

TRUCK CAPS • ACCESSORIES • UTILITY TRAILERS

EASTON

- Fiberglass Tono Covers from **\$699**
- Painted Fibreglass Caps from **\$899**

Hwy 35/115, 5 km N. of 401
Newcastle

SNOWMOBILE TRAILERS HAVE ARRIVED!

905-987-2277
www.eastontruckcaps.com

Take Out & Dining In

Wood N Grill
Gourmet 454 Lounge

Gourmet Catering for ALL events. Cdn. & Asian food

Wednesdays WING 10% Purchase over \$25. 25% Purchase over \$75.

1/2 Price NIGHT

454 Simcoe St. S. Oshawa 905-448-0352

DURHAM'S ORIGINAL CREDIT-ZONE

*Need a Car Loan? Call Credit-Zone YOU'RE APPROVED!

Or Get Approval on-line 24/7 at creditzonecanada.com

Call the Credit Zone Hotline
905-668-1838 1-800-519-9566

The Oshawa Express

\$1.00

Your Independent Local News Source

Vol 3 No 4

Wednesday, Nov. 14 2007

MP predicts strong economy

By Jessica Verge
The Oshawa Express

Canadians will continue to reap the economic benefits of federal tax cuts but the rapid depreciation of the U.S. dollar is fueling concerns in the manufacturing sector, the federal finance minister told an Oshawa Rotary Club audience.

"We're reducing taxes in Canada," said Jim Flaherty, adding that both GST and personal income tax will drop.

As well, Flaherty, also MP for Whitby-Oshawa, said the tax rate for small business is also dropping, and sooner rather than later with the figure expected to be at 11 per cent by Jan. 1.



Jim Flaherty

"That's a significant tax reduction for small business," Flaherty, a Rotarian told the 100 members at the Holiday Inn lunch meeting.

But Flaherty admitted Canada's economy is not without its challenges.

He acknowledged the rapid depreciation of U.S. dollar has been a burden to Canada, especially in the forestry and manufacturing industries. Manufacturing is struggling to compete with countries such as India, Brazil and China.

Regardless, Flaherty is optimistic about Canada's economic future.

"Canada has resumed its rightful place in the world," he said.

"There's a reason our economic foundations are so good," said Flaherty, who credited an all-time low unemployment rate and Canada's emergence as an energy superpower as reasons why.

The Rotary Club invited Flaherty to discuss the recent initiatives launched by the Progressive Conservative minority government led by Prime Minister

See U.S. Page 7



Photo by Courtney Duffett/The Oshawa Express

Shedding a tear for the fallen

Mitch Lutczyk, president of the Polish Veteran's Association in Oshawa joined hundreds of other veterans to commemorate the soldiers who fought in the First and Second World Wars at the Remembrance Day ceremony Sunday at Memorial Park in Oshawa.

Durham Lords capture bronze at nationals

The Durham Lords women's soccer team captured bronze at the National Soccer Championships this past week in Halifax, Nova Scotia after defeating Capilano College 5-1.

The women's bronze medal game was played under tough conditions with the game time temperature at -2 Celsius with cold Atlantic winds circling the pitch.

"I'm happy with the outcome," said Vaso Vujanovic, Durham Lords women's soccer coach. "Our goal was to win a medal and it's no Gold, but it's a medal."

The number one ranked Capilano Blues took an

early 1-0 advantage over the Lords as they scored at the 11-minute mark.

A Blues' pass from the corner of the pitch eluded the Durham defenders and found a wide-open Capilano player who deposited the early strike.

Durham goalkeeper Ashley Visser was unfazed by the early Capilano marker as she made some terrific saves to keep the Lords within one goal after one half of play.

The Lords managed to bounce back in the second half as Jennifer Michalicka scored in the 58th minute to level the teams at one.

Building off the momentum of their first goal,

Paid police checks could undo local volunteer group

By Courtney Duffett
The Oshawa Express

Durham police are looking at ways to help Block Parent families with the cost of police checks.

However, the police board wants to keep the fees standardized among all volunteer organizations.

After a police board meeting yesterday, Deputy Chief Sherry Whiteway will be working with the Block Parent Association in hopes of finding funding alternatives to help with the cost of the possible fees for criminal background checks, which until this time were waived.

Oshawa Block Parent has been in the community since 1978 and their volunteers, unlike other volunteers and organizations, have never had to pay for criminal background checks, which are \$15. per person.

"It's too much of an expense for our Block Parents," said Marcy Marchuk, marketing coordinator for Oshawa Block Parent. "They're already doing so much."

Oshawa Block Parent had made an agreement with the former Durham police chief to have the fees waived.

See BOARD Page 7

Durham turned up the offensive pressure and took their first lead to the game when Amanda Durno drove the ball into the back of the net off a deflection to make it 2-1.

"We didn't play our best soccer," said Vujanovic. "We were under pressure and we didn't click as a team. But we've never had a national medal before and I'm very proud of them."

Nikki Tuck, Brittany Micucci and Kirsten Bodashefky got the other goals for the Lords.

"I am so proud of our entire team bringing home a national medal for Ontario," said Ken Babcock, athletic director for Durham College.

N & G SOAPSTONE COUNTER TOPS

BEAUTIFUL, DURABLE, & PRACTICAL

Located:
#8 Paisley Lane Unit 2, Stouffville ON
1-866-421-4425
info@soapstoneontario.com
www.soapstoneontario.com

Did you know?

- Natural quarried stone offered in 1 1/4" thickness
- Completely non-porous and Extremely dense
- Naturally bacteria and stain resistant
- non-reactive to acids and chemicals
- Durable for generations
- Soft to the touch yet strong

AND MUCH MUCH MORE!!

A day for remembering our vets



From left: Oshawa-Parkwood Rotary International Service Director Walter Stewart and his partner Susan Skinner, Oshawa-Parkwood president Marion Mills, member of the Oshawa Rotary Club and Oshawa councillor John Henry, Oshawa-Parkwood Public relations director Todd Skinner and Oshawa-Parkwood past president Alan Nason place a commemorative wreath at the Cenotaph at Memorial Park in Oshawa honouring the veterans of Canada.



Oshawa resident Bob Hooper sang Canada's national anthem as well as lead in the hymn's at Oshawa's Remembrance Day ceremony at Memorial Park in Oshawa on Sunday.

City hall facelift a go

Three councillors oppose the \$12.3-million project

By Jessica Verge
The Oshawa Express

Plans are underway to give city hall a facelift but three Oshawa councillors still aren't convinced a makeover is in order.

Despite opposition from councillors John Neal, Tito-Dante Marimpietri and Robert Lutczyk, the city is moving ahead with a \$12.3 million plan to revamp the Centre Street property.

But Neal doesn't believe spending the money is the right move for Oshawa.

"It's all about priorities right now," he says, adding an expensive project like this shouldn't be a priority for council. "I see this as a frill."

And Marimpietri agrees. At last week's public council meeting he expressed his belief that it's too much money to spend on a project that doesn't serve Oshawa residents.

"There's got to be more of a direct benefit to our community," he said.

In July, council approved a plan to demolish the existing council chambers and build a new meeting place. The plan will also see the demolition of the A-wing, improvements to Rundle Tower and the B-wing and the creation of a customer care centre and the creation of a campus area that will incorporate landscaping, walkways and paths through City Hall Square over the underground parking garage.

However, Lutczyk says tearing down buildings is a mis-

take.

"I believe that it's important for downtown revitalization to maximize office space, not minimize it," he says, adding he would prefer to renovate the space and rent it out, an idea he unsuccessfully proposed during summer talks about the master plan.

Last Monday, council approved city manager Bob Duignan's recommendations for a construction method and exceptions to Oshawa's purchasing bylaw, which will allow staff to move the process along quicker.

The city will use a plan known as modified construction management, which allows the city to act as its own contractor and also permits better control over schedule issues and the ability to modify designs during the project.

Unlike Marimpietri, Neal and Lutczyk, most councillors feel a city hall makeover is long overdue.

"This old building behind us is as sick as they get," said councillor John Henry, referring to the A-wing. "Under accessibility standards, this building doesn't cut it anymore."

The decision to make major changes to city hall comes after more than a decade of councillors and staff members dealing with leaky ceilings and deteriorating elevators among other problems.

City staff estimated that the city could lose up to \$6 million over the next 10 years if no action is taken. In that case, floors 2 to 5 of the A-wing would have to be shutdown due to sub-standard washrooms and heating and cooling problems.

Staff also determined that if the A-wing was modernized instead of demolished, the cost would be about \$11 million over 10 years because of the high cost of retrofitting a building.

But Neal isn't satisfied with the reasons behind the project. He believes if the property had been better taken care of over time, major renovations and demolitions wouldn't be necessary now.

"[City hall] should have been maintained on an annual basis," he says.

Accountability sub-committee formed

The City is exploring ways to be more accessible to Oshawa residents through its new committee.

The new Accountability and Transparency Subcommittee, headed by Mayor John Gray, is designed to get resident opinion on the city's accountability for their decisions.

The decision to form the new committee comes after the recent alterations to the Municipal Act that target government responsibility.

These changes require municipal governments to allow more public access to closed meetings as well as appoint new positions that deal with accountability.

Subcommittee members, including Councillors John Henry, John Neal, Brian Nicholson and Louise Parks, will investigate and as a group make suggestions to the City on

how to fill these new obligations.

The first step is a survey that will be distributed by mail to randomly selected residents that will ask for their input on the City's current level of answerability for its decisions.

This information will allow the Subcommittee to access the community's opinion towards their municipal government.

Those who do not receive a survey by mail are invited to give their opinions on the topic to the committee by email at clerks@oshawa.ca. Residents can also mail in their feedback to the City Clerk's Office, 50 Centre St S, Oshawa, L1H 3Z7. The deadline for any comments is Nov 30.

Go online at www.oshawa.ca/council for more information on the Subcommittee.

EXPRESS Police briefs

More charges laid in sexual assaults

Durham police have laid three additional charges against a 67-year-old Dunsford man in connection to an ongoing historical sexual assault investigation.

On Nov. 8, Durham police had arrested the suspect after he turned himself in to police in Oshawa.

Police charged him with three counts of indecent assault on a female after the original arrest in October.

Since then, three additional female victims have come forward to police.

Investigators believe that the sexual assaults happened between 1971 and 1983, when the suspect lived on Quetico Avenue in Oshawa.

The suspect is charged with a total of six counts of indecent assault on a female. Police believe there may be other victims and are urging them to come forward.

Anyone with information is asked to contact police at 905-579-1520.

Fake bills used in store purchases

Durham police are looking for a suspect after counterfeit bills were used to purchase items at two local stores recently.

On Sept. 24, a man purchased computer equipment with a counterfeit \$100 bill at the Zeller's store on Simcoe Street South in Oshawa.

The suspect was described as a white man between 20 and 30 years old with a heavy build, very short dark hair and wearing a baggy, white short-sleeved shirt and blue jeans with wide vertical faded areas on the front and back.

He had a small patch of hair missing on the back left side of his head and had what appeared to be large tattoos on the inside of his right forearm and the outside of his left forearm. He was also talking on a cell phone.

On Sept. 27, a male passed a counterfeit \$100 bill at Shopper's Drug Mart on Wentworth Street in Oshawa.

The suspect is described as a white man in his 20s or 30s with short, dark hair. He is of average height and has a heavy build. He was clean cut and was wearing lots of silver rings on his fingers. He had a swollen, red eye.

He may have been involved in a fight prior to this incident. The suspect used the alias of Steve Sears.

Durham police believe the same suspect is involved in both incidents.



Canada Flooring & Rugs

Experience the Difference

Present this coupon with any purchase of area rug

\$50.00 OFF

Minimum purchase of \$200.00 On Area Rug

QUALITY
PRODUCT
AFFORDABLE
PRICES

Hardwood Specials

25 Year Warranty

from **\$3.99** per sq. ft.

14.5 mm

Laminate With Cork Attached

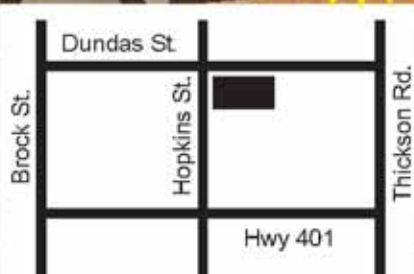
Regular
\$5.99

NOW

\$2.99 per sq. ft.

No Underlay
Needed.

While Supplies Last



**NO PAYMENT
NO INTEREST
UNTIL AUGUST 2008!**

**We Will Beat
Any Price On Identical
Product By 10%**

**The Most
Realistic
Wood Finish!**
12.3 mm thickness
laminate

only
\$1.99
sq. ft.

**Experience the
Beauty of
Hardwood
Solid Oak**

from
\$3.49
sq. ft.

**500% Carpet
Installed with
1/2" Pad** only
\$2.49
sq. ft.

1243 Dundas St. E., Whitby
905-666-6699
www.canadaflooring.ca

CLEARBROOK DENTAL

Family Dentistry Close To Home



**"ZOOM"
WHITENING**
\$400⁰⁰ (Limited time)
**Brighten your
smile in 1 visit!**
(As seen on TV's extreme makeover)

Dr. Mark Sokalsky Dr. Lorne Newton Dr. Sara Solomon

ENJOY A BEAUTIFUL HEALTHY SMILE...

