# News Advertiser

### PICKERING



🌉 Thursday, April 28, 2011

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### POLITICS

### **Debate** no-show

Pickering candidate instructed to skip it: teacher

### POLICE

### Markham murder

Ajax man in custody



### In the octagon

Pickering fighter in Ontario's first **UFC** card



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PICKERING -- Councillors Doug Dickerson and Peter Rodrigues, along with Rob Gagen, centre, chairman of Pickering Blooms committee, launched Pickering Blooms by planting echinacea (coneflowers), Pickering's newly adopted flower, in the front garden of City Hall.

# Pickering program sprouts anew

### CITY TO BLOOM AGAIN WITH COMMUNITY INVOLVEMENT

**KRISTEN CALIS** kcalis@durhamregion.com

PICKERING -- Although it wasn't the sunniest of days, the rain stopped long enough Tuesday for the City to properly ring in another season of Pickering Blooms.

Gardeners are now hard at work to make their properties look bright and inviting for spring, and Pickering staff members, councillors and volunteers plan to help enhance the community this season by promoting the community beautification program. "Not only is it to showcase those with green thumbs but to encourage

participation from all residents and businesses and schools to bring awareness to our community and enhance its beauty through that organization," said Ward 2 Regional Councillor Bill McLean, Pickering Blooms co-chairman.

See PICKERING page 8

### DNES-DOOLEY





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### Recording suggests Pickering candidate told to skip debate

### High school teacher records conversation with Conservative staff

### KRISTEN CALIS

kcalis@durhamregion.com

PICKERING -- The Conservative party's national headquarters instructed a Pickering federal election candidate to skip a high school debate, and a teacher says he has a recorded conversation to prove it.

Conservative candidates Corneliu Chisu, Pickering-Scarborough East riding, and Chris Alexander, Ajax-Pickering riding, both claimed scheduling conflicts when they declined to attend a Dunbarton High School all-candidates' debate on April 18. But because Mr. Alexander had turned down the invitation, the Conservatives didn't want to pit Mr. Chisu against seasoned Liberal incumbents Dan McTeague and Mark Holland, evidence gathered by teacher James Blair sug-

Mr. Blair hosts political debates each federal election at Dunbarton and says he's never had trouble getting the Conservative candidates to attend in the past. He chose to invite candidates from both ridings this time since the students live in both.

Prior to the debate, Mr. Chisu's campaign manager, Peter Bashaw, told the News Advertiser the candidate would not attend due to scheduling conflicts. He specified with CBC News that because Mr. Chisu is not a "brand name" among voters, he needed to be out campaigning, and also noted the candidate would participate in two other debates that

But Mr. Blair, a long-time Conservative supporter, says he was given information that national headquarters had instructed the candidates to bypass the high school debate. So the night before the debate, he went to Mr. Chisu's Kingston Road campaign office armed with an iPod ready to record a conversation. The Chisu campaign was not aware of the recording.

Numerous times on the recording, an unidentified Chisu campaign worker said the candidate wasn't getting the same attention from the national office as star candidate Mr. Alexander, to which Mr. Blair agreed.

Campaign manager Mr. Bashaw showed Mr. Blair the response from the party's political operations officer for Ontario, Felix Wong, explaining why Mr. Chisu shouldn't participate. On the recording, Mr. Blair reads it aloud. "Do you really think having Corneliu up against (Pickering-Scarborough East Liberal incumbent) Dan McTeague and (Ajax-Pickering Liberal incumbent Mark) Holland is a good idea? Chris Alexander isn't going. Corneliu is already doing a couple of debates, so just leave it at that."

Mr. Wong didn't respond to questions regarding the comment.

Mr. Bashaw wouldn't comment on the recording, but said he was planning to seek legal action.

Meanwhile, Mr. Alexander's campaign manager, Colleen Mason, told the News Advertiser it's not true that the national office wouldn't allow the Conservative candidates to attend the debate. She said Mr. Alexander spent the day door knocking with Peter Van Loan, the minister of international trade, and

### **C** If we have to

represent or select individuals that are afraid to speak now, what are we going to get when they get in? James Blair

When Mr. Blair arrived at Mr. Chisu's campaign office the night he made the recording, he asked Mr. Bashaw if there had been any headway with getting approval from the national office for Mr. Chisu to participate.

"I can't get any way, anywhere with them," Mr. Bashaw said on the recording.

Mr. Bashaw admitted he felt Mr. Chisu, a professional engineer and a retired major from the Canadian Forces, should be out door-knocking, but said on the recording "Corneliu would go at the drop of a hat."

And he had no reservations about the candidate's abilities to stand up against the seasoned Liberals. "He'll out-debate both of them," the campaign manager says on the recording. "I'm not scared of that."

But the Chisu campaign wasn't prepared to fight the party, he indicated. "This is the first debate," Mr. Bashaw continues on the recording. "If we make a decision that goes against the party, they'll go against us."

He said Mr. Chisu was "edging up to McTeague" and things were looking positive for the candidate. "And they're talking to us about throwing extra ammunition here, and I don't want to screw that up," he said.

On the recording, Mr. Blair told the campaign supporters this paints a sad picture of the Conservative party.

"If we have to represent or select individuals that are afraid to speak now, what are we going to get when they get in?" he said.

But Ms. Mason told the News Advertiser Mr.

Alexander attended debates with Land Over Landings, Community Development Council Durham and the Ajax-Pickering Board of Trade. "We couldn't do it just because we had Minister Van Loan coming, we did three debates," she said.

As to whether Mr. Alexander is being treated as a star candidate, Ms. Mason said the number of volunteers for Mr. Alexander speaks to his quality as a candidate. "Chris has not had any more support, from the national office, than any other candidate, every seat is important," said Ms. Mason.

.-- With files from Reka Szekely



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### Ajax man charged in York Region murder

AJAX -- Police investigating a fatal home invasion last year in Markham have charged an Ajax man with murder.

The suspect, who was arrested at his place of work in Markham Tuesday, is the fourth person charged in what York Region police allege was a conspiracy to murder the parents of one of those arrested. Bieh Ha Pan, 53, died after a home invasion at her Helen Avenue home on Nov. 8,

Her husband, Huei Hann Pan, 57, was injured during the attack but survived.

Their daughter, 24-year-old Jennifer Pan, was charged soon after the incident with murder, attempted murder and conspiracy to commit murder.

Two men, David Mylvaganam, 22, of Toronto, and 30-year-old Eric Carty, of no fixed address, were also charged.

On Tuesday, York homicide detectives charged Daniel Chi-Kwong Wong, 25, of Ajax, with firstdegree murder, attempted murder and conspiracy to commit murder.

He was scheduled to appear in court in Newmarket Wednesday.







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### Pickering gives \$500,000 for MRI

### City sets money aside in budget

PICKERING -- The Ajax-Pickering hospital is \$500,000 closer to getting an MRI thanks to the City of Pickering.

In its budget, Pickering approved the money for the Rouge Valley Health System Foundation's Image Is Everything campaign to raise \$5 million to buy the hospital's first MRI.

"I look forward to when patients of the Rouge Valley Ajax and Pickering Hospital no longer have to travel for this muchneeded service," said Mayor Dave Ryan in a press release. "Having an MRI right here in the community is essential to providing our residents with the convenience and urgency their medical situation requires."

### orrection

An April 21 article, Cell tower worries Pickering residents, should have stated the tower planned to go on property at the Amberlea Presbyterian Church will be

The MRI will produce detailed, clear images of the body while providing greater comfort with no side effects. Currently, Ajax physicians rely solely on different procedures such as X-rays, ultrasounds or nuclear scans. These often require additional follow-up tests to support a diagnosis and may not get the most accurate results.

The campaign team is thrilled with the

"This gift is an amazing example of the generosity of the City of Pickering and its residents; and is a reflection of the community's high regard for the hospital and its services," said Chad Hanna, RVHS Foundation president and CEO. "We are getting closer and closer to reaching our \$5-million goal and Pickering has really given the campaign a boost with this announce-

just under 15 metres tall, and only plans for cellphone towers 15 metres and higher go to council for consultation. The News *Advertiser* regrets the error.

### **POLICE**

### SIU probes man's plunge from Ajax Hwy. 401 bridge

AJAX -- Investigators are looking into how a man stopped by police in Ajax Sunday came to fall off the Harwood Avenue bridge onto Hwy. 401.

Durham police stopped the man as he drove on Harwood at about 3 p.m. Sunday and shortly thereafter he fell from the bridge, landing in the westbound lanes of the 401. The 20 year old was rushed to hospital with multiple fractures but his injuries are described as non life-threatening, police said.

The provincial Special Investigations Unit, which probes incidents of death, serious injury or sexual assault involving police, has launched an investigation into the incident. Anyone with information is asked to call the SIU at 1-800-787-8529



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> Applications are now being accepted for the Fall 2011 session











**Editorial Opinions** 

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### Conservatives should form majority government

Durham Region residents head to the federal election polls next Monday for the fourth time in seven years.

Like other Canadians, they are tired of being pulled back to the ballot box after seven years of political uncertainty. Starting with Paul Martin's minority Liberal government in 2004, Canadians have since elected two more successive minorities, this time with the Conservatives led by Prime Minister Stephen

It's time for Durham Region -- and voters across the nation -- to choose stability and provide Mr. Harper's Conservatives with the coveted majority they have been patiently building towards since 2006.

Under a Conservative government, Canadians can expect continued and competent fiscal management, sharp focus on the recession-induced deficit, a business climate that will lure investment and, perhaps most importantly, a period of political stability and freedom in which a majority government can develop and implement its agenda.

