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The Oshawa Express

\$1.00 Your Independent Local News Source Vol 3 No 3 Wednesday, Nov. 7 2007

War veteran haunted by memories

By Courtney Duffett and Kristina Smith
The Oshawa Express

Oshawa war veteran Bus Wilson can't stop the recurring dreams he has of coming face to face with a German soldier in Italy over 60 years ago.

"There were German soldiers all over the place," said Wilson, who was operating a Canadian tank at the time. "The next thing I knew, a German was crawling up over the tank. Excited, I pulled out my pistol and I looked into his eyes, but I just couldn't shoot

him."

But he let him go as it was impossible to accommodate a surrendering prisoner in the already cramped quarters of the tank. There was also a fear that he could be concealing explosives, presenting a danger to his crew.

To this day, Wilson, 86, wakes up most mornings after dreaming of this man's face—a face so vivid and so scared.

"I wish I would have saved that guy that tried to surrender to us," said Wilson, adding that the man who crawled up the front of the tank that day was likely killed in the melee.

This is just one of many memories Wilson shares about his five years spent fighting in the Second World War.

Wilson, born and raised in Oshawa, was a General Motors employee at the time he enlisted in 1940. He joined the Governor General's Horse Guards (G.G.H.G.) as an 18-year-old.

His regiment wound up in England and Wilson trained as a mechanic serving as the squadron electrician.



Bus Wilson

In 1942, Wilson's squadron was sent to Italy.

"Our first action was at the Hitler line at Monte Cassino," said Wilson. "We were pretty successful there."

As Wilson's squadron fought through Italy, "we were losing people," and Wilson was asked to be crew commander of a tank. Because Wilson was not trained specifically for this, he stayed back behind the other tanks.

See VETERAN Page 7

Board pays for byelection

By Courtney Duffett
The Oshawa Express

The public school board has agreed to pay the \$138,000 bill for a byelection that some say should be charged to the city of Oshawa.

The need to elect a third Oshawa trustee to the Durham District School Board arose following the October 2006 municipal elections when Julia McCrea was elected locally and resigned.

McCrea, an employee of the York District School Board, claimed she was unaware that the Education Act disqualifies an employee of a district school board from being elected as a member of a district school board.

The Durham board has also requested that a letter be sent to the Ministry of Education and the Ministry of Municipal Affairs calling for an investigation into the circumstances surrounding the issue, including the city of Oshawa's role in the blunder.

"What happened in Oshawa should not be the fault of the Durham District School Board," said Whitby trustee John Dolstra. "The Durham District School Board can't afford to put out \$138,000 like this."

A board retained lawyer determined that the city of Oshawa's declaration of qualification form was misleading and misstated the law, which allowed McCrea to believe she could run as trustee in a board for which she

See FACILITY Page 6



Photo by Jessica Verge/The Oshawa Express

Lest we forget

Cpl. Ben Ford, 14, left, pins a poppy on fellow Ontario Regiment army cadet Cody Chamailard, 12, while selling them at the Five Points Mall this past weekend in honour of Canada's war veterans and Remembrance Day Nov. 11.

Charges laid in stabbings

An Oshawa man has been charged after a triple stabbing outside a Bowmanville bar in which one victim suffered life-threatening injuries.

On Nov. 3 around 12:15 a.m., Durham police were called to Hanc's Bar on King Street East after a man attacked other patrons outside the bar.

Witnesses reported that shortly before the attacks, the suspect had been asked to leave the bar. The suspect became agitated and aggressive with other patrons waiting outside the bar and smoking on the patio.

The suspect attacked two Clarington men, an 18-year-old who received a cut to his face and eye that required surgery to repair, and a 22-year-old who received a vertical slash above his eye that required several stitches to close.

A third patron who came to the aid of the other victims was repeatedly stabbed in the torso and neck. The victim received serious life-threatening injuries. He was transported to Lakeridge Health Bowmanville and later airlifted to Sunnybrook Hospital in Toronto where he remains in stable but serious condition. He is expected to survive his injuries.

Officers located and arrested a 20-year-old suspect nearby and recovered a large scissor in a nearby parking lot. A 20-year-old man, of Central Park Boulevard North in Oshawa, is charged with two counts of aggravated assault, two counts of dangerous weapons, carrying a concealed weapon and assault causing bodily harm.

Police want to speak to a second male who was with the suspect at the time of the incident but fled the scene. This person is described as a white, male, six-feet tall and about 200 pounds. He was wearing a black ball cap and a blue sweatshirt. He was last seen running east on King Street toward Liberty Street in Bowmanville. Anyone with information is asked to contact police at 905-579-1520.

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Woman charged in man slaying

By Courtney Duffett
The Oshawa Express

An Oshawa woman has been charged with second-degree murder after a man was found dead in his Oshawa home last week.

Durham Regional Police have issued a court-ordered publication ban, which means the names of the victim and accused cannot be released.

The ban was applied "to protect the issues that have come up within the case," said Det. Dave Henderson.

Durham police found the victim in his residence on Elgin Street West in Oshawa on Oct. 30 around 4 a.m. after receiving a 911 call.

When officers had arrived, they found the deceased man with obvious signs of trauma to his body. The female was taken into custody at the scene.

The 43-year-old woman appeared in court Monday and was remanded into custody.

The next court date is Nov. 14. This is the third homicide this year in Durham Region.

EXPRESS Police briefs

Suspect nabbed in cabbie attack

Durham police have arrested a suspect in last week's vicious stabbing of a cab driver.

On Nov. 1, Durham police attended an address on Firewood Avenue in Courtice.

Police surrounded the residence and the suspect eventually surrendered without further incident.

On Oct. 27 at about 12:30 a.m., a 43-year-old cab driver picked up a fare in Whitby and had asked to be dropped off at an address on Malaga Road in Oshawa.

When they arrived at the destination, the suspect asked

the driver what he owed.

When the driver turned to speak with the suspect, he produced a knife and stabbed the driver in the face, hands and upper torso before fleeing.

The victim was transported to hospital at the time with serious, life-threatening injuries.

A 22-year-old Courtice man has been charged with attempted murder, aggravated assault, assault with a weapon and possession of dangerous weapons.

The victim of the attack is expected to make a full recovery.

Man charged in assault

An Oshawa man has been charged following a York Regional Police investigation into a historical sexual assault of a boy in June 2001 and December 2002.

At the time of the alleged offence, the victim was between nine and 10 years of age. The incident occurred at

the home of the victim while the accused was visiting his home in the Town of Aurora.

A 39-year-old Oshawa man was arrested Oct. 31, 2007 and has been charged with sexual assault, sexual interference and invitation to sexual touching.

Students study Durham Region

Grade 5 and 10 students will be learning more about the workings of the Region.

A new unit focusing on regional government will be introduced into the Civics course of both grades.

The Regional Municipality of Durham and the Durham District School Board developed the new unit, aiming to make it engaging and relevant to students.

The unit will give students the chance to learn about the basic functions of a regional government along with the responsibilities and services provided by this level of government.

The partners also created learning materials as well as a corporate service video on the Region of Durham for use in the classroom.

The new addition will further enhance students' study of municipal, provincial and federal government systems.

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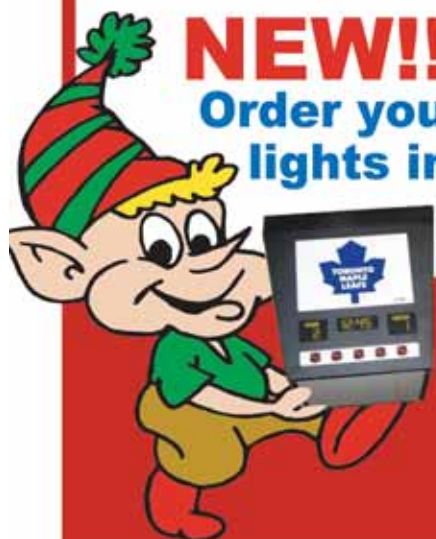
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Hospital program avoids transfusions

By Jessica Verge
The Oshawa Express

Oshawa senior Percy Goff has spent little time in hospitals so when faced with knee replacement procedure surgery this past July he was shocked to learn a blood transfusion might be necessary.

Goff, 75, a diabetic living on the outskirts of Oshawa, was told his hemoglobin (the oxygen-carrying portion of the red blood cells) was so low that he wouldn't withstand surgery unless he received a blood transfusion or managed to raise his hemoglobin beforehand.

Luckily for Goff, a groundbreaking program made way for the latter option, allow-

ing him to avoid the transfusion.

"They had quite a time," he says of the medical professionals faced with his blood results. They then referred Goff to Wendy Rammler, a registered nurse and coordinator of Lakeridge Health's Blood Conservation Program.

The program aims to give patients facing surgery the opportunity to avoid a blood transfusion. Its initial purpose was to decrease the need for blood, as patients who require transfusion usually require a longer hospital stay and, therefore, become costlier.

Four months later and well on the road to recovery, Goff calls Rammler a Godsend and says the program helped him immensely.

A Lakeridge Health nurse for 26 years, Rammler became part of the Blood Conservation Program five years ago when it was just a pilot program launched by St. Michael's Hospital in Toronto.

"There are a few surgeries where a patient is at risk for needing a blood transfusion," says Rammler. "It's all about getting the person in the best shape we can for their surgery."

Like Goff, most of Rammler's patients are about to undergo orthopedic surgeries such as hip or knee joint replacements. This group of patients tends to be great candidates for the program because orthopedic surgeries are elective and there is generally some wait time between surgical consultation and the date of surgery. Rammler says it's this length of time that allows her to better help patients.

When a patient is referred to the program, their blood is tested to determine hemoglobin levels. If hemoglobin is low (a condition known as anemia), Rammler prepares a plan to help the patient raise it before surgery.

The plan includes following a diet high in iron and taking iron supplements. If there is

a shorter period of time between consultation with Rammler and surgery, patients are given injections of an erythropoiesis-stimulating agent. Erythropoiesis is the process by which red blood cells are produced.

And unless a patient is afraid of needles, there's little discomfort associat-



Lakeridge Health registered nurse Wendy Rammler coordinates the hospital's Blood Conservation Program, which aims to help surgical patients avoid blood transfusions that are sometimes necessary during an operation.

ed with the program.

"That's as painful as it gets," says Rammler, who has seen about 370 direct referrals this year, a number that doesn't account for all patients she's helped.

