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# Winter blasting away at regional budget

Durham spending \$2 million more each year for winter maintenance

By Parvaneh Pessian  
ppessian@durhamregion.com

**DURHAM** — As the Region of Durham's works department geared up to battle the first snowstorm of 2009, concerns were mounting over whether this year's winter conditions will once again wreak havoc on the road-clearing budget.

Trucks at the Region's depots were loaded with salt on Tuesday night to prepare for signs of overnight snow activity approaching the area.

"It's been very busy so far this winter," district superintendent Kerry Brennan said.

"We've had a significant number of storms already and it doesn't look like we're going to see any let-ups over how it was last year."

The Region's budget for winter maintenance sits at about \$6 million but heavy snowfall over the past three years has pushed that limit to an average of more than \$8 million each year.

"This past year was definitely the most expensive we've had to address because a lot of the storms fell on weekends where we're paying our people time-and-a-half and even double time," said Uldis Siksnas, the Region's manager of maintenance operations.

Along with the costs of labour, materials and equipment needed for plowing, salting, snow fence erection, snow removal from downtown cores, spring cleanup and other activities, some of the increased expenditure is a result of the sky-rocketing cost of salt. Increased fuel costs over the past year shot the price of salt up to about \$65 a tonne at one point but it now sits firmly at about \$57 a tonne.

Early 2008 saw one of the snowiest winters on record with more than 200 centimetres of snowfall in many areas and the win-



A Durham Region works department front-end loader prepared to put salt into a snow plow at the department's depot in Whitby. Jason Liebrechts/ News Advertiser photo

ter weather sticking around until well into March, said David Phillips, senior climatologist with Environment Canada.

"People were complaining about doing too much shovelling and plowing and pushing and kind of hoping in a way for a record."

Despite less snowfall so far this winter, workers have still been busy combating the roads due to the significant freeze-thaw cycles, Mr. Siksnas said.

"We've had three major snowfalls and within a week, we've had rains and mild weather and it's been melted off so to get through those transition phases, you're going through a lot of freezing rain or freezing up on the roads," he said.

"(Years ago,) it'd get cold and the roads would freeze and snow would blow across and that was it. Now, during the day when it gets warmer, the road temperatures get warm enough that the snow sticks to it and

because of drifting, the winds are higher so you're going out there a lot more and as many times on non-snow event days as snow days."

This winter set in earlier than last year with winter road crews called in at the end of October but Mr. Phillips said he anticipates less snowfall in 2009 than last year.

"We've already seen the snow cover come and go a couple of times and that will probably be the pattern that we see."

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# Charities miss deadlines, lose status

*Creative Dance Touring Company one of Durham charities that can't raise funds*

By Jillian Follert  
jfollert@durhamregion.com

**DURHAM** — For most local charities, the faltering economy and trouble in the auto industry are top of mind when it comes to fundraising concerns.

But some groups in Durham aren't able to bring in cash for another reason -- they've lost their charitable status.

Running a charity involves piles of paperwork and every year, there are those who simply forget to file necessary documents, miss annual deadlines or fill things out incorrectly.

The consequence? Their charitable status is yanked, which means they can't accept funds, hold fundraising events or ask municipalities to waive fees based on charitable status.

Since January 2008, six charities in Durham Region have had their status revoked for failing to file their paperwork.

"That is the most frequent reason for involuntary revocation," said Canada Revenue Agency spokeswoman Catherine Jolicoeur.

She said the CRA always informs charities before their status is revoked, adding they can get it back fairly easily by re-registering and in some cases, paying a \$500 penalty.

The charities in Durham that are currently without status because of failure to file are: the Tyrone Community Centre in Clarington, Creative Dance Touring Company in Ajax, the Adventure Foundation in Whitby and in Oshawa, the International Aid and Cooperation Organization, the Reginald Joseph Roeland Foundation and the Oshawa Folk Arts Council (OFAC). No local charities lost their status "for cause," which means there was misconduct.

Richard Davidson, the new president of OFAC just took office recently and was surprised to learn his group had lost its status.

"It was just a paperwork error, our accountant is looking into it now," he said.

Mr. Davidson said OFAC will be up and running again quickly, stressing this blip won't affect the group's ability to organize the 37th annual Fiesta Week in June, which has long been its claim to fame.

Every year, Canadian charities are required to file financial statements and a list of directors and trustees,

among other things. It all has to be in within six months of the end of the charity's fiscal period.

According to CRA data, since January 2008, 746 charities in Canada have had their status revoked for failure to file -- 255 of those in Ontario.

Another 50 nationwide lost their status "for cause" during that same period, with 39 of those in Ontario, mostly in the GTA.

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# Ajax snowplow, car tangle on Burcher

*Minor damage as vehicles rub together*

**AJAX** — There was minor damage when a car and a Town snowplow bumped against each other Wednesday morning.

The incident happened at about 7 a.m. when the plow turned south onto Burcher Road off of Bayly Street. The plow, which had been heading east on Bayly, turned onto Burcher, with a motorist heading north on the road.

A woman driving the car stopped for the plow. Christie McLardie, the Town's communications manager, said the plow operator didn't make

a full turn. Instead, he backed up to clear the intersection.

"She was confused about what the plow was doing," Ms. McLardie said.

When the motorist saw the plow back up, she moved forward and into the path of the plow. The two vehicles rubbed together, with no damage to the plow and a scratch to the car, Ms. McLardie said.

There were no injuries and no charges were laid by Durham Regional Police, she said.

The police termed the accident a "weather-related incident," she said.

"The Town called the police. It's the Town's policy to call the police for any incident involving a Town vehicle," she said.

# Gun pointed at woman's head in robbery

**AJAX** — Two teenaged suspects are being sought by police investigating a street level robbery in Ajax in which a woman had a gun held to her head. The 26-year-old victim told Durham cops she was walking along Delaney Drive at about 11:30 p.m. Tuesday when she was approached by two young men, one of whom pointed a gun at her and demanded her belongings.

When one of the young men realized the intended robbery target was a woman he suggested she be let go, police said. The suspect with the gun put the weapon in his waistband and the men walked away. The victim wasn't hurt and nothing was stolen. Police are looking for two suspects believed to be 15 to 18, one black and one white. Both wore dark clothes.

# Carrier of The Week



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# Freed sex offender to settle in Ajax

**AJAX** — Durham police have taken the rare measure of issuing a warning about a recently-released sex offender taking up residence in Ajax.

Orville Dwayne Thompson, 37, was released from prison Monday after serving more than 13 years for offences that included sexual assault, sexual assault with a weapon, break and enter and forcible confinement.

The crimes, committed in Toronto over several months in 1992, targeted several women ranging in age from 43 to 76.

Mr. Thompson served the full length of his court-imposed sen-



Orville Thompson

tence after being denied parole on a number of occasions, according to police. When he was released without supervision, police successfully sought a court-ordered peace bond that imposes conditions on the offender. Mr. Thompson, who will be living in Ajax with his family, must adhere to a curfew between 10 p.m. and 6 a.m., has been ordered to obtain counselling and is prohibited from contacting victims of his past offences.

The conditions allow police to monitor the man's activities. Cops have asked anyone aware of suspicious activity to call 905-579-1520, ext. 2525.

# Man reports being shot in Ajax

**AJAX** — A Scarborough man said he was shot in the hand in Ajax on Monday.

Police were called to the Rouge Valley Ajax and Pickering Hospital at roughly 3 p.m. on Monday after a 22-year-old Scarborough man suffered a gunshot wound to his hand. The man reported being assaulted before he was shot. He said he was taking a taxi from Scarborough to Ajax and got out at a shopping complex on Kingston Road at roughly 2 p.m. He said he was approached by a group of white males who stole his gold chain. During the confrontation, a gun was fired, striking

him in the hand, he said. He also reported several other shots fired toward him as he ran away.

He made his own way to the hospital and was later released.

Police say they're having a hard time getting information from the victim.

Officers weren't able to find anyone at the scene who heard the gunshots or saw the attack.



Ron Pietroniro/ News Advertiser photo

# Now that's funny

**AJAX** — Ashleigh Adlam, a Grade 10 student at Notre Dame Catholic Secondary School, shares a laugh with Lina Gmeiner, a resident at Winbourne Park. Notre Dame students have started a grandparenting program with the residents of the long-term care facility. The students will get together with the residents every month for various activities.

