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The Oshawa Express

\$1.00 Your Independent Local News Source Vol 3 No 19 Wednesday, March 5 2008

Parkes faces lawsuit

By Jessica Verge
 The Oshawa Express

One local councillor is being accused of making false statements about downtown Oshawa's methadone clinic.

First Step Methadone Clinic has served Louise Parkes, city councillor for Ward 5 and 6, with a Notice of Libel for comments she made during a KX 96 FM broadcast on Feb. 26.

"She made a number of untrue statements about the clinic," says Peter Jacobsen, First Step's lawyer.

The clinic, which has been operating in Oshawa since 1997, provides methadone maintenance therapy for those combating drug addictions.

The comments coming under fire cannot be reprinted due to the libelous claim surrounding them, but the clinic's consulting pharmacist claims they damaged the facility's reputation.

See **METHADONE** Page 5

Say bye to Civic

By Jessica Verge
 The Oshawa Express

It's the end of an era for one Oshawa landmark as council moves ahead with plans to demolish the Civic Auditorium.

After more than a year of debate surrounding the Thornton Road South structure and attempts to find new occupants willing to foot the bill for repairs, Oshawa council has agreed with a staff recommendation to tear it down.

"I think it's inevitable," says councillor Tito-Dante Marimpietri.

Staff determined it would cost at least \$859,000 to improve the ice rink, which played home to the

See **COUNCIL** Page 5



Photo by Wally Donaldson/The Oshawa Express

Vice Mike Coros of the Paul Sutton skipped rink from the Oshawa Golf and Curling Club keeps an eye on his sweepers, while Paul Reid, left, and Chris Daffern of the Oshawa Curling Club watch intently during the final of the 2008 Men's Anniversary Curling Bonspiel. See story page 16.

Harbour debate revived

By Jessica Verge
 The Oshawa Express

Council is facing another debate on plans to hire a public relations firm to promote Oshawa's harbour.

While a motion to reconsider spending an additional \$358,325 on a campaign by Fleishman-Hillard lost at a Feb. 21 special meeting, the motion was brought back to the table Monday night by councillor Nester Pidwerbecki and passed.

Now council will debate the issue at its next meeting, scheduled for March 31.

Initially the motion to reconsider didn't receive the required two-thirds approval. However, the votes changed Monday night with the absence of three councillors who voted against reconsideration last month. Councillors Louise Parkes and John Neal were absent from Monday night's meeting while councillor Tito-Dante Marimpietri entered the meeting after the vote had been cast.

Mayor John Gray says he doesn't believe the motion was re-introduced just because the majority of its opponents were absent and was under the impression everyone would be in attendance, with the exception of Parkes, who is away on vacation and he says was aware of the upcoming vote.

But Gray is pleased council is going to once again explore the idea of launching a PR campaign, which includes plans to lobby the federal government.

The campaign is targeted at raising public and government awareness of the city's vision for a waterfront, which Gray has previously said would be a recreational area combining a mixed-use harbour, commercial and residential development. It's also targeted at promoting the aspects of federal-appointee David Crombie's report that agree with that vision.

Last year, the feds hired Crombie to meet with Oshawa waterfront stakeholders and produce a report outlining his recommendations for the area's future. However, while the report is rumoured to be complete, it has yet to be released.

"(Council's decision) gives the federal government three weeks to begin the process of making the Crombie report public," says Gray, who adds he is intent on seeing the PR campaign launched.



John Gray

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Region hikes budget by 4.82%

By Courtney Duffett
The Oshawa Express

Durham region homeowners are looking at a 4.82 per cent tax increase this year, less than the targeted 5.4 per cent hike.

That represents an increase of \$98 throughout Durham Region for the average home estimated at \$280,000, according to Paul Richards, director of business planning, budgets and risk management.

In Oshawa alone, residents are looking at an \$82 increase, or 3.93 per cent, on an average \$280,000 home. Oshawa's increase will be the lowest in the Region, with Brock Township having the highest increase at \$113 (5.45 per cent).

