective, it makes sense for police to not have to get a kid out of a car and measure their height so a proxy is used," he said.

Dr. Kyle used his own 10-year-old son as an example.

"He is short and he is skinny and I always put him in a booster seat for long trips," Dr. Kyle said.

"I suspect other parents share this practice."

The committee tabled the resolution for the time being. They had questions about the level of consultation that had been done with Durham Regional Police on the issue.

"I am getting more information from staff and we will bring

it forward once we have compiled the missing information," Dr. Kyle said.

Each year, during injury prevention month, Dr. Kyle said his department puts forth an advocacy position for consideration by committee and council. Raising the age of the booster seat age was this year's resolution.

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Professionals from Infant Development Services, Resources for Exceptional Children, Grandview Children's Centre, Durham Region Children's Services Division, Durham Preschool Speech and Language Program, Durham Behaviour Management Services, Family and Community Action Program and the Durham Region Health Department are presenting.

The Ready, Set, Grow, Check-up is on Oct. 24 from 10 a.m. - 2 p.m. at the Pickering YMCA Ontario Early Years Centre, 1822 Whites Rd., Unit 20.

For more information call 905-839-3007.

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Councillors see realities of homelessness on tour

By Erin Hatfield
ehatfield@durhamregion.com

DURHAM — From the decrepit halls of a run-down apartment building, some Regional councillors got a dose of the realities of substandard housing and homelessness in Durham.

"It was a real eye-opener, to see the squalor that actually exists," admitted Oshawa Mayor John Gray. "Given that we are a pretty well-off people and a pretty well-off Region, to actually have people living in those conditions shouldn't happen."

Mayor Gray was among four councillors who toured Durham's hidden homeless community with Dr. Wendy Stanyon.

"I don't think you or I can ever describe what these councillors saw here," said Dr. Stanyon. "With everyone working together and with determination we can end homelessness. This tour was the first step in that direction."

Dr. Stanyon, of the University of Ontario Institute of Technology/Durham College, led members of Regional Council on the walking tour of downtown Oshawa on Oct. 12.

She had appeared before Council to present the findings of the Durham Region Homelessness Initiative Research Project and this tour, she said, was a means of putting a face to the study.

All Regional councillors were invited, but only four of 28 went. Dr. Stanyon said she was pleased that the councillors who attended took the time to do so, but Mayor Gray said some councillors don't want to accept that homelessness exists in Durham.

The group, comprised of Dr. Stanyon, Mary Menzies, a program manager with the Region's housing services division, Clarence Keesman

of The Refuge Outreach Centre, Mayor Gray, Oshawa councillors April Cullen and John Henry, Ajax councillor Colleen Jordan and media representatives, began their journey through homelessness, at the Cornerstone Community Association on Simcoe Street.

Cornerstone, a shelter for homeless men, operates a 40-bed shelter, apartments and transitional housing. Councillors were led to the sleeping quarters, where bunk beds are piled into a room smaller than a living room found in many Durham Region homes.

Councillors heard the message from Ed Goerz, Cornerstone's executive director, that working with homeless people is not assembly line work, the individual's needs are unique.

"Some individuals need vast amounts of support in the journey back," Mr. Goerz said. "For some people they don't need as much."

The biggest problem Cornerstone faces is finding these people appropriate and affordable housing after they leave the shelter.

"It is very important continued support is in place, lest they get stuck in a shelter," Mr. Goerz said. "Unless shelters are part of the continuum they are part of the problem."

From Cornerstone the group made its way to a set of three apartment buildings at the corner of Simcoe and Quebec streets. The units are owned by Steven Shek, whose rents are generally affordable.

Mr. Shek told the group he doesn't receive the supports he needs to deal with some of his tenants. As a result of not being able to get rent from some of them, he isn't able to make improvements to his building, Ms. Menzies explained.

"There is a level of criminal activity that drives good tenants away," she said. "How do we as a community work together to end that



Walter Passarella/ News Advertiser photo UOIT's Dr. Wendy Stanyon leads some Durham councillors and media on a walking tour to give them a better understanding of the issue of homelessness.

cycle?"

The units are an example of what poor states some people are forced to live in. Mayor Gray said Mr. Shek's units are a constant problem for the City of Oshawa.

"To my mind those are very unsafe living conditions. We need to get the health department in there," Mayor Gray said. "The big hope for us is, now we have actually been inside, we can all bare witness to the conditions. Those living conditions need to be improved."

"Given the choice of living in one of those apartments you are probably better off living under a bridge," he said.

The next stop on the tour was The Refuge Outreach Centre that services homeless and street youth. Here, the councillors chatted with some homeless youth, staff and volunteers.

The Refuge, Dr. Stanyon said, helps young people feel someone actually cares about them and a good example of the faith community taking care of the community.

They then headed to the clean and affordable home of Jared Ledford, who, Dr. Stanyon said, represents the good that can come when the proper services and support are in place.

Dr. Stanyon said she felt optimistic following the tour.

"The four of them certainly indicated to me that they wanted to work together to find solutions," she said. "What I am hoping is now we are going to see some changes made."

Even if the exposure to the buildings on the corner of Simcoe and Quebec streets precipitates those buildings being repaired, Dr. Stanyon said that is a start.

her breastcancerawarenessmonth

ADVERTISING FEATURE



Breast cancer in Canada

Story by the Breast Cancer Foundation

Breast cancer is the most commonly diagnosed cancer in women and the second most common cause of cancer death in women.

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The day before I was to leave, I got a call from my doctor's office, asking me to come and see him. I had a mammogram and an ultrasound two days earlier, but I felt there was no concern since I ate healthy, exercised, never smoked or never went on estrogen (which my doctor had suggested I should).


After arriving at my doctor's office, he informed me that I had breast cancer.

I must not have heard him properly or just refused to accept such a statement. My response to him was "I'm leaving for Germany tomorrow". He shook his head and said: "We have to operate

right away". Within five days, I had a biopsy and surgery for a lumpectomy. Thinking that the cancer had been removed, I could go on with my life. I was wrong. Later, an Oncologist informed me that I needed

CONTINUED ON NEXT PAGE

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University gets energy research award

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DURHAM — The University of Ontario Institute of Technology (UOIT) is able to do more with energy and hydrogen production technology, thanks to a \$1.5 million research award.

The Tier One Canada Research Chair in Advanced Energy Systems will work to develop new ways of improving energy generation and utilization, such as recovery of waste heat for hydrogen production and new energy sources powered by nanotechnology.

Greg Naterer, a faculty of engineering and applied science UOIT professor, received the award, which supports his current research efforts, including hydrogen production. The Canada Research Chairs program provides \$1.4 million to him over seven years, while another \$125,000 comes from the Canada Foundation for In-

novation for the infrastructure of an experimental facility for advanced energy systems.

"I was extremely pleased to receive confirmation of the chair and am eagerly looking forward to working together with our dynamic and talented team, comprised of UOIT researchers and partners, to develop cleaner energy systems, including the role of hydrogen," said Mr. Naterer.

He is also director of research, graduate studies and development with the faculty of engineering and applied science.

Some of the projects he'll be working on with others include a hydrogen initiative to develop a lab-scale demonstration of a copper-chlorine production cycle; a micro device to recover heat and extend battery life in automotive, computer, mobile device and other applications; and a renewable energy system that absorbs ground heat or any other industrial waste heat to produce electricity for a home or industry.



Photo by Jennifer Roberts

Practise makes perfect

PICKERING — Caroline Gomba, 12, of the Pickering Swim Club, practises for the upcoming season at the Pickering Recreation Complex pool recently.

Her breast cancer awareness month

ADVERTISING FEATURE

CONTINUED FROM PREVIOUS PAGE

to undergo many months of chemo and radiation treatments. I was now starting to live in fear and anger.

Even though I was prepared for it, nothing was as shocking and devastating as the day I stood in the shower and my hands and body were suddenly full of hair and my head was almost bare. I cried until there were no more tears flowing down that shattered body of mine.

After losing my hair, tastebuds and appetite, I suddenly developed blisters in my mouth. I felt so alone and helpless — I didn't care about anyone or anything. Following some days of chemo treatments, I didn't even care if I ever woke up again. I was so weak and probably at the lowest point in my life.

As I got closer to the end of my chemo treatments, I was told about Hearth Place in Oshawa. I attended their support group for cancer patients. After going to my first meeting there, I realized that I wasn't alone in dealing with this cancer. Everyone there was so loving and supportive.

I met so many, wonderful, caring people at Hearth Place. Although everyone's journey has taken them along the same route, they've all overcome their challenge in a different way.

This whole journey has made me a stronger person. I also believe that I'm now better able to deal with any obstacle that I might be confronted with. I've changed my whole outlook on life. Nothing matters to me anymore. Everything is replaceable — except my life. Having any amount of money is really worthless because my health is priceless.

Heather Griffith's Story...

Diagnosed with breast cancer in November 2003, Heather joined the ranks of one in nine Canadian women. Now part of a new "normal," you might imagine that she's withdrawn from life's regular challenges to focus on the disease — but that would ignore the fundamental spirit of Heather Griffith. It's true that cancer can permeate the simplest of tasks. "There were days when brushing my teeth hurt", laughs Griffith. It's also true that she relishes each blessing with much more intensity. "But life does go on, so after dealing with the initial shock, my regular schedule is back — I've just added a few treatments and surgeries and a couple of speeches to lend my voice to the fight against breast cancer."

Heather Griffith brings strength, humour and grace

to that fight. "I'm so lucky to have people in my life who are willing and able to pull me through the tough spots," she says.