**FUTURE SHOP CORRECTION NOTICE**  
Samsung LN46A550 10099947. Please note on page P01 of the Jan 2nd flyer, this product is miss-priced at \$1299.99. It should in fact be \$1399.99.  
*We sincerely apologize for any inconvenience this may have caused our valued customers.*

**FUTURE SHOP CORRECTION NOTICE**  
Please note on page 16 of the Jan 2nd flyer, "Save the GST on all major appliances" should not have been advertised.  
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**FUTURE SHOP CORRECTION NOTICE**  
PlayStation 2 Sing Star Promotion On page 8 of January 2 flyer, we incorrectly advertised a "Choose one for \$20 with PlayStation 2 Lego Batman Bundle" promotion with three Sing Star products: Sing Star Country with Mic (SKU 10113835), Sing Star Legend plus Wired Mic (SKU 10113821 plus 10112164), or Sing Star Pop Vol 2 plus Wired Mic (SKU 10110499 plus 10112164). The correct price for this promotion is actually \$30 with the PS2 Lego Batman Bundle.  
*We sincerely apologize for any inconvenience this may have caused our valued customers.*

**FUTURE SHOP CORRECTION NOTICE**  
Nordic Start NS1074 10112319. Please note on page 11 of the Jan 2 flyer, this product shows a price of \$149.99. Under the price the word pair is written, this is incorrect. It is 149.99 with install for one starter.  
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# Ajax woman wins human rights award

Teen honoured for her part in fighting racism

By Crystal Crimi  
ccrimi@durhamregion.com

**DURHAM** — When teenager Chris-Ann Manning saw a chance to promote racial harmony during Black History Month, she seized the opportunity.

And, doing so has had good consequences for the 18-year-old Ajax woman. Along with sharing stories of diversity by organizing a 'We are the Change' event, Ms. Manning also helped herself earn the Lincoln M. Alexander Award for leadership in eliminating racial discrimination.

"I was happy; I couldn't speak, all I could say was thank you," Ms. Manning said about receiving the award, presented to three Ontario students annually. "And I was excited, at one point I wasn't sure I deserved it... so I was really grateful."

The award included \$5,000, which she's using to help with university bills.

"They said spend it wisely," she said.

The Lincoln Alexander award is presented to Ontario students between age 16 and 25 who have provided outstanding leadership in improving racial understanding.

The 'We are the Change' event Ms. Manning organized involved a day and night performance which shared different experiences people have encountered, such as interracial relationships, and what it's like

to be a black, white, or Indian man and woman.

"Just experiences of you versus society as well as male versus female," she said.

Even though the event was for Black History Month, she wanted it to focus on everyone.

'You see the need in different places, but sometimes you need the push to get started.'

'The ideas will start flowing and then you'll hear from us'

— CHRIS-ANN MANNING

"A lot of people really liked it," Ms. Manning said. "It got more people involved than just black people per say."

The event also included a play she wrote tracing the history of black people who came from Africa and settled in Canada. She wrote the script with her friend Samantha Adusei.

During Ms. Manning's high school career at Notre Dame Catholic Secondary School, she created a pen-pal program between Kenyan orphans and Canadian children between ages eight and 13, and presented an AIDS awareness event.

For it, she partnered with the AIDS committee of Durham Region and handed

out information, collected donations, sold ribbons and had a speaker talk about the real side of life with the disease.

Her pen-pal program started with eight kids and now involves 50.

Her role in it includes co-ordinating the letters to get to and back from Kenya, as well as fundraising to cover postage and books for kids in the program on the Kenya side.

Ms. Manning got the idea for the pen-pal program through her scholarship coach, who helps her come up with ideas.

"You see the need in different places, but sometimes you need the push to get started," Ms. Manning said.

This year she expanded the pen-pal program into high schools.

"The new fundraiser now is seeds for success," she said. It includes a mentoring program and selling jewelry to support kids in Kenya's Teamwork Children's Service.

Ms. Manning's scholarship coach's husband, Joel Chacha, is its director and buys the jewelry in Kenya to sell here.

She also wants to create a scholarship. Ms. Manning is working with her friend Ms. Adusei on some upcoming community initiatives as well.

"You will be seeing us very soon," she said.

"The ideas will start flowing and then you'll hear from us."

Ms. Manning attends York University for Social Sciences with help from nine scholarships she's received.



Jason Liebrechts/ News Advertiser photo  
Chris-Ann Manning won the Lincoln Alexander Award for leadership in eliminating racial discrimination.

ADVERTORIAL

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We think..

## City's 2009 focus rightly on business growth

e-mail responses to mjohnston@durhamregion.com

**W**e agree with Mayor Dave Ryan that expanding Pickering's business community is the top priority for the city in 2009.

Pickering, like many municipalities, has to be vigilant that its tax revenue has a healthy balance and does not place an undue burden on residential taxpayers. Of course, Pickering is at a disadvantage in that a huge chunk of the municipality, almost three-quarters of it, including the federal airport and Seaton lands, has been frozen to development, denying the City much-needed revenue. This

factor cannot be ignored.

Still, in recent years, tax increases coming out of the City have been high, averaging 6.8 per cent. While the City has a plan and forecasts lower tax hikes in the coming years, these numbers are just too much for homeowners to stomach. Perhaps high-profile, but non-essential budget wishes should be put off for at least a year. Many residents are feeling the economic pinch and shouldn't have to shoulder the bill for new facilities, etc.

Growth in the Pickering business com-

munity, such as the expansion of Purdue Pharma and the coming of Aker Kvaerner Chemetics, are certainly welcome.

Mayor Ryan and councillors need to continue to do everything in their power to attract and retain businesses here.

As always, the Seaton development, and especially getting it right, is also crucial for the City. It must resist the temptation of having housing, and the resulting tax revenue, in the area as soon as possible, because the likely trade-off would be compromises that would make the development like any other. This

isn't what's been envisioned in the area, and several residents last year held the City's feet to the fire on the issue.

Mayor Ryan's avowed commitment to bringing employers and jobs, in addition to and at the same time as homeowners, to Seaton is welcome.

We encourage City staff and councillors to do their ultimate best to ensure the 2009 tax increase isn't unduly high by reviewing every spending area and making cuts where possible. Even with the aforementioned serious obstacles, residents rightly expect nothing less.

## When it comes to speaking his mind, my pal H rules

**T**hey say God works in mysterious ways. I am inclined to agree. Witness the death and resurrection of H (not his real initial).

They tell me years ago H was a hellion. Foul-mouthed, mean, even dangerously violent at times. They tell me H was headed for real trouble, probably prison or worse.

Then God intervened and ran over him with a pickup truck and H was reborn, complete with a gammy leg and a wholly new perspective.

I'm not sure how apocryphal the story is but I've heard enough versions of it that there must be some truth in there somewhere. And H certainly seems to fit the profile. I don't know how old H is. He could be 25 or 50. He is timeless, dressing in the same leather jacket, running shoes, shorts and bandanna every day of the year, winter and summer.

He limps around town looking like an embittered Vietnam vet. His hair is long and scraggly with streaks of grey. He is usually unshaven. He looks scary as hell. But he is just the opposite.

I first met H just weeks after moving into town. I was enjoying a haircut when he hobbled into the barbershop, plunked himself down into the chair beside mine and, without a word of introduction, began to tell me why the recent Metallica concert sucked. This was disquieting since, regardless of where he is, H speaks at demolition derby volume. My eyes darted back and forth, frantically combing the room for help while keeping track of all the scissors and razors within reach. But it very soon became apparent I was the only worried person there. My barber, the other patrons, seemed completely at ease with H's presence. They hadn't batted an eye. He was, obviously, harmless. Incredibly loud, but harmless.



Neil Crone/ Enter Laughing

Sixteen years later, I have since come to know H relatively well. At least, as well as you can know an enigma like him. His most remarkable talent is his gift for swearing. H uses the "F" word like an artiste. He is a Picasso of profanity, effortlessly weaving "F-bombs" into his every sentence until it becomes more like poetry than cussing.

"How're you doing H?"  
 "In-F\*\*kin'-credible!"

But it wasn't until I played shinny with H that I began to see how much more there is to him than meets the eye... and ear. He is passionate about the game and regardless of his handicaps he plays with enthusiasm and abandon. And although on the outside he may look like Twisted Sister on skates, on the inside he is pure Bobby Orr.

Last summer, my wife and I were awakened in the middle of the night by what seemed like two drunk men having a very loud, very blue argument. For a sleepy moment or two my old city mentality kicked in and I was tempted to call the police, but then my wife gently reminded me that it was H having a chat with himself.

"Thank goodness" I said, relieved, "I thought it was trouble."

"Good night sweetheart" said my wife as we both fell back into a comfortable snooze, "Sweet F\*\*kin' dreams honey."