The tax increase is a result of regional operations, road services, police services, conservation authorities, special contributions and provincial download services cost and are combined with Regional Transit (estimated at a 0.5 per cent increase) and Solid Waste Management (about a 0.21 per cent increase).

Richards said the "main driver" to the budget went to police services, representing 1.7 per cent of the increase, and an additional one per cent went into roads. As well, Richards said transit, "with its

18 new buses and the replacement of old buses," took up about .5 per cent of the budget.

Other budget highlights include Police Services, which will see eight new officers and two civilian support staff deployed to the emergency response/crime prevention and law enforcement programs. As well, the increase will provide capital funding of \$33.5 million for a proposed new Firearms Training Centre in Clarington and improvements to the Oshawa station.

The Region is spending \$47.3 million for the rehabilitation and expansion of the Regional Road system including improvements to Brock Road, Simcoe Street and the Gibb Street and Olive Street realignment. The budget also includes 13 new staff and equipment to maintain and improve service levels for winter control, engineering support and regional facilities operations.

About 17 staff members will be added to health services, eight of whom are proposed to maintain and enhance service for chronic disease, child health parenting, emergency preparedness and HPV vaccination program.

Three new staff will be added to Emergency Medical Services, including two fleet and equipment coordinators and one quality and develop-

ment facilitator. Funding will also go towards additional storage facilities and replacing six ambulances, two response vehicles and adding two support vans.

In Social Services, 30 new staff will be added to an anticipated increase in Ontario Works caseloads and in the service for seniors – Long Term Care, Family Services and Social Housing programs.

In addition, 16 new staff will be added for other support services including maintaining service levels relating to Communications, Information Technology, Finance, Clerks, Economic Development and Human Resources.

The Regional Transit portion of the budget, about a 0.5 per cent increase, adds one new maintenance staff member, while 23 part-time operators will become full-time operators. As well, 17 new buses will be added and the major refurbishment of seven fleet buses will come into affect.

Solid Waste Management, which represents a 0.21 per cent increase, will provide additional funding to programs to meet waste diversion targets and promote recycling, reuse and reduction.

And money will be allocated for six new staff to provide technical and financial support services.

EXPRESS Police briefs

Man charged with assault

An Oshawa male is charged with aggravated assault after two other males received slash wounds in a bar near Bowmanville.

On Feb. 28 around 12:30 a.m., Durham police were called to the Rumours bar on Courtice Road in Clarington regarding a disturbance.

Officers arrested a male in possession of a metal paint scraper.

Further investigation revealed the male was involved in a physical confrontation inside the establishment with another male over a game of pool. During that confronta-

tion, police say the accused pulled out a metal paint-scraper tool and attempted to slash the other male, who received a minor cut to his hand. A third male intervened in the disturbance and he was also slashed in the hand by the accused. He required medical attention and was treated in hospital and released for a non life-threatening injury.

A 41-year-old man of Burk Street in Oshawa has been charged with aggravated assault, two counts of assault with a weapon and possession of dangerous weapons.

Bags stolen from hockey arena

Durham police are asking for the public's assistance in identifying a suspect involved in a theft from a hockey arena.

On Jan. 7 at the Ice Sports located at 1401 Phillip Murray Ave. in Oshawa at around 11:50 p.m., a male suspect was observed on video surveillance removing a hockey bag full of equipment from

the storage container at the front entrance way. The male is also observed leaving the location and not returning.

Police are looking for information on the identity of the male wearing black pants and shirt with white running shoes.

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

Cops nab one in search of another

Durham police in Oshawa searching for a male wanted on outstanding warrants may not have found their man yet. But they did manage to solve another crime in their pursuit.

On Feb. 26 around 10:45 a.m., two officers attended a motel in the Ritson Road South/Highway 401 area of Oshawa looking for a wanted male. The officers began talking with three people in the vicinity who they thought might know the location of the wanted person when one individual became nervous during the conversation.

The nervous male suddenly threw his coat at the officer's face and fled down the street. The two officers gave chase and caught up with the male a short distance away. The male was uncooperative during the arrest, but was eventually handcuffed and taken to 17 Division for interviewing. Officers discovered a large quantity of cash,

about \$58,000, as well as some crack cocaine, crack powder and cocaine resin on the individual.