The jockeying and pure political partisanship that has been the hallmark of the last two minority governments has left Canada without traction on the economy, on new policies, on progress. The election of a majority government will also finally break the coalition culture in Ottawa that has overtaken the business of the day.

Stephen Harper has proven himself here at home and abroad as an able, knowledgeable and hard-working prime minister. He leads by example, keeps a keen focus on the Conservative agenda, and has consistently projected an assuring image as a quiet, competent prime minister even as his agenda is hobbled by his government's minority status. But, Canadians are confident that when he says his government will eliminate the deficit by 2014-2015, it will be done.

It is precisely this sort of assuredness, this clear sense of purpose and direction for the nation, that Durham residents must consider when they head to the ballot box on May 2.

Do they want another shortened term of government where politics drives the agenda, or one driven by ideas and achievement? Do they want a government limited by the ambitions of political insiders, or a government that can carry out the business of the day? Finally, do they want a government that could fall at any time -- once again -- so that they are forced to choose for the fifth time in eight years? Nine years?

It's time for majority rule in Ottawa. The party best suited with experience, a clear agenda and the ambition to see it through is the Conservatives.



e-mail letters to newsroom@durhamregion.com / max. 200 words / letter writers are obliged to back up their statements with verifiable facts / please include your full first and last name, city of residence & daytime phone number / letters that do not appear in print may be published @ newsdurhamregion.com

### Jumping off the Twitter election train at the next stop

It was still early days in this federal election when the media dubbed it the Twitter election. The Twitter tag #elxn41, representing Canada's 41st federal election, was trending, political candidates were jockeying to make friends on Facebook and journalists were breaking their thumbs tweeting and live blogging events.

As someone who's excited about the uses of social media both at work and in my personal life, I was more than ready to jump on the Twitter election train.

But somehow, as I followed a hot local race here in Ajax, that train derailed for me and left me thinking it was more traditional campaigning methods that would win the hearts and minds of voters.

Part of the problem, with Twitter especially, is that it's ended up being a giant echo chamber. The folks fervently tweeting about this election are the usual suspects, people who wear their political leanings on their



### **Reka Szekely**

I understand that; some of us are willing to talk politics to anyone who so much as glances at a newspaper headline in the line to buy groceries while others won't even tell their family members who they're voting

Most people fall somewhere in the middle in that they may talk politics with their friends and family, and maybe even the odd co-worker, but they would never publicly

put their beliefs out there for the world to see on Facebook or Twitter.

With this election, it seems to be mainly political activists and the news media talking to each other on Twitter, becoming almost a form of entertainment instead of political discourse.

In fact, I almost get the sense that the wallto-wall online coverage almost served to cheapen the debate. Complicated substantial policy discussions don't work well on Twitter. On the other hand, observations on what the leaders look like, the quips they make, and crowd reactions to a sharp attack on an opponent work great and important issues fall out of the news cycle faster than ever because reporters need something to tweet about.

I do give credit to local candidates who have invested the time not only to post on Twitter and Facebook, but also to respond to their followers' questions. It's time consuming and an indication of how responsive they'll be in office. But I suspect when it comes to winning votes on election day, it's knocking on thousands of doors, calling voters and grabbing mainstream media attention that will garner them support.

Even the most popular local politician on Facebook, Ajax-Pickering Liberal Mark Holland, has just 3,600 friends on Facebook. To put that into perspective, 8,313 people voted in advance polls in his riding. Even if all of his Facebook friends lived in the riding and voted in advance polls, they would still represent less than half of those who voted last weekend and certainly a fraction of the votes needed to win the riding on election

But hey, with another minority government, we can take another stab at creating a Twitter election in just a couple of years or

-- Reka Szekely's social media column appears every Friday in this space. Contact her on Facebook, Twitter (@ rszekely) or e-mail at rszekely@durhamregion.com.

### New Conservative candidate for Pickering-Scarborough East riding

### **Kevin Gaudet receives** nomination to run in provincial election

PICKERING -- Just weeks after the former Progressive Conservative candidate for Pickering-Scarborough East was charged with more than a dozen fraud-related charges, Ontario PC leader Tim Hudak has welcomed

Kevin Gaudet was nominated as the new PC candidate for the riding on April 11 and is set to run in the October provincial election.

In March, former candidate Salman Farooq,

of Woodbridge, was charged with 14 offences in what Toronto police called a wide-ranging case of identity theft, credit-card fraud, stolen and forged cheques and fraud related to mortgages obtained in people's names without their knowledge.

Mr. Gaudet is recognized nationally as an advocate for lower taxes, less waste and is the federal and Ontario director of the Canadian Taxpayers Federation. He successfully led the charge for legislation to stop prisoners such as child serial killer Clifford Olson from receiving old age security and guaranteed income supplement benefits. "GTA families know they can count on Kevin Gaudet for the respect they deserve and the relief they need,"

Mr. Hudak said in a press release. "The addition of Kevin to our team shows our growing

momentum as we move to deliver change for hardworking families across Ontario."



West Shore neighbourhood in the City of Pickering

### NOTICE OF PUBLIC INFORMATION CENTRE

### WORKS DEPARTMENT

PUBLIC NOTICE

Basement Flooding Mitigation Study recommendations available for the West Shore neighbourhood in the City of Pickering

In mid 2010, the Regional Municipality of Durham initiated a Municipal Class Environmental Assessment Study to assess alternatives for the future work required to mitigate basement flooding in the West Shore neighbourhood in the City of Pickering.

The study is being conducted in accordance with the Municipal Class Environmental Assessment (EA), October 2000, as amended in 2007 -Schedule B. In order to provide an opportunity for discussion, a public information centre is planned to:

- provide the need and justification of the project
- present background information and identify issues
- present the alternatives and how they were evaluated
- outline preliminary recommendations
- obtain public input

Representatives of The Regional Municipality of Durham and the consultant, XCG Consultants Limited, will be present to describe the work that has been carried out and address any questions. The public information centre will be

> Wednesday, May 4, 2011 Pickering Recreation Complex, East Salon 1867 Valley Farm Road Pickering, ON (between Kingston Road and Pickering Parkway) 6 p.m. to 8 p.m. (presentation at 6:15 p.m.)

Following the public information centre, the project team will proceed with a final evaluation of all alternatives giving consideration to comments received from the public and interested agencies, and will make a recommendation on the preferred location of any necessary work.

### Your input to our planning process is important.

To make your comments known to the project team, please attend the public information centre. If you are unable to attend, and cannot send a representative, please request the information and provide comments to either of the contacts listed below (Monday to Friday 8:30 a.m. to 4:30 p.m.).

Kevin Wilson, P.Eng., Project Manager The Regional Municipality of Durham 905-668-7711 ext. 3565 kevin.wilson@durham.ca

Phil Gray, P.Eng. Project Manager XCG Consultants Ltd. 905-829-8880 ext. 232 westshore@xcq.com

Under the Municipal Freedom of Information and Protection of Privacy Act and the Environmental Assessment Act, unless otherwise stated in the submission, any personal information included in a submission will become part of the public record files for this matter and will be released, if requested, to any person.

Altona Road reconstruction and bridge replacement, City of Pickering

### ROAD RECONSTRUCTION

### WORKS DEPARTMENT

**PUBLIC NOTICE** 

The Regional Municipality of Durham's project to reconstruct Altona Road (Regional Road 27) from Sheppard Avenue / Twyn Rivers Drive to Strouds Lane in the City of Pickering is scheduled to commence on Apr. 25. Work includes bridge replacement, road reconstruction, traffic signals, street lighting, watermain replacement, sanitary sewer extension, construction of a concrete sidewalk, and multi-use path along Altona Road.

The Region's contractor, Kapp Contracting Inc., will mobilize their equipment and personnel on site to commence work the week of Apr. 25, and are expected to complete the work in stages by Oct. 28.

Stage one will commence on May 2 and Altona Road will be closed from the north side of Sheppard Avenue/Twyn Rivers Drive to Waterford Gate for approximately four months to allow for the replacement of the bridge over the CN railway and road reconstruction. During stage one, the intersection of Altona Road and Sheppard Avenue/Twyn Rivers Drive will be closed for approximately two weeks to allow for the intersection to be reconstructed.

Stage two will commence in September once stage one work has been completed and the new bridge has been constructed. Altona Road will be closed to through traffic during stage two from Waterford Gate to Strouds Lane for approximately two months.

Alternate detour routes will be posted in advance of the closure on Altona Road. Despite the advance notification and the posted official detour routes, it should be expected that an increase in traffic volumes will be experienced on local streets during the closure.

Access will be maintained on Altona Road for local residents and emergency services within the limits of the closure at all times.

The Region realizes that the work will be disruptive and will make every effort to complete the work as quickly as possible. Motorists are reminded to take additional precautions while traveling through the construction area and along the posted detour routes.

Please note that further information is posted on The Regional Municipality of Durham's website at www.durham.ca/studiesandprojects. Should you have any questions or concerns, please contact the following staff member from The Regional Municipality of Durham:

Ralph Wilson Project Supervisor 289-928-2642

> The Regional Municipality of Durham Works Department 605 Rossland Rd. E., Whitby ON L1N 6A3 Telephone 905-668 -7711 or 1-800-372-1102 www.durham.ca

### Pickering Blooms builds on community pride

PICKERING from page 1

Pickering Mayor Dave Ryan and councillors McLean, Doug Dickerson and Peter Rodrigues traded in their ties for gardening gloves at Pickering City Hall April 26 to help kick off the annual program. The councillors and staff planted a bed of Pickering's newly adopted flower, echinacea, a plant that resembles a black-eyed Susan but blossoms a beautiful pink colour. It was chosen for its beauty and especially because it's a sustainable, perennial plant. The flower, which can reach up to 170 centimetres, is drought tolerant and offers many beneficial health properties. It's also known as coneflower.