We are dedicated to helping our patients look and feel their absolute best. From simple check-ups to the creation of a new smile, we always strive to make sure that each of our patients receives the highest standard of professional dental care, and that their experience with us is positive and rewarding.

CLEARBROOK DENTAL

Bringing SMILES To Life

905-434-4244 www.clearbrookdental.ca
Located at Taunton & Wilson in the Sobeys Plaza

NAPOLEON
Quality Fireplaces
Award Winning Products

LOAD IT ONTO YOUR TRUCK SALE!

STOREWIDE ON ALL GAS UNITS



Built in Canada with the Canadian Dollar!

20% OFF PLUS 5% GST

NAKED FLAME
10 Sunray St., Unit 18, Whitby
(across from AMC Theatre Complex)
• 905-668-3366

FIRE AWAY
401 East Outlet, 2365
South Service Rd., Bowmanville •
905-697-5893

Proposed plan turns fines into toys

City staffers are urging council to adopt a project that could turn parking fines into toys for under-privileged children.

Staff are recommending council launch a Toys for Tickets pilot program this December. The program, which has been running successfully in Kingston since 2005, would give drivers who are issued parking tickets between Dec. 17 and 19 the opportunity to donate a new, unwrapped toy of equal or more value to the parking infraction instead of just paying the fine.

With the goal of engaging community spirit and promoting the image of Oshawa's

parking enforcement department, the city would work in conjunction with the Durham

Regional Police Food and Toy Drive.

The police would collect and distribute the toys to local children prior to Dec. 25.

Disabled parking violations would not be eligible for the holiday gift exchange program. It's estimated the city would lose \$3,000 in foregone parking ticket revenue if the program is adopted.



A proposed plan could see those ticketed for parking violations in Oshawa offered the chance to donate a toy in lieu of fines.



ROGER STEELE
MORTGAGE SPECIALIST
905-925-1742

1st Mortgages Up To 107%
2nd Mortgages Up To 100%
Debt Consolidation Mortgages
Secured Lines of Credit
Self Employed Mortgages

CALL ROGER STEELE
Phone: 905-925-1742
Fax: 905-300-4977
rstele@northwoodmortgage.com
www.northwoodmortgage.com/rogersteele

GTA's Largest Independent Heating & Air Company

www.**AIRE ONE**.com
HEATING & COOLING since 1990



The quietest Central Air Conditioner you can buy

Air Conditioners, Furnaces and Indoor Air Quality

Brand Name High Efficiency Furnace & Central Air

was from **\$6900**

now from **\$3900***
INSTALLED

After government & manufacturers rebates

AND Do Not Pay For One Year

Call 310-HEAT (310-4328) No Area Code Required



10 YEAR WARRANTY*

from **\$29/mth***

System Includes

- Two Stage Variable high efficiency gas furnace
- 14+ SEER high efficiency central air conditioner
- FREE programmable thermostat
- Complete installation (gas to gas, Hi to Hi)

GTA's Largest Independent Heating & Air Company Since 1990

905-576-7600

CALL NOW FOR FREE - NO OBLIGATION ESTIMATE

Locations in Toronto, Mississauga, Hamilton, Whitby, Newmarket, Kitchener & Barrie

* Call now for details. Offer cannot be combined. O.A.C.

Whitby Showroom: 1910 Dundas St. E. (east of Garrard)

Dundas | Thickson | Garrard | Hwy. 401

Circle of Excellence Award Winner For 4 Consecutive Years!

LET US HELP YOU TURN YOUR BAD CREDIT INTO GOOD CREDIT!



Carey the Car Guy



BANKRUPTCY? DIVORCE? COLLECTIONS? BAD CREDIT, NO CREDIT WE WILL GET YOU DRIVING!

✓ APPROVED ✓ APPROVED ✓ APPROVED

Today is the First Day of the Rest of Your Credit History.

CALL TODAY

905-244-3727

Some down payment may be required. Interest rates from 0% to 29.9% O.A.C.



PLAY NOW, PAY LATER... MUCH LATER

RIDE FREE FOR 12 MONTHS

VESPA OF DURHAM, 880 CHAMPLAIN AVE OSHAWA, ON L1J 7A6.
(905) 434-6550 1-800-668-5828.



www.mackievespa.com
www.piaggiocanada.ca
www.vespacanada.com
www.apriliacanada.ca

For 12 months, the best things in life really are free. Purchase a new Vespa, Piaggio, Derbi or Aprilia scooter before December 31, 2007 and put no money down, pay no interest, and make no payments for twelve months on approved credit. Depending on customer's credit file, a cash down payment may be required. See dealer for details. ©PIAGGIO 2007. Piaggio is a worldwide registered trademark of the Piaggio Group of Companies. Obey local traffic safety laws and always wear a helmet, appropriate eyewear and proper apparel.

A tasty affair



From left: Terry Vos, Jennifer Penney and Christine Vos celebrate their first customer appreciation night at VOS Independent with some gift baskets and wine tasting at Vineyards Estate Wines.



Photos by Courtney Duffett/The Oshawa Express

Julie Yeo, Vineyards senior representative, pours John Milton a sampling of wine during a recent wine tasting and customer appreciation night at Vineyards Estate Wines.

It's where you'll find everything you're looking for in Cobourg's Finest Community!

5 Model Homes Personalized to suit your sense of style!

Up To \$5000 TOWARDS UPGRADES

WEST PARK Village

Save *thousands* and experience award winning living designed with you in mind

Townes \$200's **Singles \$240's**

COBOURG

VANDYK homes

"We've never seen anything like it!"

- A Lakeside Community
- Walk to shopping and Restaurants
- Acres of Parks & Walking Trails
- Located near the Cobourg Hospital
- Open concept designs
- Main floor Master bedrooms

1-888-245-5494

SALES CENTRE HOURS
MON-THURS 12 pm - 6pm, WEEKENDS 11am - 6pm

www.vandyk.com

Durham District School Board

Board official set to retire

A superintendent with the public school board has announced her retirement.

Sally McIlveen, superintendent of education and employee relations, will be retiring from the Durham District School Board on Dec. 31. She has served as a superintendent with the public board since 2001.

"On behalf of the board of trustees, I want to thank superintendent Sally McIlveen for dedication and service to the Durham District School Board and all of its students and staff," said Marilyn Crawford, chair of the board. "I have admired her dedication to this board and its students and her consistent efforts in improving the delivery of public education."



Sally McIlveen

As superintendent, McIlveen has managed the employee relations portfolio for the DDSB during some challenging years in public education and has been recognized for her professionalism and contribution to stability in education.

Prior to becoming superintendent, McIlveen was principal of Pine Ridge Secondary School and Anderson C.V.I., and an administrative officer in the office of the director. She began her teaching career with the public board in 1975.

"I have thoroughly enjoyed the experience of teaching and the challenge of leadership throughout my career," said McIlveen. "I am proud to be an educator in Durham and I am appreciative of the support I have had from all members of the Durham Board."

The Durham District School Board will be looking for a replacement for McIlveen in the near future.



MP Jim Flaherty shaking hands with members of the Oshawa Rotary Club Monday at a luncheon meeting to discuss economics.

U.S. dollar a burden to Canada

U.S. From Page 1
Stephen Harper.

He heaped praise on Harper's leadership and the government's initiatives.

He predicted the economy will continue to stay strong thanks to programs such as the

Working Income Tax Benefit, which helps those on social assistance get into the workforce, and the Registered Disability Savings Plan, which gives peace of mind to parents of disabled children as it secures their financial future as adults.

Board examines ways to help Block Parents

BOARD From Page 1

According to Oshawa Block Parent policies, every person in a block parent home over the age of 12 must get a criminal background check and is to be re-screened every two years.

"It's not fair to the block parent families," said Marchuk. "A precedence has been set and they've always had them free and we don't want to change that."

As a not-for-profit organization, Oshawa Block Parent does not have the funding to provide the cost of the background checks for all its volunteers.

"We have limited funds," said Marchuk.

In addition, Marchuk fears that if the Block Parent families have to start paying for their criminal background checks, then some families won't be able to continue the service due to the cost. Oshawa currently has 430 Block Parent families, which is only half as much as a city this size should have, says Marchuk. And if the \$15 cost is added in, the fear is that Oshawa Block Parent may have to fold because of the lack of families that will continue to serve the community.

"You can't function as a safety measure for the community if you only have a few homes participating," said Marchuk. "It's just too much to expect."

Police board chair Terry Clayton says that the board needs more information and the matter has been referred to staff. However, he says he didn't realize that Oshawa Block Parent was any different from the other volunteers and didn't know their background check fees were waived.

Although he's hoping that Whiteway will be able to work with the Oshawa Block Parent Association in finding alternative funding to help with the cost of the fees.

Board lauded for healthy workplace

The Durham District School Board received top marks for its healthy workplace.

The board obtained a Level One ranking from the National Quality Institute Healthy Workplace Progressive Excellence Program (NQI-PEP).

The board was successful in all criteria of the healthy workplace examination including the areas of safety compliance, shared responsibility and workplace input in decision-making.

"Staff is to be commended on this achievement, and for their ongoing efforts to create a healthy environment for employees," said school board Chair Marilyn Crawford.

The board offers a variety of services to its employees that stimulate a healthy workplace through its Wellness Program.

The board hosts an annual Wellness and Leisure Fair and distributes workplace-orientated newsletters to employees four times throughout the year. Board employees also have access to seminars, work-

shops and onsite facilities that are geared toward a safe working environment.

The Durham District School Board plans to get its Level Two certificate from the NQI-PEP in the future.

The Board has over 7,000 teaching and service staff, which provide schooling for over 70,000 regular day students.

For more information on the board, go online at www.durham.edu.on.ca.



Victory at Vimy Ridge

90th Anniversary

Nov. 16 7:30 pm

Simcoe Street United Church

66 Simcoe Street S. Oshawa

Ted Barris, author, broadcaster, journalist, Reconstructs Canada's historic WWI battle

Tickets : \$10 (\$5 stud.)

905-728-8143 or at the door

200 remembrance kits.

Reception follows

Veterans Affairs Canada sponsored

GWEN'S

Country Market

The Home of Liberty Milk

It's Worth The Drive

For Top Quality + Freshness

More Than Just A Variety Store...

PURE & NATURAL MEATS!

Canadian Farm Fresh

- No Hormones • No Antibiotics
- Whole Chicken • Lamb • Veal
- Pork • Buffalo
- Grade A Beef!**

Sides Available on all of the above.

ALL MEAT IS VACUUM PACKED BY A LICENSED BUTCHER

- Steaks • Burgers • Sausage

Everyday Low Price!

Chocolate Milk \$5.00/3.78 litres

Vanilla, Strawberry, Chocolate Flavoured Milk \$1.25 a pint

Fresh Egg Nog Now Available!

GWEN'S Country Market

More Than Just A Variety Store

11523 Simcoe St. 2., N.

Just North of Port Perry

705-357-1212

Gwen_denby@hotmail.com

www.libertymilk.com

(cash only)

OPEN YEAR ROUND 7 DAYS A WEEK TO SERVE YOU BETTER!

PUBLIC NOTICE UNCLAIMED SCHOOL ORDERS

SINGER®

The SINGER® Sewing Machine Company (Manufacturing quality Since 1851) ordered the production of large quantities of their 2008 Sew & Serge Sewing Machines anticipating large orders of this model.

DUE TO ECONOMIC CONDITIONS IN CERTAIN PARTS OF THE USA, THESE ORDERS WERE NOT RECEIVED!

THEY MUST BE SOLD!!!

These heavy duty School model Sewing Machines **ARE MADE OF METAL AND HAVE METAL HOOKS & DRIVES. THEY ARE BRAND NEW** and have the SINGER® Company's 5 year warranty. They are designed to sew all fabrics (without tension adjustment) such as Levi's, Canvas, Upholstery, Nylon, Silk, Stretch Materials, Vinyl **AND**

THEY EVEN SEW LEATHER!!!

With the built in Professional simulated overlock Serging Stitch, you sew the Seam and Serge the edge of the fabric at the same time (Eliminating two seam operations). **With an optional cutter, you can trim the seams as you sew.** But unlike the factory style sergers, this machine also makes Buttonholes (any size), invisible Blind Hems, Monograms, Applique, Decorative Patterns, Satin Stitching, Corsetry Stitching, Double Seams, Sew on Buttons, Rolled Hems, Quality Stitching, Leather Gloves and more!!! **WITHOUT THE USE OF OLD FASHIONED CAMS OR PROGRAMMERS, just turn the dial and see Magic Happen!!!**

NOW YOU HAVE IT ALL IN ONE MACHINE!!!



Your Price with this Ad is

\$199.95

After Sale Price \$529.00

3% DISCOUNT FOR CASH

LIMITED AMOUNT AVAILABLE DURING THIS EVENT!

*These \$529 Machines with this ad just \$199.95

3 DAYS ONLY

Thursday, Nov. 15,
Friday, Nov. 16 &
Saturday, Nov. 17, 2007

WE ACCEPT
Cash, Cheques, Mastercard,
Visa, American Express

SINGER®
SEWING CENTRE
(REGISTERED TRADEMARK OF THE SINGER COMPANY LIMITED)

Service to all makes.
www.singercanada.ca

11 SIMCOE ST. S. OSHAWA
904-433-1140
MON.-FRI. 9-5:30, SAT. 9-4

FACTORY DEMONSTRATIONS SHOW LATEST SEWING TECHNIQUES. ALL MACHINES ARE CABINET READY. *PLEASE BRING THIS AD TO TAKE ADVANTAGE OF THE ABOVE SAVINGS

Selfless souls hit by fees

There are countless selfless souls within our community who rack up thousands of volunteer hours annually to make the community a better place in which to live.