Further investigation revealed the male suspect recently broke into his 74-year-old stepfather's home in Oshawa and stole his life's savings, \$60,000. Officers reunited the victim, who is retired and on a fixed pension, with the recovered cash.

The officers also convinced him to keep the money in a financial institution.

The 35-year-old Oshawa man of no fixed address has been charged with assaulting police, two counts of possession of a controlled substance and three counts of break, enter and committing theft.

The accused was held for a bail hearing. He was not the target of the warrants and investigators learned about the theft only after interviewing the male.



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Oshawa Civic valuable part of city's heritage

Oshawa is losing another landmark to the wrecking ball.

It seems the Civic Auditorium has outlived its purpose, at least according to city council.

The cost to maintain the ice rink – including an \$859,000 structural retrofit – is apparently too much of a financial burden to keep the facility running.

Instead, council approved \$1.3 million in demolition costs plus up to \$1 million to build a new entrance to the pool and track.

What tends to be forgotten when the mentality of 'out with the old, in with the new' reigns supreme is the historical significance the Civic played in Oshawa's past.

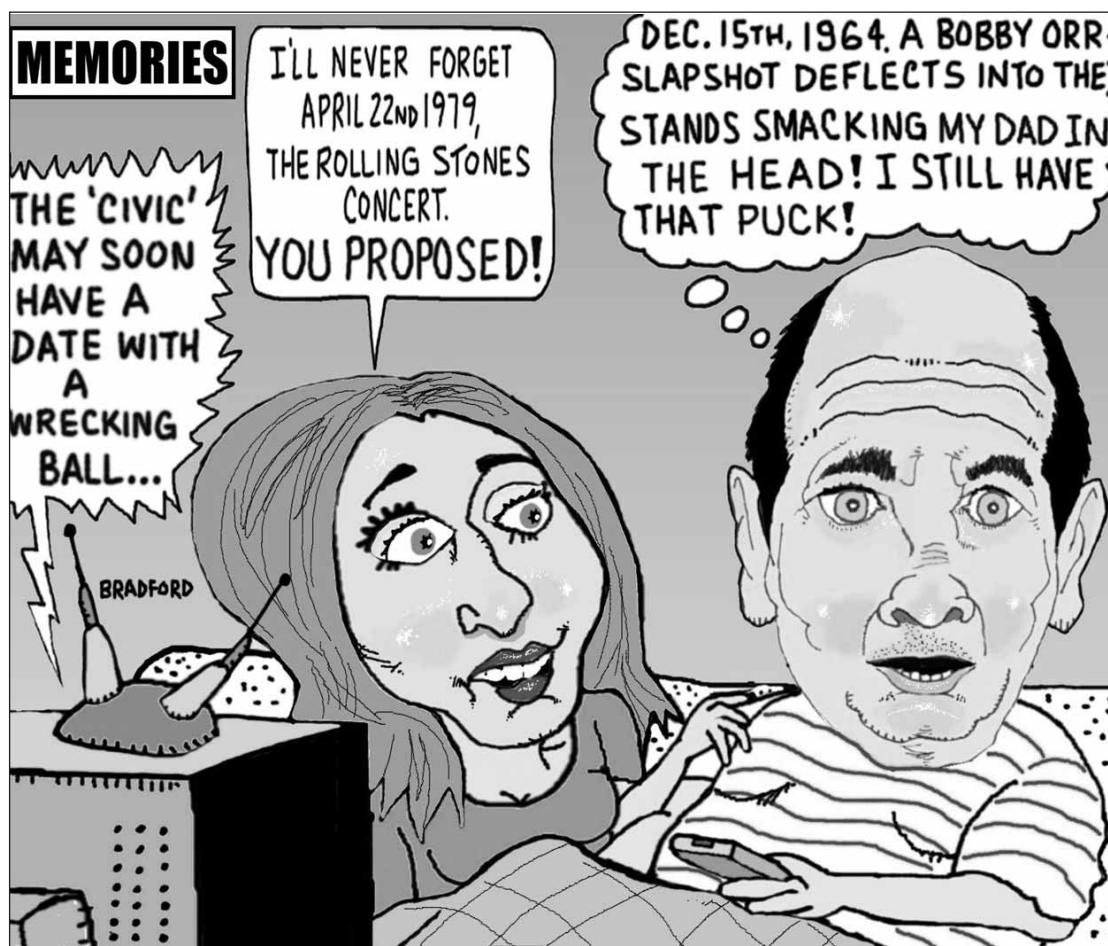
More than just bricks, mortar and ice, the Civic is a testament to the days when local residents took the initiative to create, fundraise and build a facility for the community good.