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SPORTS

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THIS WEEKEND

The Pickering Panthers visit the Ajax Attack in junior 'A' hockey action at the Ajax Community Centre today (Sunday) at 3 p.m.

Ajax skaters medal at Barrie meet

Khongs capture gold in pre-novice dance

AJAX — Two Ajax skaters glided to the top of the heap at the Octoberfest competition in Barrie, which ended on the weekend.

Edrea and Edbert Khong, representing the Toronto Cricket Skating and Curling Club, captured medals, both as a dance pair and individually at the event, which featured skaters from across Ontario.

Edbert competed in the juvenile men's free skate last Thursday. Competing against seven other competitors from the Central Ontario and Eastern Ontario sections, placed first overall.

Meanwhile, Edrea placed fifth in the pre-juvenile ladies' free skate event on Sunday, placing fifth overall, while also landing her first toe jump in competition.

On Friday, Edrea and Edbert competed in the compulsory dance phase of the pre-novice dance competition. There were 12 dance pairs entered in this competition representing a variety of clubs from Central Ontario section, Western Ontario section and Eastern Ontario section.

After the first dance, Keats Fox-trot, the Khongs were in second place. After the American Waltz they slipped to fourth place and were in fourth place overall at the end of that segment of the competition.

On Saturday morning the pre-novice dance event concluded with the free dance. Edrea and Edbert won this segment of the competition with the free dance to music from 'The King and I'. The win was large enough to put them in first place overall.

Edrea and Edbert hope to return to the Junior national competition later this winter in Ottawa. To achieve this goal, they must first place in the top four at the Central Ontario Sectional competition in Midland in November and then place in the top eight in the divisional competition at the Hershey Centre in Mississauga in December.

Edbert and Edrea are coached by Andrew Hallam at the cricket club, with help from consultants Tracy Wilson and Brian Orser, and choreographer David Wilson.



Ajax-Pickering Dolphins tykes' Trey Humes carries the ball, as well as numerous Scarborough Thunder players, as he gains huge yards during this second-quarter carry at Pickering's Kinsmen Park last Sunday. The Dolphins won 24-6.

Dolphins leave Scarborough Thunder struck in football

Twenty-two unanswered points in first half powers atoms to win

DURHAM — The Ajax-Pickering Dolphins atoms continued to roll up points and wins on the football field.

The atoms (7-1) won their fifth consecutive Central Ontario Minor Football League (COMFL) contest after muting the Scarborough Thunder 22-12 at Pickering's Kinsmen Park on Sunday.

In addition to the atoms, the Dolphins' tykes also played on their home turf last Sunday, improving their record to 8-0 following a solid 24-6 victory over Scarborough.

Meanwhile, the Dolphins' peewees were out of town in Burlington to meet the Stampeders on Sunday. They returned home, however, with a 40-8 loss. The peewees' record falls to 6-2 on the season.

The Dolphins' tykes and atoms travel to Oshawa to play the Hawk-eyes on Sunday, with the tykes at

CENTRAL ONTARIO MINOR FOOTBALL LEAGUE										
TYKE STANDINGS										
TEAM	G/P	W	L	T	P/F	P/A	+/-	PTS		
Ajax Pickering	8	8	0	0	267	51	216	16		
Burlington	8	6	2	0	213	89	124	12		
York Simcoe	8	5	3	0	220	125	125	10		
Scarborough	8	5	3	0	251	100	121	10		
Markham	8	4	4	0	174	208	-34	8		
Oshawa	8	3	5	0	155	126	29	6		
North York	8	1	7	0	61	291	-230	2		
Clarington	8	0	8	0	33	396	-363	0		
ATOM STANDINGS										
TEAM	G/P	W	L	T	P/F	P/A	+/-	PTS		
Ajax Pickering	8	7	1	0	266	54	212	14		
Burlington	8	7	1	0	229	84	145	14		
York Simcoe	8	5	3	0	351	101	250	10		
Markham	8	4	4	0	198	176	22	8		
Oshawa	8	4	4	0	136	130	6	8		
Scarborough	8	4	4	0	157	151	6	8		
Clarington	8	1	7	0	48	344	-296	2		
North York	8	0	8	0	13	364	-351	0		
PEEWEE STANDINGS										
TEAM	G/P	W	L	T	P/F	P/A	+/-	PTS		
Burlington	9	8	1	0	265	104	161	16		
Oshawa	8	7	1	0	191	55	136	14		
Ajax Pickering	8	6	2	0	219	85	134	12		
Hamilton	9	5	4	0	263	160	103	10		
Markham	8	3	5	0	162	163	-1	6		
Scarborough	8	3	5	0	149	156	-7	6		
North York	8	3	5	0	147	202	-55	6		
York Simcoe	8	1	7	0	37	171	-134	2		
Clarington	8	1	7	0	22	359	-337	2		

9:30 a.m., followed by the atoms at 11:30 a.m. Meanwhile, the peewees are at Kinsmen Park where they'll host North York at 1:30 p.m.

In the atom tilt with Scarborough, the Dolphins scored first on a quarterback keeper up the middle that was initially stopped at the one-yard line, but pivot Damien White managed to get the ball across the goal line with a great second effort.

Ron Pietroniro/ News Advertiser photo

Sports briefs

OCTOBER 21, 2007

[Hockey]

Ajax goalie scores major award

AJAX — An Ajax hockey player copped a major U.S. collegiate award for the sport recently.

Colgate University Raiders women's hockey team goaltender

Lisa Plenderleith was named the U.S. College Hockey Online (USCHO) National Defensive Player of the Week, it was announced on Tuesday.

Plenderleith earned her first career start at New Hampshire against the third-ranked University of New Hampshire Wildcats on Sunday, Oct. 14. The freshman made 41 saves in her collegiate debut and kept the Wildcats scoreless for nearly 58 minutes. Her 41 saves are the most saves by a Colgate goalie in her collegiate debut since Jen Burtaw made 44 stops against St. Lawrence in 1999.

The 1-0 game is the narrowest margin of victory in the series, and the first time UNH has been held to just one goal in series history.

This is Colgate's second USCHO defensive award.



Lisa Plenderleith

[Ringette]

Lightning marks the spot for fans

DURHAM — With the National Ringette League up and running for another season, fans of the sport in these parts will likely be supporting the Richmond Hill Lightning.

In the absence of a team from Durham Region, the Lightning can serve as the adopted favourite with 15 players from the area on the roster.

Among those players, Beth Hurren of Pickering and Elyssa Jasper of Ajax, play on the team.

The Lightning opened the season last weekend with two losses to the Cambridge Turbos, another team with local content. Katie Painter of Ajax play for the Turbos, which entered the season ranked fourth in the country.

The two clubs opened the season with neutral site games in North Bay, the birthplace of ringette.

The NRL is the showcase league for ringette in Canada and strives to be the premiere women's sports league in the country. The league has 17 teams participating in two conferences. For more information, including schedules, team rosters and athlete profiles, visit www.nationalringetteleague.ca.

Later in the second quarter, White hooked up with tight end Shakir Lewis on a seam touchdown pass to the end zone. Lewis also had great day at defensive end, stripping the ball twice and causing two turnovers in the first half. Running back Ben Paterson scored the Dolphins final touchdown on a sweep at the end of the first half making the score 22-0 for the Dolphins at the end of the half.

While the Dolphins' defence held the Thunder scoreless in the first half, the Thunder offence regrouped and made adjustments, allowing them to score twice in the second half. Both touchdowns were unconverted.

The Dolphins' point-after team, led by kicker Shaquan Williams, holder Carmen Scala and long snapper Hayden MacNamee, was 2-for-3 on the point-after-touchdown attempts accounting for four of the 22 points scored.

Offensive players of the game were quarterback White and tight end Lewis. Defensive players of the game were defensive end Carmen Scala and linebacker Lewis.

Bonspiel play begins anew

By Jim Easson
Special to the News Advertiser

AJAX — The Annandale Golf and Curling Club hosts its first bonspiel of the curling calendar early next month.

The day ladies' league at the club will put 'The Freeze' bonspiel on ice on Wednesday, Nov. 7. One draw will be played, with games at 9:30 a.m. and 1 p.m.

...

Warm weather forced the adult curling clinic (18 years and older) at Annandale to be dropped on Oct. 10.

...

The schedule for the first-ever Casino Rama \$100,000 Curling Skins Game has been set. Wayne Middaugh faces Glenn Howard in the first semifinal on Dec. 8 at 1 p.m. Meanwhile, Kevin Martin takes on Brad Gushue in the second semifinal on Dec. 8 at 7 p.m. Winners advance to the final on Dec. 9. All games are on TSN.

...

Speaking of the reigning world champions Glenn Howard rink, the foursome travelled to Gander, Newfoundland for the recent Don Bartlett Classic.

The Ontario team from the Coldwater and District Curling Club qualified in the event, but lost in the quarter-final, collecting \$5,000 for their troubles.

Next on their calendar is an event they won last year, the 2007 Meyers Norris Penny Prairie Classic in Portage la Prairie, Manitoba from Oct. 26 to 29.

The Howard rink consists of Pickering resident Richard Hart at vice, Brent Laing at second, and Craig Savill at lead.

...

Ajax residents Bob and Kristin Turcotte are off to Calgary from Nov. 10 to 16 to represent Ontario at the Canadian Mixed Curling Championship.

Back on April 15, the Turcotte team took the Ontario title, and this victory sends Turcotte on his fourth visit to the Canadian finals. Turcotte previously competed at the Canadian mixed finals in 1990 in Rimouski, Quebec; 1992 in Grande Prairie, Alberta and 1999 in Victoria, B.C.