Pickering used to participate in the provincial competition Communities in Bloom and received top honours, but in order to continue the theme and to cut costs, the City looked toward Pickering Blooms in 2009.

"We built on the specific pride that comes with Communities in Bloom," Coun. McLean said.

The program enables local residents, businesses, schools, community groups and organizations to find information about the many community programs designed to showcase and recognize efforts of civic pride throughout Pickering.

Local clubs such as Pickering Horticultural

Society, Bloomers and Britches and Altona Forest Environmental Stewardship have all signed up to help out this season, and members will even visit homes of those interested to offer gardening tips.

Coun. McLean said he enjoys seeing not only school kids, but also adults and seniors who have just discovered their own green thumb, getting involved.

"It's participation as opposed to competition," he said.

But those who wish can register their garden for chance to receive a Garden of Distinction award. The website features a number of resources for residents interested in getting involved, whether it's by signing up for the garden competition, or participating in projects such as throwing litter clean-up parties or adopting a park to keep it beauti-

Residents are encouraged to pick up some free echinacea seeds at City Hall, One The Esplanade, or to keep an eye out for them at various City events.

A number of events are planned for the season, including a garden workshop, a compost giveaway, a plant show and a flower sale.

For more information or to register:

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### Durham Region voters flock to advance polls

### TARA HATHERLY

newsroom@durhamregion.com

DURHAM -- They came out in droves.

Not even a long weekend could keep advance voters away from the polls.

Preliminary estimates on advance polling results are in, and the numbers show a 34.5-per cent increase in advance voter turnout across Canada over the last federal election of 2008.

In total, 2,056,001 advance votes are estimated to have been cast nation-wide this Easter weekend.

In Durham Region, advance voter turnout was also up considerably.

The riding of Ajax-Pickering saw an increase of approximately 206 per cent, the highest increase across the region, with 8,313 advance votes cast.

The electoral riding of Oshawa increased 51 per cent and Durham rose 52 per cent over 2008 numbers, with 6,714 advance votes cast in Oshawa, and 8,133 cast in Durham.

The Whitby-Oshawa riding saw an

increase of 38 per cent, the lowest increase regionally, with 8,147 advance votes cast this year.

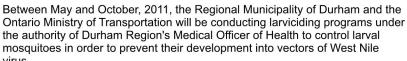
Advance voting polls were open April 22, 23 and 25. Good Friday and Easter Monday, April 22 and 25, saw the highest single-day turnouts of advance voters in Canadian history.

Tara Hatherly is a Durham College journalism student on placement with the News Advertiser.

### Facebook newsdurham Fan Favourite candidate poll

In answer to the question Canadians go to the polls in a few short days, who do you think will form the next federal government? Stephen Harper MAJORITY (39 per cent) Stephen Harper MINORITY (36 per cent) Michael Ignatieff MAJORITY (2 per cent) Michael Ignatieff MINORITY (7 per cent) Jack Layton MAJORITY (7 per cent) Jack Layton MINORITY (8 per cent) Total Votes: 596





The pellet and/or briquette formulation of the larvicide Methoprene (Altosid -Registration No.21809 and No.27694 under the Pest Control Products Act, Canada) or the water soluble pouch formulation of the larvicide Bacillus sphaericus (VectoLex WSP - Registration No. 28009 under the Pest Control Products Act, Canada) will be placed into catch basins of storm drains in areas across the Regional Municipality of Durham.

The liquid formulation of the larvicide Bacillus thuringiensis subspecies israelensis (Vectobac 1200L - Registration No.21062 under the Pest Control Products Act, Canada) will be placed in temporary pools of standing water, ditches and storm water retention ponds in areas throughout the Regional Municipality of Durham.

The granular formulation of the larvicide Bacillus sphaericus (VectoLex CG -Registration No. 28008 under the Pest Control Products Act, Canada) will be placed in sewage lagoons in areas across the Regional Municipality of Durham.

All larvicides will be applied by Ontario Ministry of the Environment licensed applicators or trained technicians.

For more information on the locations and dates of treatment on:

Regional and Municipal property: Contact the Durham Region Health Department at 1-888-777-9613 ext. 2188 or visit www.durham.ca for additional information about West Nile virus

Ontario Ministry of Transportation property: Contact Ontario Ministry of Transportation at 1-416-235-5462 (collect calls accepted) or visit westnileinfo@ontario.ca for additional information









### **Ask Katherine**

Send your waste related letters, questions, or comments to waste@durham.ca

Waste Management, Regional Municipality of Durham 605 Rossland Rd. E., Whitby ON L1N 6A3

### Does it matter if liquid is left in a bottle before it is put in my blue

Plastic beverage bottles are 100 per cent recyclable. If left partially full, they cannot be recovered by the automated sorters at the Region's Material Recovery Facility, which use air pressure to sort plastic bottles from other blue box recyclables.

The liquid makes the bottles too heavy to sort and they will end up as garbage rather than being recycled. Please empty your bottles before you toss them into the blue box.

### I have some small propane tanks with recycling labels on them. Can I put propane tanks in my blue box for collection?

Propane tanks, small camping canisters, small and large BBQ tanks and helium tanks are hazardous waste even when empty, regardless of claims on the packaging.

Some products may be labeled as "recyclable". This is misleading. Hazardous waste should never be put in your blue box or garbage. Even when empty, these canisters can severely injure workers and damage equipment. They must be taken to a household hazardous waste depot where they are accepted at no charge when delivered separately from other waste types.

Visit www.durhamregionwaste.ca for a Waste Management Facility near you or visit www.makethedrop.ca for other collection locations near

### What can I do with unwanted items that are still in good condition?

Organizations such as (www.goodwill.on.ca), Goodwill the Canadian Diabetes Association (www.diabetes.ca), Salvation Army (www.salvationarmy.ca) and many others will accept previously used items, such as clothing, housewares and sporting goods. If renovations are in your future, Habitat for Humanity Restores (www.habitat.ca) accept items from renovations, such as windows, doors, hardware, lumber, tools, lighting fixtures and even the kitchen sink.

Hold a garage sale. You can get rid of large quantities of reusable items. This can be a solo event, or one that is organized with the whole street or neighbourhood.

Place classified ads. They are reasonably priced and widely read.

Consider local consignment shops. If you have a valuable item that you are not using, this is a great way to allow others to make use of it and make some money.

Look at online forums. There are many opportunities to buy and sell items on the Internet. There are also online organizations, such as Freecycle (www.freecycle.org), Craigslist (www.craigslist.org) and Kijiji (www.kijiji.ca) that bring people together in your



community who



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### Join the conversation <sup>□</sup>

WHITBY -- Sampson is an eightmonth-old chow Labrador mix, male, neutered. He seems to like other dogs and is friendly with people but overly energetic. He is still a pup and has not had any obedience training. He needs a person who can be calm and assertive with him. Not a dog for small children. To see Sampson, visit the Humane Society of Durham Region at 1505 Wentworth St., Whitby, or for more information call 905-

EMAIL kcalis@durhamregion.com VISIT durhamregion.typepad.com/ kristens kritters.



Follow Kristen

Kristen's Kritters

kcalis@durhamregion.com

speaks for itself.

Purrsonality Blackjack's name

The beautiful Bengal brown

spotted tabby with big personality

holds numerous cat show titles and

has been showing off his purrfect

"He's going to be four this year.

His knack for pleasing crowds

was evident from the time he was

"His temperament was just awe-

some and he just fit right in. He's

just crazy in the show room," she

Blackjack competes at this week-

end's Motor City Cat Club show,

which will take place at the Scugog

"We're looking to have any-

where between 100 to 120 differ-

ent cats on display," says secretary

Jan Coburn, adding the show will

feature between 20 to 25 different

Arena on April 30 and May 1.

He's four in September," says his

proud owner Donna Clayton.

iust four months old.

features since he was just a kitten.



1445 Harmony Rd./Taunton E., Oshawa (Grooming Available) 905-725-9225

300 Taunton Rd./Ritson Rd., Oshawa 905-433-5564

1 Warren Ave., Oshawa 905-571-6235

Ms. Clayton describes Blackjack as "a real ham."

He ended up spilling a judge's coffee at his last show, but much to the crowd's delight.

"Bengals are a little on the bold side," she says with a laughs.

At the time of the interview, Blackjack was the seventh best in Canada, which is calculated by tallying all his scores over the year.

"The crowds really like him, just the look of him. He looks so wild, but when the people ask to touch him, I let them touch him. He's just so adorable and lovable. He's a very sweet boy, which is what they're supposed to be by the standards," his owner says.

There will be categories for both household cats and purebreds at this weekend's show. Purebred cats will mostly be judged on breed standards by the Canadian Cat Association, and household pets will have to show off their appearance and personality.

In fact, Ms. Coburn will show a brother and sister she rescued

recently, Lucy Linus.

Blackjack has purrsonality

"All of my cats have been rescued in one way or another," she says.

Ms. Coburn volunteers with rescue group Feline Affordable Friends and she brings a lot of the rescues to shows to possibly find them suitable homes with a real cat lover.

Oasis, a new Durham rescue group that also has an animal food bank, will feature some of its cats, Ms. Coburn says. When the show's over, additional funds will go to the Humane Society of Durham Region.