*Durham resident Neil Crone, actor-comic-writer, saves some of his best lines for his columns.*



Our readers think...

## Columnist touched taxpayer's nerve

**To the editor:**  
 Re: 'Ugly battle over cop deal,' Reka Szekely column, Dec. 19.

Reka Szekely hit the nail right on the head.

In times like these when thousands of fine people are losing their jobs and others

being forced to accept huge wage and benefit cuts, the arrogance of our police force in refusing a more than generous offer is disgusting and shameful to say the least.

It seems that the agenda of the Durham Regional Police Service is less about service and protection and more about greed and avarice.

God help us all.

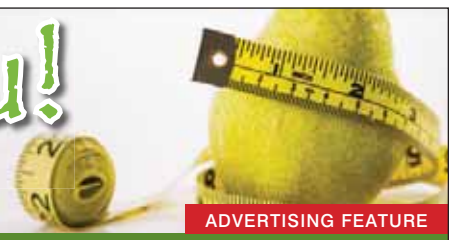
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# New year...New you!

## Health & wellness



ADVERTISING FEATURE

### Are you getting enough iron?

(NC)-Iron is a trace mineral that is essential to our health. It has several vital functions, including carrying oxygen to the tissues in the form of hemoglobin, participating in enzyme reactions in various tissues, and supporting proper immune function. Surprisingly, iron deficiency is the most common and widespread nutritional disorder in the world.



There are several factors that can lead to iron deficiency, including low dietary intake (vegetarians are at increased risk), malabsorption disorders (such as celiac disease) and blood loss caused by an underlying gastrointestinal disorder, such as ulcers or haemorrhoids. Women are particularly vulnerable to iron deficiency, be it due to heavy periods, low dietary intake or as a result of pregnancy and childbirth. Due to the high demands a growing baby places on iron stores, research shows that over 80% of pregnant women will be iron deficient by the end of their pregnancy. Couple that with normal blood loss at birth and increased needs during breastfeeding and we have a situation that needs our attention. Breastfeeding depletes iron stores further, with new research showing iron deficiency is more common in infants due to low levels in breast milk.

*continued on page 9*

### Exercise keeps money in your wallet and other great reasons to head to the gym

In today's uncertain economy, families are looking to cut back on any expenses that seem like a luxury or even the slightest bit frivolous. One of the items receiving scrutiny in many households, and in the media, is gym memberships. Yet a growing body of evidence suggests that cutting that gym membership may be exactly the wrong move for even the most cash-strapped family.

According to the Centers for Disease Control and Prevention, inactive adults have significantly higher direct medical costs than active adults, and the costs associated with physical inactivity increase with age.

This will become even more important in the near future, according to researcher IBISWorld: As baby boomers pass through their 40s and 50s, healthcare costs are forecast to rise dramatically.

Everyone knows that the human body thrives on regular exercise, and that staying fit and maintaining a healthy weight can contribute to significantly reduced risks for various cancers (by as much as 60 per cent), diabetes, heart disease, hypertension and many other debilitating conditions. Here are some other great reasons to head to the gym:

Exercising with others can "greatly improve your exercise adherence." It's much easier to stick to an exercise program when you have accountability—from trainers and coaches, friends, or both. (University of Georgia Department of Kinesiology and Health)

Exercise is like Miracle-Gro for your brain and can make you smarter by releasing chemicals that cause neurons to branch and connect in new ways. New junctions between neurons are the basis of learning. (Kristin R. Wehner Keffeler, Entrepreneur.com)

Exercise may make you a better worker—by as much as 15 per cent according to a study presented to the American College of Sports Medicine—and enhances time-management skills, mental performance, ability to meet deadlines, mood, and interactions with co-workers. (MSNBC.com)

Exercise directly reduces stress by decreasing the production of stress hormones and increasing the production of endorphins—your brain's "feel good" neurotransmitters. (MayoClinic.com)

Exercise pays you back double: Each hour of exercise adds two to your life. (Harvard Alumni Study)

To help women save even more money, Curves is offering 50 per cent off the service fee and 30 days free in January 2009.

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Curves works every major muscle group with a complete 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also works to help women lose weight, gain muscle strength and aerobic capacity, and raise metabolism with its groundbreaking, scientifically proven method that ends the need for perpetual dieting. Founders Gary and Diane Heavin are considered the innovators of the express fitness phenomenon that has made exercise available to around 4 million women globally, many of whom are in the gym for the first time. With nearly 10,000 locations worldwide, Curves is the world's largest fitness franchise. For more information, please visit: [www.curves.com](http://www.curves.com).





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Susan Walker, ND  
Naturopathic Doctor and Integrative Medical  
Director of U Weight Loss™ Clinic

## Question:

Dear Dr. Susan,

I weigh 190lbs and exercise diligently 3 times per week by walking at a moderate pace for one full hour. I am now in my 4th month of exercise and have yet to lose any weight. What I am doing wrong?

## Answer:

Many of my clients experience similar problems. Although exercise offers many health benefits; for the purpose of weight loss, it just isn't enough.

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So, as you can see from the math, exercise alone is not the answer, unless you are prepared to walk 12 hours per week! And even that may not be enough if your diet is wrong. A typical hamburger and fries has approximately 1,000 calories. So, if you are eating these types of high calorie meals regularly, exercise alone will simply not get you the weight loss results you want. Having a nutrition plan that is based on nutrient-dense foods, correct ratios of carbohydrate, fats, and protein at your optimal calorie level is absolutely essential for successful weight loss. In addition, to calorie considerations, fluctuations in blood sugar levels along with other hormonal issues can also cause you to store body fat. Therefore, your diet should include a plan to properly minimize your daily blood sugar fluctuations while balancing specific hormones necessary to stimulate fat loss.

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# Snow plowing woes for Pickering couple

Pickering fire department comes to the rescue

By Kristen Galis  
kcalis@durhamregion.com

**PICKERING** — Joseph and Valerie Burke missed Christmas Eve mass after a plow dumped a “wall of snow” at the foot of their driveway.

The couple utilizes Pickering’s senior snow removal program since both have medical disabilities.

On Christmas Eve afternoon, their driveway was cleared by City contractors, but 15 minutes later, the couple was shocked to see a Pickering plow push “a wall of snow, ice and salt onto the driveway,” which was about four-feet high and five feet into the driveway, Mr. Burke said.

“It was terrible,” said the former City of Toronto employee who did similar work there.

He called the roads emergency line Christmas Eve and spoke to staff, but to no avail.

“No one ever came and we were not able to attend Christmas Eve mass for the first time in 40 years,” Mrs. Burke wrote in a letter to the City.

Mr. Burke called the emergency line Christmas morning, but got tired of being



Submitted photo

Pickering firefighters come to the rescue of a couple by clearing snow from their driveway.

on hold and called Pickering Fire Services, since his grandson with a disability was to arrive that day and his wheelchair couldn’t get over the window. The fire department came to help.

“I couldn’t thank them enough,” Mr. Burke said.

Pickering Chief Administrative Officer, Tom Quinn, agreed with the captain’s decision to clear the snow, adding the fire

department is a City service. But when he looked at the photos Mr. Burke sent him, he was pleased to see a clear road.

“When I look at that street, I know my men are doing a good job,” he said.

The firefighters chose to remove the snow because it was Christmas — it’s not something they usually do since they have to be at the station, which is central, for fire calls, Mr. Quinn said.

Residents have mentioned similar issues at Town Hall meetings, but the Burkes have needed an ambulance in the past and feared what would have happened had they needed one when “trapped.” Mr. Quinn said “there’s no question” that a fire truck could push through it.

In Ontario, snow is inevitable and the main responsibility of the City is to get the snow off the roads to make way for emergency vehicles, Mr. Quinn said. Snow is often pushed into driveways because there’s simply nowhere else to put it, he said. He felt sad for the Burkes’ situation, but said it’s extremely rare that any municipality removes windrows.

“The only way you can do that is if I have an army of Bobcats,” he said. “The cost factor would be horrendous.”

Many times neighbours will help in such a situation, he said, adding it looks like this winter will be another heavy one. He also gave the Burkes a City official’s personal cell number for immediate help if it happens again.

The cost for winter road and sidewalk maintenance in 2008 was between \$700,000 and \$750,000, and the cost for the senior snow removal program was an additional \$70,000. The program is free for seniors and people with disabilities.

**New year...New you!**  
Health & wellness

ADVERTISING FEATURE

## Health & Wellness

### Are you getting enough iron?

continued from page 7

Common symptoms of iron deficiency are feeling fatigued, poor concentration, headaches, brittle nails, intolerance to exercise and a depleted immune system.