Aside from following Rammler's plan, success of the program also depends on factors such as current conditions and diseases but she says it's often a favoured alternative to transfusions. Most patients recover better from surgery without a blood transfusion, something Goff can attest to.

"It worked out very well," he says, adding that he healed more rapidly than expected, at a rate that even impressed his physiotherapist.

And while he debates having his other knee replaced, Goff knows for certain he'll seek Rammler's expertise.

"I'd be calling her right at the start," he says.

Nov. 5 to 9 marks Blood Management Awareness Week, where the 25 sites offering the program across Ontario will aim to educate patients and hospital staff about it.

"It's all about giving patients the choice," says Rammler.

More information about the Blood Conservation Program can be found online at www.lakeridgehealth.on.ca. Select the Hospital Programs and Services tab, then the Surgery tab.

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The Oshawa Express

Carrier of the Week

The Oshawa Express wishes to acknowledge and thank our Carrier of the Week for their dedication and commitment to the delivery of the newspaper.

Reagan Cole-Penfold is twelve years of age and currently in grade seven.

Hobbies/Interest:

"Gymnastics, volleyball, reading, shopping and hang with friends."

What do you appreciate about delivering The Oshawa Express?

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Reagan Cole-Penfold



The Oshawa Express Carrier of the Week receives a Gift Certificate Booklet courtesy of Tim Hortons.

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Silent auction for charity

Make an offer at the Oshawa Community Health Centre's eighth Annual Secret Silent Auction.

The Dec. 1 event will offer a wide variety of great gifts

for all ages that participants may bid on.

The auction will take place at Upstairs at Loblaws, located at 481 Gibb St. in Oshawa and will be running from 10 to 4 p.m.

Proceeds from the event will go to support the Oshawa Community Health Centre.

The organization runs a variety of program in the community including counselling, family medicine, day camp, as well as promotional health campaigns that are free to the community.

The centre is in its 25th year as a community charity that promotes physical, mental and all-around health.

For more information on the auction night or the charity, contact the Oshawa Community Health Centre at (905) 723-0036 ext. 238.

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City lends \$250,000 for façade fix

Downtown developer in talks with major hotel chains

By Jessica Verge
The Oshawa Express

A downtown hotel developer has secured a major façade improvement loan and is closer to acquiring a brand name for his King Street East property.

Feroze Virani of Heathrow Properties Inc. is in talks with several hotel franchises interested in putting their name on the 63 King St. E. building, located at the corner of King and Mary Street, across from the former Genosha Hotel.

And promising talks with well-known franchises isn't the only positive sign for Heathrow Properties.

City council approved a \$250,000 Façade Improvement Loan to help Virani fix the front of the building.

"I'm ecstatic there's actually someone in there taking this on."

- Councillor Robert Lutczyk

expressed concern the building could turn into a rooming house if the hotel project failed.

"It will be a hotel," said Virani, adding that nothing else would be financially viable. "We will not convert it into anything other than a hotel."

The loan is payable over 10 years and, if fully repaid within three years, 25 per cent of it is forgivable. Last March, Virani also received \$550,000 in loans under the city's Central

Business District Renaissance Community Improvement Plan.

Virani and his company have been renovating and rebuilding the property--which included relocating The Refuge and Gate 3:16 outreach centres--

since the summer.

Plans are to open it as a 45- to 50-room hotel this spring.

Hotel chains Howard Johnson and Super 8, among others, have shown interest, he said, adding he is very close to securing a brand.

However, Virani plans to hold off on releasing which company is the forerunner until the deal is finalized.

Virani is also building a 100-room Marriott brand hotel downtown where the Scotiabank building is currently located at 11 Simcoe St.



This King Street East property, owned by Feroze Virani of Heathrow Properties Inc., is expected to be home to a brand name hotel come spring 2008.

Photo by Bruce Jones/The Oshawa Express

Board investigates blunder

BOARD from Page 1

was not employed.

After McCrea resigned her seat as trustee and left the seat vacant, the board agreed to hold a byelection.

Michael Barrett, former chair of the board, won the byelection in April 2007.

Trustee Dolstra said although there were other options available such as appointing the trustee with the second highest number of

votes to fill the vacancy, the byelection was the only way to go.

"Candidates representing a city should be chosen by residents of the city," he said. "It's one reason why I supported the byelection."

Dolstra said he never agreed to pay the bill for the byelection because the blunder was the fault of the city of Oshawa, which should have done background checks on all the registered candidates.

Although the board is stuck with the bill for

now, Dolstra would still like to see what the ministry's investigations show. He said he hopes to see the city of Oshawa reimburse the school board for the byelection bill payment of \$138,172.73.

"I would much rather have the money for the kids in Durham Region," said Dolstra.

The board is awaiting a report back from staff about the provincial ministries' investigation into the byelection.

Summer school enrolment up

By Courtney Duffett
The Oshawa Express

Some 4,300 public school students attended summer school programs last summer making the total enrolment the highest in at least the past five years.

The increase was largely due to a 13 per cent hike in enrolment for the Getting Ready for High school program. This is a program for Grade 8 students making the transition to high school in Grade 9. It aims to assist in their

organization and preparation for the Grade 9 curriculum.

Of the summer school students with Durham District School Board, 3,345 students attended secondary summer schools, an increase of almost six per cent over 2006. The rest attended elementary summer school programs.

"Many students find that to get all the courses they need throughout high school, it's easier to take programs such as co-op during the summer," said Gloria Schwabb, superin-

tendent of continuing education.

Out of the students that attended summer school this year, 98 per cent successfully completed accelerated full-credit, repeat academic upgrading, literacy, numeracy and co-operative education courses.

A total of 914 students successfully completed elementary summer school programs. But there was a 19 per cent drop in enrolment for math and language arts upgrading for Grades 7 and 8 students.

Search on for miniature buyer

By Jessica Verge
The Oshawa Express

Oshawa council may not want the Cullen Garden miniature village but the councillor instrumental in brokering the deal is looking to find them a new home within the city limits.

Louise Parkes, city councillor for Wards 5 and 6, has been working on finding a local buyer for the tiny buildings after council voted earlier this month to sell the collection, which they purchased from the Cullen family for \$234,000 this past summer.

Councillors who supported the decision to sell the former tourist attraction, made popular at Whitby's Cullen Gardens, cited concerns about future tax increases and the financial burden the miniatures, including their restoration and operation, could become.

Parkes says she's had some promising discussions with potential buyers but selling the miniature village as a whole is her main concern.

"I want the collection to remain together," she says.

Parkes says she's offended by councillors

who want to sell the collection piece-by-piece, adding that the last thing she wants is for the miniatures--which include replicas of Oshawa landmarks such as Parkwood Estate, Henry House and Guy House--to be sold off individually through places like the online auction house eBay.

"I'm not going to have the community's collective heart broken," she says.

If Parkes is able to help arrange the sale of the miniatures for their full market value, estimated at \$600,000, their future sale could potentially earn almost \$400,000 in profits.

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Port Hope takes back waterfront from feds

Oshawa harbour users' faith renewed

By Jessica Verge
The Oshawa Express

It was a triumph for one Lake Ontario municipality but not necessarily a sign of things to come for Oshawa.

Following an announcement from the

Ministry of Fisheries and Oceans, Port Hope is taking back ownership of its harbour from the federal government, making the municipality the sole owner and operators of its waterfront.

Whether a similar return is in the cards for Oshawa's harbour is still undecided.

"You can't compare Port Hope to Port Oshawa," says Jason Irani, executive assistant to MP Colin Carrie. "It's a little more complicated."

Unlike the Port Hope harbour, which is considered a small craft harbour, Oshawa's port is owned by the

Ministry of Transport and is a deepwater harbour with heavy industrial uses.

On top of that, the Oshawa harbour, once used as a municipal dump, is in need of a major cleanup before a transfer to the city is possible.

If it was divested to the city, Oshawa's administrators and the federal government would have to reach an agreement about what state the land would have to be in prior to the transfer.

"It's not an easy fix," says Irani, adding that "the wheels are starting to turn."

Back in September, Transport Minister Lawrence Cannon appointed former Toronto mayor David Crombie as the federal representative and facilitator of discussions concerning the divestiture of the Port of Oshawa.

Irani says the first round of Crombie's meetings with harbour stakeholders is over and, so far, it's been a positive process.

While Crombie's presence doesn't guarantee a divestiture for Oshawa, he is developing a governance structure and will make his recommendations back to Cannon by February 2008.

Irani expects Cannon will respond quickly and Oshawa will learn how the harbour plans are moving forward by the spring.

In the meantime, Port Hope's progress is a good sign for some.

Larry Ladd, chair of the Marina Users' Group, believes that while the two ports fall under different federal departments, any divestiture could set a precedent.

"We're definitely hopeful," he says.

Tree-lighting ceremony set

The City of Oshawa is getting into the holiday season. The city will be lighting its Christmas tree at the annual lighting ceremony on Nov. 15.

The lighting ceremony, which will take place at

Memorial Park at 6:45 p.m., promises to be fun for the whole family.

The night will feature live entertainment by Terry and Rick as well as the O'Neill Collegiate Choir singing traditional holiday tunes.

Kids will also be able to mail their letters to Santa in a specially marked mailbox and free hot chocolate will be served. The night will conclude with the lighting of the Christmas tree.

The Oshawa Public Library will be holding more festivities after the ceremony at the McLaughlin Branch. The Bruce Gorrie Trio will be on hand performing holiday jazz music. Fresh cookies, coffee and juice will also be provided.

Memorial Park is located at Simcoe Street South and free parking is available in the municipal lots after 6 p.m. The McLaughlin branch is a short walk from the park, at Centre and Bagot Streets.

Businesses showcased

The spotlight will shine on local businesses for the upcoming DHSBA Trade Show Nov 7.

More than 50 businesses will showcase their services and products offering businesses a chance to network as well as pick up tips for the future.

The event located at the Jubilee Pavilion takes place from 6 to 9 p.m.

Admission is free but organizers request a donation of two non-perishable food items for the John Howard Society.

Jubilee Pavilion is located at Lakeview Park and can be reached by foot from Simcoe Street.

For more information on the trade show visit www.dhsba.com, email info@dhsba.com or phone (905) 728-2899.

Veteran recalls brutality of world war

VETERAN From Page 1

"Throughout the course of the battle, we got into a situation at Coriano Ridge," said Wilson, thinking back to the time of the event. "It was bad there; there were shells everywhere."