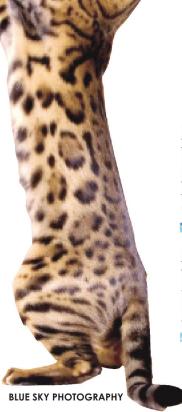
The deadline to enter cats has passed, but anyone can check out the felines this weekend.

Admission is \$6 for adults, \$4 for seniors and kids 12 and under, and a family rate is \$14. The arena is at 1655 Reach St. in Port Perry. The Saturday show will run from 9 a.m. to 5 p.m.; it will go from 9 a.m. to 4 p.m. the following day.

### BARBECUE FOR THE HUMANE SOCIETY

Quinton Abramson, 13, is a huge animal lover and supports the Durham Humane Society however he can. On Saturday, April 30 at the Walmart at 1471 Harmony Rd. in Oshawa (Harmony and Taunton roads), he'll host a barbecue to support the shelter starting at 11 a.m. He'll also raffle off a number of items, such as gift cards for Baton Rouge, PetSmart, Williams Chocolate Factory, a basket of doggie goodies and more. Raffle tickets will go for \$2 each or three for \$5. A hotdog and a drink will be \$2, and a hamburger

Since he started fundraising in late 2008, Quinton has raised more than \$4,000 for the Humane Society. Way to



Storm causes damage to early nesters

It ain't easy, keeping the species going. Especially if you're a bird. Of all the threats and dangers breeding birds have to contend with, storms rank right up there. Ornithologists doing radar tracking on oil rigs in the Gulf of Mexico tell stark tales of flocks of warblers and shorebirds running into headwinds halfway across. Too exhausted to keep flying, they drop lower and lower, and finally disappear into the waves. Who knows how many are lost crossing the Great Lakes?

High winds accompanying storm fronts that marched across southern Ontario last week caused havoc for a number of birds already incubating. Two of my neighbours had mourning dove nests in their yards blown away, eggs and all. Not the end of the world for these placid birds, which don't invest a lot of time or energy in building a sturdy nest. Prolific breeders, they will stoically find another nesting site and start over, laying eggs and raising babies throughout the summer.

For great horned owls, it's another story. The baby owlet tossed out of the nest at Second Marsh in last week's storm marked the end of the resident pair's hopes for a family this year. The chick perished; the nest was abandoned. These big owls live a long time, and will likely try again next January -- hopefully choosing an old crow or red-tailed hawk nest less vulnerable to wind



MARGARET CARNEY

I've seen the way the tall pines at Thickson's Woods, perched on the shore of Lake Ontario in Whitby, sway and toss in a storm. On the wildest day last week, a huge arm of the stoutest sugar maple cracked and came crashing down. One can only imagine how seasick a baby owl might feel if it managed to stay in its nest, and how easily it could

Given the stormy spring we've been having, it's fortuitous that peregrine falcons nest on cliffs -- and high-rise buildings -- instead of trees. The newsworthy pair that set up housekeeping in Don Mills in recent weeks are currently brooding eggs on the fifth floor of an office building. The female wisely chose a south-facing ledge protected from northwest winds.

When the first egg she laid was knocked off the ledge by her mate -accidently, it's presumed -- members of the Canadian Peregrine Foundation leaped into action to provide the young, inexperienced pair with safer accommodations. They hired a window washer to rappel down from the roof and set a special nest tray on-site. After filling it with gravel lowered to him in a bucket, he gently placed the second egg inside, then disappeared down his dangling rope.

Ouest and Kendal, the peregrine pair, watched the 15-minute operation from a roof across the street, then carried on nesting.

Check out: www.peregrine-foundation.ca Nature queries: mcarney@interlinks.net or (905) 725-

Durham outdoors writer Margaret Carney has more than 3,000 species on her life list of birds, seen in far-flung corners of the planet.

# Health & Wellness



### After you eat, do you feel tired?

If you experience fatigue after eating, or experience gas, bloating, heartburn, acid reflux, or nausea, you may be suffering from impaired digestion due to a lack of proper enzymes in your

Enzymes are produced by our bodies and act on food in the small intestine, stomach or mouth. Food enzymes are found in raw foods, which come equipped with some of the enzymes needed for their own digestion. However, enzymes are heat-sensitive-so cooking and processing can destroy 100 per cent of the naturally occurring enzymes in food.

The lack of inherent enzymes in the modern diet means that the pancreas, which is designed to secrete only enough enzymes to finish the job that started in the mouth and stomach, becomes overworked," says Udo Erasmus, bestselling author and formulator of Udo's Choice.

Eventually, the body may not be able to keep up with the increased demand for enzyme secretion, allowing partially digested food particles to pass into the bloodstream. The body, not recognize these food particles as nutrients. launches an attack from the immune system in the form of an allergic reaction or inflammatory response, often resulting in digestive discom-

Udo's Choice digestive enzyme blends may help. Each blend contains the full spectrum of important enzymes necessary to help in the digestion and absorption of all major nutrients. These specialized formulations of active enzymes are designed to be age- and conditionspecific to facilitate healthy digestion, improve nutrient absorption and immune function, increase energy levels and decrease inflammation and food allergies

You can find out more about Udo's Choice online at www.florahealth.com or toll-free at (888) 436-6697. You can also join Flora's sharing health community, a free forum about healthy living.

www.newscanada.com

### durham hospice Volunteers

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905-240-4522 or 1-877-668-9414

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### Sunglasses are more than just a tashion statement

Sunglasses are widely considered a wardrobe essential along with shoes and handbags, but it's easy to forget they also serve a more important purpose: to protect our eyes from the harmful rays of the sun.

'UV rays have a cumulative effect over time and can lead to serious eye diseases that don't always have a cure. This is why the best line of defence is prevention through quality sunglasses that block out these rays," says Dr. Keith Gordon, vice president of research and service quality at CNIB.

"UV rays can be present even on cloudy days or

in the winter, so it's important to wear sunglasses all year round.'

When it comes to choosing the right pair of shades, CNIB recommends looking for ones with at least 99 per cent protection from both UVA and UVB ravs.

"As Canadians start spending more time outdoors in the spring and summer, sun protection for the eyes should be a top priority right next to sunscreen and a hat," says Dr. Gordon.

Children in particular need protection as their eye

tissues are more susceptible to sun damage and they tend to be outdoors more often.

In celebration of Vision Health Month in May, CNIB is calling on all Canadians to don their favourite shades on May 26 to help raise awareness about the importance of eye health and raise funds to support vital CNIB services in their communities.

For more information on how to participate in CNIB's Shades of Fun Day, please visit www.shadesoffunday.ca.

www.newscanada.com

### Ask Our Audiologist

By Audiologist Lila O'Neill, M.Sc., Reg. CASLPO

- Q. I am having trouble hearing my TV, what can I do?
- A. The first step is to have your hearing tested. You may have some earwax that is blocking the ear canal or you may have some hearing loss.



- Q. I wear hearing aids but I still cannot hear my TV well. My family says that the television is on too loud.
- A. Brand new for people who have trouble hearing television or any other audio media for that matter such as the radio or the computer, are the WireLESS hearing devices. These devices allow for effortless listening with no wires attached; they are completely wireless. The devices stream stereo sound directly from the audio source, example the TV, to your devices, at a volume comfortable for you; and, those around you can listen at the volume that's most comfortable for them.
- Q. Are these devices noticeable?
- A. No. They are small and cosmetically appealing. A fine clear tubing directs the sound into the ear, resulting in a feeling as if there is nothing in the ear. The devices themselves are tiny yet technologically advanced, and are coloured to match hair colour, rendering them virtually invisible to others. HEAR MORE with LESS with WireLESS!
- Q. Can I listen to these devices?
- A. Absolutely. Each of our 3 offices has a television with real live TV. Schedule your appointment for your hearing test. If you are a candidate for the WireLESS system, you will be scheduled for a live demonstration. Hearing Is Believing!

Written by: Lila O'Neill, M.Sc., Audiologist and Founder

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### Don't hold your breath, talk to your pharmacist

Most of us take breathing for granted, but for the three million Canadians with asthma, breathing easy takes a little more work. Sadly, more than half of people with asthma don't have their condition under control, meaning they suffer from unnecessary symptoms ranging from annoying coughing or wheezing, to serious and potentially deadly

"As a pharmacist, I see people on a daily basis who come in to pick up their asthma medications," says Marisa De Rubeis, pharmacist and certified respiratory educator. "Many of them don't have their condition under control. I like to speak with them one-on-one to discuss how and when to use their medications, find out more about the symptoms they're experiencing, and develop an action plan to manage their condition. I often need to consult with the patient's primary care provider or make recommendations about changes to therapy and dose adjustments."

Pharmacists are a valuable resource to people with asthma. When it comes to asthma medications, there are a number of different types that an asthma sufferer may be prescribed. Your pharmacist can explain which medication needs to be taken daily to prevent symptoms, and which to relieve an asthma attack. It's also vital that people with asthma ensure that they are taking their medication properly. A pharmacist can demonstrate how to properly use the different types of inhalers to make sure the medication reaches the airways and lungs.

"For a long time, I thought that my symptoms were normal and something I just had to live with," says patient Marisa Palumbo. "My pharmacist recognized that I was having problems with my asthma medication and I wasn't

taking it as often as I should. She suggested a change to my medication and revised my action plan. Once I started taking it every day I started feeling better and I've been able to be more active."

The Ontario Pharmacists' Association encourages people with asthma to consult their pharmacist for advice on how to breathe easier.