Turcotte curls from the Scarboro

Golf and Country Club and is teamed with wife Kristin, Roy Weigand, and Andrea Lawes.

The Turcotte rink's first game is against Nova Scotia on Nov. 10 at 2 p.m.




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We have an immediate opening for a full-time Online Content Coordinator. The Online Content Coordinator will be responsible for the daily processing, uploading and organizing of content received from clients and partners.

Primary Responsibilities:

- ✓ Collect new content, preprocess and upload to the site via content management system
- ✓ Maintain existing content client/partner relationships through ongoing communication
- ✓ Perform routine quality assurance and data entry
- ✓ Respond to client and site user inquiries

Skills / Qualifications:

- ✓ Working knowledge of the following applications: Adobe Acrobat Professional, Adobe Photoshop CS3 and Microsoft Outlook
- ✓ Excellent communication skills both written and oral
- ✓ Highly organized, accurate and detail oriented
- ✓ Comfortable using the internet and web content management systems
- ✓ Ability to diagnose and problem solve quickly and effectively
- ✓ Able to multi-task

Additional skills a plus:

Web design / HTML / CSS

Location:

Oshawa, Ontario

Applicants should email their resume (in Word or PDF format) to:

Lamont Wilcott

Assistant Manager, Metroland East Interactive

lwilcott@durhamregion.com

We thank all applicants.

Only those selected for an interview will be contacted.

Metroland East Interactive is a community leader in interactive publishing and online services, publishing award winning community and advertising information throughout Durham Region. A few of our current properties include: durhamregion.com, localmarketplace.ca, freedateconnection.com, 411durhamregion.com and movienow.ca.

durhamregion.com

Stewart Homes is now hiring Full and Part time employees to work a variety of shifts for its residence in Pickering.

DSW, ECE, SSW, RPN, CYW or PSW Qualifications preferred.

Apply with resume to:

Sheryl Oliver
Human Resources Department
Stewart Homes
1993 Guild Road
Pickering, Ontario L1V 1X9

Email: soliver@stewart-homes.com

Fax: 905-686-3112

HIRING IMMEDIATELY!

- Full & Part time positions
- Competitive Hourly + Incentives
- Telemarketing and Sales for one of Canada's Leading Cable Providers
- Office environment
- Call centre/Sales Experience required
- Computer Skills required
- Excellent company training

Call for an interview today!
Phone: (905) 307-5555 x 227

DISPATCHER

Senior dispatch position available for an organized, computer literate individual with 2 years experience dispatching in an aggregate/freight forwarding environment. Benefits package included.

Contact Mr. Taylor at 905-683-3200 or fax resume to 905-683-8720 or email arisshaulage@look.ca

FULL TIME POSITION AVAILABLE

For mechanical maintenance person with electrical and welding skills. Must have drivers license. Wage depending on skills, benefits available
Please fax resume (905) 655-8435

salon & spa help

salon & spa help

HAIRSTYLISTS WANTED

- Hourly PLUS Commission
- Benefits- Drug, Dental
- Advanced Training
- Clientele provided
- Advancement opportunities
- 2 & 3 Weeks Vacation
- Full Service Salons
- Flexible Shifts

Positions Now Available in
Oshawa/Whitby
Vicky 905-666-6890
\$9.00/hr + commission



general help

WORK NOW!!! Warehouse, Factory, Light Industrial All Shifts Apply to: Global Human Resource Centre Mon-Fri 10am-3pm 185 Brock St. N. #206 Whitby.

YEAR ROUND LANDSCAPE maintenance crew required in Port Carling, Ontario. Must be bondable. Wages negotiable with experience. Staff housing available. Fax resume: 705-765-5998 or email: 1serenity@bellnet.ca

salon & spa help

ESTHETICIAN wanted full time or part time for busy spa in Oshawa. Inquiries call (905)404-4344 or fax resume to 905-404-4331

EXPERIENCED HAIRSTYLIST wanted for busy trendy salon in Whitby. Modern, ambitious and reliable person for full-time. Drop off resume to Posh Salon, 301 Brock St. N.

EXPERIENCED HAIR STYLIST required for full time position. Also Part time for evening hours. Call 905-723-5090

HAIR STYLIST NEEDED, part time. Relaxed working atmosphere. Flexible hours. Please call (905)655-4201.

FULL OR PART time stylists, with own clientele preferred for busy upscale salon in N. Whitby area. Please contact Christie at 905-655-0466

HAIRSTYLIST FULL-TIME. Must be mature and dependable. Tuesday to Friday, 9-6, Saturday, 8:30-5. No evenings. Guaranteed wages. Also, Massage Therapy Instructor. (905)725-8710.

SILVER SCISSORS Family Hair Cutters looking for experienced full time HAIRSTYLIST to join our team. \$9.50/hr, NO Sundays. 905-725-3030

skilled & technical help

BRICKLAYERS & LABOURERS required. Call (905) 436-8278

CABINET MAKER required for small custom shop in Oshawa. Min. 5 years experience. Fax resume to 905-404-2699.

CABINET MAKER WANTED, 2 positions available, must be able to use: planer, shapers, and other related equipment- working with hardwood. Long term project. Wage: \$15-\$20, based on experience. Contact Steve@adamson-proaudio.com or fax (905)982-0609.

PLATE FITTERS Required by well established Steel Fabricator in Ajax. Top wages and benefits Fax resume to 905-428-6933



Ramier, Service Manager



Come join a winning team!

WHITBY NORTH is looking for the following Team Members

Must be motivated and able to work in a team environment

Full Time/Lube Technician

- must be motivated, ability to work in a team environment
- drive clean inspector would be an asset

Full Time Licensed Automotive Technician

- busy Flat Rate Shop
- profit sharing, tool discount and on going training available

P/T Service Advisor

- min. 1 year Canadian Tire Experience would be an asset
- looking for a motivated individual, who is well organized

- we offer a competitive salary, a full benefit package, profit sharing

Fax to 905-430-4996 or via email resumegeneral@magma.ca

Expanding Import Dealership in Durham requires

LICENSED TECHNICIAN

You should have import drive-ability experience and be Drive Clean certified.

SERVICE MANAGER

Must be enthusiastic. Previous experience is required. We offer a competitive pay plus bonus and benefit package.

Email resume in confidence to: durham_dealer@yahoo.com



CARPENTER

with 10 years insurance restoration experience and carpenters helpers. Must have own tools and transportation. (905)686-5854

LICENSED MECHANIC

Complete automotive repair, including drivability and wheel alignment, must have strong diagnostic skills in both electrical and drivability, call Dave at 905-623-4286

LICENSED MECHANIC

or 3rd-5th year apprentice, needed immediately for a very busy 10 bay shop, in Ajax. Apply in person. (905)683-7301 or (905)424-9002.

PAINTERS REQUIRED

experienced only. Part time & full time. Must have own vehicle. Contact jibenterprises (905)655-7519 or email resume to: jibenterprises@rogers.com

Rapid Reproductions

requires Graphic Designer

PC/MAC and Customer service experience

Afternoons M-F Fax 905-571-2126

office help

TRANSMISSION Re & Re pair, or 3rd, 4th or 5th year apprentice. Full time. Call 905-432-3935 or fax 905-432-2384 miketransmission@bellnet.ca

office help

BILINGUAL ADMIN assistant, for busy Pickering Financial Services Company. Experience in financial services industry not required. Benefits, advancement opportunities. Fax resume in confidence to 905-426-2053.

CLERICAL/RECEPTION position available in Pickering Corporate Centre. Experience necessary. Position Full/Time. Fax resume to: 905-420-7350.

hospital/medical/dental

DISPENSARY ASSISTANT, full time/part time position available for Experienced Dispensary Assistant in South Pickering. NEXSYS System. Fax resume to 905-839-1433.

EXPERIENCED RECEPTIONIST, PART-TIME assistant and hygienist needed in Ajax dental office. Saturdays and evenings required. File #111, 130 Commercial Ave., Ajax, Ontario L1S 2H5

OUR BUSY PRACTICE requires full-time dental assistant. Includes evenings and Saturdays. Call (905)434-5757.

PART TIME MEDICAL TRANSCRIPTIONIST Extensive experience with Medical Specialists is necessary. Must be able to type 90+wpm. Apply to: Linda Keating, c/o Glazier Medical Centre, 1111 Gibb St., Oshawa, ON, L1H 2J9. Fax 905-725-3110.

PHYSIO THERAPIST P/T Physio required for busy multi-disciplinary clinic in Ajax. New grads welcome. Please fax resume to 905-426-2731

RN REQUIRED IMMEDIATELY to join our Oral Surgery team, in Ajax, OR, Emerge, or ICU experience preferred. Part time, no weekends. Please call. (905)619-0464.

RN'S/ RPN'S-Come & join our nursing team. We are hiring Nurses for Scarborough & Downtown Toronto. Call or submit resume Tel: 416 203-2991/ Fax: 905-709-1768. Email: staffrelief@golden.net.

hotel/restaurant

A REPUTATION FAMILY restaurant in Pickering re-opening very soon after renovations. Kitchen and wait staff needed. Fax resumes to: 905-509-4421.

BELLA NOTTE RESTAURANT, part/full-time cooks required, experienced for fine dining Italian Restaurant in Whitby. Email resumes to guzzomv@hotmail.com or fax 905-444-9553.