But when a body of policy-makers like the Durham Regional Police Board decides to hit a well-meaning non-profit group like Oshawa Block Parents Association volunteers with a newly imposed requirement to pay for their family's criminal background checks we have to wince and wonder why.

Yesterday the police board meeting Block Parents asked the board, which includes Police Chief Mike Ewles to continue an agreement they had with the previous police chief to waive fees for their volunteers' criminal background checks.

The decision has been deferred and hopes are to find other funding alternatives to help Oshawa Block Parent families.

The fees, which cost \$15 per person, could threaten the existence of the organization, which was on the brink of collapse mere months ago because of the lack of volunteers. A city this size needs at least twice its current 400 homes to be a viable service.

The police board members have a salient argument perhaps when they suggest no one organization should be treated differently than others. If the rest pay, then Block Parents should too. For them it's simply a black and white equality issue.

Mandatory screening makes sense. Block parents have been getting them for years. What makes no sense is making volunteers with any non-profit or charitable organization pay for this screening at all.

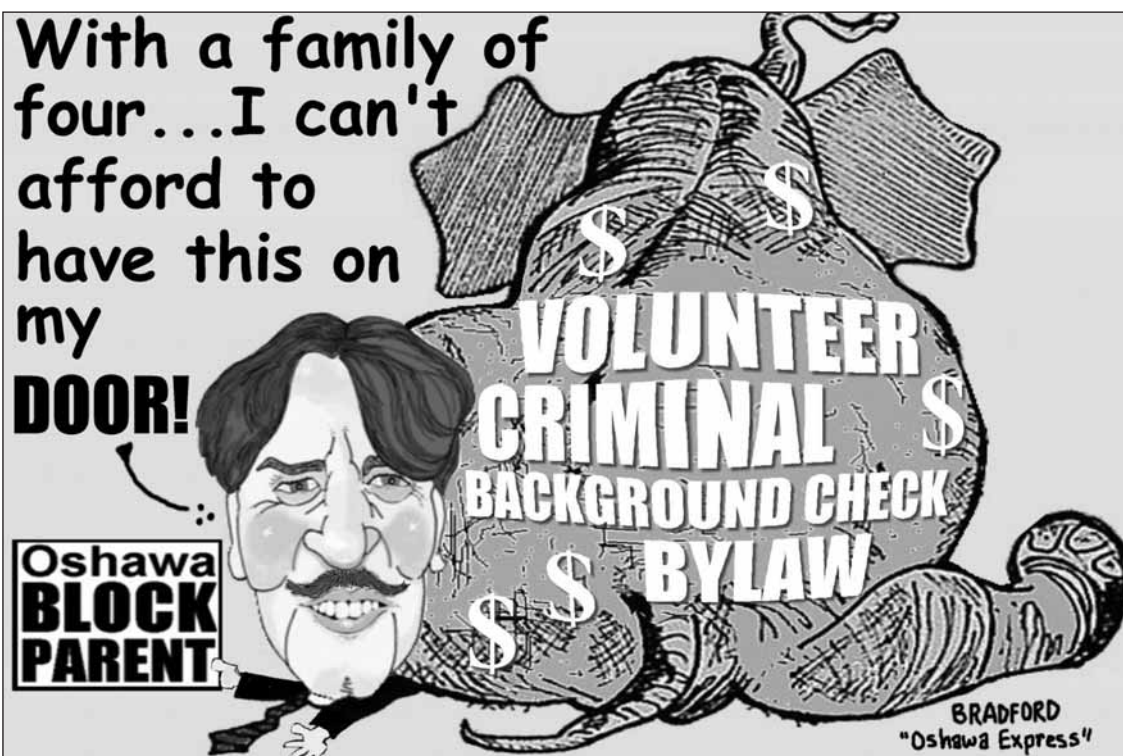
Block Parents are also getting a double whammy as the organization itself has reduced the age at which all children as well as adults in a participating household must get the screening. It went to age 12 from 16.

That means a family of four people all over age 12 could pay \$60 every two years so that they may put up a Block Parents sign.

Surely the cost of a computerized check takes little extra time on the part of Durham Police admin. They should continue to charge the higher \$20 fee for people getting the checks for employment purposes but volunteers should have their fees waived or reduced.

If there is any group who understands the value-added benefit of community-minded volunteers it should be the police, whose own volunteers dedicate themselves to various police related duties and do so with skill and good will.

They should be looking for ways to promote volunteerism and good citizenship not deter it. Block Parent families who volunteer their time to train and then offer themselves up as a safe refuge for children who are scared and in need of emergency protection deserve a pat on the back not a slap in the face.



Letters

Tougher penalties needed

Dear Editor:

I cannot imagine what would make a man have sex with children.

The world is going nuts with all these accusations. These men cannot be normal – when something like this happens and our law knows for sure it happened, our law should then decide on castrating this individual. I will bet that anybody thinking of having sex with children will think twice.

Bernardo would be doing hard labour somewhere if I was to judge and I penalized sex offenders.

I cannot imagine what is happening to our world that we knew a few years back. I watched TV last night and found police chasing a school principal. When they caught up with him he was in high heels and a short leather shirt. Is the world going crazy or what is happening with all this stuff going on?

He should be analysed by a psychologist and not be allowed in school anymore.

Simone Brennan
Oshawa

Recycling incentives canned

Dear editor:

I must admit to feeling a little smug about my recycling efforts and about the City's efforts in this direction...until today.

Suddenly two thirds of my plastics are left for me to put in the garbage. What happened?

I guess we were warned that some changes were being made but in a relatively low-key manner...I wonder how many missed the ads?

Regardless, as of now, a great deal of perfectly good recyclable material is suddenly being wasted and redirected back to the dump (Michigan)? Few of us won't have noticed. I presume the issue of 'Energy from Waste' (EFW) campaign just got ratcheted up a couple of notches. Somebody up in the 'Ivory Tower' decided citizens seeing this new 'gush' of potential energy going to the dump might just be enough to give the green light to their EFW plans.

Recyclables are a valuable resource. Obviously turning them into energy is not exactly wasting them (though how cleanly can we do it)? We can and must do better.

Firing up this plan at this point will rapidly remove all incentive – I am very concerned about the direction we seem to be headed.

Ian Danby
Oshawa

The paradox of fighting obesity

Co-Op Student



Kristina Smith

Fries, pizza, pop and other fast foods are all part of the student reality.

With a cafeteria selling almost every kind of deep-fried thing imaginable and vending machines stocked with sweets, is it any wonder that child obesity has reached epidemic proportions?

Recently the school boards, the Region's Health Department, the Canadian Cancer Society and the Heart and Stroke Foundation met to discuss this growing problem and how to combat it.

Their Healthy Weights forum

was dedicated to finding ways to deal with inactivity and obesity in people at school and at home.

While dedicating time to educate kids on the dangers of an unhealthy diet is worthwhile, it seems a bit of a paradox when you look at what food is available to students within the school.

School cafeterias provide lunch options like fries, poutine and pizza to its students. Of course, healthier menu options are available, but these choices are ones that students can consume at home.

More often than not, students buying their lunch will go for an unhealthy meal more on the lines of take-out. As well, the costs of healthy choices aren't more affordable compared to unhealthy choices.

After school, the situation is much worse with the only available foods coming straight from a vending machine.

With no cafeteria open, junk

food is the only thing available within the school.

Students could easily plan ahead and bring healthy snacks, but convenience is a much easier route. Putting a dollar in a vending machine is a lot less work than preparing nutritional snacks to take to school.

The fact that junk food is so readily available in schools can only hurt efforts to encourage healthy lifestyles.

Smokers trying to kick the habit avoid temptations. But students trying to eat right face a much more daunting task, when even at school they are confronted with poor food options.

It's clear that some preventative measures need to be taken to fight the growing rates of obesity. But schools are facing a losing battle, when they are giving kids the chance to do the things they are trying to preach against.

The Oshawa Express

600 Thornton Rd. S.
Oshawa, ON L1J 6W7
news@oshawaexpress.ca
phone: (905) 571-7334
fax: (905) 571-0255
NOV 14 2007
Volume 3, Number 4

Publisher

Greg McDowell

Advertising Director

Kim Boatman

Contributing Editor

Wendy Gallagher

Copy Editor

Kim Downey

Contributors

Bruce Jones, Bill Fox,

Amber Nowak,

Kevin LeGrand

Publications Mail
Agreement 41268024

Return undeliverable

Canadian address to:

The Oshawa Express

600 Thornton Rd. S.

Oshawa, ON L1J 6W7

ISSN 1715-9253

The Oshawa Express is a publication of Dowellman Publishing Corp which is located at 600 Thornton Rd. S., Oshawa, ON, L1J 6W7 (905) 571-7334, Fax (905) 571-0255, E-mail: sails@istar.ca

All advertising and editorial material published by The Oshawa Express and Dowellman Publishing Corp is for exclusive use of this publication and cannot be reproduced elsewhere without prior permission.

Advertising Policy: Advertisers must check immediately after first insertion of their retail or classified advertisement to ensure there are no errors in the advertisement. The Oshawa Express and Dowellman Publishing Corp are not responsible for second or further insertions of the incorrect advertisement. Further, the The Oshawa Express and Dowellman Publishing Corp are not responsible for costs or damages for a non insertion of an agreed upon advertisement. The editor has the right to edit, change in any way, or classify an advertisement. The Oshawa Express and Dowellman Publishing Corp are only responsible for the cost of the advertisement space that is taken up by an incorrect insertion, except in the case of failure to notify The Oshawa Express of any errors after the first insertion and then there would be no responsibility on the part of The Oshawa Express and Dowellman Publishing Corp.

dowellman
PUBLISHING CORP

Letters to the Editor

The Oshawa Express publishes every Wednesday in the City of Oshawa. Send us your comments, letters to the editor, suggestions. We'd like to hear from you. Please write to:

The Oshawa Express,
600 Thornton Rd. S., Oshawa,
ON L1J 6W7
or email:
news@oshawaexpress.ca



MAKE YOUR MOVE!!



Navigating a condominium purchase

The ownership of a unit in a residential condominium differs from other types of ownership. Residential condominiums have "common areas" that are owned by the condominium corporation, and owners of units within the development own a percentage share of those common elements. Common elements might include hallways, roadways, yards,

parking areas, and lockers.

It is common for a condominium purchase offer to be made conditional upon the buyer's lawyer reviewing a "status certificate". The status certificate is a document issued on behalf of the condominium corporation (usually by a management company) that provides important information about the condominium. This information would normally include:

- whether or not the current owner of the unit is up-to-date in the monthly condominium fees;

- the precise amount of the monthly fees chargeable to the unit (sometimes what is in the offer differs from what is actually charged!)

- whether parking spaces and lockers are owned by unit owners, or whether they are part of the common elements, and are therefore assigned by rules made by the board of directors. If they are assigned by rules, then be aware that the rules might be changed in the future!

- copies of financial statements for the condominium. This information could give important clues about the likelihood of future increases in the monthly condominium fees. If revenue collected has been less than operating costs, then either the costs have to go down or the revenue has to go up. Revenue going up means an increase in monthly fees. If you are buying in a particular development because of low fees, make sure that a large increase isn't just around the corner!

- information regarding the most recent "reserve fund study". This is a study of the physical structures carried out by qualified professionals to determine the expected remaining life of major components. How long before the roof needs to be replaced? When will the asphalt have to be redone? The costs of the work is estimated and a long-term budget is created. The condominium board of directors will review the information and adopt a plan to see that the money is available when the work needs to be done. If the study projects costs that exceed what will be available, then the monthly condominium fees will have to be increased to cover it, or money will have to be borrowed (which will incur interest costs, AND an increase in monthly condominium fees). A portion of the monthly fees is allocated directly to the reserve fund. The board has authority to recommend a special charge to be levied against each unit to cover any shortfall. A buyer wants to know in advance that such a levy is not likely in the short term.

- the Rules. This should be reviewed by buyers before waiving the

conditions in the offer. What do the rules say about pets, satellite dishes, renting the meeting room, etc.? Better to know in advance rather than be disappointed later!

The best advice is to have the Status Certificate reviewed by someone familiar with them, AND be sure to review the findings with that person!