Wilson said that his battle captain had lost his tank and took over Wilson's. Wilson moved down to be the gunnery loader operator and kept sticking his head out to see what was going on in front of him.

Another tank up ahead had been ordered to cross over to the next ridge. On this tank was Vernon D. Bradgley, one of Wilson's good friends who had joined the armed forces with him and travelled together.

"All of a sudden I see two huge flashes, almost like a bright sun, dropping down onto the tank," said Wilson.

Bradgley's tank had been hit but all Wilson could do was to keep loading shells. He was devastated.

Out of the 12 friends that had joined with Wilson in Toronto back in 1940, all had survived the war except Bradgley.

The very next morning, Wilson said that his battle captain, Captain Classy, had gone for a walk around their base.

"He was a brave man," said Wilson, adding that the Germans were everywhere and he was surprised that the captain had even come back alive.

After coming back to gather the men and explain what they were going to do that day, Wilson looked up to see a small black dot in the sky.

"And what goes up must go down," said Wilson. As the shrapnel from the explosive was about to rain down on them, Wilson yelled "Dive!" Those who remained standing were wounded.

"There was screaming all around," said Wilson, adding one man had gotten a piece of shrapnel lodged in his lower leg and another in his knee.

"I never saw the battle captain again after that," said Wilson.

After Canada had worked its way up through Italy, the Canadian army decided to fight as one

unit and Wilson and the other troops boarded landing ship tanks, which took them to southern France. From there, Wilson took a train into Belgium.

"Our first action here was in Holland," said Wilson, adding that this was in 1945. The war was nearing an end by this time.

One thing Wilson could remember was that the Germans were particularly skilled at setting booby traps.

"When (the Germans) saw a group walking past where they had been, they would blow it up," said Wilson. He described the horrors of seeing bodies flying up in the air after his comrades hit the traps and then having to go around picking up the parts.

"I was very lucky for a person who wasn't really supposed to go into action in the first place," said Wilson.

He said before he left for the war, his mother gave him a Bible, which he kept in his chest pocket. Today, that Bible sits on his nightstand.

Wilson has been married 60 years to his wife to whom he was engaged before heading off to war. They had five children, four girls and one boy.

Wilson can't help but think of how times have changed since he fought overseas.

Referring to Canada's role in the war in Afghanistan he says: "Canada is doing a good job over there." He regrets that so many Canadian soldiers have been killed, "but that's war," he said.

And with Remembrance Day just around the corner, Wilson can't help but think that the soldiers that are fighting today deserve every bit of recognition that veterans of his era do.

"They're out there risking their lives, so when they come back here they are vets too," said Wilson. "I think they're doing a lot of good over there."

This Sunday even though Wilson can't march with the other vets for that part of the annual Remembrance Day ceremonies, he will stand up at the cenotaph at Memorial Park in Oshawa to mark the day. With a heavy heart, he will remember those who paid the supreme sacrifice for Canada at



Photo by Kristina Smith/The Oshawa Express co-op student

Bus Wilson sits in front a mural commemorating the soldiers that fought in Italy during the Second World War.

war.

"I never miss it," said Wilson.

Giving thanks to veterans

Columnist



Bob Hooper

It boggles my mind that people I do not know died, or were seriously injured for me.

In the age of free willy, freezers, freestyle, freehandedly, free thinking, free nilly, and freeways, we have freedom.

When an uncle lied about his age to be able to enter the army during WWII that was one thing. But to become a stretcher-bearer and pick up his buddies in front of enemy fire was another thing. (No medals awarded.) How well I remember as a little boy him telling me about shrapnel in his body.

We indeed should have an underlying sense of thankfulness. It should manifest far beyond the confinement

of a single solitary day in November for a Remembrance Day instituted in 1919.

The choices we make in life to buy, sell, work, educate, vacate, rest, travel, all were paid for with someone's confinement to beds or wheelchairs.

That blood given following government orders has and will pave the way for a free society in our free world.

No human being would ever state emphatically that they don't want to be free. "Peace" is emblazoned unknowingly to each of our foreheads. We want it, we long for it, we fight for it, and we live for it.

That poppy here in our dominion, as significant as it may be, is only a part of our eternal thanks.

As we stand still, as we think and ponder the moment in that day on the 11th, God help us all to indeed be thankful and to be ever mindful of what exactly has and is taking place.

In the pit of every person is a yearning, a longing to be able to live at peace, not in a turbulent society and not have to face hostility any longer.

Why in the First World War were men fighting without a sole on their boots, and freezing in foxholes?

We could never comprehend what they did for others.

No Hollywood blockbuster with all its sound effects could ever depict reality as hundreds of thousands fell, only a few years ago and some are still being blown up.

Every sermon you take in. Every vote you make. Every morsel of food you buy to eat. Every breath you inhale. Every rainbow you stare at was all paid for with blood.

Humans dying for humans so that somebody's tomorrow could be free! When you see those license plates, or medal laden chests give them the big thumbs up.

For without their efforts and others, our world might very well be a much different place. In each day, reflect on it all and breathe a prayer of thankfulness as you go about your daily tasks. Some of us have never seen a barrage of bullets, tank explosion, fallen aircraft or a ship under fire.

And to that I say, "Thanks for that!"

Upcoming meeting for DRAVA members

The Durham Region Association for Volunteer Administration (DRAVA) is holding its next membership meeting on Nov 8.

The meeting will take place at 3800 Brock St N in Whitby. The day will begin at 8:45 a.m., where networking time will be given. The business portion of the meeting will start at 9:45 p.m.

The meeting will also feature Tracy Fardy and Alison Hountalas from the Region's Social Services Department. They will be delivering a presentation

entitled "Social Service Volunteers- An Untapped Resource."

51 locally based agencies are members of DRAVA. The organization gives the chance for those in the volunteer administration sector to meet and discuss with others as well as learn more about the field.

To become a member of DRAVA, contact Membership Chair Kirstine Farmer at (905) 434-1691. Information can also be found online at www.drava.org.

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With each passing day, month and year, we are losing one of Canada's greatest natural resources.

The youngest of Canada's world war veterans who made great personal sacrifices so that we can enjoy our freedom, are now into their eighties.

Unfortunately, their invaluable stories and memories are being lost to the ravages of old age—namely disease, disability and death.

That's why we have no time to waste expressing our gratitude to these noble souls—these primary sources of our proud Canadian military heritage. Before long all we will have are sanitized, impersonal secondary source versions of their lives and accomplishments in textbooks and old newspaper clippings.

Not all wish to share their stories. Many veterans keep their disturbing memories of the horrors of war safely tucked away in the recesses of their mind.

It's a right they have justly deserved.

Some will share their stories with only certain people like journalists, historians or their army buddies.

Others never tire of telling the same anecdotes over and over, remembering snapshots of their past in vivid detail despite a lifetime that has passed.

Their views of the war and the role they played in them are as unique as their individual names, personalities and circumstances.

But what often becomes obvious in talking to war veterans, as reporter Courtney Duffett and co-op student Kristina Smith did recently, is that there are common threads that bind them together every Nov. 11th, Remembrance Day.

They express silently or vocally a very real gratitude for anyone who has worn Canada's uniform in Canada's past or present. They do so by simply showing up at public memorial ceremonies.

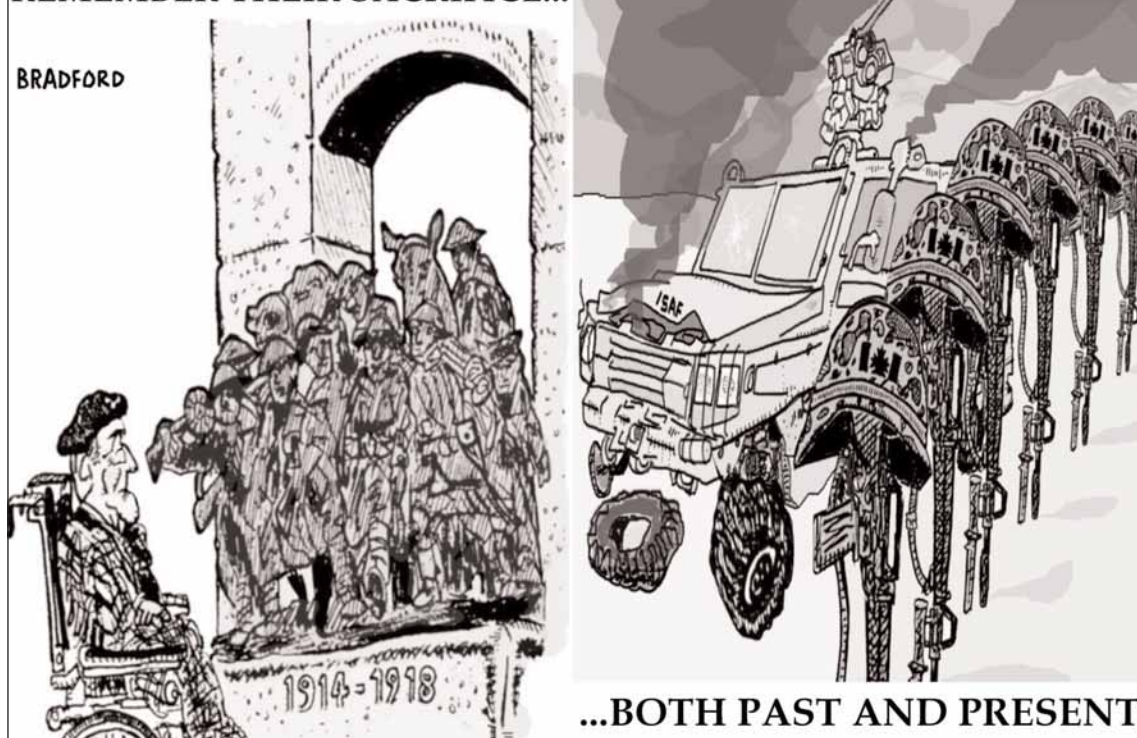
As local war vet Bus Wilson says Canada's present-day military team, many fighting a brutal war in Afghanistan, deserve the same sort of recognition, respect and honour vets of previous conflicts and wars deserve.

As we reflect on Canadians' contributions to the wars against terrorism, or Nazism and other evils, we should make every effort to attend public ceremonies that mark their efforts.

Oshawa has one at Memorial Park's cenotaph starting at 11 a.m. Sunday.