XENO'S BISTRO, Experienced server/bartender needed. Must be able to work weekends. Apply with resume, 250 Bayly St. W. Ajax, Ontario. 905-231-0257.

office help

RECEPTION/GRAPHICS person needed for Pickering office. Must be well organized and proficient in MS Word programs and proper English writing skills. Quark Exp. asset. Fax resume: 905-509-6823 or email: tobrien@salesfactor.ca

RECEPTIONIST/ACCOUNTS Receivable Clerk required full-time, for busy Ajax based company. Must be proficient in Windows with general office experience. Knowledge of AccPac an asset. Competitive wages and comprehensive benefits package. Email resume to resumes@dwightcrane.com

houses for sale

**** PUBLIC NOTICE**
List of Durham Region distress sales and bank foreclosures are now available to the public for free.
www.DurhamBank Foreclosures.Com

3 BEDROOM detached bungalow, large lot 75ft wide, large detached garage, new gas furnace, newer windows, new roof, hardwood floors. Call for an appointment 905-260-9900

35 MINS EAST of Toronto - lake-side living! Approx 1500 sq.ft. 3 bdrm, 2 1/2 baths, fully landscaped front & back, additional features include: hardwood floors, upgraded kitchen, pot lights, ensuite, walk-in closet, 2nd floor laundry \$269,900. Call 705.761.2757 or 416.238.9549 Port of Newcastle - PRIVATE SALE view more pictures at www.networkconsulting.ca/rosemeadow

BOWMANVILLE, 1 Barlow Ct, OPEN HOUSE, Sat. Oct 20th & Sun Oct 21st, 12-3 p.m. 3-bdrm all brick link house, 3-bdrms, 3 bathrooms, 5 appliances, fin. bsmt w/gas fireplace, c/a. 10-ftx10-ft deck. \$215,900. (905)697-8460

BROOKLIN 3 bedroom brick house, 2+1 Baths, 9 ft ceilings, ceramics, upgrades. Open House: Sun, Oct. 21st 1-4pm. Asking 297 k 905-655-9058

BUY OR LEASE TO BUY, 3-bedroom, Oshawa location. Renovated, gas fire place, walk-out to deck, 2-bath, finished basement, 4th-bedroom. \$214,900. (905)982-1783 or (705)357-3894.

TELEPHONE SALES, FULL-TIME/Part-time. Days, evenings, weekends, must have great people skills and telephone manners. Must know the city well, some dispatch required. Call Giorgio, 905-428-0950

SALES & MARKETING Assistant - Entry Level. Established Food Processor in rapid growth mode in Pickering seeking a passionate and creative individual. Must have strong organizational skills, ability to multi task, self-motivated team player with strong verbal and written communications skills. Sales and marketing experience - preferably in the food industry. Proficiency in Word, Excel, PhotoShop, Power Point. Please submit resume to: Fax (905) 839-7217.

SALES & MARKETING Assistant - Entry Level. Established Food Processor in rapid growth mode in Pickering seeking a passionate and creative individual. Must have strong organizational skills, ability to multi task, self-motivated team player with strong verbal and written communications skills. Sales and marketing experience - preferably in the food industry. Proficiency in Word, Excel, PhotoShop, Power Point. Please submit resume to: Fax (905) 839-7217.

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TELEPHONE SALES, FULL-TIME/Part-time. Days, evenings, weekends, must have great people skills and telephone manners. Must know the city well, some dispatch required. Call Giorgio, 905-428-0950

DENTAL ASSISTANT LEVEL II must have a least 3 years experience. 3 - 4 days per week. Hours are 8 a.m. - 5:30 p.m. Fax Resumes to (905)831-5975

houses for sale

DISPENSARY ASSISTANT, full time/part time position available for Experienced Dispensary Assistant in South Pickering. NEXSYS System. Fax resume to 905-839-1433.

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RN'S/ RPN'S-Come & join our nursing team. We are hiring Nurses for Scarborough & Downtown Toronto. Call or submit resume Tel: 416 203-2991/ Fax: 905-709-1768. Email: staffrelief@golden.net.

apartments/condos for sale

CONDO, PARKWOOD VILLAGE, Courtye, spacious 2-level condo w/greenspace views. Approx 1750sq.ft., 2-bedrooms+ loft overlooking eat-in kitchen w/breakfast bar. Livingroom, diningroom w/double-sided wood-burning fireplace plus solarium. Large master bedroom w/ensuite, walk-in closet. Asking \$177,900. Unit F-12, 1667 Nash Rd. Courtye. OPEN HOUSE: Sat/Sun. 1:30-4pm. (905)433-1679

hotel/restaurant

A REPUTATION FAMILY restaurant in Pickering re-opening very soon after renovations. Kitchen and wait staff needed. Fax resumes to: 905-509-4421.

BELLA NOTTE RESTAURANT, part/full-time cooks required, experienced for fine dining Italian Restaurant in Whitby. Email resumes to guzzomv@hotmail.com or fax 905-444-9553.

XENO'S BISTRO, Experienced server/bartender needed. Must be able to work weekends. Apply with resume, 250 Bayly St. W. Ajax, Ontario. 905-231-0257.

houses for sale

COE HILL 9 acre forest, tall Maples, Pines, hydro, phone, great retreat, close to town, \$18,900. (905)885-6666.

industrial/commercial space

INDUSTRIAL BAYS - Near Oshawa Centre. High roll-up doors, heating, air compressor, utilities incl. Parking, auto repair, machining. Month-to-month considered. Outside metal storage container available. Call 905-576-2982 or 905-626-6619.

OSHAWA, INDUSTRIAL UNIT, available immediately. 1937sq.ft., \$4.50/sq.ft. net. Call 905-579-5077 or 905-571-3281.

SOUTH OSHAWA, Industrial unit for rent. Approx 800sq.ft. with overhead garage door and parking. Has office/workshop. For more information call (905)579-1840 or (905)434-5494.

offices & business space

1000 SQ.FT. top and bottom, office or retail, ground floor in small plaza. Sinclair/Rummedy/Keel area Toronto. (416)880-9860

1000SQ.FT. PLUS BASEMENT, PROFESSIONAL OFFICE OR RETAIL. Ground floor in small plaza. Large signage, front and rear door access. Plenty of parking. Simcoe St. N./Beatrice, Oshawa, \$1200/month + utilities. (905)767-8777

COMMERCIAL OFFICE Space for lease. Prime north Oshawa location. Ground floor or second floor space. 550-700sq.ft. Parking available. Available immediately. Call (905)576-0958 for details.

OFFICE SPACE for rent starting at \$350 per month, all inclusive, parking, close to downtown Oshawa. Available immediately. (905)424-5083

WHITBY OFFICE SPACE(S) for rent. Newly renovated. Ample parking. Minutes from 401 and GO Station. Call (905)430-6268.

Government of Canada

is offering assistance with up to \$20,000.00/person to purchase your first home. Free report available at 1-888-599-0098, ID# 7767 (Free recorded message)

Dan Plowman, Salesperson Remax Rouge River Realty Ltd. Brokerage (905)869-1800 Each office independently owned and operated

Company For Sale Heating/Air Conditioning Asking 775k 1.4 mil sales 300k net Retirement sale VTB available Sunbelt Business Brokers 1-877-553-0304

General Labourers Needed

Payrate: \$8/hour-\$12/hour!

Growing employment agency is looking for energetic hard-workers for their various clients all over the Durham Region, Scarborough & Markham. Available positions include:

PACKAGING ASSEMBLY QUALITY INSPECTION ORDER PICKING

Experience in any of the above positions is a definite asset! Full-time hours within both temporary and ongoing positions are available. Great companies to work for, and many locations to choose from. We have every shift to accommodate your schedule!

Let us help you in your search for employment! Register today!

Contact: AppleOne Employment Services, 905-831-3400

Acting/ Modeling Opportunities

StarCast Scouting Services has helped many people get into Sears catalogues, Walmart & Royal Bank TV commercials, movies, Canadian Tire ads, music videos and more!

Info & registration sessions to take place on Thursday, October 25th in Ajax at Hilton Garden Inn 500 Beck Crescent

No experience necessary - 3 years & up. Attend anytime between 5 pm - 8 pm. Reg'n fee of \$39 plus GST.

For further information visit www.StarCastScouting.com

Part-Time Instructors Wanted To

- hospital/medical/
dental
- hospital/medical/
dental
- hospital/medical/
dental
- hospital/medical/
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- hospital/medical/
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for rent
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EMBRACE THE SPIRIT OF COMMUNITY

Discover the rewards of an innovative, diverse and welcoming workplace. Embrace a progressive environment, where passionate professionals work with a network of health partners to promote patient-centred care. Be part of a team dedicated to ensuring the health and wellness of everyone who calls us *their* hospital. With two sites – Markham and Uxbridge – located close to Toronto, Markham Stouffville Hospital Corporation is a place where every contribution marks advancement towards creating a centre of community care.

Nursing Open House

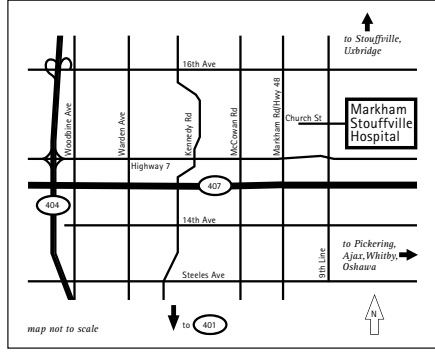
Thursday, October 25, 2007 • 11 a.m. - 6 p.m.
Hospital Auditorium – Markham Site

Our highly diverse communities are growing and changing rapidly, and so are their needs. As a result, we have opportunities in many clinical areas for caring, dedicated Nurses who share our commitment to making every experience with us great.