**ROUGHLEY INSURANCE
BROKERS LTD.**

**For Your Insurance Needs
Auto, Home, Life & Mortgage Insurance**

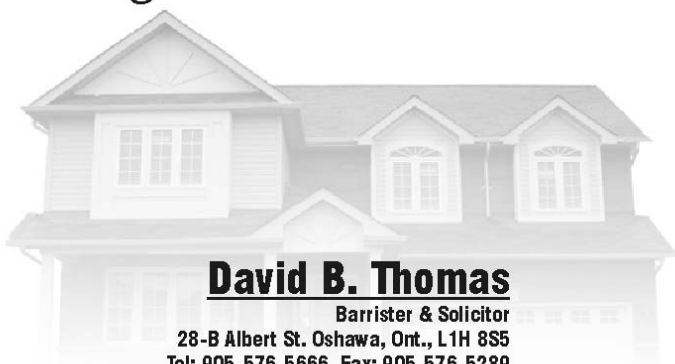
**Serving Durham Region Since 1945
Call Today For A Quote!**



**905 576 7770
1000 Simcoe St., N
Oshawa**

www.roughleyinsurance.com

Full Legal Real Estate Services



David B. Thomas

Barrister & Solicitor

**28-B Albert St. Oshawa, Ont., L1H 8S5
Tel: 905-576-5666 Fax: 905-576-5289**

"Where Quality and Service Come First"

DENVER CARPET

Sales, Service & Installations Since 1978

Residential or Commercial

Carpet & Upholstery Steam Cleaning 24 Hr Service

Flood & Smoke Damage Emergency Service

Flooring Repairs - Restretching - Re-adaptations

FREE ESTIMATES- in your home or business

OSHAWA 905-728-6070

FINANCIAL ADVISOR



Deborah Linton

**Licensed Investment, Life
and Accident and Sickness
Insurance Agent/Broker in
Canada**

Over 12 years experience.

1-866-549-5556

dlinton007@rogers.com



**FOR ALL YOUR
REAL ESTATE
NEEDS
WHETHER BUYING
OR SELLING**



**CALL
SHARON J. CRANN
Sales Representative**

**www.sharonjcrann.com
Homelife/Cimerran
Real Estate Ltd., Brokerage
1050 Simcoe St. N., Oshawa
905-433-0678 or 1-866-717-7723**



**Independently owned and operated*

MORTGAGES & LOANS

By Upper Canada Funding Inc.

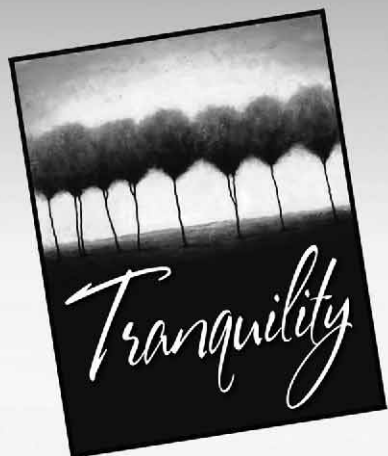
- Prime Rates
- 1st & 2nd Mtges to 100%
- Private Funds Available



Residential • Commercial • Industrial

Frank Callahan

905-571-2880



MODEL OPENING

10 Brand New Single Family Designs on 40' Lots

- 9' Ceilings on main levels
- Cast stone & brick exteriors
- Cathedral ceilings in kitchens, great rooms & bedrooms
- Soaring two storey foyers
- Transom & decorative windows
- Covered front porches & master suite balconies

CITY HOMES

**Monday - Thursday
1 pm - 7 pm
Closed Fridays
Saturday & Sunday
11 am - 5:30 pm**

\$200's



www.mycityhome.ca • 905.623.7400



City of Oshawa Seeks Input on Accountability and Transparency

Accountability and transparency are the cornerstones of good government. Oshawa City Council desires that its actions be clear, that its decision-making processes are understandable and that it is available to the citizens it represents. The City wants to hear how well it is doing.

Oshawa City Council has created an Accountability and Transparency Subcommittee to respond to the Provincial requirement to establish an Accountability and Transparency Policy, review meetings investigation options and consider the need for one or more accountability officers under recent changes to the Municipal Act.

The Accountability and Transparency Subcommittee is seeking public input on the City's transparency in decision making and accountability for its actions. For this purpose, a survey will be mailed randomly to residents across the City this month.

Those who do not receive a survey but wish to provide input are invited to make written submissions providing comments and suggestions on processes, policies and initiatives that maintain and improve the City's accountability and transparency. Written comments may be addressed to the Subcommittee in care of the City Clerk's Office, 50 Centre Street South, Oshawa, Ontario L1H 3Z7 or sent electronically to clerks@oshawa.ca

Comments will be received until November 30, 2007.

For more information on the City's Accountability and Transparency Subcommittee, please visit our website at www.oshawa.ca.

Direct inquiries may be made to Lon Knox, Legal Services Branch, at 905-436-5648 or lknox@oshawa.ca.



Andrea Macdonald's creations, such as the Renaissance cake pictured here, take anywhere from two to three hours to complete. She uses a wide range of coloured icing made up beforehand to add subtle shades to the design.

Creating edible art

By Jessica Verge
The Oshawa Express

Forget oils, pastels and watercolours.

For cake decorator Andrea Macdonald, butter and sugar are the right media when it comes to creating works of art.

The Oshawa artist is taking a step back from traditional methods to make one-of-a-kind edible creations by sculpting and painting with cake icing.

Presenting an exhibition of her latest endeavour on Nov. 18 at Inverlynn Art Inc. in Whitby, Macdonald says merging art and cake decorating came naturally.

"It just kind of happened," says Macdonald, who studied fine art at the Ontario College of

Art and Design.

She has built a reputation for her water-colour paintings and depictions of abandoned, decaying buildings. Drawing on her creativity working on these more traditional canvases, she has transformed her passion into creating landscapes, intricate designs and scenes on cakes, using butter cream icing and fondant.

"It's all in the challenge," says Macdonald, describing what she enjoys most about the marriage of fine art and icing.

A cake decorator for 25 years, Macdonald credits the customers who order her cakes for providing inspiration. After receiving requests for cakes decorated with landscapes and log cabins, she imagined how much more could be done using icing as a medium.

"[My customers] helped me to push the envelope," says Macdonald, who has dreamed up butter cream boats out on an edible ocean and built entire campsite scenes complete with tents and canoes.

Macdonald's artistry in icing will be on display this Sunday from 2 to 5:30 p.m. at Inverlynn Art Inc. 1300 Giffard St. in Whitby. For more information about the exhibition call 905-668-4513.

**NEW LOCATION
GRAND OPENING**

SPECIAL DEALS

AIR SOLUTIONS Est 1979
Heating, Cooling & Fireplaces
we have your **ECO**energy efficient solutions

DON'T PAY TILL 2009 OAC

American Standard
NEW STANDARDS FOR LIVING™

**GET up to \$2100.00
ECOenergy REBATE**
ask for details

**FIREPLACE COMPLIMENTARY
DESIGN CONSULTATION**

HEAT & GLO
No one builds a better fire

**24 hour
Emergency
Service
\$79**

TUNE-UP SERVICE
FURNACE OR FIREPLACE \$99
FURNACE & A/C \$169
FURNACE & A/C & FIREPLACE \$229

CALL TODAY FOR A FREE IN HOME ESTIMATE

110 HOPKINS ST. WHITBY, ON HWY #2 (DUNDAS & HOPKINS)

www.coolandheat.ca

905-430-2033 • 1-866-286-1203

SNOW REMOVAL

LIMITED SPACE AVAILABLE

The Gardener®

LANDSCAPE MAINTENANCE & SNOW REMOVAL INC.

(905) 432-2279

www.hirethegardener.com

FALL CLEANUP

Charity boosts staff and efforts

Feed the Need in Durham has appointed a new project coordinator, Oshawa resident Heather Chalmers.

The Oct. 22 appointment comes after the Region provided a one-year grant to the charity to fund the post. Feed the Need is an ongoing initiative focused on reducing child poverty through improved nutrition as well as helping parents find a place in the workforce.

The Region hopes that the new position will help further direct and maintain the much-needed organization.

Facing this growing demand, the Daily Bread Food Bank decided to stop its shipment of 62,469 kilograms of food annually to organizations in the Durham Region as of March 2007.

Feed the Need in Durham, being the leading organizer in the area, received a one-year exemption from this policy.

The organization is looking to expand its fundraising and food banks in order to meet the hunger need in the Durham Region. The organization also aims to encourage and develop new volunteers.

For more information on the initiative or to make a donation, call 905-260-0059.

Cinema helps library

Those interested in enjoying a foreign flick while supporting Oshawa Public Library are in luck.

Cinefest Durham will be presenting the French psychological thriller the Page Turner on Nov 15.

Directed by Denis Dercourt, the movie stars Deborah François as Melanie, a talented pianist. Melanie auditions for the music conservatory but fails to be admitted due to the attitude of one juror, Ariane.

Years later, Melanie has her chance for revenge when she is hired on by Ariane. With her musical talent, Melanie is given the chance to be the page-turner for the concert pianist. This sets the stage for what turns into a poignant look at these women's relationships and the need for revenge.

The movie event will take place at the Cineplex Odeon, located at 1351 Grandview N in Oshawa. Showtime will be at 7:00 p.m. and tickets can be purchased for \$7.00 at the door. The movie has a run time of 85 minutes.

Workshop aids Alzheimer caregivers

Caregivers of those with Alzheimer's disease and dementia will have the chance to get answers and assistance at an upcoming presentation.

The Alzheimer Society of Durham Region will be hosting a "Family Caregiver Education" workshop Dec 13.

The presentation will provide advice on coping with the trials of the illness including communication loss. Information on the disease itself will also be discussed.

Those who attend the workshop will also be able to learn about support groups and other services that the Alzheimer Society provides.

Resource packs, which provide information on the disease, will be distributed at the workshop.

The workshop will be running from 6 to 8:30 p.m. at the Society's office, which is Suites 207-419 in the office tower of the Oshawa Centre.

Registration is required for the workshop and there is a fee of \$5.00.

To register for the workshop, phone the Alzheimer Society at (905) 576-2567 or at 1-888-301-1106.

ACT NOW - RECEIVE UP TO \$2300 ON OPA & FEDERAL REBATES

Hi Efficiency Furnace

KEEPRITE HI EFFICIENCY FURNACE

\$2299 FROM INSTALLED

NO PAYMENTS NO INTEREST FOR 12 MONTHS OAC

ALL MAJOR BRANDS
www.abudgetair.com
Oshawa: 905-924-1488
Toronto: 416-833-4900
Serving GTA and Durham for over 40 years - Financing Available

5 year factory warranty
KeepRite
Make Your Fuel Go Further

See news happening?
Call 905-571-7334.

100% Approval OnTime Financial

"We Can Help" Automotive Finance

- Bankruptcy
- Collections
- Repossession
- Fixed Incomes
- Buried In Bills
- New Credit
- Divorce
- Any Credit Situation




EVERYBODY Drives!
Any Make
Any Model
We Work For You....
NOT THE BANKS

OR CALL TODAY!
905-243-1575
Apply Online at: www.creditsolutionsforyou.com

In House Financing Available!
Bring Us This Ad For
Cash or Towards
Your Down
Payment On
Any Used Vehicle
\$500
One Coupon
Per Transaction

The perfect Bowmanville combination...

RIGHT IN TOWN... RIGHT ON THE GREEN.

Greenspace as a backyard. Downtown amenities as a front yard. Only in Bowmanville. Only from North Star. See our 4 models today. But be prepared to stay for a long, long time!

Deep 40' lots
\$247,990
up to 2,437 sq. ft.

Bungalow, raised bungalow and two storey designs

A short stroll to all the amenities you need

Now under construction for closings this year

All the upscale luxury finishes you want

4 Designer decorated model homes

Borders conservation and greenbelt

SALES CENTRE HOURS
MON-THURS 10am - 8pm
SAT, SUN & HOL 11am - 6pm CLOSED FRIDAY
905-623-2969
www.northstarhomesinc.com
BROKERS PROTECTED



NORTH STAR
H O M E S
Your **Trusted** Team



*Prices, sales and specifications subject to change without notice. All renderings are artist concepts. E & OE.

Students visit workplace

Some Grade 9 students from across Durham Region joined their parents in Take Our Kids To Work Day with the Durham Regional Police Service.

The program enables the students to see what their parents or guardians do at work and to better understand the company or organization they are visiting for the day. It also gives them the opportunity to explore policing as a future career option.

The students spent the day at Regional Headquarters in Whitby learning about all areas of policing including forensic identification, tactical support, volunteering, traffic services, Air 1, the Canine Unit and the Street Crime Unit.

Take Our Kids to Work is a national program of the Learning Partnership and has existed since 1994. More than 1.5 million young Canadians and tens of thousands of workplaces have participated in the program.



Durham police chief Mike Ewles with kids who visited with Durham Regional Police during this year's Take Your Kids To Work Day.

Nov. 7 crossword answers

T	R	I	A	L	F	R	A	N	C	A	D	D	E	R	S	A	T
R	I	N	S	E	L	A	S	S	O	B	I	R	C	H	A	P	O
I	F	T	H	E	R	E	I	S	A	N	O	N	E	T	O	I	A
G	E	E	W	E	E	D	D	E	V	O	N	E	D	U	N	C	E
R	E	A	C	T	D	R	O	N	E	C	R	E	S	T	E	D	
S	A	L	L	I	F	R	E	E	R	C	H	I	S	E	L		
E	R	O	S		C	O	U	L	D	D	O	R	I	C	R	U	N
R	E	P		W	H	O	M	I	O	W	E	M	O	N	E	Y	C
A	C	E		A	U	T	O	S		I	C	I	N	G	O	S	I
A	R	B	I	T	E	R		C	N	O	T	E	S	K	O	A	L
	E	K	E	D		B	E	E	R	S		H	O	O	F		
A	P	S	I	S		C	L	A	S	S		D	E	M	O	T	E
F	L	A	S	K		S	O	U	S	A		T	W	A	I	N	X
L	A	P		I	A	M	P	R	E	P	A	R	E	D	T	O	A
A	S	E	A		C	O	S	T	S		D	O	L	C	E	E	G
	R	E	M	A	K	E		P	A	U	L	O		B	A	G	E
I	N	T	R	U	D	E		C	H	A	R	T		U	N	I	T
S	E	R	I	F		F	E	R	A	L		A	N	T	S	R	A
A	H	A		F	O	R	G	E	T	I	T	I	F	T	H	E	Y
A	R	I		I	D	E	A	S		S	W	O	R	E		C	A
C	U	L		N	E	E	D	S		H	O	N	O	R		T	W

KATHLEEN SAXE

WORD GAME

TODAY'S WORD — STITCHERY

(STITCHERY: STICH-er-ee: Needlework; sewing.)