It will be an invaluable chance to rub shoulders with true heroes and personally pay homage to those walking among us who have done their part to ensure we never forget.

REMEMBER THEIR SACRIFICE...



Letters

Cleaning up some bad habits

Opinion



Courtney Duffett

Think about how many things you touch in a day, how many doors you open, handles you turn, keyboards you type on, and then think about how many people touched them before you did.

Are your hands still clean?

Germs are on everything and spread so quickly. Washing your hands with soap and water is one of the most important methods used to prevent the spread of germs from one person to another.

So when you go out in public and want to use a public washroom, you would think that the washrooms would have soap.

Well, just the other day (without mentioning any names), I decided to go out for dinner and before sitting down to eat, I visited the ladies' room to wash my hands. This washroom was the only women's washroom in the Oshawa

restaurant and the soap dispenser was bone dry.

I was dumbfounded that a public place with many employees that serves food to hundreds of people every day, had no soap in the washroom. It made me wonder about how clean the restaurant, part of a popular chain, the people and the food being served could really be.

With all the health risks out there such as hepatitis, AIDS, and the pending influenza season upon us, germs and health care should be the number one priority, especially at restaurants and other public places. These places should be the first to realize the risks.

When I got back to my table and told one of the waitresses about there being no soap in the washroom, yes, she took my concern into consideration and said it would be addressed, but that didn't change my feeling about the restaurant itself. Cleanliness is key, especially when dealing with the public.

In October, a fast food restaurant in Calgary closed its doors after it was learned a customer contracted hepatitis A, an infectious disease of the liver that's often spread through contaminated food. An employee of the restaurant was said to have contracted the disease

during recent travelling.

If in fact the disease was transferred from the employee to the client (this has not been proven), one wonders if this could be due to the fact that the employee failed to wash his or her hands properly, if at all.

Because of this scare, hundreds of people who ate at that restaurant during a two-week period in October must be tested and/or vaccinated for the slight chance that they too may have contracted the hep A virus.

The majority of people these days have jobs and busy lifestyles and don't always have time to go home to cook gourmet meals, in which case fast food and other restaurants present the quick and easy answer.

There may be many people out there who still may not know or care about personal hygiene, but hopefully cooks, waiters and restaurateurs that we entrust to handle our food, realize it's important to take matters into their own hands by washing up before preparing or eating or at least providing the soap to do it with.

What goes up must come down

Dear Editor:

Approximately 70 per cent of the garbage burned in an incinerator is split up into teeny, weenie particles and forced up the chimney. What goes up must come down — garbage everywhere. The remaining 30 per cent becomes ash, part of which is very toxic.

If the incinerator burns for 25 years where is the ash going? By 2036 it's going to be a horrendous mountain. It will leach into the water table contaminating the

drinking water.

The public information sessions are a farce. They take place only because the Environmental Act states that the public must be consulted.

The EA act does not state that true factual information must be released to the public in answer to questions asked. A simple answer that everyone understands is never given.

An incinerator should not be considered until an ash site has been obtained. Otherwise it is pos-

sible that Clarington will also have the ash site and be an impossible place to live due to air pollution.

The ash site must be available for the duration of the active life of the incinerator. No municipality will accept that much waste from outside its boundary.

Taxes are expected to increase \$300 to \$400 next year. Between recreational facilities and garbage Clarington will be bankrupt.

Shirley Crago
Courtice

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Carmela Vendenburg, a nurse with Comcare, gives Andrew Stewart his flu shot at the Oshawa Centre through a clinic set up by the Durham Region health department.

Flu shot offered

By Courtney Duffett
The Oshawa Express

It's that time of year when the temperatures drop as the season of sneezing, wheezing and runny noses takes hold.

Oshawa resident Andrew Stewart is one of many preparing for the onslaught of viral bugs by getting his flu shot.

"I didn't get the flu shot last year and got the flu two times," said Stewart, adding in previous years he had a flu shot and managed to stay flu free. He's hoping this year's shot does the trick again.

"The peak influenza season is generally between November and April," said Jennifer Stinson, a public health nurse with Durham Region health department, adding that the free influenza vaccine is created to 'prevent the flu.'

According to Stinson, the vaccine is effective for about 70 to 90 per cent of healthy people under the age of 65 and helps prevent severe illness in those aged 65 and older.

Stinson said that new vaccines for the influenza virus are created every year because the influenza strains are always changing.

"Even healthy people can become very sick (without the vaccine)," she said, adding that the number one complication is pneumonia. And even if people feel healthy, the influenza virus can still be spread to others.

The number one myth about the influenza vaccine is that people will get the flu virus after receiving the vac-

cine.

"The vaccine does not contain a live virus," said Stinson, adding that there may be side effects to the vaccine that some people may mistake for an illness.

Like many vaccines, side effects to the influenza vaccine can include soreness, redness, swelling, fever and muscle aches, which can last one to two days.

Last year, Durham Region health department vaccinated more than 10,500 people, not including those vaccinated at private health care practices.

And since the campaign began eight years ago, Durham Region health department has averaged about 12,000 vaccinations every year.

"I would love to see that number higher," said Stinson.

Despite the fact that the vaccine helps to prevent the influenza virus there are certain people Durham Region health department recommends not receive the vaccine.

The vaccine is not recommended for anyone aged six months or younger, those with a serious reaction to a previous dose, those with a serious reaction or allergy to eggs and those with high fevers.

And even though anyone can get the vaccine, the flu shot is recommended for high risk groups including those aged six to 23 months, the elderly aged 65 and older, anyone with a chronic disease, residents in long-term care homes, anyone exposed to the elderly or any other high risk group and women in all stages or pregnancy and women who are breast feeding.

Durham Region health department is offering free influenza clinics throughout Durham Region for all residents aged six months and older.

Weekday clinics at Durham Regional headquarters in Whitby are located on the second floor in the health department are by appointment only from 9 to 4 p.m. Clinic dates include Nov. 19, 26, Dec. 3, 10, 17 and Jan. 7 and 14.

Walk-in clinics at Durham Regional headquarters, 905 Rossland Rd. E. in Whitby, are located on the main floor level from 2 to 7 p.m. on Nov. 9, 16, 23, 30 and Dec. 6.

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The evening will feature a buffet dinner, door prizes and a silent auction. Net proceeds from the event will be for our **SOS FUND**. All nominees, nominators & sponsors will receive recognition at the pre-event **Nominees Reception**.

November 15, 2007 will also serve as the first distribution from our **SOS FUND** to women living in crisis situations in Durham Region. Applications to qualify for the Fund, will be approved by our **Special Committee** prior to November 15, 2007.

For information on the Nomination Process, to participate as a sponsor or a prize donor or to attend the event, call Monica at 416 - 564 - 7196 or Barbara at 905 - 441 - 3364.

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Memorial honours loved ones

The Bereaved Families of Ontario-Durham Region is holding their Annual Memorial Service on Nov. 29 to honour the memories of loved ones who have passed on.

Individuals can pay their respects with a hand-made angel, which will be hung on the tree of light.

These angels will bear the names of a loved one and a memorial plaque will be on display beside the tree with all the names of the angels.

The memorial service will take place at the Durham District School Board, located at 400 Taunton Rd. E. at 7:30 p.m.

Participants are asked to provide a donation for the "tree of light."

These donations will go towards the organization's supports and services, that are aimed at helping families who have suffered a loss.

For more information on the service or to obtain an angel contact the Durham chapter of the Bereaved Families Of Ontario by email at bfodurham@bellnet.ca or by phone at (905) 579-4293 or 1-800-387-4870.

Region passes flu pandemic test

Durham proved it has the right stuff to handle an influenza pandemic, if one ever broke out.

Durham Region staff, eight local area municipalities, community organizations and private businesses recently participated in a simulated pandemic influenza exercise in Oshawa.

The exercise was organized as part of the Region's ongoing emergency management training and exercise program.

About 250 senior managers, planners and emergency response staff from across the community participated in the exercise, which was based on the potential of a worldwide outbreak of a new type of influenza virus.

"Durham Region continually works with its

community partners to ensure they are prepared in case of any large-scale event or emergency," said Ivan Ciuciura, director of the Durham Emergency Management Office (DEMO). "For this exercise, our focus was responding to an outbreak of pandemic influenza."

The aim of the exercise was to practice and evaluate the integrated capabilities of support organizations when dealing with an influenza pandemic, a worldwide outbreak capable of causing serious illness and potentially death.

"Durham Region Health Department has plans in place to play a lead role in a pandemic health emergency," said Dr. Robert Kyle, Durham Region medical officer of health. "Cooperation is required with all community

partners to ensure that the potential effects of a pandemic influenza can be reduced and essential municipal services maintained."

The pandemic exercise also included participants from Durham Regional Police,

Emergency Management Ontario, Go Transit, pharmaceutical suppliers, long-term care providers, Durham College and the University of Ontario Institute of Technology, local school boards and hospitals.

Author to discuss Vimy Ridge

To commemorate the victory at Vimy Ridge in the First World War, author Ted Barris will discuss his book on the topic at Simcoe Street United Church Nov. 16.

Barris wrote the best selling book *Victory at Vimy: Canada comes of Age, April 9-12, 1917*.

His presentation will explore the efforts and heroic moments of the pivotal four-day operation as well as reflect on the sacrifices of Canadian soldiers.

This year marks the 90th anniversary of the battle, which has been described as a huge Canadian military accomplishment and a major turning point in the war.

The presentation will be at 7:30 p.m. Admission is \$5 for stu-

dents and \$10 for adults. Tickets can be purchased beforehand or at the door.

Simcoe Street United Church is located at 66 Simcoe St. S., on the corner of Bagot and Simcoe Street. For more information or to purchase tickets, contact the church office at (905) 728-8143.

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YOU are in the drivers' seat of your own time. Whether you want to 'go, go, go' or 'just take it slow', we have programs to suit you! It's "Life at Your Speed" because Oshawa Senior Citizens Centres is all about choice. The fall guide is now available at the OSCC Branches (43 John Street, Northview and Legends).
Choose to learn how to get the most from the computer or cardio salsa. Explore your artistic side with oil painting. Catch up with friends at cards, or meet new ones over a cup of hot coffee in our dining rooms. Have your feet cared for, or blood pressure checked.
Choose to volunteer and make a difference in your community and to yourself. Whatever your interests, there is something for you at OSCC.
Choose to call the Oshawa Senior Citizens Centres (905-576-6712) or visit www.OSCC.ca on the web. Come in to any of the three branches and visit or ask to have the Fall Guide sent to you. At the Oshawa Senior Citizens Centre it's about you and you enjoying your time.