Its cultural and sports contribution to Oshawa is worth noting, as the original home of the Oshawa Generals and a venue that attracted such diverse talents as The Rolling Stones.

And with Oshawa's other two ice rinks reaching 'retirement' age, losing the Civic will leave minor hockey, not to mention recreational skating, wanting for venues.

During a time in our history when it often makes financial and environmental sense to retrofit older buildings rather than build new ones, our city seems determined to limit community choices for recreational venues.

When the dust settles after demolition, losing the Civic will leave more than just a hole for those seeking ice time in Oshawa. It will mean losing a cherished part of our community's heritage.



Letters

Icy roads a disgrace

Dear Editor:

While driving south on the Island Road out on the Island east of Port Perry, there were a many cars following a snowplow. I joined the lineup as the roads were icy.

Once we came to 7A, all the ice was gone, and there was just nice black asphalt covering on 7A. I proceeded east on 7A and then turned onto Simcoe St. to go south

to Oshawa.

The roads were pure ice with blowing snow and no plows to be seen. When I reached the ridges, I slowed down, as there was pure ice all the way down to the black subway tunnel. I then saw two tow trucks, and a gray van upside down in the right ditch. An ambulance was coming as I left the icy hill.

If this person died, I would be first to testify on the family's

behalf.

Can't the works department get on the ball and start sanding sooner? The work on the roads this winter and winters past is a disgrace.

Whoever is in charge should be kicked to the curb. Show some pride in your work.

Philip Dawson
Oshawa

Poverty rates still too high

Dear Editor:

In MP Colin Carrie's recent newsletter, he states that child poverty has fallen from 19 per cent to less than 12 per cent today, and poverty among single mothers has fallen from over 50 per cent to less than 30 per cent.

All of this is great. However, 12 per cent and 30 per cent are still too high. We need it much closer to five per cent like it is in Scandinavia.

The newsletter states taxes are at a 44-year low and unemployment is at a 33-year low. Mr.

Flaherty stated recently, "We are experiencing the second-longest period of economic expansion in Canadian history," and "business investment in Canada has expanded for a 12th consecutive year."

We have been told that poverty will take care of itself with an expanding economy. When?

Forty-one per cent of children living in poverty live in families with at least one income earner working full-time all year. That is because the minimum wage is too low. The economy may be booming, but not everyone benefits. Many people are living in poverty

because of temporary jobs, no health or statutory benefits, and no job security. If this is the case when we are in a boom period, what will it be like what the economy takes a downturn, as it appears it will?

Lower rates of poverty are great, but we need them even lower. To do that, we need national and provincial poverty reduction strategies, as they have in Ireland, Britain, Quebec and Newfoundland and Labrador.

Ron Dancey
Oshawa

Mixed-use best for harbour

Dear Editor:

Re: Feb. 27 editorial

In mentioning that "the days of using our precious waterfronts for industrial uses are numbered", you fail to note that some of the world's greatest cities have work-

ing industrial ports as part of their mixed use waterfronts. In North America, the list is exhaustive, New York, Seattle, Vancouver, Montreal, Miami, San Diego, etc.

Working mixed use ports stimulate the economy and draw people and businesses. Oshawa's port has successful businesses and is

drawing more, like the \$185 million green ethanol facility.

But just imagine if Oshawa could be like Barcelona, Dublin, Amsterdam or Buenos Aires.