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More information on this topic is available online at [www.martinandpleasance.com](http://www.martinandpleasance.com).

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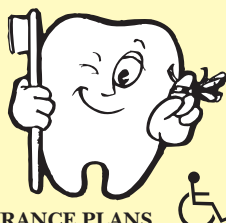
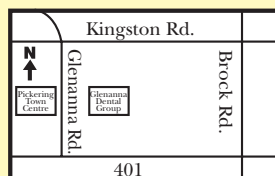
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## Keeping hockey affordable in tough times

*Community partners, sponsors step up to keep kids in the game*

By Nora Rock  
Special to the News Advertiser

**AJAX** — In tough times, people have always turned to hobbies and sports to take their minds off the economy. It's minor hockey season for thousands of Ontario parents, and the rinks are hopping. But, hockey is expensive, and the economic downturn has some people wondering whether cost concerns may be putting hockey out of reach for average families.

Teresa Muto, president of the Durham West Girls' Hockey Association, reports the cost of ice time is the single greatest challenge facing girls' hockey in west Durham.

"We're fighting to get ice — from the boys, from figure skating, ringette, all the oldtimer leagues. Pickering and Ajax are in desperate need of new arenas, and they're just not being built."

Muto believes minor hockey is not enough of a priority for the Ajax and Pickering councils — she notes Whitby and Oshawa, by comparison, have "loads of ice." But, there are other factors at play. Arenas come with high fuel costs at a time when fuel prices are volatile; and, according to Muto, the region is going through a demographic shift.

"The population of Ajax," she explains, "is aging" — a trend that leads to less pressure on Town



Ajax Knights' Kaleb McDowell is stoned by Barrie Junior Colts goalie Nathan Van Iderstine during third-period action of their tyke division game at the Ajax Community Centre. With the economy's current downturn, sponsorship is even more needed to keep hockey affordable for all in Ajax and Pickering.

Ron Pietroniro/ News Advertiser photo

council from parents who want new arenas.

A long-time champion of girls' hockey, Muto fears the momentum built up in recent years will be lost if rising costs put the sport out of the financial reach of average families. The per-player liability insurance cost for DWGHA is more than \$40

per player — well above the \$34.29 paid on behalf of (mostly male) players in the Ajax Minor Hockey Association, even though Durham West has never been sued.

While ice time and insurance costs flow to parents through registration fees, parents pay many costs directly. Hockey equipment is

notoriously expensive and Ontario parents spend thousands of fuel dollars each year transporting kids to games. These pressures threaten to exclude some children from the sport, a scenario that would be potentially disastrous for girls' hockey leagues, which compete fiercely with other, less expensive sports, for

players.

Judging by the DWGHA's struggle to find ice, however, the spirit of hockey is alive and well in this province, and community sponsors and partners provide a vital source of financial support.

"We're very fortunate," says Muto, "that Tim Hortons, McDonald's, Ontario Power Generation have really stepped up; they sponsor entire divisions."

Large commercial chains are not the only businesses that support minor sports. The Ajax Knights novice 'AE' hockey team is sponsored by the Ajax-Pickering News Advertiser this year, and Ken Bond, the executive and artistic director of StoneCircle Theatre in Ajax's Pickering Village, donated theatre tickets to the team's silent auction fundraiser this fall. StoneCircle is small and belongs to a sector — arts and culture — that has historically struggled in times of economic uncertainty. But, the arts and minor sport share a key experience: both depend heavily on volunteers for their survival.

"As an organization that counts on volunteers to help us provide quality entertainment to Ajax and Pickering residents, StoneCircle Theatre are proud to support the initiatives of volunteers that give their time and energy to ensure that our youth can be part of the local sports teams," Bond says.

It's generosity like this on the part of local businesses that allows children from all backgrounds and circumstances to play the game they love.

## Young Annandale curlers in the money at Toronto 'spiel

By Jim Easson  
Special to the News Advertiser

**AJAX** — Although no Annandale curlers won the first prize of an all-expenses paid trip to Switzerland, all fared well at the Dominion TCA Junior/Bantam Bonspiel in Toronto recently.

Three Toronto curling clubs played host to the Dominion event on Dec. 29 and 30.

Annandale's junior women's team, skipped by Lesley Pyne, lost in the second event quarter-finals. With Pyne were Suzanne Miller, Laura Hickey and Katie Hickey. Jennifer McGhee coached the team.

The Annandale junior men's team of Michael Bryson, James McPherson, Sandy Martin and Josh Hall was runner-up in the third event, collecting \$440 in

prize money. Susannah Moylan coaches the Bryson rink.

An Annandale bantam entry skipped by Ben Bevan finished as runners-up in the third event. Bevan and teammates Chris Avery, Jake McGhee and Carter Adair all earned a gift from the prize table for their efforts. Jennifer McGhee serves as the coach.

Meanwhile, several Annandale curlers participated in the Dominion bonspiel with out-of-town teams. Annandale's Chantal Lalonde and Tracy O'Leary joined Danielle Inglis of Burlington and were winners of junior women's fourth event, collecting \$380 in prize purse.

Stacey Hogan curled on the Laura Crocker team from Scarborough Golf and the junior women's entry lost in the second event

semifinal.

Joan Moore joined the Carly Howard rink out of Midland and was bantam girls' second event runners-up.

The Howard team also curled in the Zone 10 playdowns for bantam girls, winning the 'A' side. The rink now advances to the regionals in Markdale on Jan. 17 and 18.

◆◆◆

Annandale has four teams entered in the venerable TCA Energizer Men's bonspiel (aka Canada Life Bonspiel) this month. The Energizer 'spiel is one of the world's oldest continuous curling events, which runs at GTA curling club from Jan. 10 to 17.

Annandale skips Arthur McCrorie, Glenn Bull, Dale Patterson and Brian Hawke are listed and

eligible for the early-bird draw. With Hawke in the senior event are Jim Easson, Wes Stitt and Mark Scanlan. Also in the senior event is Patterson and teammates Ron Zuber, Dave Walmsley and Ron Reeve.

In the open event, Bull will compete and his team of Al Waters, Byron O'Donnell and Jim Barrett.

McCrorie is also entered in the open event, but says his team will withdraw as two members will be away during the event, so if you are interested in participating, give McCrorie a call.

◆◆◆

Rob Lobel's Whitby rink, that won the 'A' side of the draw at the TSC Stores Tankard Zone at Annandale, will also advance to the provincial finals. Lobel won the regionals at St. George's curling club in Toronto.

Greg Timbers' Uxbridge rink also competed at regionals with Annandale member Warren Leslie along with Barry Acton and Kent Cochrane. The team was sidelined with an 0-2 record.

◆◆◆

The first bonspiel on the Annandale club calendar is the Day Ladies Freeze Bonspiel on Jan. 21.

Annandale has two teams entered in the Fairfield Marriott Challenge Zone playdown in Uxbridge on Jan. 10. Chris Van Huyse, Andrew Klein, Rob Bushfield and Tyler Anderson will play along with Annandale's Adam Sonley, Blair Metrakos, Steve Smith and Tim LaRoche.

Two zone-winning teams head directly to the provincials in Brighton and Trenton on Jan. 23 to 25, where 32 teams will meet. Each team is guaranteed three games.





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TD Canada Trust	0.05	1.00	1.20	2.25	2.60
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Best Rate GICs	N/A	2.05	2.75	3.85	4.10

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**OSHAWA,** 2-bedroom bright basement apartment, heat, hydro, water, parking, cable, laundry. No smoking/pets. \$850.00 monthly. Available immediately. Call 905-434-7899

**OSHAWA, 2-BEDROOM** legal bsmt apt. Great neighbourhood, A/C, parking, laundry, full bath. \$750 inclusive. Available immediately. No dogs. First/last, references. (905)243-6018, (416)894-7687

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**Legal Notices**

**NOTICE TO CREDITORS**

A notice to all creditors in the Estate of

**HORST FRATSCHER**

Who died on the 24th day of July, 2008.

Anyone having a claim against the said Estate is to provide proof at the address below before January 31st, 2009. After such date the estate will be distributed without further notice to creditors.

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**WHITBY, 2 bedrooms** from \$950 - \$970 all inclusive. Close to all amenities. Office hours 9-5, Monday - Friday. (905)430-1877

**WHITBY, BROCK/DUNDAS** area 2-bedroom main floor. Huge yard, parking, 4-appliances, walk to transit. Quiet dead end street. \$950/month +. No smoking/pets. Paul, 1-800-567-9122.