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<p>2001 Volkswagen Beetle Manual, loaded, 80k, \$14,888.</p>	<p>2006 Chevy Cobalt Auto, A/C, CD, 43k, \$13,950.</p>
<p>2006 Pontiac Montana Auto, Air, 40k, \$15,950.</p>	<p>NO CREDIT? BAD CREDIT? Call Jose & Duane for Details! 905-571-5420 <small>ask for used cars</small> Durham KIA Previously Owned Vehicles 520 Taunton Rd. E.,</p>

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EVERYONE'S APPROVED*

<p>2005 Dodge SX 2.0 Auto, Air, 52k, \$10,888.</p>	<p>2002 Buick LeSabre Auto, A/C, 108k, \$12,888.</p>
<p>2003 Honda Accord LX Auto, A/C, 68k, \$16,888.</p>	<p>NO CREDIT? BAD CREDIT? Call Jose & Duane for Details! 905-571-5420 <small>ask for used cars</small> Durham KIA Previously Owned Vehicles 520 Taunton Rd. E.,</p>

Annual Christmas Tree Lighting Ceremony

Thursday, November 15, 2007
6:45 p.m. at Memorial Park

Terry & Rick "Just For Kids" ●

O'Neill Collegiate Choir ●

Free Hot Chocolate ●

Visit from Santa ●

Join the Oshawa Public Libraries following the event:

The Bruce Gorrie Trio (Holiday Jazz)

Coffee, juice & homemade cookies from Aunt Audrey's Favourites Cakes & Desserts

Join in raptor watch

Get out your binoculars and look up...way up at Cranberry Marsh.

Hawks, eagles, vultures and other raptors will be flying high across the conserva-

tion area.

Located in the Lynde Shores Conservation Area in Whitby, Cranberry Marsh will see hundreds of raptors pass by as they migrate for winter.

People are encouraged to come out from now until the end of the migratory season in late November.

"Raptor watching is something the whole family can enjoy and no special equipment is required, however, binoculars are a definite asset," said Patricia Lowe, Director of Outreach Education at Central Lake Ontario Conservation.

The southern viewing area at Cranberry Marsh offers a great chance to see the birds, with a 180-degree view of the landscape.

The best days for sightseeing are those when the sun is out or it is overcast, with no threat of rain and there is a northwest wind.

The Cranberry Marsh viewing area is located on Halls Road, south of Victoria Street and east of Lakeridge Road. A donation of \$1 is requested for parking.

Contact Doug Lockrey at lockrey33@rogers.com to take part in the Raptor Watch.

We invite you to...

Kir Royale

The Oshawa Durham Symphony Christmas Party

Sunday, November 25th 2007, 7:00 to 9:00 pm
The Gallery Café, Robert McLaughlin Gallery Civic Centre, Oshawa

Entertainment: The Prize-winning 'Random Notes Youth Choir'
Just returned from Ray Thompson Hall

Cocktails & Hors D'oeuvres:
Chef Simon of the Gallery Café

Tickets: \$50.00

Reservations: Lisa Weiss
Telephone: 905-433-3939
Email: contact@odso.ca
On-Line: www.odso.ca

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no cleanup!
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any day of the week!

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- party hats and placemats
- goody bags with party favours
- birthday cake with candle
- fun party games
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i'm lovin' it

see manager for details

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Region wins waste award

The Region's efforts to go green have paid off in more ways than one. The works department was recently awarded a Gold Excellence Award from the Solid Waste Management Association of North America (SWANA) for their waste disposal plan.

The Region's new "Integrated Waste Management Plan" was honoured in the category of Communication, Education and Marketing.

This initiative first began in June 2006 when 130,000 green bins were delivered to residents in Pickering, Ajax, Whitby and Oshawa.

The campaign is the largest one ever undertaken by waste management and since then the amount of waste collected has been cut down by 50 per cent.

"We are honoured to be recipients of SWANA's Gold Excellence Award," said the Director of Waste Management, Mirka Januszkiewicz. "Through focused communications about our waste management programs, we encourage our residents to participate in reaching our communities' waste diversion goals."

The award ceremony was held at SWANA's annual solid waste exposition on Oct. 18 in Reno, Nevada.

The Gold Excellence Awards aim to honour waste disposal plans that are not only beneficial to the environment but also work for the communities.

For more information on Durham Region's waste management services, visit www.durhamregionwaste.ca or phone (905) 579-5264 or 1-800-667-5671.

Durham transit survey launched

Local transit users will have the chance to voice their opinions as part of a customer survey.

From now until Nov. 19, Durham Region Transit (DRT) is surveying customers to find out about their travel patterns, preferences and any needs they have that should be addressed.

This information will help the DRT in making future changes.

The study is the first of what DRT hopes to make an annual fall survey. Over time, this information will allow the company to establish and recognize trends and see the impact of any changes made to its services.

Customers can fill out the surveys in a variety of ways. All DRT buses as well as ticket sales booths will have copies available for passengers to fill out and return. The survey will also be available online at www.durhamregiontransit.com. Passengers can then submit these surveys to an operator, fax it to (905)666-6193 or mail it to Durham Region Transit Commission, 605 Rossland Rd. E., Whitby, L1H 3T2.

Anyone who needs assistance with filling out the survey can contact Customer Service at (905) 571-1222.

KATHLEEN SAXE

WORD GAME

TODAY'S WORD — URBANITY

(URBANITY: ur-BAN-ih-tee: Refined courtesy or politeness; suavity.)

Average mark 30 words

Time limit 45 minutes

Can you find 49 or more words in URBANITY?

Oct. 31 Word Game Answers

paella	peal	plat	leap	tape
pail	peat	plate	leapt	teal
palate	pelt	plea	lilt	tell
pale	petal	pleat	ileal	tepal
palea	pieta	plie	tail	tile
pall	pile	alate	tala	till
pallet	pill	alit	tale	
pate	pita	lapel	tall	
patella	plait	late	tapa	



Express My Perfect Pet

To have your pet included in The Oshawa Express My Perfect Pet, please send a photograph of your pet To: The Oshawa Express, 600 Thornton Rd. S., Oshawa, ON L1J 6W7 or email: news@oshawaexpress.ca

Photos will be available for pick up at this location.



Jasmine is a one-year-old Himalayan. She loves to sleep her days away.

The Oshawa Express would like to remind its readers to still send Echo Baby pictures in to run bi-weekly to the new Express Perfect Pet feature.

The secret of Christmas shopping

Columnist



Bill Fox

Christmas decorations and sales have filled many of our stores well before Halloween this year. Personally, I like to get past Halloween and then Remembrance Day, before I even contemplate Christmas and the inevitable Christmas rush.

When my four sons were younger, I would semi-seriously consider putting off Christmas shopping until Boxing Day sales or even later.

In my mind this would lead to less stress and certainly less cost. It would have also helped my family to focus on the "real meaning" of Christmas. Every year as I enter the Oshawa Centre and other malls at Christmas, I am reminded of ants in colonies, all bustling in and out going about their business.

I woke up in the middle of the night recently, almost in a cold sweat contemplating Christmas shopping. Then it occurred to me that I was given the secret of Christmas shopping many years ago.

In Richmond Hill there is a special home for the intellectually disabled. It is called Daybreak. It was started by Jean Vanier, as part of his network of L'Arche homes. In my mind Vanier is a living Saint. A child of privilege, his father was Governor General George

Vanier.

Jean's life's work has always involved the less privileged. In the dark ages before the 1970s, intellectually disabled children were sometimes put in institutions for their entire lives because there were no support systems for them.

Even though Vanier is now approaching 80, he still returns to Canada to give talks, meet the residents of his homes and inspire Canadians to live simpler lives. Sister Sue Mosteller used to work and live with the handicapped adults in Daybreak. She is the one who related to me the secret of Christmas shopping. As best as I can recall, I share the details now with you.

A day was planned in December for many of the handicapped residents and their assistants to go to Yorkdale to do their Christmas shopping. Each assistant was given a group of four or five residents to accompany for their shopping.

Towards the middle of the afternoon, the day had been a success and most of the shopping had been completed. Sister Sue asked the other assistants to take her charges back home to Daybreak because she was having difficulty with 'Bill'. Now Bill was in his mid-fifties which is often considered old for people with Down's Syndrome. So Bill was slow, but despite being mentally challenged he was still quite sharp in his thinking.

Sister Sue devoted the rest of the afternoon to completing Bill's Christmas shopping. Bill had just one person left to shop for. It was his aunt. As they went through the mall, Sister Sue would offer suggestions to Bill. A

nice lamp would be welcomed, she thought. Bill pondered and related that his aunt had enough lamps. What about a comfy sweater? Bill did not think his aunt needed a sweater, and besides he was not certain of her favourite colour or her size.

In the crowded mall, Sister Sue became increasingly impatient and frustrated at the lack of success in buying a gift for Bill's aunt. Then it occurred to her that this man with limited mental abilities was teaching her a very important lesson about the art of giving. Bill was focused on buying a very special gift for his aunt. It was not suitable just to pick up anything from the mall to appease his aunt or Sister Sue for that matter. It was a gift from her nephew, Bill, and as such had to be special.

I thought of years gone by when I was buying gifts especially for my Dad. Now I am in the same position as my Dad was then. What do I NEED for Christmas? What did my Dad need then? One Christmas I saw one of those coin banks, which contain golden cylinders appropriate for different coin denominations—one stack for quarters, nickels, etc.

I was not sure that my Dad NEEDED such an item, but I knew he did not have one, and besides, it was on sale.

That coin bank now sits on MY dresser, given to me many years later from my Dad as he tried to reduce the 'clutter' in his home.

So if you have not yet figured out the 'secret to Christmas shopping' I will expand on it in my next column or if you are desperate you can e-mail me at "BillFoxExpress@hotmail.com".

The Stars Say...



ARIES: March 20 to April 19

This is a great month for love, romance and socializing with friends. Develop a smart budget plan. Protect your valuables. Enjoy a movie on Saturday.



TAURUS: April 19 to May 20

Get fit, you will look better and feel better. Relationships and finances improve considerably. Attend a work related special event. Shop on Saturday.