Average mark 45 words
Time limit 60 minutes

Can you find 67 or more words in STITCHERY?

Nov. 7 Word Game Answers

URBANITY

unbar	runt	bray	bury	train
unit	runt	bray	bury	train
unity	runty	briny	abut	tray
urban	bait	bruin	airy	tuba
rain	barn	bruit	anti	tuna
rainy	binary	brunt	aunt	turban
rani	brain	brut	nary	turn
rant	brainy	bunt	nutria	yarn
ruby	bran	burin	tabu	yuan
ruin	brant	burn	tarn	yurt
	brat	burnt	tiny	

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, Ontario
L1J 6W7

Email: news@oshawaexpress.ca

Photos will be available for pickup at this location.



Ava is a 2-and-half-year old pure bred Border Collie. She has one blue eye and one brown eye making her unique and her favourite activity is chasing golf balls.

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...Part Two

Columnist



Bill Fox

Last column I mentioned how a mentally challenged resident of 'Day Break' in Richmond Hill had taught many of us that we cannot rush Christmas gift buying.

'Bill' was not going to be rushed or cajoled into buying a gift for his aunt that was not entirely appropriate for her circumstances and tastes.

I admitted at times to being very impatient and choosing gifts that perhaps were not the most suitable. Perhaps a few Christmas success stories might help you with your Christmas shopping this year.

With four sons, who at one time (more than 20 years ago) were nine, seven, five and three, successful Christmas shopping was always a challenge. We had one particular tradition however, that we observed every Christmas Eve. We always gave interesting books for our boys to open and read at Christmas Eve. Buying for our boys was not such a terrible chore, as we always asked them to produce a wish list, or in the case of the younger lads, to write Santa a letter.

Santa would often phone in December to check on the boys and to see how they were doing. Years ago you could get your own phone to ring by dialing your own phone number. I

remember our second son, Michael, in particular, would not like eating his vegetables. I would threaten to call Santa and I would dial his (our) number.

Santa was often busy with the reindeer when I phoned and I would have to talk to Mrs. Claus. I would relate how Mike was being stubborn and not eating his vegetables. I asked that Santa phone me as soon as possible to get an updated report. Unbelievably, within seconds of putting down the phone, good old St. Nick himself would return the call. The conversation would go something like this:

"Hello Santa, thanks for calling back. How are the reindeer? That's good."

Santa, the reason I called was because Michael is not eating his vegetables...Oh wait Santa, he is now finishing his vegetables...Yes Santa, all the boys have been very well behaved. Yes Santa, we will leave chocolate chip cookies and some milk out for you, and we will leave out carrots for the reindeer as well."

One particular snowy Christmas, I went out into the backyard with my skis on and made long marks near the back door. The faces of our boys that Christmas morning were priceless.

One Christmas my wife, Denise, wanted a guitar and was secretly hoping for a family ring. I had a very large parcel wrapped in the middle of the living room. It dwarfed everyone else's gifts. She opened it thinking a guitar would be inside. To her disappointment, there was a smaller box inside, and yet another, and another till she opened the smallest of boxes only to

see a note that she should check the garage by the woodpile.

Rushing to get what she thought was her guitar, she found another note directing her to the clothes dryer. I think you can figure out what she did for the next 20 minutes as she kept unfurling clues, which eventually would lead her to the car trunk, where she found her new guitar and in the case, a brand new pair of gloves. When she finally got around to trying on the gloves, one of the fingers did not fit very well...you guessed it, there was the family ring with all of our birthstones.

One of my best Christmas gifts was from my four sons just last Christmas. Three weeks earlier for my 60th birthday, I received a digital camera. For Christmas I received a wonderful printer that prints the pictures we take.

Now what do I want this Christmas? As I mentioned last column, I am now in the same position that my Dad was at age 60. We have pretty well everything we need. I would get more upset if my sons spent money on getting me something I do not NEED.

My wife, Denise, and I decided some years ago that we would forego Christmas gifts to each other in favour of saving for a cruise or a trip to new frontiers. This year that trip was out to British Columbia to spend 10 days with the greatest gift ever, our three-week-old granddaughter Isabelle.

Now that two of my sons have bought homes in the past year, 'things for the home' might be appropriate for them.

I would welcome your suggestions at "BillFoxExpress@hotmail.com."

The Stars Say...



ARIES: March 20 to April 19

This month you are a people magnet and if single, could attract a significant other. If married, spend emotional and spiritual time with your partner.



TAURUS: April 19 to May 20

Projects, plans and decisions may have to be put on hold. Be cautious what you say to co-workers. Slow down your mind and listen to your inner voice.



GEMINI: May 20 to June 21

Cut down on Christmas spending. Use your imagination to make your money go further. January will be a lot less stressful with fewer bills coming in. Join a gym.



CANCER: June 21 to July 22

If you enjoy making crafts, design some personal holiday gifts. Be aware that work pressures can take your attention away from home obligations.



LEO: July 22 to August 22

Do not burn the candle at both ends, make sure you eat properly and get enough sleep. Meeting and group activities are more demanding. Go with the natural flow.



VIRGO: August 22 to Sept 22

You put extra stress on your physical body because you want everything to be perfect. Go easy on yourself. Try journaling to resolve personal problems.



LIBRA: Sept 22 to Oct 23

You may not be able to complete projects at work as soon as you would like, so put career aspirations on hold for the time being. Enjoy a weekend getaway.



SCORPIO: Oct 23 to Nov 22

Rather than scattering your energies, focus on important issues. Spend special time with your partner. Put travel plans on hold. Pamper yourself at a day SPA.



SAGITTARIUS: Nov 22 to Dec 21

This is not a good time to invest money in a business partnership. Monitor your expenses and keep a close eye on your budget. Take time for meditation or Yoga.



CAPRICORN: Dec 21 to Jan 19

Because you and your partner are on different wavelengths, your relationship is prone to some ups and downs. Keep the lines of communication open.



AQUARIUS: Jan 19 to Feb 19

You could neglect your health since your career is so demanding. Do the best you can at work, but be prepared for job delays. Schedule time for health and fitness.



PISCES: Feb 19 to March 20

Be open to a favourable business proposal. Finances are on the upswing. Get in touch with out of province friends. A child needs your attention.

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

Special Olympics gets donation

The Durham Regional Police Association donated a cheque to Special Olympics Ontario for the 2008 Provincial Spring Games.

Chief Mike Ewles and Deputy Chief and Games Chair Chuck Mercier were on hand recently to receive the cheque for \$10,000, which will go toward making the 2008 games a success.

More than 1,000 athletes, trainers, coaches, volunteers, families and friends from across Ontario will come to Durham

Region to take part in this event, which take place from May 29-31.

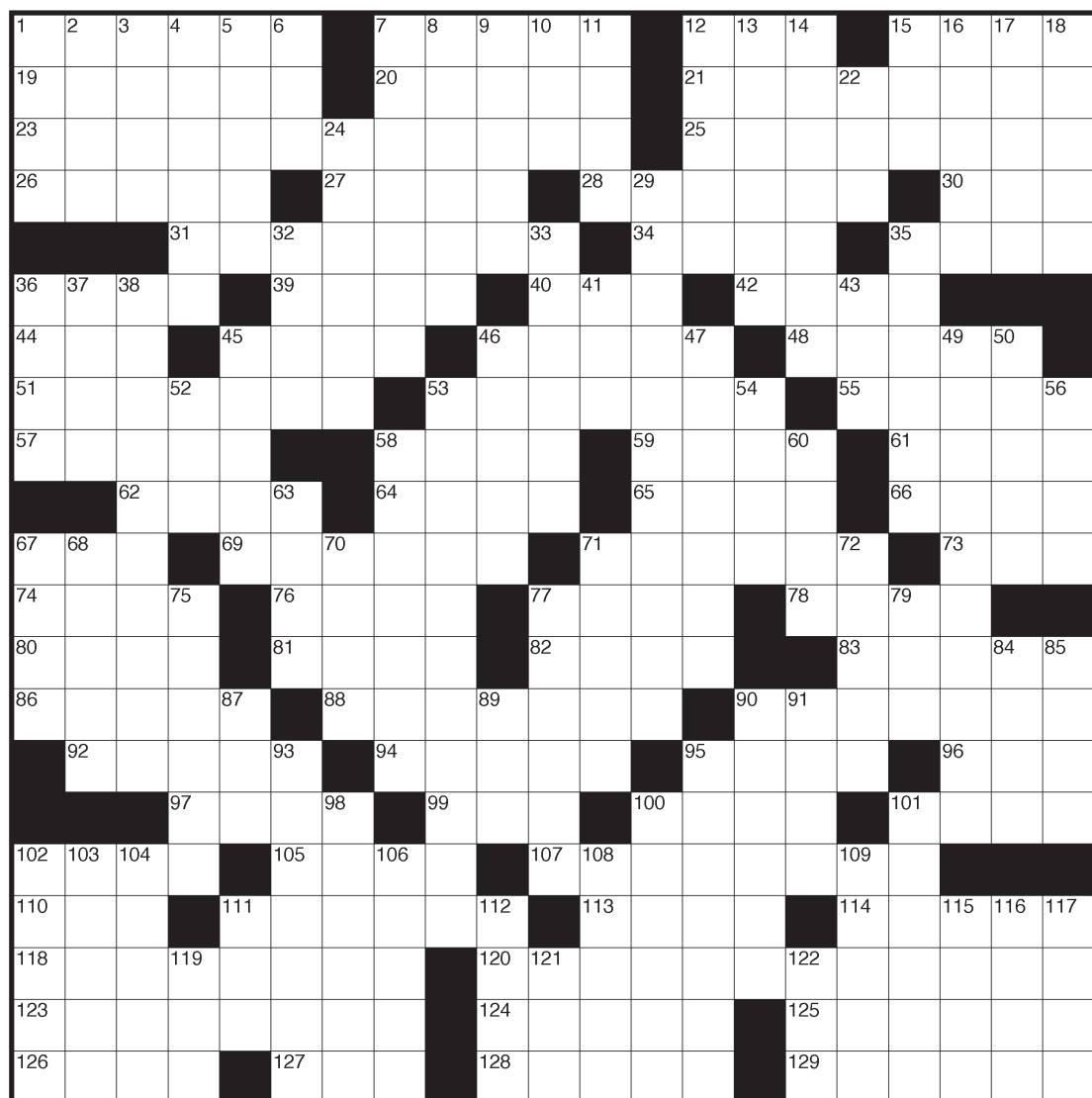
The athletes will be competing in swimming, bowling, power lifting and basketball competitions at venues including the University of Ontario Institute of Technology and Durham College, the Pickering Recreation Centre, North End Bowl and Leisure Lanes.

For more information about supporting the 2008 games, visit their website at www.specialolympics2008.ca.



Durham police chief Mike Ewles and Deputy Chief Chuck Mercier receive a cheque for \$10,000 from members of the Durham Regional Police Association for the 2008 Special Olympics Spring Games.