**WHITBY, CENTRAL**, 1-bedroom, ground floor, with private entrance, deck, parking. \$700/month includes utilities except phone/cable. Suit single professional. No smoking/pets. Feb 1st. 905-665-9411.

**TESTA HEIGHTS** 1, 2 & 3 bed. w/upgraded finishes. Util. incl. Security & parking. Landscaped grounds, private patios & balconies. 2 Testa Rd., Uxbridge. 905-852-2534 www.realstar.ca

**WESTNEY/HWY. #2**, 2-bedroom basement apt. Central air, 4-appliances. \$700/inclusive. Full wash-room. Separate entrance. 1-parking. Single working person preferred. Avail immediately. No pets/smoking. \$750/mo + utilities. Call Mujeeb at 416-666-2649.

**WHITBY BACHELOR** separate eat-in kitchen. bright, large, clean, in small building. No smokers/pets. Dundas/Brock. \$695-inclusive, parking, Avail immediately/Jan 1. Call 416-438-4895.

**WHITBY CENTRAL**, one bedroom apartment of good standard, first level small building. Balcony, hardwood floors. No dogs. Well located at 116 Hickory St. N. 905-576-8989.

**WHITBY EXCEPTIONAL** 2 bedroom apt., walk to GO, newer bldg, laundry facilities. \$815 + hydro. No pets. Available Feb. 1st. First/last. (905)723-8697, (905)718-1890

**(3)-BDRM+DEN R2000**, Oshawa, large 1800-sq.ft., energy-efficient, 2 baths, 5-appliances, double garage, A/C, walk-out deck, Jacuzzi, gas fireplace, fenced yard. \$1200+utilities. Available immediately. 905-922-5814

**74 BROWNRIIDGE** Place, Whitby, 3 bedroom, semi, \$1300 per mo. plus utilities. Appliances included, Available Feb 1st. Maria (905)471-6190.

**OSHAWA, LARGE 3-bed** room condominium apt., clean, very quiet building, \$975/month. Heat, hydro, water, parking, all included. Suits seniors. First/last required. Avail. immediately. Please call (905)579-4015.

**OSHAWA, KING/CENTRAL** Park. Large spacious 2-bdrm main floor, 4 appliances. \$990/mo + Hydro. No smoking/pets. Avail. February 1st. (289)240-0246.

**OSHAWA, SPACIOUS** second floor & loft, 3 bedrooms, 2 bathrooms, parking, \$1200/inclusive. Available immediately. Call Jake (416)627-1199

**OSHAWA/COURTICE** border upper 3-bedroom of home. Backyard and shed/1-car garage. Fridge, stove, washer, dryer, dishwasher. No smoking. First/last. \$1150 plus 2/3 utilities. (905)985-8986 or (905)718-8986.

**PICKERING MAIN FLOOR ONLY** - 4 bedroom apartment on main floor of house, backs onto ravine, close to parks and shopping. Eat in kitchen, large living room and dining room, 5 pc. bathroom plus ensuite, private laundry facilities. \$1200. per mo plus 1/2 utilities. Please call (905) 767-1240 for a viewing appointment.

**PICKERING Strouds/Altona**, over 1800-sq ft. 3-yr new. Open concept. 3-bdms, 2.5 bathrooms, finished walk-out basement. 5-appliances, hardwood flooring. No smoking/pets. \$1800/mo+. A Must See! 416-543-5967

**Houses for Rent**

**189 MILL ST. Oshawa** 3-bedroom, 2 baths, 3 appliances. Completely renovated, new floors. \$1300+ utilities. First/last required. Available immediately. Call Goodfellow Property Management, Ryan 905-868-4978.

**3 BEDROOM, OSHAWA**, main and upper level home, features hardwood floors, laundry, dishwasher, 3 car parking, large landscaped backyard. Perfect home for kids. \$1,150 ALL INCLUSIVE. Feb. 1st, (905) 436-7411

**5-BEDROOM**, \$1,190/month, plus utilities, 2-full-bath. Renovated, for big family/friends. Also basement apt, \$500/month, inclusive. 5-car parking, Oshawa, Centre St. S/Gibb. Price negotiable. (905)947-1926.

**A-1 3-BDRMS, OSHAWA**, Riison/Taunton area, newer detached, Parking, laundry, garage access. Near all amenities. Absolutely no pets/smoking. Avail. immediately. Before 5pm 1-877-687-7253 or after 416-562-2542.

**AAAA MANY** homes for rent, \$1400-\$4000 per month. Credit check and references required. Oshawa, Whitby, Ajax, Bowmanville and country homes. Call Today Garry Bolen, Broker, C21 Network (905)404-2255.

**AVAILABLE JAN. 31**-Ajax. Upper level, 4 bedrooms, 3-baths, main floor laundry, \$1,450 plus 2/3 utilities. Prefer non-smoker, no pets. Dennis Morgan Sutton Group Heritage, (416)587-0060, (905)831-9500.

**BEAUTIFUL 3 bdrm** bungalow in Whitby close to all amenities. Large backyard, heat, hydro, HD cable, wireless internet, laundry, parking included. \$1300 Call Justin 289-892-2481

**BOWMANVILLE 3-bed** room bungalow, on a large lot in mature neighborhood. All appliances included. 2 car garage, A/C, first/last, references \$1,350 plus utilities. February 1st. (905)623-0116.

**CENTRAL OSHAWA**, Near Oshawa Centre. 3-bdrm house. Avail immediately. Near all amenities. Call (905)728-7361

**DETACHED, 4 Bed** house in Ajax, available immediately. Living/Dining, Family room, Kitchen with eat-in area, Double Car garage. Rent: \$1500 per month. Call 905-556-0116.

**KING / HARMONY** excellent neighborhood 3 plus one bedroom detached home, big yard, finished basement, all appliances including dishwasher, available immediately. \$1300 plus. (905)744-3489.

**MAJOR OAKS**, Pickering, (Brock/Finch) Beautiful 3-bedroom 2-1/2 bath family home, large lot, garage, c/air, rec room, appliances. Near Pickering Town Centre & 401. First/last required, credit check, \$1550+ utilities. Available March 1. Contact sue.nel@hotmail.com

**NORTH PICKERING** bungalow on 0.84 acres. 3bdrm house for rent. Approx. 1200 sq.ft. with kitchen, living room, lots of storage. Open tender-minimum rent asking \$1100/mth + utilities. Contact Danielle at 1-866-833-2033, x 230.

**OSHAWA King/Townline** 3 bedroom, main floor of house. Shared laundry, cable, stove/fridge, dishwasher, 1 parking, no smoking \$1040-inclusive. Feb/March 1. Senior's discount. 905-728-6534

**PICKERING**, Liverpool/Bayly. Completely renovated main floor of open concept bungalow, three bedrooms, own laundry, appliances, avail. now. \$1350/mo inclusive CondoLyn Mgt. 905 428-9766

**Houses for Rent**

**OSHAWA Rossland/Ste-**venson! Updated 4+2 Bedroom! Completely renovated, new floors. \$1300+ utilities. First/last required. Available immediately. Call Goodfellow Property Management, Ryan 905-868-4978.

**OSHAWA SHOPPING CENTRE**, 4-bedroom, backsplit, yard, gas heat/air, driveway parking, 4 appliances. \$1175+utilities, available immediately. No pets/smoking. Suit responsible persons, first/last/references. (416)769-2418 (905)239-7887

**OSHAWA**, King/Central Park. Large spacious 2-bdrm main floor, 4 appliances. \$990/mo + Hydro. No smoking/pets. Avail. February 1st. (289)240-0246.

**OSHAWA**, 3-bedroom bungalow. Harmony/Olive area. Full basement, fenced yard, patio, shed, A/C, no pets/smoking. \$1200/month, plus utilities. (905)432-1828.

**OSHAWA, SPACIOUS** second floor & loft, 3 bedrooms, 2 bathrooms, parking, \$1200/inclusive. Available immediately. Call Jake (416)627-1199

**OSHAWA/COURTICE** border upper 3-bedroom of home. Backyard and shed/1-car garage. Fridge, stove, washer, dryer, dishwasher. No smoking. First/last. \$1150 plus 2/3 utilities. (905)985-8986 or (905)718-8986.

**PICKERING MAIN FLOOR ONLY** - 4 bedroom apartment on main floor of house, backs onto ravine, close to parks and shopping. Eat in kitchen, large living room and dining room, 5 pc. bathroom plus ensuite, private laundry facilities. \$1200. per mo plus 1/2 utilities. Please call (905) 767-1240 for a viewing appointment.