GEMINI: May 20 to June 21

Impatient to improve your income potential, you are also looking at ways to cut back on personal expenses. This is a good time to get started on a new work project.



CANCER: June 21 to July 22

Complete an unfinished home decorating plan, but be prepared to make revisions if necessary. Start to get ready for the holidays. Spend special time with a child.



LEO: July 22 to August 22

Check out books on Feng Shui, the Chinese Art of placement and harmony. Rearrange your furniture and find new ways to make your home life more comfortable.



VIRGO: August 22 to Sept 22

You could receive a gift from a friend or have a loan repaid. Find time for social activities. Write letters, send e-mails, call relatives or do some journaling.



LIBRA: Sept 22 to Oct 23

Financial matters demand your attention. If your bills are piling up, make an effort to pay them off. You could be in line for a raise in salary or a step up the corporate ladder.



SCORPIO: Oct 23 to Nov 22

An educational goal may have to be put on hold until next year. You will achieve your greatest success through your leadership and drive. Book a day at the SPA.



SAGITTARIUS: Nov 22 to Dec 21

Now that Mercury is moving direct, you have more time to socialize and participate in activities with friends. Try to schedule quiet time for self-renewal.



CAPRICORN: Dec 21 to Jan 19

Good month to network and make new business contacts. Reconnect with old friends you have not seen recently. Take steps to increase your business income.



AQUARIUS: Jan 19 to Feb 19

After Nov. 11, your ability to communicate with co-workers, bosses and clients improves immensely. Make plans for a romantic getaway. Don't hide your feelings.



PISCES: Feb 19 to March 20

Avoid people who want to control you at work, let them resolve their own differences. Read and learn as much as you can. Attend a seminar. Visit a travel agent.

The Stars Say is provided by Joan Ann of Oshawa. For personal readings, call 905-725-9179 or visit her website at www.astroconsultation.com

Hospital plans renovations

Upgrades needed at cancer centre

Lakeridge Health Oshawa has taken a step forward towards redevelopment.

The hospital has begun its search for the right group that will be responsible for the financial and construction aspects of the redevelopment.

The initiative will see the construction of two additional floors on the south end as well as renovations to the six in-patient floors of the Cancer Centre at Lakeridge Health Oshawa.

The A Wing as well as the Central Service and Reprocessing Department will also be getting some attention.

"In just three years this will be the site of one of the most up-to-date hospitals in the province, and one that is better able to meet the needs of the region's population growth," said Chair of the Board of Trustees, Marion Saunders. "The expansion will bring care closer to home for patients across the region."

The renovations will see improvement to the in-patient services of the hospital, specifically the Medical/Surgical, Rehabilitation

and Mental Health Department. The improvements will also allow Oshawa to receive more emergency and ambulance visits from other areas.

"These new patient care areas and beds will allow us to fully utilize the recently opened North Wing and improve our capacity to receive patients from other hospitals who require more specialized care," said hospital chief executive officer Brian Lemon.

Candidates for the renovation will be selected on merits of construction experience, qualified workers and financial ability.

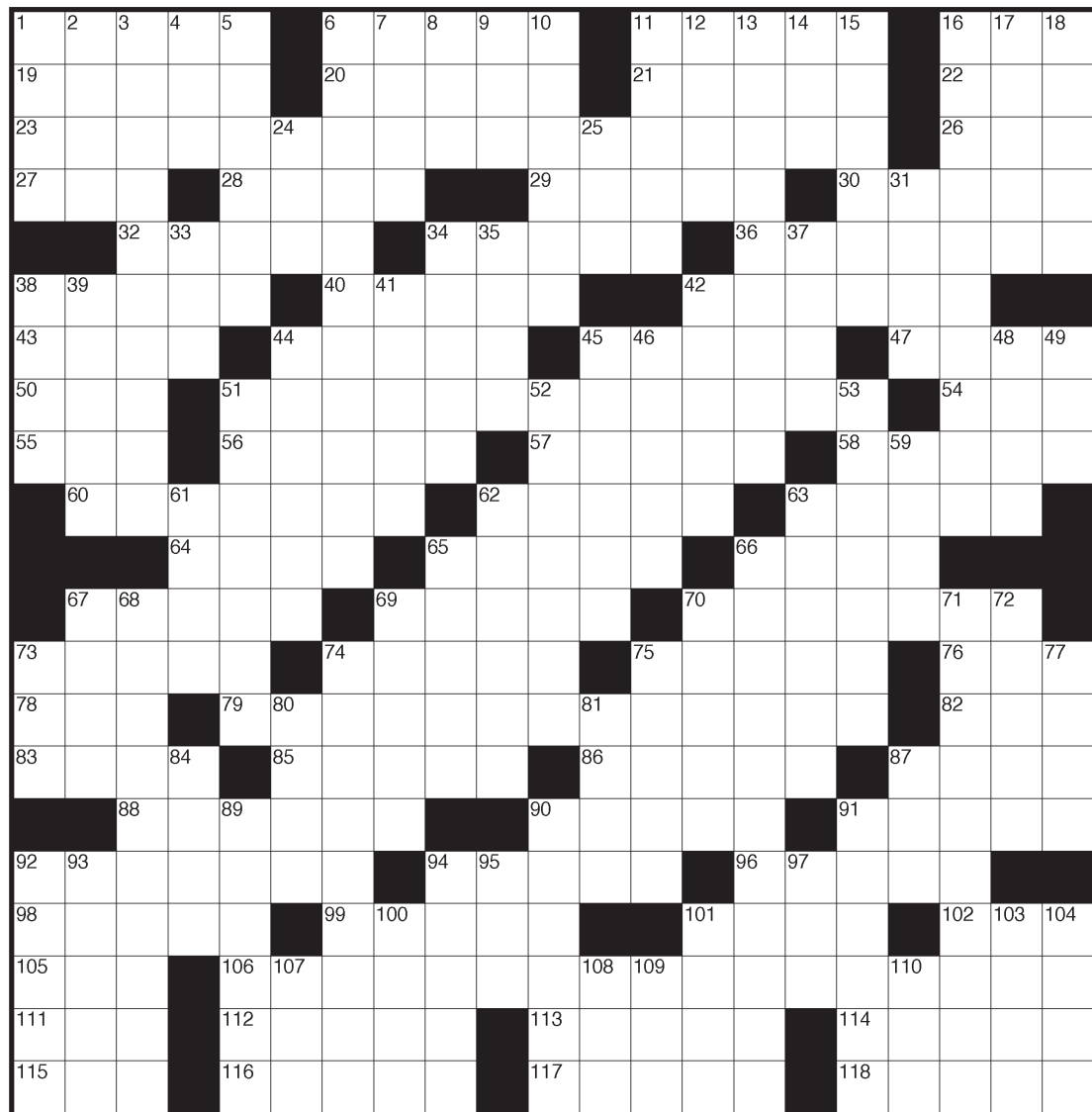
Groups that are short listed for the project will then be asked to go through a proposal process.

Lakeridge Health will continue to retain ownership and operation of all its facilities, including any new additions to the Oshawa location.

The redevelopment process is a joint effort between Lakeridge Health, Infrastructure Ontario and the Ministry of Health and Long-Term Care.

Infrastructure Ontario is an organization run by the Crown that handles large infrastructure projects in the province. Its role is to ensure that these endeavours remain on schedule and on budget.

THEME CROSSWORD



ALL IS FORGIVEN

ACROSS

1. Ordeal
6. Money in Basel
11. Computational device
16. Cal. abbr.
19. Wash a little
20. Rope for roping
21. Wood for cabinets
22. Abbr. in a military address
23. Start of a quip by Errol Flynn: 5 wds.
26. Form of "John"
27. Golly!
28. Do a gardening job
29. Breed of English cattle
30. Chucklehead
32. Respond
34. Plane with no pilot
36. Peaked
38. Set out (with "forth")
40. Less constrained
42. Cheat
43. Cupid
44. "If looks — kill..."
45. Greek dialect
47. Litter's littlest
50. Salesman
51. Part 2 of quip: 4 wds.
54. Bill and —
55. Topnotch
56. Model T's
57. Ganache
58. Willow rod
60. Judge
62. Relative of a fin or sawbuck
63. "Cheers!"
64. Got with difficulty (with

DOWN

1. Math branch
2. Overabundant
3. Unwelcome one
4. Volcanic output
5. Latitude
6. Like a sprinter: hyph.
7. Foray
8. Beast of burden
9. CIA relative
10. Andean vulture
11. Too good for
12. Flintstones pet
13. Downpour's result
14. Outer: prefix
15. Kind of scholar
16. Island near Martinique
17. Swiftly
18. Like healthy muscles
24. Chronicle: abbr.
25. Hankering
31. Addict
33. Overhead railways
34. Fleur- —
35. Make over again
37. Paddy
38. Body fluids
39. Betel palm
41. Hearsay
42. Beldam
44. Sloping troughs
45. Stage settings
46. Overlooks
48. Carolers' song
49. Hill
51. Resort district on Oahu
52. Apple variety
53. John Lennon's
65. Brews
66. Horny covering
67. Orbital point
69. Genus
70. Downgrades
73. Bottle
74. The March King
75. Samuel L. Clemens
76. Clock numerals
78. Drink, in a way
79. Part 3 of quip: 4 wds.
82. Plus
83. Bewildered
85. Financial concern
86. "La — Vita"
87. Like breakfast dishes
88. Old movie done over
90. Sao —
91. Roll
92. Trespass
94. Navigational aid
96. Wed
98. Letter embellishment
99. Wild
101. Tiny colonists
102. Knock
105. Cry of discovery
106. End of the quip: 5 wds.
111. — Ben Canaan
112. Notions
113. Took an oath
114. Provide meals for
115. — -de-sac
116. Wants
117. Be respectful of
118. Fine-tune
84. Gas: prefix
87. Dine
89. Breakfast item
90. A little wan
91. Cut in half
92. Father of Jacob and Esau
93. First PM of India
94. Salad plant
95. Topper
97. Extreme degree
100. Minced oath
101. — -American
103. District
104. Job benefit
107. Pindaric
108. Duo
109. Electrified particle
110. Go off course

PRIZE: Bring in your completed and correct Express Crossword puzzle before the answers run in the following Wednesday edition and you will receive an Express T-shirt. Limit is one t-shirt per person for the year. Last week's answers are on page 13.