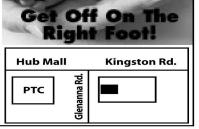
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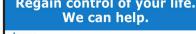
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April 30th: Tax Filing Deadline Are you maximizing your return? Learn how.

straight financial talk you can use





### Africycle collection in Claremont

### **Event goes May 1**

**PICKERING** -- North Pickering residents ready to trade up their bikes are invited to donate their old ones so they can be used in Africa.

Africycle, an Uxbridge-based charity, collects and restores bicycles and ships them to Malawi where they help people gain economic independence by giving them transportation to get to a job or to run a small business.

The collection will be held at the Claremont United Church parking lot, 5062 Old Brock Rd., on May 1 from 10 a.m. to

Cash donations are also accepted as they are needed to help offset the cost of shipping the bikes to Africa.

DAY,

AND WEATHER:

BREAKING NEWS,

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For more information:

M CALL 647-982-4649 (Tracey)

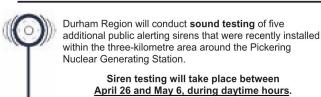


### **PUBLIC ALERTING SYSTEM**

### SIREN SOUND TESTING

in the City of Pickering

### **PUBLIC NOTICE**



Individual sirens will be sounded throughout this time. People in the immediate area may hear a siren being tested for up to three minutes. Individuals near the Pickering Nuclear Generating Station are not required to take any action during siren testing.

### THIS IS ONLY A TEST

For further information, please contact the Public Alerting Information Line at 1-866-551-5373, or visit the Public Alerting Project on the Region of Durham's homepage at www.durham.ca

The Regional Municipality of Durham Emergency Management Office 605 Rossland Rd. E., Whitby ON L1N 6A3 Public Alerting Information Line 1-866-551-5373 www.durham.ca/demo

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**Thursday, May 5** 10:00 am - 6:00 pm

Show being held at osca



Friday, May 6 10:00 am - 4:00 pm

**800 Champlain Avenue Oshawa** 



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### 8th ANNUAL 50+ LIFESTYLE SHOW • MAY 5th & 6th

### THURSDAY MAY 5 EVENTS

### 11:00 AM TO 11:45 AM KEY NOTE SPEAKER

TONI JOHNSTON ACTIVE FOR LIFE

12:00 NOON TO 12:45 PM COOKING DEMO/UPSTAIRS AT LOBLAWS

1:00 PM TO 1:45 PM LAUGHING YOGA SEMINAR

2:00 PM TO 2:45 PM
TRAVEL SEMINAR FEATURING NEW
ORLEANS AND THE CARRIBBEAN

3:00 PM TO 6:00 PM
SENIORS MUSICALSHOWCASE FEATURING:
3:00 - 3:30 WHITBY SENIORS JUBILEE CHOIR
3:45 - 4:30 OSCC DRUMMERS
4:30 - 5:15 NEW HORIZONS
5:15 - 6:00 CHARTWELL'S SENIOR STAR
BARRY GARDENER

### FRIDAY MAY 6 EVENTS

### KEY NOTE SPEAKER

JULIAN RAWLINS (OSTEOPOROSIS CANADA)

12:00 NOON TO 12:45 PM COOKING DEMO/UPSTAIRS AT LOBLAWS

1:00 PM TO 1:45 PM FASHION SHOW - CLEO OSHAWA CENTRE

> 2:00 PM TO 2:45 PM KICK UP A FUSS CLOGGING DEMO

3:00 PM TO 3:45 PM ZUMBA DEMO

### KEYNOTE SPEAKERS featuring:

### TONI JOHNSTON

ACTIVE FOR LIFE - HOW BEING ACTIVE CONTRIBUTES TO BETTER HEALTH AND PRO-LONGED INDEPENDENCE

A Registered Nurse, a Seniors Fitness Specialist and the President of Active 4 Life Inc. She has been in the fitness industry for 12 years and holds certifications as a Certified Fitness Instructor and Personal Trainer with the Ontario Fitness Council, Can-Fit-Pro and the Canadian Centre for Activity and Aging (CCAA). In addition, Toni has been a trainer of the Seniors Fitness Instructor Course for the CCAA since 2002. Toni has also completed the Gerontology Certificate Program at Ryerson University in Toronto (2003).



**ADVERTIS** 

Toni leads Low Impact Seniors Exercises classes to over 250 older adults per week in the communities of Oshawa and Markham, Ontario. Her teaching style is highly regarded and much sought after by the community members she serves. Toni is committed to making available safe, effective and enjoyable exercise classes for older adults by training others to become CCAA Certified Instructors, mentoring would-be trainers and offering refresher courses to trainers in order to maintain their certification throughout the Toronto area.

Toni has also presented to several organizations on the many benefits of exercise and physical activity, and has been instrumental in the design and production of a Low Impact Exercises DVD for Older Adults. To date there have been 200 copies sold.

To find out more, join Tim Westhead at the 50+ Lifestyle Show Thursday May 5th at 11:00 am in the main stage area

### JULIAN RAWLINS

Julian Rawlins is currently the Durham Area Manager for the Ontario Osteoporosis Strategy. He has worked as kinesiologist, strength and condition coach, personal trainer and recreation therapist in various health fields from ortho-rehab, palliative, mental health, the fitness sector and as well as parks and recreation. Julian earned his specialized honours degree in Kinesiology and Health Science from York University and holds a post graduate diploma in Recreation and Leisure services from Centennial College.

To find out more, join Julian Rawlins at the 50+ Lifestyle Show Friday May 6th at 11:00 am in the main stage area

### **SEMINARS**

### UPSTAIRS AT LOBLAWS COOKING DEMO

Thursday - Christine Winters and Chef Carmen Jefferies - The topic will be SUMMER ENTERTAINING

Friday - Rita Genesse and Chef Kathleen Guthrie - The topic will be SUMMER SALAD

To see this cooking demo, join us at the 50+ Lifestyle Show Thursday & Friday 12:00 Noon

### LAUGHING YOGA

Laughter Yoga is a unique form of exercise that was founded in 1995 by Dr. Madan Kataria, a medical doctor from Mumbai, India. It is a total experience, body, mind and spirit.

Join us for a seminar at the 50+ Lifestyle Show Thursday May 5th 1:00 pm

### LAKESHORE TOURS & TRAVEL

Join Jim and Marilyn from Lakeshore Tours and Travel as they Ring in the New Year in New Orleans then set sail on a seven day Western Caribbean cruise. Join them for all the highlights and adventures.

To see this seminar, join us at the 50+ Lifestyle Show Thursday May 5th 2:00 pm

### SPRING FASHION SHOW

clec

View this year's Spring Fashion Collection by Cleo.

To see this fashion show, join us at the 50+ Lifestyle Show Friday May 6th 1:00 pm

### CLOGGING

Kick Up A Fuss Cloggers are a group of cloggers ranging in age from 5 to 93. The Group is under the direction of Angela Cameron. Clogging is a very old dance originally from the Appalachian Mountains. We dance not only to Country and Bluegrass but also to Jazz and Pop.

To see this seminar, join us at the 50+ Lifestyle Show Friday May 6th 2:00 pm

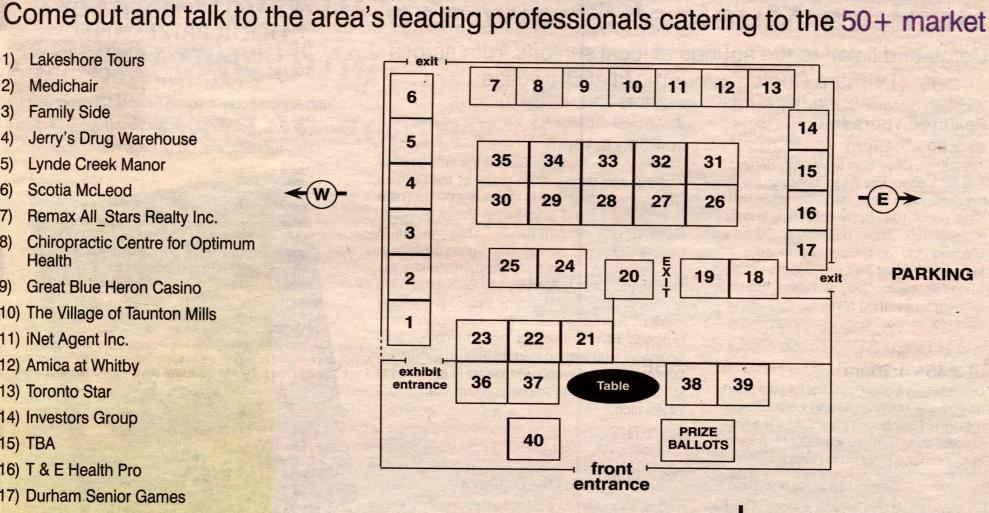
### ZUMBA

Once you try Zumba you'll be hooked. Zumba fanatics achieve long term benefits while experiencing and absolute blast in one exhilarating hour of calorie burning, heart-racing, muscle-pumping and body-energizing movements.