**PICKERING Strouds/Altona**, over 1800-sq ft. 3-yr new. Open concept. 3-bdms, 2.5 bathrooms, finished walk-out basement. 5-appliances, hardwood flooring. No smoking/pets. \$1800/mo+. A Must See! 416-543-5967

**SPOTLESS 3 bedrooms** 2.5 bath family home in North Whitby with big lot. Finished basement, garage, c/air. Walk to schools and other amenities. Available immediately. 1st and last, credit check, \$1500 plus utilities. 416-320-8540.

**UXBRIDGE-NEWER 4 B/ROOM HOME FOR RENT OR SALE** in Coral Creek. Fully fenced yard. Finished walkout basement. Large Deck, backs onto school, \$1900 +utilities. 647-233-7632

**WHITBY, MAIN floor** of clean 3-bedroom bungalow. Quite area. Fridge/stove/washer/dryer, garage, no pets/smoking. \$1100/month, plus part utilities. Call Mrs. Evans. (905)666-1333.

**WHITBY, Oshawa border**. Beautiful home! Very clean room, share kitchen/bath. Cable/internet, laundry, bus route, minutes from UOIT. Furnished/unfurnished. No smoking/pets. Male preferred. \$550/mo. (905)995-2745, (905)728-0189

**OSHAWA, PRIME location**, 3-bedroom, freehold, one 4-piece, plus two 2-piece bathrooms, 4-appliances, first/last, references, lease agreement. Available Feb 1st/15th or March-1st. \$1,300/month, plus utilities. (905)683-0888.

**NORTHVIEW MEADOW** Co-op currently has 2/3/4 bedroom units available. Please call 905 721 8370 or come to 1252 Pentland St, Oshawa to pick up an application.

**Townhouses for Rent**

**OPEN HOUSE CARRIAGE HILL 2 & 3** bed. townhouses. In-suite laundry, util. incl., Balconies, patios, courtyard. Pking. avail. Near DT, shopping, restaurants, schools, parks. 122 Colborne St. E. (Simcoe N., Colborne E) 905-434-3972 www.realstar.ca

**OPEN HOUSE TAUNTON TERRACE** 3 bedroom townhouses. Ensuite laundry. Landscaped grounds w/pool & playground. Private backyards. Sauna & pking avail. Near shopping & schools, public transport. 100 Taunton Rd. E. (Taunton Rd. & Simcoe St.) As about our move-in specials. 905-436-3346 www.realstar.ca

**WAVERLY/ROSSLAND- 3 & 4** bedrooms, 1-1/2 bathroom townhomes, renovated interior & exterior, available in friendly family-oriented complex. Immediate. \$1095-\$1295+utilities. 4-appliances, hardwood flooring, backs onto ravine. Near schools, park, transit, shopping. Contact Bob at 905-240-4942.

**WHITBY, 2 Brand New 3-**bedroom townhouses, Winchester/Baldwin, 3 bathrooms, hardwood floors, fireplace. Near shopping, transit, ravine backyard, walkout basement. \$1300/month. Call 1-416-826-1919.

**Rooms for Rent & Wanted**

**AJAX-** Large, clean Furnished room with walk in closet in large quiet home. Share entire house. Phone, cable, laundry. \$550/mo, first/last. No smoking/pets. Bus route. Avail. immediately. 416-893-0140

**BROCK RD/FINCH** Pickering, clean, quiet, large furnished bedsitting room. Private bathroom, shared kitchen. Must love animals! Parking, cable/internet included, \$550/mo. Available immediately. No smoking. (905)426-8525.

**LARGE AJAX** upstairs room, double closet, available immediately. Share facilities, laundry, cable, internet, bus at door. \$450 per mo. (905) 239-1732 (416)723-5576

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

**NORTH OSHAWA**, immaculate, clean, quiet century home. Living room and bedroom all in one. High speed internet, TV, phone, laundry, shared bathroom/kitchen, relaxed atmosphere, \$575/month, Available-now. (905)655-5452.

**PICKERING - WHITES RD/401**, Room for rent, \$450/month. No pets or smoking. First/last & references required. 416-917-4949.

**Rooms (OSHAWA)**, prestigious neighborhood. Swimming pool, BBQ, outdoor bar, deck, laundry, internet, new appliances, cable. Non-smoker. From \$450 mo. inclusive. Avail. immediately Call 289-240-4295, 416-732-1231-240

**WHITBY, Oshawa border**. Beautiful home! Very clean room, share kitchen/bath. Cable/internet, laundry, bus route, minutes from UOIT. Furnished/unfurnished. No smoking/pets. Male preferred. \$550/mo. (905)995-2745, (905)728-0189

**Shared Accommodation**

**NORTH WHITBY**, Thickson/Winchester. Large beautiful furnished room. Huge jacuzzi bathroom, TV room, outside BBQ and hottub. Available immediately or February-1st. \$600 first/last. All inclusive, cable/parking. (905)432-6454.

**Shared Accommodation**

**OSHAWA CENTRAL** Park/Rosland. 2 large, clean bright rooms available now in quiet home. \$450-inclusive. Use of house & yard. Students or professionals welcome. month-to-month avail. 905-622-6541 Susan

**YORK UNIVERSITY** Campus, 3 rooms available to share fully furnished townhouse. \$550-\$750/mo inclusive. Avail. immediately. No pets. First/last required. (905)837-7684

**Vacation Properties**

**CONDO RESORTS & Timeshares.** Rent-Buy-Sell-Exchange. Redweek.com #1 Marketplace for condo resort vacations & timeshare solutions. Compare prices, read reviews and ratings from the 5000 resorts online. All locations with direct from owner prices. RedWeek.com

**SELL/RENT YOUR TIME-SHARE NOW!!!** Maintenance fees too high? Need Cash? Sell your unused timeshare today. No commissions or Broker Fees. Free Consultation. www.sellatimeshare.com 1-866-708-3690

**Daycare Available**

**HUGS 'N' TUGS** Home Daycare, Dixie/Finch area. \$26/day. Smoke/pet free environment. Lots of fun & educational activities. Spaces available for January 2009. 416-854-3584

**Daycare Wanted**

**NANNY SHARE IN 2009.** We are looking for a family with a single child (under school age) interested in utilizing a nanny in our home beginning in approx 6 months. The cost would be similar to regular daycare, however, your child would be one of only 2 children and have the full time attention of the professional caregiver in a private family home. The price of the care would include meals, snacks and hours are flexible. Perfect for parents working downtown Toronto who face similar problems of being able to meet the scheduling times of local daycares, many of which close between the hours of 5pm and 6pm. Interested parents please call to discuss the opportunity. We are going to be beginning the process of hiring an overseas caregiver in ~ 2009, a process which can take up to 6 months. Please call 905 447 0668- serious inquiries only.

**SEEKING LIVING caregiver** to help care for a 7-year-old son and future baby. Mature, female, Filipino needed, must be caring, patient and fluent in English/Filipino. Contact Catherine 905-239-0378 if interested.

**Babysitting**

**Babysitter Needed** for overnights - from 9p.m. - 5a.m. in Pickering (at Whites Rd.) \*Older Children\* Get paid to sleep (905)421-0000

**Articles for Sale**

**1-10'x40' Construction Trailer** \$3,500; 1-4x7 fireproof door & frame \$200; 3-heavy steel shelving units \$150 each; 1-wood desk 3x7' \$100; 1-steel desk 2'6"x5' \$50; 1-fridge 2'3"x5'4" \$35; 1-4 drawer filing cabinet \$35; 1-4 drawer fireproof filing cabinet \$200; All obco. Call 905-433-0582

**Articles for Sale**

**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)439-1177, (416)335-7007.

**1940's DINING** room set, table, 6 chairs, buffet and hutch, good condition, \$850 or best offer. (905)579-3638.

**2006 KUBOTA LAWN TRACTOR** 17hp, gasoline engine. 48" cut, hydrostatic drive, power steering, double bagger, dial in cutting height. Like new \$4500. Call 905-436-1823, 905-924-4022

**BED, ALL** new Queen orthopedic, mattress, box spring in plastic, cost \$900, selling \$275. Call (416)779-0563 www.durhamcovers.com

**HOT TUB COVERS** Custom covers, all sizes and shapes, \$425 tax and delivery included. Pool safety covers. We will not be beat on price and quality. Guaranteed. 905-259-4514.