THEME CROSSWORD



JOINT EFFORT

ACROSS

1. A Gorgon
7. Disables
12. Actress Lupino
15. "— daisy!"
19. Like some Schoenberg music
20. Ascend
21. Persona —
23. Submit to authority, in slang: 2 wds.
25. Conventioneer
26. Golfer's achievement
27. Fertilizer compound
28. Toughen, as a material
30. High alert
31. Strong brew
34. Anti-discrimination agcy.: abbr.
35. Hospital count

36. Sets a price
39. Long swimmers
40. London broadcaster
42. Three squared
44. Hall-of-Famer Dawson
45. Big boats
46. Kobe neighbor
48. Speech pattern
51. Bouillon's English cousin: 2 wds.
53. Suave
55. Tapestry
57. Tiny fish
58. Misfortunes
59. Lunch time, for many
61. Actress Merrill
62. Hideout
64. Would-be CEOs: abbr.
65. June 6, 1944
66. NCO: abbr.
67. Fermented drink

69. The universe
71. Tom of the 1990s "Late Late Show"
73. Kind of intersection
74. E-mail command
76. Base line?
77. Legal claim
78. Melt
80. Shakespeare heavy
81. Puppeteer Tony
82. Fairy tale opener
83. Seeing red
86. Show biz union: abbr.
88. Sorcerer
90. Warship in 1862 battle
92. Bundle
94. Rent
95. Go on foot
96. King's channel

97. Mutilate
99. Vigoda or Fortas
100. Lucille and —
101. Louisville's river
102. Truck stop sight
105. Grable asset
107. Hammer's target
110. AFL partner
111. Piercing cry
113. Greek colonnade
114. Miss Winger
118. View from Dubrovnik
120. Cheer: 3 wds.
123. 2008 is one: 2 wds.
124. Zodiac's ram
125. Flowery
126. View from the Uffizi
127. Greek letter
128. Mother-of-pearl
129. Medieval tales

DOWN

1. Verb with over, up or out
2. Lab device
3. Quarterback Flutie
4. Sam and Vanya
5. "— alive!"
6. Rinso rival
7. Victory crowns
8. Dillon of "Gunsmoke"
9. King with golden touch
10. WNW's opposite
11. Body fluids
12. Mindless
13. Love, to a fault: 2 wds.
14. Morning-after remedy, perhaps
15. Mausoleum item
16. Petco Park player

17. Warrior's mount
18. Dry goods measure
22. Salon supply
24. College of the Redwoods site
29. Tied at the finish line: 3 wds.
32. Dad in Dijon
33. Fix on an idea
35. Van Dykes
36. Priestly vestments
37. Appear
38. Like some shorts: 2 wds.
41. Base
43. Depression-era inits.
45. Cobwebbed area
46. Jars
47. Aspirin, e.g.
49. Timekeeper
50. Jessica of 1995 "Rob Roy"

52. Ga. neighbor
53. Special physical effort: 2 wds.
54. Warty hopper
56. Fill to the max
58. Unethical
60. No in Novosibirsk
63. Fliers of cable
67. Most populous continent
68. Flips through, as pages
70. GBS
71. Inasmuch as
72. Cologne's river
75. Cash
77. Untie
79. "Exodus" hero
84. Nobelism Morrison
85. Cube-maker Rubik
87. Small battery
89. Retriever, for short
90. Bad break
91. Ma Joad, for one

93. F-18, e.g.
95. Abelard's love
98. Actress Carey
100. Flap
101. Ancient theaters
102. Milan's La —
103. Sea duck
104. Bugs —, Chicago gangster
106. Scope lead-in
108. Molded serving
109. Dote on
111. Utter
112. Mongol title
115. Sitter's handful
116. Give a PG
117. Pro votes
119. Broker's offering
121. A Gershwin
122. Crowd the trough

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. Congratulations to Gordon Bryan Riddell for completing the Oct. 24 crossword puzzle, to Ann Riddell for completing the Oct. 31 puzzle and to Mary Snow for completing the Nov. 7 puzzle. Last week's answers are on page 13.

Family preps guide dog for service

By Courtney Duffett
The Oshawa Express

Julie Liard and Scott Arbuckle have always wanted a furry friend in the family but didn't have it in their hearts to leave their pet at home alone all day while they were off working.

However, the Oshawa couple, who both work in the law enforcement field, found a way to enjoy raising a canine companion while training another community helper.

They provide foster care for Yeller, a four-month-old Golden Labrador who is being trained as a guide dog for the blind.

"It's the best of both worlds," said Liard, adding that fostering a guide dog, who goes with them wherever they go, proved a perfect fit for them.

Guide dogs only live with their foster families until the puppy is about eight to 12 months old and never has to be left at home alone.

"It's not fair for a dog to be at home all the time and this way he can come everywhere with us," says Liard, who works for Durham Regional Police. As well, Liard says there's a no long-term commitment of having to care for the dog for years.

When the participating dogs like Yeller are eight weeks old, they are given to foster families for light training and stay with the foster families until about one year old. During the puppies' time with the foster families, they attend puppy classes every four to six weeks throughout the one-year commitment.

The role of the foster family is to house train the puppies, teach them manners and basic obedience and socialize them on things like offices, shopping malls, public transportation and hospitals.

Fostering a guide dog requires little to no expense for the foster family. The Lions Foundation of Canada Dog Guides covers

veterinary bills, food and other related expenses.

The foster families can't be in contact with the puppies after they leave their foster homes. However, the foster parents are allowed to go to the pup's graduation and see who the pups they helped raise will be living with.

Even though the couple and their two-year-old daughter may be missing Yeller in May when they say good-bye, within days after his planned departure they are expecting a new arrival—their newborn baby.

Still, Arbuckle says he expects it won't be easy letting go of Yeller when that time comes.

"He's my buddy," said Arbuckle, a Toronto Police employee. "He's a great dog."

But that's not to say there haven't been some challenges along the way with raising Yeller. Liard says Yeller is currently having a hard time learning not to chew on everything in sight.

The pup must learn simple commands while living with the foster family such as 'sit', 'stay', 'heel' and 'down.'

There are certain things they aren't allowed to do with Yeller that they would do if the dog were their own. Liard says that they can't teach Yeller tricks such as to give a paw.

They can't snuggle with Yeller on the bed (if they want to snuggle they have to get down on the floor with the pup), and the dog always has to be in its crate when it's home alone.

Since Yeller is the couple's first family pet, they enjoy the quality time spent with the pup and believe that he won't be their only one.

They are considering helping to train another guide dog in the future. They would like to request a female chocolate lab.

The breed most commonly trained to be guide dogs for the blind are Labrador Retrievers and Standard Poodles (for those who are allergic to dogs, poodles are hypo-allergenic).

Since 1983, Lions Foundation of Canada has operated Dog Guides Canada to provide specially trained Dog Guides to more than 1,200 men, women and children aged eight to 84.

In addition to training guide dogs for the blind, the LFCDG also trains guide dogs to meet the needs of Canadians with hearing and other medical or physical disabilities.

For more information on the Lions Foundation of Canada Dog Guides, visit www.dogguides.com.



Photo by Courtney Duffett/The Oshawa Express

For the past three months, Oshawa couple Julie Liard and Scott Arbuckle and their two-year-old daughter Nikki have been raising Yeller, a Golden Labrador puppy, and training him to become a guide dog.

Dig deep for children

Columnist



Bob Hooper

In the jungles of Africa, the deserts of Peru, the streets of Thailand and sadly right in our own backyard, there are children that long to be loved, cuddled, caressed and adored.

Some don't even know yet that they are young, let alone their names.

Some have no mommy or daddy and food is thrown over fences for some kind of reason but soon starving bellies will know as down it goes (a temporary fix).

Yes! They, in many cases, are handed more than a lemon in life and keeping one's chin up is not completely the answer.

These children come in a variety of colours, shapes and sizes, and many if not attended to, will find themselves in heavenly places.

"Suffer the little children," were the words of our creator.

He who knows the number of hairs on our heads is much aware of the

earth's actions 24/7.

Homeless, helpless children who wander the world's great cities are often called vermin.

Branded verbally because they beg, steal, sell their bodies and to eliminate this social cancer, leaders in world cities hire people to kill them. Unbelievable.

But every child, every man, every woman has unique value.

Pity is not the answer. Prayer and support agencies trying to alleviate this situation may be however.

People that operate orphanages in this world and cast a tear are just ordinary folk like you and I. (Trying to help someone's children.)

While a good percentage of God's children are cared for, sadly a minority do not know what they even live for.

No Kleenexes or napkins, no diapers or shoes, no toothbrush or playpen, no roof over their heads but a sheet of cardboard in a box.

Shame on this world for spending so much time, watching our stock markets and movie idols. Shame on this world for just not giving a damn or a dime most times.

Thank God for government aid, churches and institutions like World Vision that care as the Samaritan's Purse and others do.

This world needs a billion Mother

Theresa hearts to cope with this hellish gigantic problem. The plight of children is on the increase.

I don't know about you but as I see what I see I can't stop but pray that somehow, someplace, someday we can see an end to it all.

Why, a dog biscuit would suffice or even an uncle or aunt that cared!

Wake up world; let's respect human life.

Shake your heart and let's see if we can do something.

At this children's time of year, seek out that child down the hall, down the street or in some far off distant lands.

The follies in space or the playing on ice or across world gambling tables, or in luxurious yachts won't help a thing.

Ironically, some provinces and the largest country in the world need population.

Like the flowers by our Children's Arena they are waiting for someone to tend to them and look their way.

Was it not the inventor of the Salvation Army (William Booth) that couldn't get to a meeting so sent the gist of his speech by telegraph to "others" that in a nutshell is just about that...others.

Let's pray, let's urge big governments to do more and together eradicate a desperate worldwide situation.



Photo by Jessica Verge/The Oshawa Express

'Tis the season for bazaars

Juliana Quenneville, 7, and her grandmother Jane take a look at the jewelry table while browsing the bazaar at Christ Church on Hillcroft Street, which also offered housewares and baked goods among their items for sale last Saturday.

Exchange students study at UOIT

By Courtney Duffett
The Oshawa Express

German university student Selim Maier was looking for more than an adventure when he decided to take part in a student exchange program that brought him to Canada.

The "state-of-the-art facility" at the University of Ontario Institute of Technology (UOIT), was the big draw for Maier, 23, who is participating in a one-year Ontario-Baden-Wuerttemberg student exchange program.

He is currently taking third-year courses in mechanical engineering at UOIT, having studied in a similar program in Germany. He plans to complete his final year in Germany when he returns.

"It's what I like most in school—math and physics," said Maier, adding that he has always wanted to come to Canada for a visit and said that participating in the student exchange program allows him to both study in a new school and visit his "favourite country."

Severine Aurivel and Maude Dubray, both from France in the Ontario-Rhone-Alpes undergraduate student exchange program, also are at UOIT. They are studying business and manufacturing engineering and Internet engineering.

All three students arrived and began their studies in September.

Maier said that coming to Canada and living in Oshawa has been a learning experience in more ways than one.

"Oshawa is much bigger than I expected it be," said Maier, noting

that he is from Stuttgart, Germany, a small city by comparison. He adds that Oshawa is in the perfect location—not too close to Toronto.

Maier lives in a house just off campus in North Oshawa and said one of his first experiences in Oshawa was a trip grocery shopping at Wal-mart.

Not knowing the bus routes, Maier took a map and found out where Wal-mart was located and decided to walk, which took 45 minutes and was longer than he expected.

He quickly learned the bus routes to get around Oshawa, which was a "huge advantage."

Since being in Oshawa, Maier has noticed many differences compared to his hometown in Germany including the size of the streets, cities and cars, and the people.

"Canadian people are very kind and nice here," said Maier, adding that he feels he can ask anyone anything and they are more than happy to help.

But what surprised him most was the weather. Maier was not expecting such warm temperatures in October and such a long summer.

"To see 30 degrees on Thanksgiving is not normal," said Maier, adding that by this time of year, Germany could sometimes already see snow.

"But I think winter will be much tougher here," said Maier, adding that he is going to be prepared for cold temperatures. "The whole experience

has been a learning process."

Since his arrival here, he feels his English language skills have improved. He had taken English as a second language courses in Germany.

"But you can only learn the language when you're using it," he said.

Since he's come to Oshawa, he's been happy with his overall experience at UOIT as well, adding that it's a smaller university and so new in technology, he says.

While he plans to work in Germany once he finishes school, he said he'd like to come back to Canada for visits in the future.

The three exchange students came to Canada to study just as UOIT finalized

a number of Memorandums of Understanding (MOU) with several international educational institutions that provides for exchange opportunities. Those involved include Southeast University in China, Polytechnic University of Turin in Italy, the Canadian University of Dubai in United Arab Emirates, the University of Leipzig in Germany and the Chinese University of Hong Kong Tung Wah Group of Hospitals Community College in China and Hong Kong.

UOIT is also in the process of



Selim Maier

negotiating MOUs for international collaborations with a number of universities in Turkey, Australia, Sweden and India.

"We are proud and honoured to welcome these three outstanding students to our country," said Dr. Ronald Bordessa, president of UOIT. "We are pleased to have the opportunity to share with these students the innova-

tive education and leading-edge learning benefits that set UOIT apart in the academic community."

Bordessa said they are also excited by the announcement of the partnerships with these leading international institutions as they are further affirmation of UOIT's growing prominence beyond the national landscape and onto the global stage.

Dr. Stephen Murray & Associates

Gentle Family Dental Care

- * Evening and Saturday Appointments Available
- * **New Patients Always Welcome**
- * Emergency Calls Accepted

Kingsway Village Shopping Centre

1300 King Street East, Oshawa
(Conveniently Located at the Corner of King & Townline)



905-436-1644



MIDCO MANUFACTURING

New location open to public!
202 South Blair St.
Units 34/35
Whitby

• Tube • Angle • Channel • Pipe • Sheet • Bar

905 • 666 • 4321

www.midcomfg.com

Love is in the air

HARVEYS

We carry the Fabulous Handbag Designs of:

KENNETH COLE NEW YORK
KATHY VAN ZEELAND
KAREN WILSON
HILARY RADLEY
JEANNE LOTTIE
RETRODELIC
BABY HAT
SOPRANO
HARVEYS
FOSSIL
GUESS
KSAK
KGB
AND MORE...

Gift Certificates Available

Debi Lehman
905.982.0629

overhershoulder@bellnet.ca

overhershoulder.com

That perfect piece to your collection is here

Viamede Resort & Spa.... The Perfect spot to Say "I Do"

Sitting on the shores of Stoney Lake, Viamede Resort & Spa is one of the premier resort wedding destinations in Ontario.

The staff including both management and front line workers, make each wedding their own, striving to exceed every Couple's expectation.

Taking care of what the resort does well, it offers the essential "One stop shopping" for bridal couples. Once through the doors, planning for their entire event from bridal showers, rehearsals, ceremony, reception and wedding brunches are looked after for them. Add this service to the beautiful setting and it's a match made in heaven.