We pride ourselves on being a great place to work. Come and talk to us about what makes us a top choice for health care professionals: from ongoing professional and personal development initiatives, a generous education bursary program, and a critical care sponsorship program, to open communication practices, self-scheduling, team-based decision-making, professional practice development, and competitive compensation and benefits.

We actively support our new graduates with a comprehensive orientation/education program to prepare them for their nursing career.

On-site interviews are available. Refreshments will be served. Free parking will be provided to our Open House attendees. If you are unable to attend, please send your résumé to: **Human Resources, Markham Stouffville Hospital Corporation, 381 Church Street, Markham, ON L3P 7P3.**
Fax: 905-472-7055. Job Line: 905-472-7575 or 1-866-243-JOBS. E-mail: humanres@msh.on.ca



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AFFORDABLY PRICED
2 & 3 BEDROOMS FROM \$890!

Last Month's Rent Discount
 Ask us about **AIR MILES** & **REWARD MILES !!**

- Friendly community
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OPEN HOUSE!
Oct 21 only, 1 pm to 3 pm
49 Williamson Drive, Ajax
For rent a luxury 1 bdrm above ground suite on Miller Creek ravine in executive Nottingham (off of Westney Rd)

Dietitian
Full Time - Contract
\$51,104 - \$59,511 per annum

Oshawa Community Health Centre is searching for a qualified Dietitian to plan, implement, market, evaluate and deliver education strategies in the prevention and management of diabetes in the community.

Qualifications:

- Registered Dietitian.
- Certified Diabetes Educator, an asset.
- Demonstrated knowledge of nutrition guidelines appropriate for clients living in the community with diabetes with the ability to recommend treatment protocols.
- Excellent communications skills.

(quote reference #DI0703)

Interested individuals please send a cover letter and resume, by Monday October 29, 2007 to:

Hiring Committee
Oshawa Community Health Centre
 777 Simcoe Street South,
 Oshawa, Ontario. L1H 4K5
 Email: hiringcommittee@ochc.ca

Only those candidates selected for an interview will be contacted.

Bayshore Home Health

We are seeking RPN's and RN's to work in the Durham Region area as well as seeking PSW's to work in the Scarborough area. Please submit your resume to:
Attention: Diane Moore, Area Director
Email: oshawa@bayshore.ca
Fax: 905.433.5008/1-877-433-5007
Address: 1 Mary St. N. Unit C, Oshawa, ON, L1G 7W8

hotel/restaurant

SUBWAY eat fresh.

CURRENTLY HIRING FOR NEW LOCATION IN AJAX,

Full time positions with benefits and part time positions available.
Apply at Subway, Hardwood/Bayly, Monday to Friday, 8:00am-5:00pm.
Or e-mail resume to: larrybaker@rogers.com
905-426-1303

mortgages, loans

apartments & flats for rent

1 BEDROOM, AJAX
 Westney Rd/Hwy. #2
 Spacious. Close amenities. Separate entrance, laundry, walk-out. November 1st. \$800/month, utilities included.
 First/last. References
905-427-8488

apartments & flats for rent

1 BEDROOM APT, excellent building, 101 Kathleen St., Whitby. Fully furnished and equipped including utilities and parking. Available Dec 1/07-March 31/08 (flexible). Keith (905)259-1924

2 - TWO BEDROOM APARTMENTS in modern building, downtown Whitby, fridge, stove, \$951 inclusive each. Nov. 1st and 15th. Call (905) 430-6511.

2 BEDROOM BASEMENT apartment in Ajax. Newly renovated. \$800+utilities. 905-426-5214.

NORTH WHITBY - brand new 3 bedroom, 3 bath. Available immediately. \$1,575 per mo. plus utilities. Call Paul 905-260-0461.

1 BEDROOM WALK-OUT basement apartment in Ajax at Hardwood/Kingston. Amenities. Separate entrance. Parking. No pets/smoking. \$750/month inclusive. Negotiable with situation. Available. 647-409-3690.

teaching opportunities

GRADE EXPECTATIONS LEARNING CENTRES

PART TIME
Ontario Certified Teachers required teaching adults during the day in Whitby.
Enthusiasm, flexibility, comfortable teaching Math & Science at a high school level. Computer skills a must. ONTARIO TEACHING CERTIFICATE A MUST.
Please call Rosana or Vanessa 905-420-9930

apartments & flats for rent

2 BEDROOMS, North End of Oshawa, Wayne/Sommerville, \$975-\$1000. Heat, water, parking included. Quiet, first/last, no pets. Available immediately. Call (905)424-5083.

2-BEDROOM APT, \$750+ hydro. Available immediately, no dogs. Oshawa, Bloor St. E area. Working adults preferred. Call Mary 905-721-9817

apartments & flats for rent

CONDOMINIUM Suites in Oshawa
 2 & 3 Bdrm's
 Free Utilities, Parking.
 Senior's, Retiree's & GM Discounts
905-728-4993

ASHBURN, WHITBY 1-bedroom in quiet Estate area. Beautifully finished, bright, spacious, fireplace, large patio. Utilities included. No smoking. Available immediately. \$980/month. (905)655-5466

teaching opportunities

teaching opportunities

teaching opportunities

teaching opportunities

teaching opportunities

teaching opportunities

AN ABOVE ground, one-bedroom basement apartment. Non smoker, quiet person, \$700/mo inclusive. Internet/cable, and parking included. First/last. Whitby area, HWY 2/McQuay. (905)430-2793.

AT A REASONABLE RATE, a nice spacious apt. now available for rent. Walking distance to the Kingsway Plaza, and Kingsway College, 65 Grandview Street, north Oshawa, 3 bedrooms, 2 bathrooms, living room, separate dining room and eat in kitchen. Laundry is shared for more information please contact (905)728-0208.

AVAILABLE NOV 1, 1-bedroom apt for rent. All inclusive, heat, hydro, air, \$725/month. First/last required. Near park, no animals, no smoking. Call (905)243-0994

BAYLY/LIVERPOOL, spacious 1-bedroom apt. Walking distance to lake, parking, laundry, private entrance. Available immediately. No pets/smoking. References required. Call (905)839-1916

BAYLY/SALEM AREA, First floor 3-bdrm apt. \$1150 + 2/3 utilities. 1-bdrm bsmt apt. \$800 monthly inclusive. Very clean, near all amenities. Plenty of parking. Available Nov 1. No pets/smoking. (905)428-0081

BEAUTIFUL 3-BEDROOM main floor bungalow, Newcastle. 1,100sq.ft. hardwood, newly painted, clean, huge yard, washer/dryer hookup, parking. Quiet community, 401 access. December 1st. \$1,250/month inclusive James 416-884-5691

BOWMANVILLE, MODERN clean, quiet, non smoking adult lifestyle, two bedroom, plus office. No dogs. Available November 1st. Call (905)725-1052.

CHURCH/ROSSLAND, BRIGHT, 2 bedroom+den basement apartment. \$950/month, utilities included. Separate entrance. Own washer/dryer, parking space. Dine-in kitchen. Tub. No pets/smoking. Luisa 647-294-2805.

COURTICE, new 2-bedroom apt, very spacious & bright. Appliances, dishwasher, laundry. Ample storage & parking. Large lot. No pets. \$960 inclusive. Call (905)438-9200

DOWNTOWN WHITBY newly decorated 2 bedroom apartment available immediately \$850 all inclusive. Contact: Peter 905-666-3377 (days), 905-556-9737 (evening)

OSHAWA 45 Colborne 2-bedroom, \$800/inclusive. 945 SIMCOE ST.N., 2-bedroom \$795 inclusive. 1-bedroom \$750 inclusive. 949 SIMCOE ST.N. 1-bedroom \$750. All available Nov 1st. No pets. 905-723-1647, 905-720-9935.

OSHAWA APTS. Clean quiet security monitored newer bldg. Bachelor, 1 & 2 bedroom includes utilities, parking, laundry on site, no dogs. 905-260-9085, 905-743-0287.

OSHAWA Olive/Ritson near bus & school. 1 bedroom basement apt, \$600/mo includes utilities. Available immediately. Absolutely NO smoking, no pets. Call (905)576-3924

GREAT OSHAWA LOCATION. Near Hospital. clean, large 1-bedroom apt., available November 1st. Parking & utilities included. No pets. \$720/month. (905)767-8418

KING/WILSON, OSHAWA Quiet building, near shopping, transportation. Utilities, parking included. 1-bedroom, from \$830, available immediately. 2-bedroom apts from \$930, available Dec 1st. Call (905)571-4912 until 6:00pm.

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

NORTH WHITBY legal basement apt, 2 bedrooms, shared laundry, large fenced yard, parking for 2. \$1000/mo + percentage of utilities. Avail immediately. (905)666-5239

OSHAWA 2 BEDROOM, immaculate, laundry, \$900/month, inclusive. First/last, no dogs, available Nov 1st. See pictures at www.viewrental.piczo.com Call Al (905)213-0524.

★ OSHAWA Park/Adelaide (230 Nipigon St) **1 & 2 Bedrooms** Well maintained and newly renovated apts. Near all amenities. From \$775/mo+ hydro. **(905)723-0977**

business opportunities

JOB AT HOME. \$487.68 Weekly. Assemble Products, Mail or Computer Work. Free Details www.TopJobReview.com write CHRJobs: 372 Rideau St, #916-A15, Ottawa ON, K1N 1G7 1-800-351-5120

M&M MEAT SHOPS FRANCHISE OPPORTUNITY Seminar Tues. October 23, 2007 from 7-9pm Scarborough, Ontario Become part of our award-winning franchise team!! We are currently seeking franchisees for existing store opportunities in the GTA including Pickering, Scarborough and Thornhill. Register early, space is limited. call Marianne at 1-800-461-0171 Ext. 395 1-888-307-7799 www.mmmeatshops.com

SUPPLEMENT YOUR INCOME w/Home Based Business Opportunity. EARN \$250 in 72 hours -- \$4000 in 30 days NO Exp. Necessary. Information (905)448-5882 info@tbog.net

Bayshore Home Health

We are seeking an RN Manager of Clinical Practice who will be responsible for the delivery of care and service to clients and ensure compliance with internal and external standards of practice. She/he recruits and supervises Field employees and coordinates clinical educations and in-service activities as requested.