CHELSEA HOME

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IN
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\$699.99



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- ✓ Unique Design
- ✓ Swivel Seat Sofa,
- ✓ Loveseat
- ✓ Armchair

\$1799.99



Cushion Back
Sectional Sofa

\$699.99



Solid Wood With Leather!
10 Pc. Pub Set
8 Chairs, Table and Lazy Susan

\$699.99



Bi Cast Leather Recliner

\$299.99



9 Piece
Pub Set
Table & Eight Chairs

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Sofa Bed
Soft and Cozy

\$549.99



2 Oshawa Locations

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A&P
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Sat 10-6 Sun 11-5

EXPRESS Around Town

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email editor@oshawaexpress.ca

Tues. Nov. 13

Oshawa Whitby Newcomers Club monthly meeting – Loblaw's, 481 Gibb St., upper level. Janet Marks of the Organizing Organization will speak at the November meeting of the club, which is aimed at women new to the area or enjoying a new lifestyle. For more information, call Linda at 905-576-0585.

Fri. Nov. 16

Oshawa Community Museum and Archives P.A. Day program – Oshawa Community Museum and Archives, 1450 Simcoe St. S. Children will be led on a nature walk and guided through making nature-focused crafts. The program runs from 9 a.m. until 3 p.m. at a cost of \$20 per child for kids aged 5 to 12. For more information or to register call Jill at 905-436-7624 ext. 106.

Sat. Nov. 17

Cedarcroft Place Christmas Bazaar and Big Bake Sale – Cedarcroft Place Retirement Residence, 649 King St. E. Vendors will be selling homemade preserves, crafts, chocolates, knitting and

crochet, jewelry, gift baskets, flower arrangements, sewing, raffles, apple cider, fresh baked books and more. Sale runs from 10 a.m. until 3 p.m. For more information call 905-723-9490.

The Durham Folklore Society presents Tellabration! Stories and Music from Around the World to Celebrate Life – Whitby Central Public Library, 405 Dundas St. W. in Whitby. This free family community concert will feature performances from Dianne Chandler, Doris Cherkas, Heather Whaley and more. Concert begins at 2 p.m. For more information call 905-668-2174 or www.durhamfolkloresociety.com.

Oct. 31 crossword answers

CERE	ARETE	AMASS	TEAL
EVAS	TACOS	LOTTO	WORE
DAMP	MYHOTEL	ROOM	WASSO
ADORE	SOLAN	SPLEEN	
RESIDE	STORE	LODGERS	
RETINAS	ELEC	ENS	RAE
BOATS	BORNE	GRID	
SMALL	WHENI	HADA	PROSE
PUREE	STELA	EBB	RARER
ATLAST	AIL	AARON	
NEON	HEADACHE	THE	UPAS
IDYLL	YIP	SPLICE	
CARNE	KIM	OVOID	LATTE
ADAGE	GUY	NEXT	DOORHAD
RIDS	PENTA	YEAST	
DEOTEN	ILLS	MYSTICS	
SUNBELT	NEILS	AERATE	
HALITE	PILOT	DONOR	
TOTAKETH	EASPIRIN	NAPE	
ALAN	ALERT	OCALA	EPIC
BERG	SENSE	NELLY	DENT

Tour highlights festive homes

By Jessica Verge
The Oshawa Express

When Dave Coomby moved into his Mary Street North home four years ago, he saw more than just a nearly 60-year-old bungalow in need of a fresh coat of paint. He saw potential.

"I visualized it," says the interior designer, of the home's updated look. It now boasts a new country porch, terra cotta tiles to highlight the Tuscan-influenced interior and re-designed gardens.

"I'm very happy with it," says Coomby, owner of the decorating company Designs With You In Mind. Coomby's extensive renovations are one of the

reasons why his Oshawa home is on the tour route of a Nov. 24 event hosted by Whitby's Station Gallery. The Holiday House Tour, the gallery's major fundraising effort, gives ticket holders the chance to gain a little inspiration for holiday decorating and home décor by stepping inside some of the most beautiful spots in Whitby—and now Oshawa.

Through a self-guided tour, participants can view the latest trends and styles in design, with an emphasis on holiday decorating, by visiting nine homes in Whitby and Brooklin and Coomby's home in Oshawa.

This year, Coomby says he's staying traditional, relying on reds, golds and deep blues as his colour cues with old-fashioned glass ornaments and nutcracker decorations.

"It's a comfort thing," says Coomby, who's experimented with a wide variety of Christmas décor in the past, from pink trees to black. "It sort of takes you back to when you were a kid."

He says whatever the theme, moderation is key when it comes to holiday decorating.

"Be careful not to overdo it," says Coomby.

Tickets for the Holiday House Tour are \$20 and can be purchased in Oshawa at Evergreen Florist, 1053 Simcoe St. N. and The Gift House, 18 King St. E.

Tickets are currently on sale and only a limited number are available.

Locations on the tour open their doors at 10 a.m. and can be toured until 4 p.m.

For more information, call the Station Gallery at 905-668-4185.



Dave Coomby's decorating style stays classic and elegant while being comfortable, as seen here in the living room of his Mary Street home.

THIS FALL ON ROGERS TELEVISION



Be Your Own Designer – Attention do it your selfers! Make your home look like you spent a fortune on a shoestring budget. Join hosts Sharon Lindsay and Steven Lavoie as they take you through the ups and downs of self design and then call in with your decorating questions.

Live Thursdays at 7:30 PM
Encore Wednesdays at 5:30 PM and Thursdays at 3:00 PM



Mission Meal – The mission: Create a magnificent meal with locally produced ingredients. Your commander: Chef Christian Pritchard. Sprinkled with humour and a dash of a take no prisoners cooking style, prepare for the extreme in cooking adventures.

Sundays at 1:30 PM, Wednesdays at 10:00 PM



First Local – Durham Region's most comprehensive news cast from the team you trust. Anchors Debra Hutchison and Donal Beattie bring you 30 years of experience in broadcast journalism. Debra relates the stories that matter to you while Donal showcases the sports stars of tomorrow.

Weekdays 6:00, 6:30 & 11:00 PM



daytime – Join Kasia Bodurka & Jim Bamboulis for more zany antics as they introduce you to the people and organizations at the heart of our community.

Weekdays LIVE at 11:00 AM
Encore shows at 4:00 PM & 11:30 PM



Mind Your Own Business – Award winning motivational speaker, David Hooker, helps people get off their butts and overcome their limitations to business success. David takes a no hold bars approach to help entrepreneurs see their problem clearly, and in turn, find ways to fix it fast.

Thursdays at 8:00 PM



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Orchestra concerts set

Some of Durham's young musicians are welcoming winter with the sounds of Mozart and more.

The Durham Youth Orchestra (DYO) is kicking off their new season Nov. 17 with a concert featuring Ravel, Rachmaninoff, Mozart and a selection of folk songs.

Two more concerts are planned for the New Year, Feb. 16 and May 10.

All performances take place at Hebron Christian Reformed Church, 4240 Anderson St. N. in Whitby at 7:30 p.m. with tickets \$15 for adults, \$12 for students and seniors and \$8 for children.

The orchestra, which auditions youth up to age 21, is also hosting a dinner and silent auction Dec. 1 at 5 p.m. at the Durham District School Board, 400 Taunton Rd. E. in Whitby.

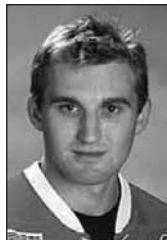
Tickets are \$35 and include a performance by the DYO and guest pianist Brian Meadows.

For tickets or information call 905-728-1407 or 905-432-1230 or visit www.dyomusic.com.

Gens picked for Russian challenge



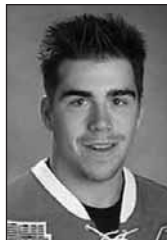
John Tavares



Brett MacLean



Michael Del Zotto



Dale Mitchell

The Oshawa Generals will have good representation at this year's ADT Canada-Russia Challenge.

The Ontario Hockey League (OHL) announced the rosters for the OHL team, which includes John Tavares, Michael Del Zotto, Dale Mitchell and Brett MacLean.

The fifth annual ADT Canada-Russia Challenge will be held from Nov. 19 to 29 throughout Canada as Canadian Hockey League All-star Teams from each of its three member leagues (OHL, WHL and QMJHL), compete against a Russian National Junior Team in a six-game series.

Tavares and MacLean will

play in both games to be played in Ontario, while Mitchell and Del Zotto will play in just the Ontario series opener.

"It's great recognition for all of our players who were selected," said Brad Selwood, general manager and head coach of the Oshawa Generals. "We're pleased for them all and getting a chance to play in a showcase like this will only help their careers."

The two OHL games will be hosted by the Kitchener Rangers on Nov. 22 and the Sudbury Wolves on Nov. 26.

For more information on the Canada-Russia Challenge, visit www.ontariohockeyleague.com