"We believe that each wedding should be a Gala event, planned the way it should be, perfectly," said Jennifer Craig, on site wedding and event planner. "Weddings are a very emotional time; can be stressful and even overwhelming. My job and the job of the resort is to make them feel at ease, to reassure them that everything will be taken care of."

For more information on weddings or event planning contact Jennifer Craig at 1-800-461-1946 or email weddings@viamede.com.

CHERISH

At Viamede, your wedding is a romantic, unique celebration that your loved ones will cherish for years to come. Our private chef, intimate chapel and professional wedding consultants are waiting for you.

Photo Courtesy of Miramila Studios

VIAMEDE

1-800-461-1946 • weddings@viamede.com • www.viamede.com

OSHAWA WORLD TRAVEL LTD
SEA - AIR - LAND

HONEYMOON AND WEDDING PACKAGES FROM \$750.00

"Customer Satisfaction is Our Favorite Destination"

Book with us by phone, fax or through our website
Free Brochure & Ticket Delivery

905 • 434 • 3330
1 • 866 • 600 • 3312
600 King St. E., Oshawa
www.oshawaworldtravel.com

TICO
TICO 50013941

La Renaissance Catering & Banquet Facility

25 YEARS AWARD WINNING CUSTOMER SERVICE

- * Weddings * Anniversaries * Retirements
- * Business Luncheons * Customized Menus to Suit Any Palate

FOR YOUR MEMORIES IN THE MAKING

905-438-0133
650 KING ST. E. OSHAWA

Express Arts & Entertainment



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 Roy 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

OSHAWA DURHAM SYMPHONY ORCHESTRA
 MARCO PARILOTTO

Thank you for supporting the symphony!



Symphony substitutes

Oshawa Durham Symphony Orchestra board member Charlie Morrison and Sylvia Vanhaverbeke evoked a standing ovation after their performance at A Night at the Opera held at Calvary Baptist Church in Oshawa. The two symphony aficionados won the opportunity to take part in the event at a draw at a recent charity golf tournament held to raise funds for the symphony orchestra. Morrison took command as the conductor while Vanhaverbeke played the symbols.

WHAT'S 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 Lavole 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

ROGERS television

ROGERSTELEVISION.COM
 ONLY ON ROGERS CABLE 10/63



SPECIAL Clip 'n' Save
\$5 Per Person
Thursday November 22nd
& Sunday December 2nd Matinee

"IT'S A HIT"
"NO SEX PLEASE, WE'RE BRITISH"
 By Anthony Marriott and Alistair Foote

Great Food! Great Shows! Great Price!
1-866-902-9884
 Savings Coupon at:
www.herongate.com

Friday, November 16

9pm-1am

THE SADDLE BLUE



Garth Bourne Dan Silver Mike Tabares

a Litre of Draft \$6.95

FREE DRAW EVERY MONTH FOR 2 LEAF TICKETS

SINGLE'S NIGHT THIS FRIDAY

843 King Street West, Oshawa • 905.434.4448
 www.tickledtoad.com

The Ticked Toad Pub & Grill
 Established October 1st 1993

EXPRESS Around Town
 GET POSTED! phone 905 571-7334 fax 905 571-0255
 email editor@oshawaexpress.ca

Wed. Nov. 21

Support group meeting for brain injured survivors, family members and caregivers – Head Injury Association of Durham Region, 850 King St. W., Unit 24. The meeting will feature a guest speaker from 7:30 to 8:15 p.m. with the support group from 8:15 to 9 p.m. For more information, call 905-723-2732.

Sat. Nov. 24

Christian Education Bazaar and Auction – Immanuel Christian School, 849 Rossland Rd. W. Doors open at 11 a.m. with bazaar running 3 p.m. and auction beginning at 4:30 p.m.

Baba's Bazaar – Lviv Hall, St. George's Ukrainian Catholic Church, 38 Lviv Blvd. From 10 a.m. to 2 p.m., Ukrainian food, homemade baked goods, and an interesting variety of fine art and crafts will be for sale, as well as a "penny sale" and "loonie jars". Everyone is welcome. Admission is free.

Creative Crafts sale – Harmony United Church, 15 Harmony Rd. N. More than 50 vendors will be selling homemade crafts such as jewelry, folk art, sewn and knitted garments, woodworking and floral designs from 9 a.m. until 3 p.m.

Thurs. Dec. 13 and Fri. Dec. 14

County Town Singers present 40 Years of Christmas Favourites – Forest Brook Church, 60 Kearney Dr. in Ajax. The Durham group will perform a variety of festive tunes featuring musicians Some Guys on Brass and choir alumni. Concert begins at 8 p.m. Tickets are \$15 for adults and \$12 for students and seniors and can be purchased at the door or in advance by calling 905-728-3386 or 905-509-4111.



Syd Trefiak finished 222 in the recent Florida Ironman competition and hopes to compete in another Ironman next year.

Teacher races in Ironman

By Courtney Duffett
The Oshawa Express

He swam, he rode and he ran.

And 10 hours and 13 minutes later, Oshawa teacher Syd Trefiak, 30, crossed the finished line last week at his first ever Ford Ironman competition in Panama City Beach, Florida.

"It was exciting to come across the finish line and hearing my name called as an Ironman," said Trefiak, who teaches at Central Collegiate.

Trefiak had been training for his first Ironman competition ever since he began competing in triathlons four years ago.

"It's all about the hours you put into it," said Trefiak, adding that dedicating training time is a key to his success.

This year's Ford Ironman competition included a 3.8-kilometre swim, a 180-kilometre bike ride and a 42-kilometre run.

Trefiak was pleased with his finish, placing 222nd out of about 2,500 competitors from around the world — including about 120 professionals.

"That's pretty good for my first race," said Trefiak.

He said the Ironman's top finishers completed the race in about eight-and-a-half hours. It was shut down after about 17 hours.

And even though this is his Trefiak's first Ironman, it wasn't his first triathlon. In the past four years, Trefiak has participated in about 10 to 12 triathlons of various distances. He said to prepare for a triathlon, he trains about four to five hours a week but was training 20 to 30 hours a week for Ironman.

"It takes more dedication and time," he said. "To compete in an Ironman takes years of training."

Trefiak has been involved in endurance sports for the majority of his adult life and says that diet is the most important aspect of it all.

"Food is fuel," said Trefiak.

During Ironman, Trefiak burned about 10,000 calories in that one day. "And you need to be able to fuel that and to be able to recover,"

he said.

Trefiak says that the most difficult part of the race was the second lap of the run after being out there eight to nine hours already. He started running out of "fuel" and his body felt as though it was ready to give up but what kept him going was knowing how much time and money was put into it.

Trefiak is now taking it easy in the off-season until January when he will start his main training.

Trefiak plans to compete in another Ironman next year, but hasn't decided

which one. However, his next major race will be the world championships in Vancouver in June 2008, which is an Olympic distance race. He was swimming 1,500-kilometres, cycling 40-kilometres and running 10-kilometres.

"The accomplishment of finishing something like that is that only five per cent of the population can do it, which is what helps keep me going," said Trefiak.



Syd Trefiak

Win keeps Gens on top



Photo by Bruce Jones/The Oshawa Express

The Oshawa Generals downed the Peterborough Petes 5-1 Sunday at the General Motors Centre.

The Oshawa Generals downed the Peterborough Petes 4-1 Sunday night at the General Motors Centre in Oshawa.

Brett MacLean scored a pair of goals giving him 14 in his last six games and then the Generals solidified their hold on first place in the Eastern Conference with the win over the Petes before a crowd of about 5,500 fans.

Jakub Kobar made 41 saves in goal for the Generals as Oshawa improves to 13-5-0-2 with the win and leads the Conference by three points over the Brampton Battalion as they hit the 20-

game mark of the season.

After a scoreless first period, the Petes went in front on a 5-on-3 power play goal less than one minute into the second period.

But that was all the Petes could get past Kovar as the Generals responded with four straight goals to seal the win.

John Tavares tied the game with his 21st goal of the season and Brett Parnham got a goal as well.

The Generals are off until Friday night, when they host the Belleville Bulls at 7:35 p.m.

Facing off for a friendly shootout

Two of the OHL's top players are going head to head for a friendly shootout competition.

Generals' forward John Tavares and Logan Couture from the Ottawa 67's are facing off as part of a charity fundraiser shootout.

Tavares is shooting on behalf of the Special Olympics Foundation while Couture is shooting on behalf of the Canadian Cancer Society.

The shootout takes place during the first intermission of two Oshawa vs. Ottawa games.

The first was in Ottawa last Friday,

Tavares earned the Ontario Special Olympics \$1,000 by defeating Couture 3-1 in the shootout

Friday night during the first intermission.

and the second is on Dec. 1 at 2 p.m. at the General Motors Centre in Oshawa.

Both Tavares and Couture take shots against their opponent's starting goaltenders. And both teams make donations to the charities of the winning shooter. Tavares and Couture are both having terrific seasons after entering the OHL in the same draft year.

Tickets are available for the Dec. 1 game through the website at www.ticketmaster.ca and at the General Motors Centre box office during regular business hours.

Looking for something to do?

One hour each week earns you some spending money, builds confidence and gives you a taste of what it's like to work independently.

Check out our website at
www.oshawaexpress.ca
for details
or call us at
905-571-7334.

The Oshawa Express



Express Classifieds

RENTALS RENTALS RENTALS REAL ESTATE REAL ESTATE REAL ESTATE REAL ESTATE REAL ESTATE

Oshawa Creek Co-operative Homes
2 Bedroom Apartments
Clean, Safe, Secure
Accepting Applications for Future Units
Applications Available On Site
233 Albert St. Oshawa
OR
Visit Our Website
www.oshawacreekcoop.ca
Call For More Information
905-436-8471

Gibb St.
 1,2,&3 Bdrm
 Apts. available
 Close to the
 Oshawa Centre.
 Quiet Building,
 newly built
 laundry.
 Call
 905-723-8288 or
 905-259-4350

OFFICE SPACE
 800 sq ft Office Space,
 Hwy 401 location in
 Oshawa. Lots of parking,
 large, open space, move-
 in ready. \$800/mo, utili-
 ties included. Call 905-
 434-7409.

Keeping
 an eye
 on the
 community!
 Jessica Verge
The Oshawa Express
 905-571-7334

Classified Advertising
CLASSIFIEDS -
 Articles for sale,
 automobiles,
 items wanted,
 financial, health
 care, daycare, home
 improvements, homes for rent,
 homes for sale, help wanted,
 business opportunities, pools,
 psychics, real estate...

STOP PAYING YOUR LANDLORD'S MORTGAGE
FIRST-TIME BUYER BENEFITS!
 ★ All of our real estate services to buyer's are free of charge
 ★ Call about our "ONE YEAR FREE GUARANTEE"
 ★ Mortgage Brokers on standby for pre-approval
 ★ If you're paying a minimum of \$1,000 or more, call us, we'll tell you what your landlord won't!
TAKE THE LANDLORD OFF YOUR PAYROLL!
ROBERT M.D. TIMOLL
 Sales Representative
SHARON J. CRANN
 Sales Representative
905.433.0678
 HomeLife/Canadian Real Estate Ltd., Brokerage
 Independently owned and operated

AFFORDABLY PRICED IN WHITBY! Move In Bonus!
 Family, friendly community. Conveniently located with transit at your door, just one bus to go station. Across from shopping plaza and minutes to hwy 401. Spacious 2 & 3 bdrm apts from \$890, utilities included. Ask Us About AIR MILES® HIGHLAND TOWERS. 200 White Oaks Court 905.668.7332 www.caprent.com

Classified Advertising
CLASSIFIEDS -
 Articles for sale,
 automobiles,
 items wanted,
 financial, health
 care, daycare, home
 improvements, homes for rent,
 homes for sale, help wanted,
 business opportunities, pools,
 psychics, real estate...
Personal Classified Costs
 Word ads are sold by the inch and begin at \$19.60 plus gst for 1 col x 1"
 DRESSER: good condition, cherry wood, 4 drawers, not part of a set. Asking \$100 also. Please call tomorrow after 6 pm for more information.
 SAMPLE AD

West Park Village, Cobourg
5 Models To View
 Towns From \$200's

The Wellington
 1731 or 1741 sq ft
INCREDIBLE LOFT DESIGN
 Main floor master with ensuite and 2 additional loft bedrooms. Main floor laundry, open ceiling loft from living room.

The Brighton
 1653 or 1838 Sq ft
 Soaring ceiling open to loft area, main floor master with ensuite, 2 floor plans allow for additional 3rd bedroom in loft.

Singles From \$240's
The Kensington
 1634 or 1637 sq ft
 Bungalow
 2 elevations available, separate dining room, master with ensuite. Main floor laundry, kitchen open concept with great room.

The Windsor
 1759 - 1782 sq ft
 Outstanding bungalow layout with 3 bedrooms, main floor family room and laundry.

The Brock
 1561 sq ft bungalow
 Covered wrap around porch bungalow with loft. 4 bedrooms in all, 2 bedrooms on main floor, master with ensuite. Very nice layout.