To see this demo, join us at the 50+ Lifestyle Show Friday May 6th 3:00 pm

- 1) Lakeshore Tours
- Medichair
- 3) Family Side
- Jerry's Drug Warehouse
- 5) Lynde Creek Manor
- Scotia McLeod
- Remax All Stars Realty Inc.
- 8) Chiropractic Centre for Optimum Health
- 9) Great Blue Heron Casino
- 10) The Village of Taunton Mills
- 11) iNet Agent Inc.
- 12) Amica at Whitby
- 13) Toronto Star
- 14) Investors Group
- 15) TBA
- 16) T & E Health Pro
- 17) Durham Senior Games
- 18 -19) Bathfitter
- 20) Chartwell
- 21) Kaitlin Group
- 22) Bayshore Home Health
- 23) MS Society -Non-profit
- 24) Johnson Inc.
- 25) Nesbitt Burns
- 26) Home Instead
- 27) TBA
- 28) Abbey Lawn
- 29) Oxy Lift
- 30) Service Canada
- 31) Organizing Lives
- 32) Flight Centre
- 33 34) MTC Windspinners
- 35) Senior Tours
- 36) Oshawa Seniors Centre
- 37) Whitby Seniors Centre
- 38) Clarington Seniors Centre
- 39) Pickering Seniors Centre
- 40) Ajax Seniors Centre

For vendor information contact Laurie at 905.683.5110 ext 230 or Wendy at 905.579.4473 ext 2215



### FILL OUT A BALLOT TO WIN!

**PARKING** 

PRIZE

### Show prize courtesy of **Lakeshore Tours**

Two seats on our overnight tour to Seneca Casino in Niagara Falls, New York September 19 - 21, 2011.



### Tour includes:

- Motorcoach Transportation
- 2 nights accommodation at the luxurious Seneca Casino and Hotel Buffet Breakfast Daily \$40.00 USD Food Credit per person \$100.00 USD Casino Free Play per person Optional shopping excursion to Niagara Fashion Outlet Mall

The cost is \$295.00 + tax which comes to \$666.70



### **Seniors Musical Showcase**

Come and listen to the sounds of local senior's from across Durham Region in our musical showcase

WHITBY SENIORS JUBILEE CHOIR

### **Featured Thursday** at 3:00 - 3:45pm

The Jubilee Choir from the Whitby Seniors' Activity Centre has been bringing joy to the community since 1977. Currently, they have about 100 happy choristers in their membership. Their director is Barbara Breckenridge and their accompanist is Margaret Webber. This group loves to sing whenever asked. "Say It With A Song", their signature song sums up their enthusiasm for music.

### **OSCC Drummers**

### at 3:45 - 4:30pm

Drumming is a great workout for your brain as you use both hands and both sides of the brain. People love it because it is a type of meditation that reduces stress, relaxes and energizes at the same time.

**CLARINGTON NEW HORIZONS BRASS ENSEMBLE:** 

### at 4:30 - 5:15pm

Clarington New Horizons Band is the only daytime teaching and performance group in the Durham area. It was founded in January 2007. There is a Concert Band and Swing Band program, made up of 6 different bands. They practice in Bowmanville and Courtice. The 'Brass Ensemble' includes players from both programs, under the direction of Carolyn Rogers. The Clarington band is affiliated with New Horizons Music International (www.newhorizonsmusic.org). Clarington New Horizons Band welcomes new members...from beginners who wish to learn to play an instrument to experienced players. Please go to our website at www.newhorizonsclarington.org for more information.

### JOIN US FOR LOTS OF DOOR PRIZES AND GIVEAWAYS AND...

Your copy of the

13th Annual Forever Young Seniors Directory and Activity Guide published

by your Metroland Community Newspaper.



### Chartwell's Senior Star, Barry Gardener at 5:15 - 6:00pm

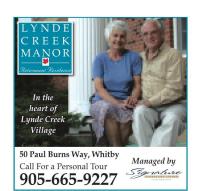
Be entertained by Barry Gardener of Oshawa, who was chosen as one of 10 national finalists in the Chartwell Senior Star Competition 2010. Be serenaded by his musical repertoire including his performance of Nat King Cole's "Mona Lisa". Barry will perform from 5:15 to 6pm on Thursday May 5th. Barry will be on hand to sign autographs at the Chartwell booth from 2pm.



### THANK YOU TO THIS YEARS SPONSORS AND **CONTRIBUTORS**







For more information on the Senior Centre in your area, please call











905.619.2529 ext 7248 905,697,2856 www.townofaiax.ca www.claringtonolderadults.ca JEFF MITCHELL

jmitchell@durhamregion.com

**DURHAM** -- The approach of summer has prompted police to issue warnings about the perennial problem of paving scams.

Incidents of shady pavers bilking victims -- most often seniors -- are already being reported in the GTA, Durham police said. They're warning homeowners to be wary.

The scams usually involve a cold-call type of sale with a representative knocking on the door and offering to do spot repair work on driveways to use up left-over asphalt. But once homeowners give their consent the pavers will often pave the entire drive and then charge hundreds or thousands of dollars for the work.

The scammers can be coercive and even threatening, police said.

Cops recommend people refuse such cold-call tactics and seek out reputable pavers who will provide an estimate for work to be done. Homeowners are reminded never to make a snap decision without a written quote.

If you have information about the investigation: 🐶 CALL Durham fraud unit at 905-579-1520,

Mark CRIMESTOPPERS: Anonymous tips can be made to Durham police at 1-800-222-8477

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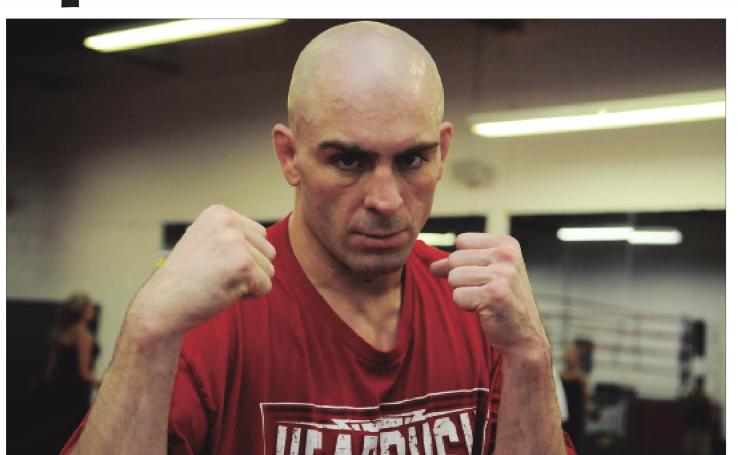
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**SABRINA BYRNES / METROLAND** 

TORONTO -- Pickering's Sean Pierson is ready for his UFC bout Saturday at the Rogers Centre in Toronto.

### MIXED MARTIAL ARTS

Sports

### Pierson on card for UFC 129

### Pickering fighter set to face Jake Ellenberger

MANDI HARGRAVE

mhargrave@durhamregion.com

PICKERING -- He's come a long way from the kid sitting in his parents' living room watching Ultimate Fight Championship 1 and dreaming of the day he would step into the octagon.

Now, at 35, Sean Pierson is about to take on his second opponent in the UFC as the Mixed Martial Arts event makes its debut in Ontario on April 30 for UFC 129.

"I've been training since I got the word," he said. "I never stopped training since my last fight (in December)."

Debuting in Montreal against Matthew Riddle (5-2-0), Pierson describes the fight as a war. He went toe-to-toe all three rounds with Riddle and came out the victor in a unanimous deci-

"I learned in the UFC that I'm on the right level because that's the biggest concern you have. It's like, 'I want to be in the UFC, I want to be in the UFC.' But once you're there, you're like, 'Did I ask for too much? Do I belong here?'

Until you're in there and you fight, you don't know," said Pierson. "So I'm fighting a guy who's already got four or five fights in the UFC, me winning that fight proved to myself that I do belong here. I'm where I should be, this wasn't a fluke, this wasn't a gift from them saying 'You're a Canadian boy, get on the card."

Not only did he prove his worth to himself, he proved it to UFC president Dana White.

Pierson's debut fight in Montreal was scheduled for UFC 124's preliminary card, but made it onto the pay-per-view programming after White watched the two pound on each other round after round for 15 minutes.

"My first fight was exciting for the crowd and Dana and everybody noticed," said Pierson.

But that's what he does. Pierson steps into the octagon and makes people perk up and take notice.

"When you're flying into other provinces, they're not bringing you in to beat up people. I was getting title fights on my second fight when I was 1-0," he said. "Instead of winning fights, I had to crush people. That's the way it was, you had to make people notice. You had to make people notice on these local cards that these people aren't at your level."

But nothing in MMA is guaranteed, not even

your opponent. Pierson was set to fight Brian Foster at UFC 129 until a glaring health issue made its presence known just weeks ahead of the fight and Foster was forced to withdraw. He was diagnosed with a brain hemorrhage.

"It definitely throws off the game plan, there's no doubt about it," said Pierson. "Brian's a certain height, a certain style of fighter that I was ready for, now I'm going to have someone different."

That someone is Jake Ellenberger, who brings quite a bit of experience with a 24-5-0 MMA record compared to Pierson's 11-4-0.

No matter who Pierson is fighting, his biggest challenge is always going to be keeping his adrenaline down.

"I have a tendency to go out there and put the fight in fifth gear right away and I don't slow down until the fight's over."

As someone who's gaining steady popularity, Pierson doesn't want to be defined as a fighter.

"I just want to be a role model for kids in the community and my son ... I'm just trying to do my best and show my son if you have a dream just chase it, it's there.'

**WATCH** the video story @ durhamregion.com

### **BASEBALL**

### Junior national team members making an impact

ORLANDO, FLORIDA -- A trio of Durham Region baseball players are making their mark with the junior national team that is playing a series of exhibition games in Florida.