I rest my case.

B. Anthony Morton
Oshawa

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Truck plant shuts down due to US strike

About 3,000 Oshawa area families are feeling the impact of a strike by a U.S. auto supplier.

A strike at American Axle in the U.S., which makes axles and drive line components, has forced General

Motors of Canada to shut down its truck plant in Oshawa and stop production at A.G. Simpson.

The truck plant was offline as of Monday morning, and neither production there or at A.G. Simpson is expect-

ed to resume until the strike is settled.

Some 3,600 American Axle workers walked off the job in Michigan and New York on Feb. 26 after talks broke off between the employer and the United Auto Workers (UAW).

UAW claims the company is demanding wage reductions of up to \$14 per hour as well as the elimination of future retiree health care and defined benefit pensions for active workers.

Joe Samovsky, a spokesperson for

Canadian Auto Workers Local 222, which represents both workers at GM's Oshawa plant and at A.G. Simpson, says if the strike continues, it could also affect workers at the car plant.

Council okays demolition to Civic Auditorium

COUNCIL From Page 1

the Oshawa Generals until the construction of the General Motors Centre, but those costs only include structural needs and not costs for air conditioning, dehumidification and other needs.

Staff also found community use would be impractical due to its small size and a non-compete agreement with the GM Centre.

Demolition, on the other hand, will cost \$1.3 million plus up to a \$1 million to build a new entrance to the rest of the facility, including the pool and track. But council is hoping to offset

those costs by exploring potential partnerships with Durham College, the University of Ontario Institute of Technology and both Durham school boards.

"I think that staff has done a great job putting together a potential partnership," says Marimpietri.

The institutions have expressed interest in partnerships, though nothing has been formalized. Partnerships are also being explored with private sector companies such as Durham Indoor Soccer and government grants are being pur-

sued.

Staff previously attempted to find an outside party interested in repairing and operating the facility and received interest from Carruthers Creek Church and local lacrosse leagues, though no group met the city's requirements for sale.

And while Marimpietri admits it will be sad to see the

auditorium come down, recalling the first time he skated there as a child, he believes it's the most cost-effective plan.

"We have to move forward," he says.

Methadone clinic presses charges

METH From Page 1

"We respect Councillor Parkes' right to her opinion regarding the location of

our clinic," said Komal Khosla in a press release. "We have always been open to relocating our clinic provided the alternative allows us to deliver the same level of service and accessibility for our patients. Councillor Parkes' statements however were untrue and damaging to the reputation of the clinic and those associated with it and have caused undue stress to our physicians and patients."

Parkes says she has been advised by her lawyer, Kirk Boggs, not to comment

on the case. Boggs could not be reached for comment.

In 2002, the City of Oshawa lost a battle to move the clinic, located at 32 Simcoe St. S., just north of Athol Street, somewhere outside the downtown.

In January, Parkes re-introduced a previously tabled motion to meet with provincial officials to develop tools that would allow municipalities to regulate clinics like First Step.

The motion resulted from complaints and concerns from local business owners and community members accusing some First Step clientele with vandalism, violence and crime.

To the motion, Parkes added steps to form a sub-committee to represent council and the downtown community before the province and to urge Queen's Park to allow Oshawa residents and business owners the chance to express their views publicly.

In August 2004, the Chief Coroner for Ontario launched an inquest into four Oshawa area deaths that appeared to be related to methadone. Three deaths were First Step clients, the fourth was a 17-year-old male who purchased methadone from a First Step client.

While the jury in the inquest made 46 recommendations aimed at preventing methadone-related deaths, the mandate of a coroner's inquest is not to place blame.



Louise Parkes

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All Ages

City executes raid on exotic snakes

By Jessica Verge
The Oshawa Express

Oshawa residents who keep exotic animals should become familiar with the city's rules on prohibited pets.

At least one person may face up to \$180,000 in fines following a raid by Oshawa Animal Services at an address on Mary Street North.

On Feb. 19, city workers confiscated 33 ball pythons and three boa constrictors from the home, one measuring seven feet in length.