VANDYK homes
Sales Centre Hours
 Mon-Thurs:
 12pm - 6pm
 Wknds: 11am - 5pm
1-888-245-5494
 www.vandyk.com
 INDEPENDENTLY OWNED AND OPERATED

EXPRESS Service Directory

<p>Contractors</p> <p>DOYLE CARPENTRY Interior & Exterior Renovations * Basements * Sheds * Decks * Framing * Drywall and Painting * Hardwood and Laminate Floors * Doors and Trim Call Jeff: 905-697-2106</p>	<p>Contractors</p> <p>CUSTOM PAINTING Ryan Appleton Painting Contractor Interior/Exterior for FREE ESTIMATE Quality Workmanship "Generation to Generation" Call 905-260-1083</p> <p>RELIABLE PAINTERS & DECORATORS Experienced contractors with car and tools needed for subdivisions in GTA. Call Monday to Friday, 7 am to 5 pm. 905-814-8629.</p>	<p>Cooking</p> <p>Quebec/Delicious/Cuisine : Ultimate in delectable edibles. Platters to soups, Sweet trays for Christmas Plum pudding Shortbread Fruit pies Assorted loaves (banana, date & nut etc) Chutney's Chili sauce Jam's & Jellies Cheese trays etc... Too many to list. Call for more information, place your holiday orders soon. 905-725-3487</p> <p>Daycare</p> <p>LITTLE PRINCES & PRINCESSES HOME DAYCARE AVAILABLE MONDAY TO FRIDAY Full time and part time 6:30 a.m. to 5:30 p.m. Ages 2½ and up Close to schools, pick up to and from schools Snacks, lunches, structured activities Contact Crystal 905-240-2224 crystaalspace@rogers.com First aid and c.p.r. trained References and criminal checks available</p>
--	--	---

J&B Contracting
 1-877-454-3514

The Oshawa Express is now on the web!

For This Spot
 call 905-571-7334

Looking for something to do?
 One hour each week earns you some spending money, builds confidence and gives you a taste of what it's like to work independently.
 Check out our website at www.oshawaexpress.ca for details or call us at 905-571-7334.
The Oshawa Express

CLASSIFIED INFORMATION
To Reach The Oshawa Express
 Phone: 905-571-7334 Fax: 905-571-0255
 advertising@oshawaexpress.ca
Residential Classified Ads
 \$21 (plus gst) for 25 words
Business Classified Ads
 \$25 for a 1 col x 1" (Boxed)
 \$39 for a 1 col x 2" (Boxed) (plus gst)
The Oshawa Express www.oshawaexpress.ca

we really like HOCKEY!
 Follow your Oshawa Generals in the Sports pages!
The Oshawa Express
905.571.7334
 sports@oshawaexpress.ca

PLACE YOUR AD HERE

Express Classifieds

EMPLOYMENT

EMPLOYMENT

EMPLOYMENT

FINANCIAL

FINANCIAL

FINANCIAL

OBITUARIES

OBITUARIES

HELP WANTED
Earn \$12 hr. Contact Us Today!
FT/PT - flexible schedule -
7 days a week.
1-888-974-JOBS
TO43102407

Classified Advertising

CLASSIFIEDS
Articles for sale,
automobiles,
items wanted,
financial, health
care, daycare, home
improvements, homes for rent,
homes for sale, help wanted,
business opportunities, pools,
psychics, real estate...

Oshawa Express

CLASSIFIED ADVERTISING INFORMATION

To Reach The
Oshawa Express

Phone:
905-571-7334

Fax:
905-571-0255

E-Mail:
advertising@
oshawaexpress.ca

**Residential
Classified Ads**
\$21 (plus gst)
for 25 words

**Business
Classified Ads**
\$25 for a 1 col
x 1" (Boxed)
\$42 for a 1 col
x 2" (Boxed)
(plus gst)

AVON
Join Avon NOW and
receive \$50 worth of
Avon products with your
first order (conditions
apply). Full/part time
careers available. No
quotas. Limited time
offer.
Lila 905-442-5022 or
lilasmith@rogers.com

MOVING SALE

MOVING SALE
* Stereo unit,
* Living room &
Bedroom furniture,
* Antique dressers, table
lamps and T.V.'s
* Portable Electric
Heaters & Humidifiers

All in good shape.
Won't refuse any
reasonable offer,
HURRY
Call: 905-725-7474

Looking for Work?
START HERE!
The Employment Advantage

FREE
Access to
Employment
Resources

- ✓ Job search strategies
- ✓ Skills training
- ✓ Resumé writing
- ✓ Interviewing techniques
- ✓ Career direction
- ✓ Self-employment training

... and so much more

CALL TODAY!
Ajax: 905-426-8337
Oshawa: 905-436-2957
Toll-free: 1-866-613-WORK (9675)
www.theemploymentadvantage.com

NORTHERN LIGHTS
CANADA

Employment Ontario
programs are funded in part
by the Government of Canada

* Specialized services are also
available for women, youth
and persons with disabilities.

**SERIOUSLY!
SERIOUSLY!
SERIOUSLY!**

**Do You
Want To
Make
Some
REAL
MONEY?**

**Call toll
free
1-877-859-2015**

**PLACE
YOUR
AD**

MORTGAGES & LOANS

By Upper Canada Funding Inc.

- Prime Rates
- 1st & 2nd Mtges to 100%
- Private Funds Available



Residential • Commercial • Industrial
Frank Callahan 905-571-2880

DURHAM'S ORIGINAL CREDIT-ZONE

*Need a Car Loan? Call Credit-Zone

YOU'RE APPROVED!

Or Get
Approval
on-line 24/7 at



creditzonecanada.com

Call the Credit Zone Hotline

**905-668-1838
1-800-519-9566**

ITEMS WANTED

ITEMS WANTED

WANTED

SCRAP CARS AND TRUCKS
\$ CASH PAID \$

24-7 CALL RON 905-449-3000

FOR SALE

FOR SALE

BUY QUALITY LUMBER FOR LESS
From the Mill

Decking, Flooring, Siding (Cedar, Pine, Oak,
Maple & Ash, etc.) V-Grove.

Starts at \$1.15/sq. ft.

HIGHLAND FOREST PRODUCTS

www.hfpwood.com
705-457-3192 1-800-567-7114

EVENTS

MODEL TRAIN SHOW

Saturday November 17
10:00a.m - 5:00p.m.

Sunday November 18
10:00a.m. - 4:00p.m.

Father Leo J. Austin
School

1020 Dryden Boulevard,
Whitby,
near Anderson St.

Website:
www.trainweb.org/prrc

ITEMS WANTED

**\$100-\$1,000
Cash For
Cars**

Dead or Alive
Fast Free Towing
7 Days a Week
(416) 893-1594

**So send us
your minor
hockey results
because we'd
love to publish
them!**

**Ewart
William O. 'Bill'**
(40 year employee of General Motors, past mem-
ber of the Masonic Lodge)



Suddenly after a short and
brave battle with cancer on
Sunday November 11, 2007,
Bill in his 81st year. Beloved
husband of the late Helen .
Loving father of Judith and
her husband Gerald Hanz and
the late Theodore Gerrits.
Fondly remembered by his
treasured grandson Matthew
Gerrits. Brother of Marg

Swinburne, Richard Ewart and his wife Pauline, and
the late Allan. Brother-in-law of Neil and his wife
June Wilson. Dear uncle of David, Ron and Carol,
Joseph, Anne, and Michael. Relatives and friends
were received at the **McIntosh-Anderson Funeral
Home Ltd.**, 152 King St.E. Oshawa (905-433-
5558). Donations made in memory of Bill to Hearsh
Place, 86 Colborne ST. W., Oshawa, ON. L1G 1L7
would be appreciated by the family.

**Burton
Irene Violet(née Bond)**



Peacefully passed into the
presence of her Lord and
Saviour and into eternal life
on Friday, November 9th,
2007. She was born in
Oshawa on January 16, 1915
to Jack and Esther Bond.
Predeceased by her husband
of 54yrs, Chesley Burton in
1995. Ches and Irene lived in
Oshawa, Whitby and at
Victoria Place, Bobcaygeon.

Loving mother of Marilyn and Vic Hodowanski of
Oshawa, William(Cal) Burton and Jean Nelson of
Slocan Park BC., and Deborah and Herb Mikula of
Whitby. Loving grandmother of Valerie
Hodowanski, Alison and Mark Maruna, Stephen
and Cheryl Burton, Christopher and Magda Burton,
Ryan and Toby-Joy Burton, Melissa Burton, Kristen
Mikula and Lindsay Mikula. Great grandma of Kyle
Burton, Natalie Irene Maruna, Aiden Burton, Adam
Maruna, Jacob Burton and Taylen Burton. Relatives
and friends were received at the **McINTOSH-
ANDERSON FUNERAL HOME LTD.**, 152 King
St.E. Oshawa (905-433-5558). Funeral service was
held in the chapel at Mount Lawn Cemetery, 21
Garrard Rd., Whitby. Special thanks to the wonder-
ful caring staff at The Wynfield Nursing Home,
Oshawa. If desired, memorial donations would be
appreciated to the Canadian Thyroid Cancer
Support Group (Thy'vors) Inc., to the Heart and
Stroke Foundation or to the Gideon Bible Society.

**ELLIOTT,
Cecil Lee**

(Life member of Lebanon Lodge #139 A.F. & A.M.;
Member of Rameses Temple #33 A.A.O.N.M.S.; Past
President of the Oshawa Shrine Club; 30-year
employee of General Motors in Oshawa)



Passed painlessly and
peacefully with his
family by his side on
November 8, 2007 at
ThorntonView Long
Term Facility, Oshawa
in his 82nd year.
Predeceased by two sis-
ters, Gladys and
Florence and his twin
brother Basil. Cecil

will be sadly missed by his loving wife, Gladys
(Copland), brother Bert (wife Rita) of Black Falls,
AB, son Roderick (Rod) Elliott (wife Carol) of St.
Stephen, NB, daughter Heather Elliott (partner
Harold) of Oshawa. Grandchildren Rod Jr,
Ruth, Randy Jr., Ashley, Dan, and Brittany. Cecil
will also will be greatly missed by many great-
grandchildren, nieces and nephews. The family
received friends at **McINTOSH-ANDERSON
FUNERAL HOME LTD.**, 152 King Street East,
Oshawa (905-433-5558). A complete funeral service
was held in the chapel on Tuesday November 13th,
2007 @ 4pm. In lieu of flowers please make dona-
tions to the Shriners Sick Children's Hospital c/o
Rameses Shrine Office, 3100 Keele Street, Toronto,
ON M3M 2H4 or the Canadian Cancer Society.

Tim Hortons

We've got great things in store for you!

**Paid Training; Valuable Experience
benefits, annual bonus, paid uniform**

**PRODUCTION &
STORE FRONT STAFF**

Morning, Day, Afternoon & Midnight Shifts

Taunton & Harmony, Oshawa

Apply in person to: 1361 Harmony Rd. N., Oshawa
or Email: tims2394hiring@yahoo.ca

Family * Achievement * Integrity * Respect

An employer you can count on

The Oshawa Express
**is now
on the web!**



The Oshawa
Express is now
live on the web.
Check us out
to see all the
latest in news,
sports,
entertainment,
lifestyles
and more.

www.oshawaexpress.ca

**putting the
community first**

905-571-7334 600 Thornton Rd. S., Oshawa, Ontario L1J 6W7

THE BEST DEAL IN TOWN!

Phone: 905-571-7334

Fax: 905-571-0255

Email: advertising@oshawaexpress.ca



independent

YOUR INDEPENDENT GROCER

committed to serving the community one customer at a time

ONE

STOP

SHOP

**Celebrate
& SAVE**

**EVERY
DAY!**



2.18/kg
99

large Hothouse tomatoes
on the vine fresh product of Canada,
Canada no. 1 or Mexico no. 1 grade



President's
Choice®
whole chicken
fresh Air Chilled

3.28/kg
149



NEW!

299

PC® Dulce de leche
caramel cream spread
450 g



NEW
MUST TRY!

399

PC® butter fudge
original or maple flavour
200 g



NEW
MUST TRY!

699

PC® Organics™
fair trade coffee
dark or medium roast
454 g



399

PC® main dish
combo
Indian, Chinese or Thai
selected varieties 450 g
Side Dish or Appetizers
160-450 g 2.99



INCREDIBLE VALUE!

149

NEW
MUST TRY!

PC® ruffled
potato chips
selected varieties
235 g



NEW!

599

PC® Regional
Italian pizza
selected varieties,
frozen 460-485 g



499

PC® vanilla bean
ice cream
or selected varieties
1.65/1.89 L



799

PC® Atlantic
salmon medallions
stuffed with cream cheese &
shrimp frozen
280 g



NEW!

249

PC® premium cookies
selected varieties
225 g



NEW!

299

PC® memories of™
pasta sauce
selected varieties 330 ml



999

PC® large Pacific
white cooked shrimp
31-40 per lb peeled and
deveined frozen
454 g



599

President's Choice®
tarte au citron
or tarte au chocolate
590/640 g



NEW!

249

PC® mini
suisse bars
dark or milk chocolate
210 g



NEW!

999

PC® memories of™
pasta
selected varieties
454 g

PRICES IN EFFECT UNTIL FRIDAY, NOVEMBER 16TH 2007.



independent
YOUR INDEPENDENT GROCER

i promise you low prices

1300 King St. E. Oshawa, ON L1H 8J4 Tel: (905) 436-5321