In an intra-squad game, which lasted ten innings, on Sunday, Ryan Kellogg of Whitby, made his JNT debut and worked three scoreless innings, giving up one walk and no hits to go along with one strikeout. Michael Foster of Pickering also took the mound, throwing three innings and gave up one run on three hits and struck out three batters.

In an earlier game against the Houston Astros, infielder Joey Hawkins of Whitby scored the lone run in a 6-1 defeat. Hawkins walked, advanced to third base on an error and was singled home in the bottom of the sixth inning.

The extended camp in Florida runs until April 30. The annual spring training camp features daily practices along § with eight exhibition contests against affiliated MLB clubs

The spring training camp is an important step in the process as the junior team will attempt to qualify for the 2012 world junior baseball championship in Seoul, South Korea, at the Americas world junior qualification tournament in Cartagena, Colombia from Sept. 23 to Oct. 2.

### SOFTBALL

### Three local players fall with Cal

CALIFORNIA, PENN. -- Three players from Durham Region were among those disappointed when the No. 20 California University of Pennsylvania softball team was eliminated from the Pennsylvania State Athletic Conference tournament last week.

After earning the first seed from the PSAC West division, the Vulcans suffered upset losses of 7-4 to No. 2 Lock Haven and 4-1 to No. 3 West Chester.

Freshman second baseman Shelby Lia, a graduate of Whitby's Donald A. Wilson Secondary School, had a run batted in against Lock Haven, while senior centre fielder Merissa Daley, also of Whitby (Sinclair), collected two of the six hits against West Chester, including a double.

The Vulcans dropped to 28-12 overall this season.

Senior Maria Greco, of Pickering, had a 4-3 record and 2.50 earned-run average as a pitcher for the team.

### **BRAD KELLY** bkelly@durhamregion.com

at ACC Sunday

AJAX -- Ron Reed, the head coach of the Ironheads Jr. B lacrosse team based in Ajax, is hoping the element of surprise will be working in his favour this season.

The Ironheads are set to go with their season and home opener on Sunday on Pad 2 at the Ajax Community Centre, welcoming Orillia to town for a 2 p.m. faceoff.

"I think we're going to be a tough defensive team, fast, we have some very quick kids," he said of the team he expects to floor this season. "I'm hoping we are going to surprise a lot of teams. With so many returning players and rookies, we're really happy with our turnout this year."

The Ironheads return 12 players to the lineup this season, including six of their top eight scorers from last season. Included in that mix will be leading scorer Brock Levick who tallied 29 goals and added 26 assists for 55 points. Also expected to carry the load offensively will be returnees Steve Douitsis (10-17-27), George Jimas (13-13-26), Dakota Watson (9-7-16), Gage Board (7-6-13) and Craig Espinho (4-9-13).

On defence, Dylan Hutton, Mark Hilker, Nick Baun and Eric McDermott are back, joined by newcomer Dillon Strachan, who played with the Beaches last season.

Other newcomers to the club include Josh Kennedy from Stouffville and Mike Biergard, who was a member of the Green Gaels last season.

In goal, Kayden Pack, who played in 10 games last season, returns, and will be paired with local product Dylan Cowman of Ajax.

It will be the second season that the Ironheads have played out of Ajax, transferring over from Markham. In 2010, they finished fourth in the Mid East with a 4-16-0 record, missing the play-

"Several of the players live in the area, and we just found that it allowed us to increase our fan base," says GM Jan Christen of the change in venue.

Training camp attracted 30 runners to the initial tryouts and, as yet, with some of the players finishing out school commitments, Reed hasn't had his full team on the floor. Among the missing players for the home opener Sunday will be Levick, Douitsis and Pat Gregoire. All three are expected back early next

Set to start his eighth

season behind the bench of the Ironheads, Reed is looking to get off to a positive start against Orillia, who dropped its opening two games of the season, outscored 38-6 by the Green Gaels (19-4) and Oakville (19-2).

"We're looking forward to getting off to a good start. I'm looking forward to getting all the boys back and getting out there."

Reed has added a couple of bench staff for the season, including Clem D'Orazio, who coaches field lacrosse at Brock University, and Rick Phillips, who is a former coach with the Jr. B Green Gaels of Clarington and Brooklin Merchants Sr. B team.



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**ENDS MAY 5, 2011** 

### AJAX LADIES RECREATIONAL BASKETBALL

### Nothing but Blue Skies in championship game

AJAX -- In the consolation final of the Ajax Ladies Recreational Basketball League, Portly Piper played the gracious host to Green Energy as the Energy won 42-25.

The Energy's Monica Leung and Jennifer McDonald emerged from last week's funk to lead the team with 14 and 13 points respectively. Leung hit for four treys while McDonald had three. The Portly Piper started slowly, but did pressure the Energy early in the second half as they forced the Energy into a series of defensive fouls. The Piper players

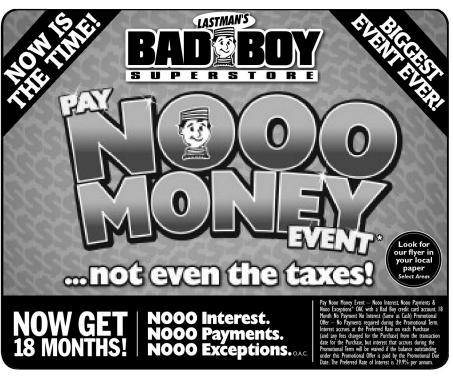
were shooting bonus early but were unable to capitalize. Kellie Bonner was high scorer with 16 points for the Piper.

In the championship game, the Grey Geese and Blue Skies enjoyed a tightly played contest in the first half.

Blue Skies held a fourpoint lead early, but the Grey Geese kept coming and led 15-14 at the half. Led by Janelle Skeet, 9 points, the Grey Geese built up a seven-point lead in the second half. The Geese once again had balanced scoring with Juline Thurton and Michelle

Gujol each contributing seven points. The turning point in the game came when Orange Bugayong (6 points) started the counter attack with two treys. Lucrishua Grant joined in with another trey and Blue Skies kept the lead as they steadily pulled away to close out the season as champions with a 44-35

With 17 points including four from the charity stripe on 100-per cent free-throw shooting, Lucrishua Grant was high scorer on the night. Lauren Corkum chipped in with 11 points for Blue Skies.





JASON LIEBREGTS / METROLAND

PICKERING -- Athletes from Pickering Athletic Centre produced strong results at the provincial championships.

### **GYMNASTICS**

### Ontario champions reside at Pickering Athletic Centre

NIAGARA FALLS -- Pickering Athletic Centre's women's artistic provincial athletes competed at one of two provincial championships held in Niagara Falls.

The remaining athletes compete at their championships in Windsor.

Pickering Athletic Centre's athletes results are:

Level 9 age 14+ -- Samantha Smedley 5th vault, 13th bars, 4th beam, 5th floor, 7th overall.

Level 8 age 14+ -- Verena Herrmann 14th vault, 2nd bars, 12th beam, 17th floor, 15th overall.

Level 7 age 14+ -- Katie Towers 5th vault, 2nd bars, 11th beam, 15th floor, 12th overall. Rebecca Brown 17th floor, did not compete in other events due to injury.

These championships were also host to event finals.

Samantha Smedley qualified as a level 9 age 14+ in vault and finished 3rd overall. She also qualified in floor where she finished 2nd overall, as well as beam where she finished 5th overall.

Verena Herrmann qualified as a level 8 age 14+ in bars and finished 3rd overall. She also qualified in beam where she finished 5th overall.

Katie Towers qualified as a level 7 age 14+ in beam and finished 4th overall. She also qualified in bars where she finished 5th overall.

Windsor results are:

Level 5 age 9 -- Chloe Scheel 8th vault, 17th bars, 14th beam, 10th floor, 15th overall. Megan Edwards 6th vault, 18th bars, 22nd beam, 8th floor, 24th overall.

Level 5 age 10 -- Marielle Santos 9th vault, 10th bars, 8th beam, 7th floor, 11th overall. Joyce Hughes 13th vault, 8th bars, 14th beam, 9th floor, 20th overall.

Level 5 age 11 -- Paige Simpson 9th vault, 7th bars, 8th beam, 7th floor, 7th

Level 5 age 12 -- Grace Woolgar is a provincial champion, finishing 2nd vault, 1st bars, 5th beam, 1st floor, 1st overall. Megan Stoiber 11th vault, 6th bars, 7th beam, 6th floor, 8th overall.

Level 5 age 13 -- Jo Yousiff 2nd vault, 9th bars, 4th beam, 5th floor, 2nd overall. Alex Sagat 8th vault, 3rd bars, 4th beam. 7th floor, 4th overall. Vicky Sparks 6th vault, 2nd bars, 11th beam, 4th floor, 7th overall.

Level 6 age 10 -- Jordyn Graham 10th vault, 19th bars, 21st beam, 14th floor, 23rd overall.

Level 6 age 11 -- Claire Platnar 14th vault, 2nd bars, 5th beam, 7th floor, 3rd overall. Jordan Kondo 6th vault, 1st bars, 18th beam, 5th floor, 5th overall. Sydney Mohammed 4th vault, 8th bars, 9th beam, 10th floor, 6th overall. Sarita Campbell 15th vault, 21st bars, 21st beam, 3rd floor, 22nd overall.

Level 6 age 12 -- Sabrina Nasner is a provincial champion, finishing 3rd vault, 1st bars, 6th beam, 3rd floor, 1st overall, Katie Ewaskiw 6th vault, 23rd bars, 9th beam, 7th floor, 22nd overall.