Also seeking Client Service Coordinator, who will be responsible to handle client care and service inquiries, arranges client care service, schedules Field employees and maintains scheduling information and data as required.

Please submit your resume by Oct. 26, 2007 to:
Attention: Diane Moore, Area Director
Email: oshawa@bayshore.ca
Fax: 905.433.5008/1-877-433-5007
Address: 1 Mary St. N. Unit C, Oshawa, ON, L1G 7W8

mortgages, loans

mortgages, loans

mortgages, loans

APPROVED!! Easy 1st, 2nd, refinancing, 100% financing(oac), bad credit, self-employed. Stephanie uMax Mortgages 416-744-8880 or 1-800-205-9227.

PRIVATE FUNDS - 1st, 2nd mortgages. Consolidate bills, low rates. No appraisal needed. Bad credit okay. Save money. No obligation. No fees OAC. Call Peter (416)460-4594, Mortgage Leaders

mortgages, loans

apartments & flats for rent

OSHAWA, 3 bedroom, available immediately. 1 parking, laundry, Near Central Park Blvd and Bond St. E. \$1100+ 50% O/L. Call David, (705)522-8990 or Saturday: cell (705)665-0131.

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

OSHAWA, FALL SPECIAL! Newly renovated 1 & 2 bdrms & bachelor, senior lifestyle bldgs. Large units. New kitchens & appliances, carpeting, windows, security. Near schools/buses stop & amenities. Available Nov/Dec. 1-866-601-3083 or 905-432-6912. www.apartmentsinontario.com

OSHAWA, FALL SPECIAL! Under new management. 1 & 2, 3 bdrms, in adult lifestyle bldg. Large units, new windows, security. Near bus shopping. Avail. Nov/Dec. Call 905-723-1009 or 1-866-601-3083 or 905-728-3162 www.apartmentsinontario.com

OSHAWA, Ritson/Woile, 2 bedroom, utilities, parking, fridge/stove inclusive. First/last, available immediately. Call 647-404-1786.

OSHAWA, TWO BEDROOM basement, spacious, bright, 5 big windows, new carpet, gas fireplace, laundry, quiet street, no pets/smoking, \$800 per mo. inc. utilities. Call (905) 721-8806.

OSHAWA-BEAUTIFUL spacious 2-bedroom bright bsmt apt. Walkout to big yard, new carpet, freshly painted, big windows, quiet street, close to schools & park. \$850/mo includes utilities. Call 416-818-7204 or 416-409-3557.

PARK/BLOOR 2-bedroom basement apt., separate entrance, parking, cable, utilities included. First/last, \$700. November 1st. (905)576-2703

PICKERING - BRIGHT ONE bedroom basement apartment, private entrance, walk-out, suitable for single working person, no pets/smoking, references. Is/last, \$800, inclusive. (905)428-6128, (416)520-0951.

PICKERING 2 BEDROOM apartment in duplex for rent. Approx. 850 sq.ft. with kitchen, large living & dining rooms, storage space, forced air furnace. North Pickering location with 2.8 acre shared lot. Hydro, water, and heat included. Open tender-minimum rent, asking \$900/mth. Available ASAP. Contact Mike at 905-472-7300 x.222.

PICKERING ALTONA/FINCH 1 bedroom basement, semi-furnished in townhouse. Share laundry. Parking, cable, phone, internet included. Single working person preferred. No pets/smoking, \$600/inclusive. Is/last only, no lease. Immediate. (905)509-9607, Cell (416)726-2197.

PICKERING VILLAGE-AJAX. Church/Hwy #2, 1-bdrm newer, clean, bright, spacious, walk-out bsmt apartment, beautiful location. Private entrance/laundry. Parking/cable, no smoking/pets. Avail. Immediately. \$750/inclusive. (905)428-2223.

PICKERING WALK-OUT, approximately 1100sq.ft. 2 bedroom basement apartment. 1 parking, washer, 4pc bath. Fireplace, eat-in kitchen, backyard. No smoking, \$775/mo + 1/2 utilities. (905)686-4037.

PICKERING, brand new 2-bdrm. bright walk-out basement. Private entrance, nice yard, parking, cable, AC, laundry/pets included. No smoking/pets, \$950. mo. 697-292-2424, 146-499-7313.

PICKERING, LIVERPOOL & FINCH, basement bachelor apartment, renovated, separate entrance, no smoking/pets, near amenities, \$750/all inclusive. Available now. 905-839-0198, 83:30a-9:30p.

PICKERING, Liverpool/Finch. Large bright & quiet 1 bedroom basement apartment. Laundry available. \$850/month. Cable/parking included. No smoking/pets. First/Last, Available Nov. 1st. Call (905)839-4727

PICKERING, Major Oaks/Brook, 2-bedroom, big, clean and bright, living room, full kitchen, walk-out back yard. Quiet residential area. November 1st. No pets/smoking. \$800/month. (905)239-3901

PICKERING, NEW 1-BEDROOM basement, close to everything, 3pc bath, all facilities, no dogs. First/last, \$800/month all inclusive. Call (905)409-8946 or (905)339-5770.

PICKERING- WHITES/FINCH. 2-Bdrm Bsmt Apt. Walkout to Backyard, New Laminate Floors. Open Concept, Private Laundry, 1st Parking Space. \$975/month. Util. included. Avail. Nov 1/07. Nicole 906-999-7368.

PORT PERRY, Walk to Lake Scugog. Enjoy a peaceful, beautiful town. Large 3 bdr. in well kept, quiet 3-story apt building. Balcony, parking, Security Video. No dogs. Call 905-985-0748.

apartments & flats for rent

PORT WHITBY 1722/1724 Dufferin St. Newly renovated spacious, quiet 2-bedrooms \$835. Available Nov. 1st. Laundry, parking, walk to GO, 401/Brock St. Near sports arena/shopping. 1-800-693-2778

REGENCY MANOR Whitby's Best Building 2-BEDROOM extra-large in quiet bldg, freshly painted, in beautiful Whitby neighbourhood. Ideal for adults & seniors. clean building, insured storage, onsite laundry. Incredible value! Dec/07 905-668-7758 viewit.ca (vit #17633)

SIMCOE/MILL OSHAWA, near 401. Nice, clean, quiet building, near shopping and transportation. Utilities included. 1-bedroom \$749, 2-bedroom \$849, first/last. Please call (905)436-7686 until 8pm.

STOP! BEFORE YOU call a landlord, call a Mortgage Broker. You may qualify for a mortgage that costs the same amount as the rent you are about to pay! Bad Credit? No Down Payment? No problem. Call Jason MacDermid at 905-655-9304 today! Mortgage Intelligence, a GMAC Company. www.primerares.ca

VALLEY FARM/KINGSTON RD. 1 bedroom basement apartment, separate entrance, large kitchen. Very clean. Near mall, schools and buses. Available immediately. \$680/inclusive. (905)492-1194, 416-721-9194.

WEST LYNDE, WHITBY. Large 1-bedroom basement apartment. Available Nov 1st. \$775/month, including utilities. Parking, laundry available. Call Dave (905)725-0132 after 6pm, or page (905)7121-7884.

WHITBY CENTRAL 2-bedroom, top floor, smoke free, senior lifestyle quiet building. Secure entrance, parking, Jan 1st. \$840/hydro, no dogs. References/credit check required. (905)432-2264.

WHITBY EXTRA-LARGE 2 bed. apt. 1100-sq.ft. in basement of new bungalow, sep. entrance. All appliances, a/c, laundry, close to bus/all amenities, available immediately. No pets. \$850+util. (416)845-4050

WHITBY, large bright 2-bdrm w/balcony. New carpet, freshly painted, avail. immediately. 7-unit bldg. Excellent condition, parking, near GO/downtown/amenities. No smoking/pets. (416)498-4770 or (416)577-8963.

WHITBY, DOWNTOWN 1-bedroom apt, 9-foot ceilings. Clean, quiet bldg located on tree-lined street. Close to 401/GO. Parking and laundry available. \$730/month. Nov 1. (905)665-5386.

condominiums for rent

1-BEDROOM CONDOMINIUM 189 Lake Drive West, Ajax. Clean, overlooking towards lake and park. \$900/month with underground parking. Avail. immediately. Call evenings 905-683-4272

PORT OF NEWCASTLE, new 2 bedroom condo. 5+appliances, hardwood floor. Lake view balcony. Available immediately. Please call Eric (905)773-6380 or (416)317-8380.

houses for rent

\$ 1AAA ABA-DABA-DOO-OWN - No Rent! \$0 Down (OAC) Only \$899.03/mth all inclusive plus utilities. 3-bedroom central air, private yard, shows beautifully. \$38,000 Family Income. Call Ken Collins Broker, Coldwell Banker 2M Realty (905)576-5200 kencollis@sympatico.ca

OSHAWA Simcoe north of Taunton, 4 bedroom detached, en suite, hardwood, quiet street. appliances, avail Dec 1, \$1400 plus CondoLyn Mgt. 905-428-9766

OSHAWA, 2 bedroom yellow house, corner location, King/Thornton, near OC, perfect for person operating business from home. Freshly painted, new kitchen cupboards, windows and doors, floors refinished, private grounds, no smoking/pets. \$1100 plus utilities. Joseph Moss Limited Brokerage. (905)723-5744

OSHAWA, GRANDVIEW AREA, 3-bedroom main floor, parking, shared driveway, separate entrance, close to 401, and all amenities. \$1000/month, plus utilities. (905)665-8227.