In Oshawa, it's considered an offence to own exotic animals and, according to the city's Responsible Pet Owner bylaw, pythons and boas are considered exotic.

"You can keep certain types of snakes (in Oshawa), but not these ones," says Kathy Duncan, manager of Oshawa Animal



These ball pythons (above) and boa constrictor (right) were among the 36 snakes confiscated by Oshawa Animal Services during a raid on a Mary Street home last week.

Services.

Other species of snakes prohibited in Oshawa include: coral snakes, cobras, kraits, sea snakes, vipers, adders, rattlesnakes, water moccasins, Fer-de-Lance and bushmaster.

Duncan says in her five and a half years with the city, this is the first raid she's experienced. While they do receive complaints about residents keeping prohibited pets from time to time, she says they've never investigated a case involving this many animals.

While she can't comment on an ongoing case, Duncan says when complaints are received, they come from a variety of sources, from neighbours to telephone repair people or contractors hired for renovations.

Currently, the city has contracted experts to care for the animals while charges are being laid.

Duncan says Oshawa Animal Services plans to press charges for each snake with a maximum \$5,000 fine per snake.



Native to Africa, ball pythons usually grow no more than four feet in length, but some varieties have reached six feet. Because of their small size and docile temperament, ball pythons are a popular pet among snake lovers and can live up to 40 years in captivity.

Boa constrictors, on the other hand, generally grow to 14 feet in length. Found from Mexico to Argentina and throughout the Caribbean, there are reported cases of deaths caused by large adult boas kept as pets.

Both snakes are constrictors and kill their prey by wrapping themselves around its body and suffocating it to death.

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Photo by Jessica Verge/The Oshawa Express

Serving up some charity

Oshawa Generals defenceman James DeLory, left, and right winger Shea Kewin, both United Way Community Ambassadors, joined their teammates serving dinner to fans last week at Denny's in Whitby as part of United Way fundraiser.



Photo by Jessica Verge/The Oshawa Express

From left, Peter Love, Ontario Power Authority's chief energy conservation officer, tours the Oshawa Energy Conservation Fair, getting a lesson on improving efficiency from Scott Chisolm. Chisolm's Oshawa-based business, Testing 123, provides testing and tune-ups for home heating and cooling systems.

Spotlight on energy conservation at fair

By Jessica Verge
The Oshawa Express

Environmentally conscious individuals got some energy saving tips in Oshawa.

The Energy Conservation Society of Ontario hosted their first Oshawa Energy Conservation Fair on Feb. 27, an event they're aiming to bring to the city every year.

The Legends Centre played home to the fair, which featured vendors focused on energy conservation and efficiency products and services, from consulting services geared at improving energy efficiencies in homes to groups promoting the use of electric bicycles.

"This is really great practical stuff," says Peter Love, Ontario Power Authority's chief energy conservation officer, who stopped by the event. "It's really hands on."

Love says it is events like the Oshawa

Energy Conservation Fair, made possible with financial support from the province's Community Conservation Initiative, that help the public improve their energy consumption.

While he says such events wouldn't have been a big draw for people

several years ago, the attraction is growing.

"People are looking for what they should be doing (to conserve energy)," he says, adding the vendors make that goal easier. "They're talking with people about what they can do in their homes."

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Energy saving tips

- Reduce the temperature of your home a few degrees at night and when you're away.

- Keep blinds, shades and drapes closed during the hottest part of the day in the summer.

- If you feel cool, put on a sweater rather than simply turning up the thermostat.

- Clean or replace the air filter on your furnace every month to improve efficiency.

From the Ontario
Ministry of Energy



CHANGES TO LARGE ITEM COLLECTION PROGRAM

EFFECTIVE March 17, 2008, residents booking a special collection will be charged a fee of \$25 per twelve (12) items. Residents will be issued twelve special collection stickers to be affixed to each item placed at the curb for special collections. There will no longer be any restrictions on the number of special collections provided annually to each address. A special collection can be booked by phoning (905) 433-1221.