**PIANO TECHNICIAN** available for tuning, repairs & pre-purchase consultation. Used upright or grand acoustic pianos for sale. Moving, rentals available. Call 905-427-7631 or visit: www.barbhall.com

**TRUCKLOADS OF NEW SCRATCH & DENT APPLIANCES** new coin washers \$699 and new coin dryers \$599., also reconditioned coin washer and dryers available, new Danby apt-size freezers \$209, new 24" and 30" ranges \$399., wide selection of new and reconditioned appliances available. Call us today, Stephenson's Appliances, Sales, Service, Parts. 154 Bruce St. Oshawa. (905)576-7448

**Places of Worship**

**COME AND WORSHIP**

**WORD OF TRUTH CHRISTIAN CENTRE**

1527 Bayly St. Pickering  
905-839-0333  
Senior Pastor Joseph Fisher

**We invite you to come and celebrate Jesus with us!**

**Worship times:**  
Sun. 11am & 7pm, Wed. 7pm  
Fri. 8pm - Youth (R.E.A.C.H.)

Visit our Resource Centre at  
1543 Bayly St. or call: 905-839-4953

We provide: mentoring, computer training, tutoring, career development, anger & stress management assistance, teen parent support & fun activities. (For youths ages 13-19)

**Vendors Wanted**

**Spring Home & Leisure Show**

**2009 EXHIBITORS WANTED**  
Saturday April 25, 10 am - 5 pm  
Sunday April 26, 10 am - 4 pm  
**BALTIMORE COMMUNITY CENTRE**  
Call  
**CHANTELLE AT**  
905-372-0947  
email: cmcbridennnews@gmail.com

**EXHIBITORS WANTED**

**The Durham Parent**  
**BABY & Kids show**  
Saturday, April 11, 2009  
Ajax Convention Centre  
550 Beck Crescent, Ajax  
For more info call Audrey (905) 426-4676 x 257  
www.showsdurhamregion.com

**Articles for Sale**

**AFFORDABLE Appliances,** HANKS Appliances, PARTS/SALES/SERVICE 310 Floor St.W. Stoves \$175/up, Fridges \$175/up, Washers \$175/up, Dryers \$149/up. All warranty up to 15 months. Don't know what to get your loved ones?... Get a Gift Certificate and they can pick! Durham's largest selection of Reconditioned Appliances. Showroom Sales Person- salary+ comm. Service Technician required. (905)728-4043.

**LAMINATE Countertops** \$15ft Made to order/ supplied only or installed. Free measure with install program. DISCOUNT QUALITY COUNTER-TOPS. Call John & Dan 905-372-8969 (leave message)

**PIANO TECHNICIAN** available for tuning, repairs & pre-purchase consultation. Used upright or grand acoustic pianos for sale. Moving, rentals available. Call 905-427-7631 or visit: www.barbhall.com

**TRUCKLOADS OF NEW SCRATCH & DENT APPLIANCES** new coin washers \$699 and new coin dryers \$599., also reconditioned coin washer and dryers available, new Danby apt-size freezers \$209, new 24" and 30" ranges \$399., wide selection of new and reconditioned appliances available. Call us today, Stephenson's Appliances, Sales, Service, Parts. 154 Bruce St. Oshawa. (905)576-7448

**POOL TABLE**, professional series 1" slate, new in box with accessories, cost \$4500, selling \$1395. 416-779-0563

**Places of Worship**

**COME AND WORSHIP**

**FOR FURTHER WORSHIP DIRECTORY INFORMATION**

Call Erin Jackson at 905-683-5110 or fax 905-683-7363  
E-mail: ejackson@durhamregion.com  
Deadline: Wednesday @ 10:00 am

**Pickering Village United Church**  
Ham Dinner, Sat., Jan. 17 @ 6pm  
Worship Sundays at 10:30 a.m.  
Children/Youth Programs  
300 Church St. N., Ajax  
(905) 683-4721  
pvuc@pvuc.ca www.pvuc.ca

**Vendors Wanted**

**THIRTEENTH ANNUAL METRO EAST SPRING HOME & GARDEN SHOW**  
Friday, March 27th - Sunday, March 29th, 2009  
Pickering Markets Trade Centre, Pickering  
For more info call Audrey (905) 426-4676 x 257  
www.showsdurhamregion.com

**Vendors Wanted**

**EXHIBITORS WANTED**  
If it races, this is the show for you!  
**FAST AND FURIOUS NORTHUMBERLAND MOTOR SPORTS SHOW 2009**  
APRIL 4th & 5th  
Cars, Bikes, Boats ATV's  
Call CHANTELLE  
905-372-0947  
or email  
cmcbridennnews@gmail.com

**Articles for Sale**

**HOT TUBS**, 2008 models, fully loaded, full warranty, new in plastic, cost \$8000, selling \$3,900. 416-779-0563.

**Articles for Sale**

**RENT TO OWN</**

**Auctions** Auctions

**WEDNESDAY, JANUARY 14th: 4:45 pm**  
**Auction Sale of Furniture, Antiques, Collectables and Glassware for an Ajax home plus contents of Recording Studio, selling at Neil Bacon Auctions Ltd., 1 km west of Utica**  
**To Include:** Dining room suite, kitchen suite, bedroom suite, chesterfield and chair, large quantity of books, Korg Triton Extreme 61 key digital piano, Yamaha O1V96 digital mixing console, Yorkville YSM1P Bi-amped active near field reference monitors, Yorkville YSS1 active studio subwoofer, Ultra-Di-Pro D1800 mixer, Ultra-Dyne main frame (24 bit-DSP), Apex professional microphones, Shure drum microphone set, recording head sets, mic stands, music stands, plus many other interesting and quality items. **Note:** All music related items are like new, in original boxes with manuals.  
**NEIL BACON AUCTIONS LTD.**  
 905-985-1068

**Coming Events** **Coming Events**

**DURHAM Health matters EXPO**  
 mind + body + spirit

**HEALTH EXPERTS NEEDED**  
 We are looking for professionals in traditional and alternative health to join the **2009 Durham Health Matters Expo on Sunday March 1, 2009.**  
 This one day show will feature speakers, panels, demos and more.  
*If you would like to be a part of this Expo please call Cori-Ann 905.683.5110 ext. 228*

**Painting & Decorating** **Painting & Decorating**

**Always Painting & Decorating**  
 Interiors / Exterior • Commercial / Residential  
 Over 25 Years Experience • Competitive Prices  
 Call Dan for a FREE Estimate  
 905.436.9823 or Cell: 905.243.1459

**Home Improvement** **Moving & Storage**

**JOHNS HOME** improvements. Flooring, painting decks, fencing, and general repairs. Free estimates. Available 24/7 for emergencies. Call John at 905-391-0698.

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**TMS PAINTING & DECOR**  
 Interior & Exterior  
 European Workmanship  
 Fast, clean, reliable service  
**(905)428-0081**

**VENDORS WANTED** at Courtice Flea Market. Rent starts at \$185/mo for 10'x10' booth. Approx 250,000 people/year. Located 2 minutes off 401 between Oshawa & Bowmanville Call 905-436-1024 www.courticeflea-market.com

**Articles Wanted**

**WANTED WASTE OIL**-will take large volume and pick up. Please call 416-460-5576

**Pets, Supplies, Boarding**

**ADORABLE GOLDEN RETRIEVER** pups, family raised, vet-checked, 1st shots & dewormed. Paper trained, beautiful hair. Both parents on site. Ready to go, \$400. Call 905-352-2753.

**BEAUTIFUL GOLDEN retriever** puppies. Experienced breeder since 1967. First shots, dewormed, vet checked. 5 yr. guarantee. Supplier of service dogs. \$500. Judy (905)766-3303, Al 1-705-632-1187

**Cars for Sale** **Messages**

**1991 CHEV CORSICA**, excellent condition, white w/grey interior, Selling as is \$1200 o.b.o. Call 905-571-3436

**1998 CAVALIER** 20-dr Blue, 200,000 km. Engine mint, runs like new, no rust, minor body work. Well maintained. \$3200-obo. (905)706-3517 Mike

**1999 FORD ESCORT SE**, 109,000 kms. 4 door sedan, manual transmission, A/C, original owner. Asking \$2600 OBO. Call 905-985-1091.