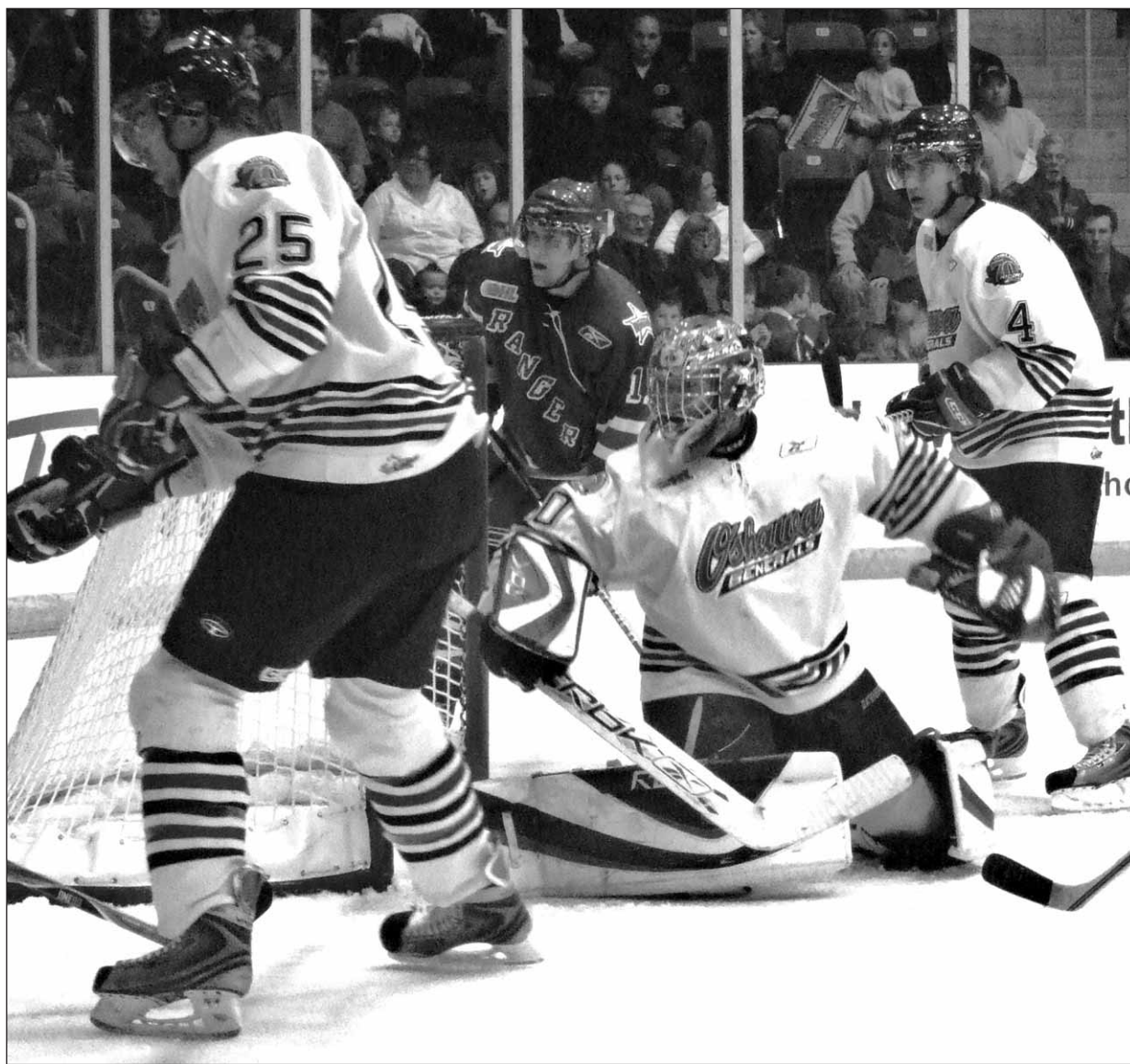


Photo by Bruce Jones/The Oshawa Express

The Oshawa Generals take the lead in the Ontario Hockey League's East Division after winning 9-5 against Kingston Sunday and 6-3 against Brampton Friday. The Generals are home again Nov. 11 to face off against the Peterborough Petes at 6:05 p.m. at the General Motors Centre.

Wins put Generals in top spot

The Oshawa Generals moved to first place in the Ontario Hockey League's east division after a 9-5 win over the Kingston Frontenacs Sunday night.

Oshawa scored three goals in all three periods.

"We were great in the first period and the third, but not so great in the second," said head coach Brad Selwood. "Our offence bailed us out today, our top guys were productive and we got some scoring from our other lines too."

Brett MacLean, John Tavares and Cory Cowick scored for the

Generals in the opening period to make it 3-0. Dean Howard, Brett Parnham and MacLean scored in the second giving the Generals a 6-5 lead.

And Michael Del Zotto, Justin Shugg and Kory Nagy all scored in the third giving the Generals the 9-5 win.

Del Zotto, Nagy and Eric Regan all added a pair of assists to their goals for Oshawa.

The win Sunday night against Kingston was a second win of two this weekend. The Generals defeated the Brampton Battalion 6-3

Friday night. The wins were a bounce back from an 8-3 loss against the Kitchener Rangers last week.

Oshawa now leads the east division standings with an 11-5-0-1 record and 23 points, just one behind the Niagara IceDogs for the Eastern Conference lead.

The Generals are in Ottawa Friday and in Peterborough Saturday before coming home to host the Peterborough Petes Sunday at the Generals Motors Centre in Oshawa. The game starts at 6:05 p.m.

Soccer scholar attracts praise

By Courtney Duffett
The Oshawa Express

A former member of the Oshawa Kicks Soccer Club has received a memorial scholarship and is now drawing accolades for his skills on the university circuit.

Matt Likuski, 18, was awarded the 2007 Veronica Belak Scholarship from Oshawa Kicks in memory of one of the club's members. The award was given to Likuski, a goaltender on the 1989 boys team for the past seven years.

"It was an honour," said Likuski, adding that he was proud to know that Oshawa Kicks considered him for the award after he had already left for school.

Likuski is currently a first-year student in computer science at Nipissing University in North Bay. He received a soccer scholarship for Nipissing and plays on the men's soccer team.

Likuski has also recently been named Rookie of the Year for the OUA East, which is the university league he plays in at school. He is also up for Canadian Interuniversity Sport (CIS) Rookie of the Year, which is for all of Canada.

"I am very excited about it," said Likuski, only finding out about it a

few days ago. "It is an honour to be able to be the recipient of these awards."

Likuski was an academically strong student, graduating this past fall from R.S. McLaughlin Collegiate in Oshawa as an Ontario Scholar.

As a member of the Oshawa Kicks, Likuski volunteered at many club events such as house league registrations. He also earned a distinction as an OSA certified referee and helped at many of the club's tournaments each year.

Likuski started playing soccer at the age of five. At the time, he played both soccer and hockey but slowly started moving up the ranks in soccer and decided to stick with it. It was when he started playing with Oshawa Kicks that he switched positions and started playing goalie.

The scholarship is named after Veronica Belak, a promising soccer star who played for the Oshawa Kicks 1988 girls team. In 2001, Belak was killed when she was struck by a car while crossing Waverly Street in Oshawa.

In 2006 the Oshawa Kicks honoured her memory by awarding the first Veronica Belak Memorial Scholarship to Misty Mischian, a former teammate of Veronica Belak.



Matt Likuski

Dodgers appoint vice president

The Oshawa Dodgers have announced Jeff Sharpe as the Vice President of Player Recruitment and Development.

Sharpe has coached with Ajax Minor Baseball and managed the 2001 Ontario Under 18 Team. He is also no stranger to the Intercounty Baseball League. In 2004, he coached first base for the Barrie



Jeff Sharpe

Baycats, taking over as field manager in the following season where he led the team to its first and only IBL championship.

Sharpe was voted Intercounty's top manager in 2005-06.

"The Dodgers are ecstatic to have such a quality baseball mind join our organization,"

said Dodgers president Lori May. "Jeff's renowned recruiting skills and knowledge of the league is just what the Dodgers need to take us to the next level. We are confident that this addition will be the enticement we need to attract quality players to our organization. Our competitiveness with league champion Toronto Maple Leafs in last year's play-offs shows we are only a few players away from being a league contender."

Oshawa Novice AA team ties Ajax

The Oshawa Minor Generals Novice AA hockey team came from behind to tie the Ajax team 4-4 on Nov. 1.

Oshawa goals went to Aaron Sprague and Harry Whilsmith. Ryan Duffy added two goals for the

team. Andrew Jaciuk got two assists and Devin Pipher, Riley Stabile and Nick Denault each added one assist for the Oshawa team.

Oshawa headed into the third period scoreless and down by three goals but the boys didn't give up

the fight. The four goals in the third period are the most the Oshawa team has scored in one period this season.

Their next game in Nov. 9 against Whitby at Iroquois arena on ice pad five.

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SPENCER, Robert Douglas
(Retired from General Motors in 1988 after 39.4 years of service; Committed union representative for CAW Local 222; President of the Residents Council at Sunnycrest Nursing Home)



At Lakeridge Health Oshawa on Saturday, November 3, 2007. Robert, in his 77th year. Beloved husband of Carrie Spencer of Oshawa. Loving father of William Spencer and wife Gail of Oshawa, Barbara Cassel and Brian Cowie of Oshawa, Robert Spencer and

wife Noreen of Courtice, the late Charles Spencer and wife Patty of Courtice, and the late Mary Higgins and husband Michael of Barrie. Dearly remembered by 17 grandchildren and many great-grandchildren. Brother of The Reverend William Spencer and wife Ruth of North Carolina, Betty Mills and husband Walter of Oshawa, and the late Don Spencer and late wife Lois of Bowmanville. Relatives and friends may call at **McINTOSH-ANDERSON FUNERAL HOME**, 152 King St. East, Oshawa (905-433-5558) on Wednesday from 2-4 and 7-9 p.m. Service will be held in the chapel on Thursday, November 8, 2007 at 2:00 p.m. with cremation to follow. In lieu of flowers, donations to The Gideons or to a favourite charity would be appreciated.

VILISTUS, Alice Selina
(Former member of Kingsview United Church and Northview Seniors)

Peacefully at Ballycliff Nursing Home on Friday, November 2, 2007. Alice, in her 94th year. Beloved wife of the late Herman Vilistus and the late Leonard Rolstone. Dear aunt of Sandra and her husband Mike Eastwood, Ralph and his wife Cathy Seamons, Allen Seamons, Maryanne McKeown, Sharon and her husband Ken Barnes and their families. Sister of the late Gladys Tode, Ethel and Tom Seamons and Reg and Alice Parsons. Remembered by the Vilistus family. Relatives and friends were received at the **McINTOSH-ANDERSON FUNERAL HOME LTD.**, 152 King St. E., Oshawa (905-433-5558) on Monday, November 5, 2007. Interment Mount Lawn Cemetery. Donations made in memory of Alice to a charity of choice would be appreciated by her family.

ZILKALNS, Ingerborg

At The Wynfield, Oshawa, on Tuesday, October 30, 2007. Beloved mother of Konrad Gensig of Germany. Sister of the late Ruth Tincan and aunt of Tilo Sitte, both of Germany. Fondly remembered by neighbours and friends. A graveside prayer and burial of cremated remains was held in Section 4 of Thornton Cemetery, 1200 Thornton Rd. N., Oshawa on Monday, November 5, 2007. Arrangements entrusted to **McINTOSH-ANDERSON FUNERAL HOME LTD.**, 152 King St. E., Oshawa (905-433-5558).

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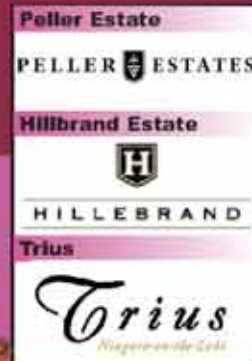


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