Level 6 age 13 -- Adanna Copeland 9th vault, 14th bars, 1st beam, 1st floor, 2nd overall. Madison Kondo 7th vault, 11th bars, 2nd beam, 6th floor, 3rd overall.

Level 6 age 14+ -- Sarah Dewar 11th vault, 13th bars, 6th beam, 2nd floor, 7th overall.

Level 7 age 10 -- Emma Gill 3rd vault, 1st bars, 10th beam, 3rd floor, 2nd overall. Emily Lozano 5th vault, 4th bars, 9th beam, 4th floor, 8th overall.

Level 7 age 12 -- Savanna Ma 4th vault. 6th bars, 2nd beam, 1st floor, 2nd overall.

Level 7 age 13 -- Kaitlyn Trach 9th vault, 8th bars, 11th beam, 2nd floor, 8th overall. Danielle LeBrun 9th vault, 10th bars, 11th beam, 8th floor, 10th overall.

Level 8 age 12/13 -- Anna Taverna 3rd vault, 19th bars, 16th beam, 3rd floor, 11th

Jayden Gray and Shannon Smalley qualified for championships but were unable to compete due to injury.



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### Qualifications

- Basic reading, writing, and arithmetic skills required. This is normally acquired through a high school diploma or equivalent.
- Manual dexterity required for operating machinery and computers.
- Ability to lift up to 30 pounds required.
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  Ability to read blue prints.

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Location: Oshawa Public Library 250 Beatrice Street, East, Oshawa, Ontario

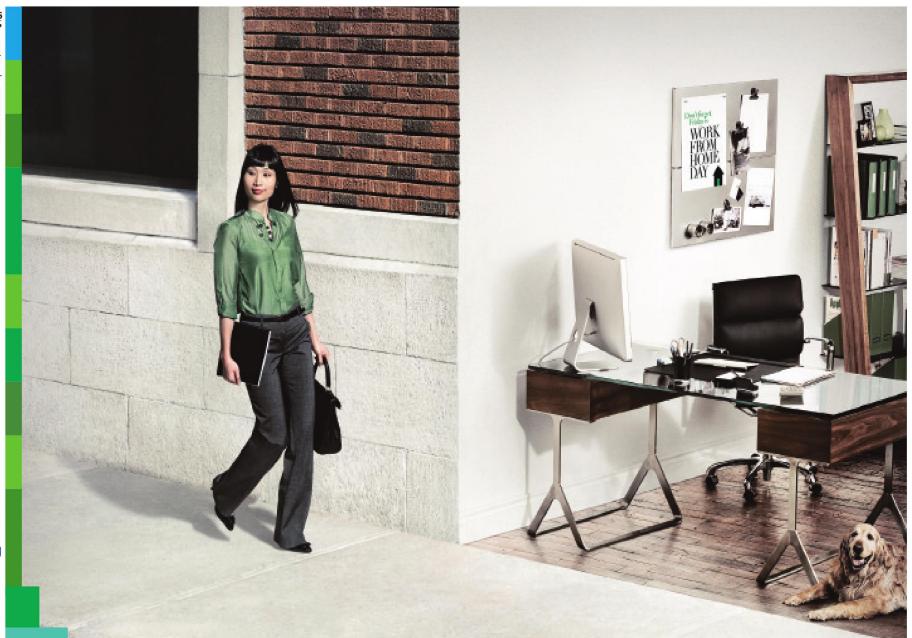
We will be conducting interviews on the spot therefore please bring in:

- MUST HAVE Original PSW Certificate
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General Help

regers.com. Please address your covering letter to President of the Board and state "Minute Taker or Lifeguard" in the subject line. Please when it requires and custifiers. submit resume and qualifica-tions no later than May 6th, tions no later than May 6th, 2011 at 5:00pm-those select-ed for an interview, inter-views will be held on May 14, 2011 between 10:00am-2:00pm

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**6** 

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- Continuing to prospect for new prospective carriers
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### Competencies/Skills and Experience:

- Customer service
- Proficient in multi-tasking
- Solid Team contributor
  Working knowledge of Microsoft Office programs
  Excellent verbal and written communication skills
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- environment Previous experience in a newspaper environment an asset
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- Physical activity walking, lifting up to 30 lbs Reliable vehicle and valid driver's license required
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All interested candidates should forward their resume

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Or email: sthompson@durhamregion.com We thank you for your interest but only those candidates

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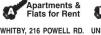
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**Engagement** 



The families of Carley Senkowski and Jav Crann are pleased to announce their recent engagement and upcoming marriage. Ceremony to take place at the Norway Bay Golf Club, Quebec, on Sept 17, 2011. Best wishes to

**Upcoming Wedding** 



Glen & Brenda Garden of Bowmanville announce with joy, the upcoming marriage of their daughter Jamie-Lyne to Texas Wheeler, son of Texas. A & Beverly Wheeler of Bowmavnille. Wedding to take place May 21st, 2011. Best wishes!

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### Attack Red takes provincial gold Pickering Athletic

### 14U girls' volleyball 🖁 team battles back

KITCHENER -- The Durham Attack Red 14U girls' volleyball team brought home gold from the provincial championships in Kitch-

Competing in Division 2/Tier 3, the Attack started out on a losing note, falling in a three-set match to the Kitchener Predators.

The girls managed to turn things around with a win in the second match against the Waterloo Tigers, but the final match of the first night proved to be a big challenge with a two-game loss to the Etobicoke 381

Although the second day also started off on a low note against Storm Tsunami, losing two games back to back, the Attack girls managed to quickly turn it around and win their next two matches in six games against Vista and Barrie

On the final day, the girls worked their way through three matches, a total of nine games, beating out the KW Predators, Pegasus Nitro and Peterborough Thunder to get themselves into the gold-medal natch against DRVC 13U.



### SUBMITTED PHOTO

KITCHENER -- The Durham Attack Red 14U girls' volleyball team brought home the Division 2/Tier 3 gold medal from the provincial championships. Pictured, from left, back row: Dara Karakolis, Felicia Piccattoli, Jaelyn Jarrett, Tiffany Quaye, Megan Cranfield, coach Troy Neill; middle: Kristen O'Neill, Grace Dionne, Erika Gordon, Maddison Neill; front: Alexandria Kaminski, Madison Marsh Collis.

After dropping the first set to their Durham rivals, the Attack girls fought back and dug deep to win the next two, claiming the title.

The team looks forward to the nationals in Sherbrooke in May.

# Centre gymnasts reach podium in Orangeville meet

ORANGEVILLE -- Invitational athletes from the Pickering Athletic Centre have been busy, attending their second competition of the season in Orangeville.

Their results are:

### Level 2 age 8

Kaylen Usher Bronze score vault, gold score bars, merit score beam, gold score floor, silver score overall

### Level 3 age 9 Group A

Jada Layne 2nd vault, 4th bars, 3rd beam, 2nd floor, 2nd overall

Alexandra Facchini 6th vault, 2nd bars, 1st beam, 5th floor, 4th

### Level 3 age 9 Group B

Zoe Degrace 2nd vault, 3rd bars, 5th beam, 2nd floor, 2nd overall

Mackenzie Sparks 5th vault, 2nd bars, 2nd beam, 4th floor, 3rd overall

### Level 3 age 10 Group B

Kimora Richardson 1st vault, 1st bars, 1st beam, 1st floor, 1st over-

### Level 3 age 10 Group C

Kirstin Collins 6th vault, 3rd bars, 1st beam, 3rd floor, 1st over-

### Level 3 age 11

Veronica Large 1st vault, 2nd bars, 3rd beam, 5th floor, 2nd overall

### Level 4 age 11

Amy DeSousa 2nd vault, 1st bars, 3rd beam, 2nd floor, 1st overall

Rachel Waldriff 7th vault, 3rd bars, 2nd beam, 6th floor, 5th overall

### Level 4 age 12

Katie Graham 3rd vault, 4th bars, 6th beam, 5th floor, 5th overall.

Death Notices



JAMIESON, John - Suddenly while on vacation in Barbados on Thursday, April 14, 2011 at the age of 61. Beloved husband of Carol Wonderful father to Brad, and Anne (Colin O'Connor). Loving son of Dr. Bill and Marion Jamieson. Dear brother of Lori (Kerri), Bill (Tina), Mary (Dave), Sue (Jim), and Andrew (Diane). Dear son-in-law to Scott Moss and brother-in-law to Lorraine (Brian) and Brian. Fondly remembered by his many nieces, nephews, family, and friends. During his career, John held positions at PriceWaterhouseCoopers, Quebecor/The Toronto Sun, and Investor's Group. Always an active person, he enjoyed skiing, playing tennis, basketball, and golfing. He also volunteered his time with FOOTPRINTS autism respite services and Dunbarton-Fairport United Church. The family will receive friends at the McEACHNIE FUNERAL HOME, 28 Old Kingston Rd., Pickering Village (Ájax) 905-428-8488 from 1to 3 p.m. and 6 to 9 p.m. on Friday, April 29th. The funeral service will be held at **Dunbarton-Fairport United Church**, 1066 Dunbarton Rd., Pickering on Saturday, April 30th at 11 a.m. Cremation to follow. If Foundation (www.heartandstroke.on.ca) or FOOTPRINTS (www.footprints4557) so desired, donations to the Heart and Stroke FOOTPRINTS (www.footprints4autism.org) would be appreciated. Online condolences

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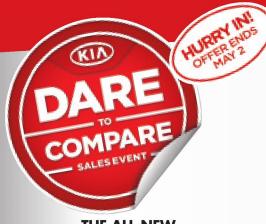






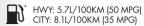






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