**NEED A CAR?** 100% Credit Guaranteed, Your job is your credit, some down payment may be required. 200 cars in stock Call 877-743-9292 or apply online at www.needacartoday.ca

**Cars Wanted**

**!!! AARON & LEO** Scrap Cars & Trucks Wanted. Cash paid 7 days/week anytime. Please call 905-426-0357.

**!!! A - ALL SCRAP CARS**, old cars & trucks wanted. Cash paid. Free pickup. Call Bob anytime (905)431-0407.

**!!! \$ \$ ADAM & RON'S SCRAP** cars, trucks, vans. Pay cash, free pick up 7 days/week (anytime) 905-424-3508

**! A ABLE TO PAY** up to \$10,000 on scrap cars & trucks running or not. Free Towing 24 hours, 7 days. (905)686-1899 (Pickering/Ajax) or (905)665-9279 (Oshawa/Whitby).

**\$\$\$\$\$ JOHNNY JUNKER** Always the best cash deal - up to \$300 for your good scrap cars, trucks and vans. Speedy service. (905) 655-4609 or (416) 286-6156.

**\$ \$250+ TOP DOLLARS** - Ajax Auto Wreckers pays for vehicles. We buy all scrap metal, copper, aluminum, fridges, stoves, etc. 905-686-1771; 416-896-7066

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

**Vans/ 4-Wheel Drive**

**UNBELIEVABLE** 2001 GMC 3500 Savana. 15 passenger/cargo van. Approx., 75,000kms, fully loaded, well maintained. (905)668-9476, ask for Fern.

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 Relaxing Massage  
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 The Holistic **\$35** you want  
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**905-576-3456**

**@marketplacedurhamregion.com**

**A SPA WEEKEND FOR CHICKS ONLY!**



Make it a Stay n' Play by booking your overnight accommodations at the Hilton Garden Inn. 905-686-9400

**JANUARY 24<sup>th</sup> & 25<sup>th</sup>, 2009**  
**Ajax Convention Centre,**  
**550 Beck Crescent, Ajax**

**Women's Weekend Show**  
 A SPA WEEKEND FOR CHICKS ONLY!  
 Licensed 19 yrs. +

**Spa Passes going fast...**  
**only \$199** incl. taxes  
**Includes:**  
 Minimum 4 spa services over the 2 day weekend, full length 100% cotton robe & slippers & much more!  
**Buy your pass today @**  
**www.womensweekendshow.com**

**If your purchase is a Gift**  
**Call Jackie Murphy**  
**@ 905-579-4473 ext. 2387**  
 or email:  
**jmurphy@durhamregion.com**  
 Call for details.

**YOU CAN CHOOSE FROM THE FOLLOWING SERVICES**

PROFESSIONAL BRA FITTING sponsored by:  
 Close to the Heart/Jeunique International Canada

HOT TUBBING sponsored by:  
 Beachcomber Hot Tubs  
*Bring your bathing suit!*

GIFT BAGS sponsored by:  
 Everlasting Memories Bridal and Floral Shoppe  
*Fill up your bag with goodies!*

While Your Toes Dry... FASHION SHOWS DAILY AT 12:00 -12:30

**FREE SERVICES INCLUDED WITH YOUR PASS**

- Non-Surgical Face Lifts, Facials, Chemical Peels
- Dry Cuts, Up-Do's or Styling • Microderm Abrasions
- Skin Care Consultations • Facial & Body Waxing, Threading
- Manicures • Pedicures • Eyebrow and Eyelash Tinting
- Hot Stone Therapy • Massage Therapy • Infrared Sauna Sessions
- Henna Tattoos • Automatic Infrared Massages - *New Technology*
- Skin Care Regimes and Glamour Look Makeup • Reflexology
- Invigorating Heavy Leg Treatments • Waterless Body Wraps
- Complimentary Spinal Screenings • Foot and Hand Treatments
- Lip Exfoliations • Makeovers • Aromatherapy • Reiki
- Bio Feedback Service - *Learn about your body's concerns, diagnose and repair*
- Cosmetic Dental Consultations • Detoxifying Ionic Foot Cleanse

**OTHER PAID SERVICES & SHOW SPECIALS**

- Botox® • Permanent Makeup • Laser Hair Removal
- Teeth Whitening - *Impressions*

**MOVIES AT 3PM EACH DAY**  
 • Sex in the City  
 • Thelma & Louise

**FREE CLASSES!**

- Yoga • Meditation • Pilates
- Belly Dancing • Hip Hop
- Jazz

**BOUTIQUE STYLE SHOPPING IN 'RODEO DRIVE'**

- Jewellery
- Health Products
- Fashions & More!

*Health, Home, Recreation, Family Fun, Lifestyle*

**Family lifestyle show**

Saturday, April 18<sup>th</sup> & Sunday, April 19<sup>th</sup> • 10am-4:30pm  
 at McKinney Centre 222 McKinney Dr., Whitby

**Featuring:** Health, home, recreation, travel, fitness, and financial services and products. Interactive fun for the family at every booth!

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 Devon 2236 or Cara 2212

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### Inspired By Excellence, You'll Find **BIG SAVES!** **LOTS OF ACTION!** **YOUR CHANCE TO SCORE BIG!** When You Come to Visit Us This Weekend!



# YEAH... WE'RE LOOKING FORWARD TO 2009 TO, EH?



**2008 PT CRUISERS**



18 TO CHOOSE FROM

STKs# 22284, 21581, 21616, 22292

AUTO, FULLY LOADED, ALLOY, SIDE AIRBAGS, FACTORY WARRANTY, LOW KMS

**4 Door Crasher**  
\$10,998 | \$99 Bi-Wkly

**2008 CHARGER SE 3.5V6**



8 TO CHOOSE FROM

STK# 21560

AUTO, FULLY LOADED, ALLOY, 3.5V6, ABS, EPS, FACTORY WARRANTY, LOW KMS

**1 Door Crasher**  
\$13,998 | \$125 Bi-Wkly

**2008 MAGNUM SXT**



6 TO CHOOSE FROM

STK# 21550, 22317

AUTO, FULLY LOADED, ALLOYS, 3.5V6, ESP, FACTORY WARRANTY, LOW KMS

**2 Door Crasher**  
\$13,998 | \$125 Bi-Wkly

**2008 PACIFICA TOURING**



7 TO CHOOSE FROM

STK# 21551, 22319

AUTO, FULLY LOADED, LEATHER, HEATED SEATS, ALLOYS, 4.0V6, ABS, ESP, FACTORY WARRANTY, LOW KMS

**2 Door Crasher**  
\$19,498 | \$169 Bi-Wkly

**2008 300 TOURINGs/LIMITEDs**



10 TO CHOOSE FROM

STK# 22244, 21485, 21503

AUTO, FULLY LOADED, LEATHER, HEATED SEATS, ALLOYS, 3.5V6, ABS, ESP, FACTORY WARRANTY, LOW KMS

**3 Door Crasher**  
\$15,998 | \$141 Bi-Wkly

**2008 AVENGER SXT**



6 TO CHOOSE FROM

STK# 22125

AUTO, FULLY LOADED, ALLOY, V6, + MORE, FACTORY WARRANTY, 23 KMS

**1 Door Crasher**  
\$13,998 | \$125 Bi-Wkly

**2008 SEBRING TOURINGs**



10 TO CHOOSE FROM

STK# 21556, 22300

AUTO, FULLY LOADED, ALLOY, V6, + MORE, FACTORY WARRANTY

**2 Door Crasher**  
\$12,998 | \$118 Bi-Wkly

**2008 GRAND CARAVAN "FULL STOW & GO"**



6 TO CHOOSE FROM

STK# 21597

AUTO, FULLY LOADED, QUADS, V6, REAR A/C + REAR P-WINDOWS, P-SEATS, ABS, 24G PLUS + MORE, FACTORY WARRANTY, LOW KMS

**1 Door Crasher**  
\$15,998 | \$141 Bi-Wkly

**2008 NITRO SXT**



2 TO CHOOSE FROM

STK# 315215

AUTO, FULLY LOADED, ALLOYS, V6, SUNROOF, ABS + MORE, FACTORY WARRANTY, 13KMS +23KMS

**1 Door Crasher**  
\$18,998 | \$169 Bi-Wkly

**2008 ASPEN LIMITED**



3 TO CHOOSE FROM

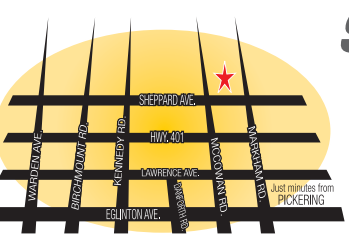
STK# 21568

AUTO, FULLY LOADED, NAVIGATION, SUNROOF, DVD, 5.7HEMI, REAR CAMERA, LEATHER +MORE, FACTORY WARRANTY, LOW KMS

**1 Door Crasher**  
\$34,998 | \$299 Bi-Wkly

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