PICKERING 3-BEDROOM detached, eat-in kitchen, 4 appliances, walkout to deck off livingroom, single garage plus 1/4r drive. \$1075 plus utilities, Nov 1st. No smoking/pets. (905)683-9629

PICKERING Whites/Bayly large 1 bdrm basement apt. Fully renovated. Near all amenities plus beach. Laundry, parking, \$750 inclusive Avail Nov 1. 905-509-2335, cell 905-903-2335

houses for rent

A RENT TO OWN, 3 + 1 bedroom bungalow, 2 bathrooms, finished basement, 4 appliances, new kitchen, hot tub, nice area of Oshawa, \$1550/month, (705)722-2145.

AAA IMMACULATE 3-bdrm main floor of house, Whitby, new flooring, paint, 5-appliances, fenced yard, parking, close to GO/401, schools. \$1125+ (416)562-2074

ADELAIDE/CENTRE, Oshawa Newly renovated large 3-bedroom, main floor, \$1050/month plus utilities, Available Nov 1st. Sep. entrances, air, parking, laundry. All appliances included. (289)232-3676.

AJAX, 3-BEDROOM bungalow, Harwood/401, main floor. Available December 1st. No smoking/pets. \$1300/month. Includes utilities, cable, internet, parking. (905)239-3777 or www.colleewarner.com/rental.htm for details and pictures.

AJAX, 401/Salem/Bayly area. Renovated, freshly painted detached 3-bdrm bungalow with finished recroom. First/last, \$1275/mo+ utilities. NO SMOKING/PETS. (416)738-1499

BOWMANVILLE - Century home, end unit, 2-stories, 2-bedrooms \$875/month+sewer, hydro, gas. First/last. No pets. Smoking outside. Avail. December 1st. Call after 5pm, 905-623-5835.

BOWMANVILLE BEAUTY! 7 years young. Exceptionally clean, 3 bedroom. Great neighborhood. Waverly/Longworth. Ceramic tiles/carpet. New appliances. More! Executive couple preferred. \$1500. Dec 1st. 905-999-9371.

DESIRED WHITBY neighborhood, eat-in kitchen, 5 appl, 3 Bdrms, A/C, w/o to deck overlooking gorgeous landscaped yard in park-like area close to major corridors & amenities. Feel a part of this community \$1455.00 month. Available November. 905-666-8240 appointment.

DETACHED 3 BDRM \$1057 Own - \$0 Down. Not rent but own this gorgeous 1-1/2 storey, all appliances, new carpet. Immediate possession. Why Rent? Require good credit and income of \$40,000+. Call Bill Roka, Sales Rep., Remax Spirit (905) 728-1600, 1-888-732-1600.

ESTATE HOUSE FOR RENT, Garden Hill. Available immediately. 7-bedrooms, 5-bathrooms, 2-living rooms. Ideal for a large family or multiple people. Garage, large yard, 1/2 hour to Oshawa, north of Port Hope. \$2,400 all inclusive except 1/3 oil heat for 3 winter months. Serious inquiries only. 905-242-6776.

GRANDVIEW SOUTH AREA, 3-bedroom semi, attached garage, fenced yard. \$1100+ utilities, available November 1st. No pets. Call 905-924-3688.

HISTORIC PICKERING VILLAGE. Stunning Century Home. 3 Bdrm Semi Detached. Original Detailing Intact. Beautiful Hardwood Floors. Spacious and Bright. Avail. Nov 1/07. \$1500/mo + Util. Call Nicole 905-999-7368.

LOVELY DETACHED Whitby family home (Brock/Rossland) 3 bedrooms, fenced yard, attached garage, 5 appliances, no smoking/pets. \$1500+ utilities. November 1st. 647-292-5435.

NEWCASTLE, NEWER HOME, 3-bedroom, close to all amenities, large yard, finished basement, \$1300/month, plus utilities, references required, available Dec 1st. (905)244-0575.

NORTH OSHAWA 4 BEDROOM. Three bathrooms, large kitchen, AC, 4 appliances. No pets/smoking. \$1,400/month plus utilities, first/last, plus references. Available Dec 1. (905)260-2589.

OSHAWA Simcoe north of Taunton, 4 bedroom detached, en suite, hardwood, quiet street. appliances, avail Dec 1, \$1400 plus CondoLyn Mgt. 905-428-9766

OSHAWA, 2 bedroom yellow house, corner location, King/Thornton, near OC, perfect for person operating business from home. Freshly painted, new kitchen cupboards, windows and doors, floors refinished, private grounds, no smoking/pets. \$1100 plus utilities. Joseph Moss Limited Brokerage. (905)723-5744

OSHAWA, GRANDVIEW AREA, 3-bedroom main floor, parking, shared driveway, separate entrance, close to 401, and all amenities. \$1000/month, plus utilities. (905)665-8227.

PICKERING 3-BEDROOM detached, eat-in kitchen, 4 appliances, walkout to deck off livingroom, single garage plus 1/4r drive. \$1075 plus utilities, Nov 1st. No smoking/pets. (905)683-9629

PICKERING Whites/Bayly large 1 bdrm basement apt. Fully renovated. Near all amenities plus beach. Laundry, parking, \$750 inclusive Avail Nov 1. 905-509-2335, cell 905-903-2335

houses for rent

PORT PERRY BUNGALOW available mid-November. 2+1 bedroom/den main floor, 2bedroom + rec room lower level. Walking to all amenities. \$1600/mo+utilities. Call Mark 905-439-2521.

RENT TO OWN - Low Down Payment, Easy Qualifying, Seller Will Finance. Choose Your Dream Home Today. Visit http://www.HomeOwnerSoon.com or call 1-866-702-4334.

TYRONE - 3 bedroom house, \$1200 per month plus utilities. First/last month rent. Available Nov 1st/07 Phone 705-324-9090.

WHITBY, 3 bedroom on quiet Street. Near schools, GO Station, 401. 1100 plus heat and hydro. Nov.1 Call 289-688-0671, (leave message) or call (902)425-4604

townhouses for rent

1A AJAX, newer area, 3 bedroom Free Hold townhouse. 9 ft. Ceilings (main floor). 5 appliances. Near amenities & lake. \$1350+ utilities. (905)433-0443.

3 BDRM. TOWNHOUSE, Whites/ 401. Hardwood throughout, walkout bsmt. to deck. 4 appliances, perfect for family! \$1370. Available immediately. (905)509-7475.

3-BEDROOM, central Oshawa, great condition, appliances, recroom, \$1275/month, first/last, utilities included, available Dec 1st. Call Martin or Regny (905)728-1420.

AJAX-Brand new 3-bedroom townhome, Westney & Bayly Near GO station/No Frills/401, \$1375 plus utilities, No pets. Avail. Immediately 905 683 5912.

PICKERING, 3 bedroom townhouse, 401/White's, 2-1/2 baths, A/C, 5 appliances, garage, finished den, near amenities. \$1295 plus utilities. No smoking. First/last. Available Nov. 1st. (416)455-1743

PICKERING, DETACHED TOWNHOUSE, 3 bedroom, 1 car garage, Valley Farm/Kingston Rd. Close to all amenities. Excellent condition. Available December 1. \$1550/month+utilities. 905-492-1385, 416-456-5157.

WHITBY - ROSSLAND/BROCK. 3 bedroom townhouse, appliances, back yard, garage. Near schools, no pets. \$1200/month plus utilities. First/last. Call (905)686-7086

WHITBY Open house 4 renters. Saturday 2-4pm Brock/Rossland. New 2-bdrm condo townhouse. \$1200+ utilities. Minutes to 401/GO, shopping/rec centre, in-suite laundry, underground parking. 1-877-828-3373

WHITBY Taunton/Anderson large 3 bedroom T.H., full en suite, fireplace, A/C, 5 appliances, hardwood, fenced yard, avail. now. \$1300 plus. CondoLyn Mgt. 905 428-9766

rooms for rent & wanted

2 ROOMS AVAILABLE in newly renovated basement of 5 year old shared house. Access to everything! Close to amenities. First/last required. \$425-\$550. 416-854-9209.

2 ROOMS. \$475/each inclusive. Includes cable, shared kitchen/bathroom. Females preferred. No pets/smoking. First/last, Available immediately, (905)441-5270.

AJAX NEW HOUSE clean furnished room, female preferred. Shared kitchen, own bathroom. Utilities included. No smoking/pets. First/last, \$475/mth. Available immediately/Nov. 1st. Carolyn 416-995-4560

AJAX SOUTH, MATURE professional has room for rent. All amenities. No smoking/pets. First/last. \$475/month inclusive. Call David, 905-619-2748

AJAX, BEAUTIFUL UNFURNISHED room in new subdivision. Westney/Rossland, Parking. Working person preferred. Asking \$450. Available immediately. 647-828-4571.

EAST OSHAWA, clean, quiet working person preferred. Share kitchen, bathroom, laundry, internet, cable. Parking available. No smoking/pets. Available Nov. 1st. \$450/inclusive. (905)260-1361

FURNISHED MAIN FLOOR bedroom with large window. Close to TTC/GO, mall, rec centre. Pickering \$450/mo inclusive. 905-839-7237

FURNISHED MAIN FLOOR, bus @ door, 10x14, Internet, TV, Laundry, Kitchen, Living room, Mall, Rec centre, \$450, November 1st. Call 8a-5p. 905-239-1732.

FURNISHED ROOM for rent. \$450/month. Fridge, stove, parking. No pets/smoking. Single person preferred. 905-831-7909 or 905-421-0705.

TEACHER HAS WARM, loving home daycare, located in Ajax Finley and Westney area. Educational activities, clean, safe environment, healthy meals provided. Patricia 905-409-9664.

rooms for rent & wanted

LARGE CLEAN, FURNISHED room, close to OC. No pets. Share kitchen & bath, ideal for working person. First/last. Phone 905-436-1420.

NEWLY RENOVATED ROOM with private shower in 3pc bathroom. Parking, laundry, close to GM. Great for out of town worker. 905-434-8456.

OSHAWA Adelaide/Townline. Large furnished room, basement, quiet home, private 2-pc, shared kitchen, laundry/shower, parking, cable, internet/utilities included. Non smoking. Available Immediately. \$500/mo. Call Sue (905)259-2211

PARK/BLOOR 2 rooms available on main floor. Shared accommodation. \$300-\$400/month. Parking, cable, utilities included. November 1st. (905)576-2703

SMALL FURNISHED ROOM FOR RENT (female preferred), \$425/month includes all utilities. Kingston Rd. Pickering. Near all amenities. Immediate. Share kitchen/bath. (905)426-2314 leave voicemail.

WHITBY OLD DOWNTOWN room to rent for mature male in quiet home, furnished, very clean, parking, satellite, full kitchen, 2 bathrooms, family room, no smoking/pets, \$550, inclusive, Available immediately. 426-0916.

WHITBY ROSSLAND/COCHRANE, area, main floor bungalow, gentleman preferred. Free cable parking, shared kitchen, bath. \$595 first & last, no pets, avail. immediately call (905)430-4855.

WHITBY shared accommodation

AT BLOOR & SIMCOE, Oshawa. Share furnished apt with 2 males. Near all amenities, bed/sitting room, cable/internet, parking included. Available immediately. Is/last. \$495/mo inclusive, Viewing (905)433-0088.

PICKERING, Liverpool/Finch area, large room in basement private bathroom, non-smoker preferred. Available Nov. 1st, \$525/month. Use of all facilities. On bus route, near amenities. 647-438-0478 (leave message)

ROOMMATE WANTED to share 4 bedroom townhouse with pool in Oshawa, available immediately, non smoker, no pets, \$500/month, first/last (905)579-8613 please leave message.

1/2 PRICE LEATHER JACKETS purses from \$9.99; luggage from \$19.99; wallets from \$9.99. Everything must Go! Family Leather, 5 Points Mall, Oshawa (905)728-9830, Scarborough (416)934-1177, (416)335-7007.

2 COUCHES and recliner, great condition, coffee table and 2 end tables. \$600/set, or individual pieces negotiable. 905-410-2468

3-PC BEDROOM SUITE, new mattress/box spring, armoire, dresser w/mirror, steel bed \$350. (905)728-9045.

45' STORAGE TRAILER. Dry, in good condition. Asking \$1500.00 Call 905-259-1353.

A BEDROOM SET, gorgeous cherry sleigh, triple dresser/mirror, tall dresser, night table, new. Cost \$7450, sell \$1500. Call 416-524-2018.

AAA CARPET FLOORING & HARDWOOD: Carpet 3 rooms from \$329 (30-sq. yd.) includes: carpet, pad and installation. Free estimates. Carpet repairs. Serving Durham and surrounding areas. Professional Painting also avail. Call Sam (905)686-1772

AFFORDABLE APPLIANCES, HANK'S APPLIANCES. Durham's largest selection of reconditioned appliances. Washers \$199/ub, stoves \$149/ub, coin operated washers/dryers \$499, 24" fridges \$200/ub, front-load washers only \$399. Large selection of Scratch & Dent appliances. Parts Specialist. 426 Simcoe St.S. (905)728-4043.

AIR CONDITIONING from \$1595. High efficient gas furnace from \$1650. A/C Tune Up \$69.95+parts. Installation of ductwork, water heaters, gas piping from \$100. Furnace cleaning, gas, oil & propane Sales & Service. McCoy Mechanical. (905)259-1415

ALL NATURAL BEEF, no chemicals. Government inspected, custom cut, home grown. Special split side, 115 lbs., \$250. Sides \$2,09/ib. Orono Farmer. Call (905)983-9471

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

BED CHESTERFIELD, excellent condition. Pastelle, green, beige. 3 cushions wide. \$100. 905-420-1648.

CARPETS. LAMINATE & VINYL sale. 3 rooms, 30-sq yds. for less. Including premier underpad and installation. Laminate \$1.69-sq ft. 12 mm click system. Residential, commercial, customer satisfaction guaranteed. Free Estimate. Mike 905-431-4040

COAST SPA HOT Tub, only one year old! Great condition, includes special leaver to remove cover. \$6,500, but paid \$9,575. Call (905)576-6819.

FREE, to good home, 1-year old Schauerz, male, neutered/vet checked. (905)420-3606.

FREE, to good home, 1-year old Schauerz, male, neutered/vet checked. (905)420-3606.

articles for sale

North Sheds Rustic Pine Garden Sheds 8'x8' for \$1,675. includes delivery, on site installation, solid pine walls, floor & roof, door, 2 windows with boxes, choice of stain & shingle colour. All sizes up to 12'x16'. 905-473-5895, 1-866-473-5895 www.northsheds.ca

SHEDMAN WOODEN SHEDS 905-619-2093 761 McKay Rd., Pickering Visit our Pickering Showroom www.shedman.ca

music & dancing instruction

Piano Lessons in your home by experienced Royal Conservatory of Music Affiliate Piano Teacher All ages and levels Call Susan (905)839-8159

shared accommodation

AT BLOOR & SIMCOE, Oshawa. Share furnished apt with 2 males. Near all amenities, bed/sitting room, cable/internet, parking included. Available immediately. Is/last. \$495/mo inclusive, Viewing (905)433-0088.

PICKERING, Liverpool/Finch area, large room in basement private bathroom, non-smoker preferred. Available Nov. 1st, \$525/month. Use of all facilities. On bus route, near amenities. 647-438-0478 (leave message)

ROOMMATE WANTED to share 4 bedroom townhouse with pool in Oshawa, available immediately, non smoker, no pets, \$500/month, first/last (905)579-8613 please leave message.

rentals outside canada

CLEARWATER FLORIDA, 3-bedroom fully furnished manufactured homes. 85' pool, 105' hot tub, 1/2hr to NHL: Hockey, (starts Oct. 4) see Ottawa Senators Dec 4, Toronto Maple Leafs Dec 20th, \$20/seat. Now booking up to January. Children welcomed. \$375/\$425 week (less than motel). (905)683-5503.

WHITBY Open house 4 renters. Saturday 2-4pm Brock/Rossland. New 2-bdrm condo townhouse. \$1200+ utilities. Minutes to 401/GO, shopping/rec centre, in-suite laundry, underground parking. 1-877-828-3373

WHITBY Taunton/Anderson large 3 bedroom T.H., full en suite, fireplace, A/C, 5 appliances, hardwood, fenced yard, avail. now. \$1300 plus. CondoLyn Mgt. 905 428-9766

boats & supplies

2 1995 GTX seadoos with double bunk trailer. Great condition with low hours \$6500 o.b.o. Will sell separately Call 905-434-5686

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announcements **announcements**

NOTICE OF ANNUAL GENERAL MEETING

DURHAM REGION LOCAL TRAINING BOARD
Celebrating their 10th Annual General Meeting

Wednesday, November 21, 2007
7:00 p.m. – 8:30 p.m.
Whitby Centennial Building
Regal Room
416 Centre Street South, Whitby

Guest Speaker:
Shelley White,
CEO United Way of Peel Region

The Durham Region Local Training Board is funded by
Employment Ontario

1999 CHEV Lumina (car) \$1,995, 1999 Mercury Cougar, \$4,195, 2000 Sunfire GT, \$3,899, 1997 Grand Prix, \$2,999, 1997 Jimmy 4x4, \$3,999. Others \$1,699 - up. Certified and E-tested. Free three month warranty. (905)683-1983 or (905)424-9002. www.kellyandsonsauto.com.

2003 Chevrolet Cavalier VLX, 59,400kms, \$7,600. Excellent condition, auto, power windows/mirrors, cruise, tilt, keyless entry, A/C, CD stereo, nonsmoker. Days 570-713-7912, Evening 905-987-3939

2003 HONDA CIVIC (30th Anniversary Edition) - 4cyl, 4dr, pl, auto, air, spoiler. Will certify. Only 76,000 kms. Balance factory warranty, \$12,500. Call 905-686-6713.

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Race to the finish at DEAA finals

The Durham Elementary Athletic Association held its cross-country final at Ski Lakeridge on Tuesday, with public schools in the region sending their best long-distance runners. In photo above, runners in the 10-year-old division run past the shadow of spectators along the race route. At right, competitors in the eight-year-old age group take off from the starting line.



Ron Pietroniro/ News Advertiser photos

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Do not look for any significant (or beneficial) rate drops for the balance of the year. The resale market although strong, shows a weakening in prices in most areas, let's hope this is due to the time of year.

Look at doing a consolidation now, while prices and values are still reasonable. A good consolidation can save thousands in annual payments, which can create that breathing room that we all strive for. Remember, up to 100% of the current value of your home can be financed for any worthwhile purpose, with good income and credit history.

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