Note that this special collection program is for large items only including furniture, appliances and electronics. It does not include household hazardous waste, tires or other car parts, demolition and renovation materials, railway ties, green bin organics or blue box recyclables. Residents must provide a detailed list of all items to be placed at the curb at the time of booking. For additional details please visit our website at www.oshawa.ca or phone (905) 433-1221



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Risk of overheating causing fire

Important safety warning for owners of air exchange systems
Please read carefully and completely

Venmar Ventilation has received several reports of major home fires where the suspected cause is a heat recovery system. Burlington fire officials determined that two fires in Burlington have been attributed to Venmar units. However, Venmar's own investigation of these incidents and their causes is not yet completed.

It has come to Venmar's attention that an unlikely series of circumstances could lead to a motor overheating in certain models of air exchangers that may result in a potential fire hazard. Therefore, Venmar Ventilation is continuing its efforts to contact the owners of affected heat recovery systems that can pose a potential fire hazard.

This Safety Upgrade Program covers models manufactured between 1991 and 2001 and between October 2006 and August 2007. Below is a listing of affected units.

Brand	Model number
• Venmar AEXX, EARC, 1XX, 30X, 40X, 4XXXX
• Venmar AVS 1.X, 2.X, 30XX, 55XX, 4XXXX, 4XXXXX, 16016XX, C32042
• Flair 30, 30XX, 55, 55XX, 85115
• vanEE 10, 1XX, 100X, 20, 20XX, 30XX, 90, 4XXXX, 16016XX
• Sears OPTIMUM
• Guardian by Broan 100X, 200X, ERVXXXXX, HRVXXXX
• NuTone NUTR130
• Conformax 300, 350, 400
• Payne VXXXXXXXXXX
• Day & Night VXXXXXXXXXX
• Carrier ERVXXXXXXXX, HRVXXXXXXXX, VXXXXXXXXXX
• Bryant ERVXXXXXXXX, HRVXXXXXXXX, VXXXXXXXXXX
• Heil HEILXXXXX
• York 5263554XXXX
• Rheem 84-ERV100, 84-ERV200, 84-HRV100, 84-HRV200
• Ruud 84-ERV100, 84-ERV200, 84-HRV100, 84-HRV200
• Protech 84-ERV100, 84-ERV200, 84-HRV100, 84-HRV200
• Weatherking 84-ERV100, 84-ERV200, 84-HRV100, 84-HRV200

NOTE: The « X » digit used in the model numbers can be either a letter or a number. This model number is located on a silver or a black label positioned on the outside panel of the unit.

Owners of air exchange systems that are covered by this program must immediately **turn their unit off** and **unplug it**, and contact Venmar as soon as possible by:

- **visiting** our website at www.venmar.ca
- **phone** at 1-866-441-4645, or
- **mail** at SUP, 550 Lemire blvd, Drummondville, Quebec, Canada, J2C 7W9.

Venmar Ventilation is taking these measures to ensure that all of its customers have total peace of mind regarding their product safety.

Oshawa's shelter from the storm

By Jessica Verge
The Oshawa Express

Sandra Sweet walks through Simcoe Hall Settlement House with a sense of pride.

After 32 years with the organization, 11 as its executive director, her dedication to the job hasn't wavered. Not a typical administrator content to spend the day cooped up in an office, Sweet tours the Simcoe Street South facility and knows by name the kids who've come to view it as a home away from home.

And it's getting to know those who rely on their programs and services that Sweet believes sets Simcoe Hall apart.

"We want to try and do as much for people as we can," she says.

Whether someone is coming in to use the food bank, to get a winter coat or shoes or to take part in after-school recreation or parenting classes, Sweet says each client is

approached with the same attitude, "We apply the same philosophy, what more can we do?"

And it's that mindset that's kept Simcoe Hall Settlement House true to its roots.

It's been 73 years since a group of local women banded together to help those struggling to cope in a Great Depression-era Oshawa, but the goal of those selfless few is still being realized.

Since opening their doors in 1935, the organization has grown to include a host of programs and services aimed at assisting less advantaged families in Oshawa.

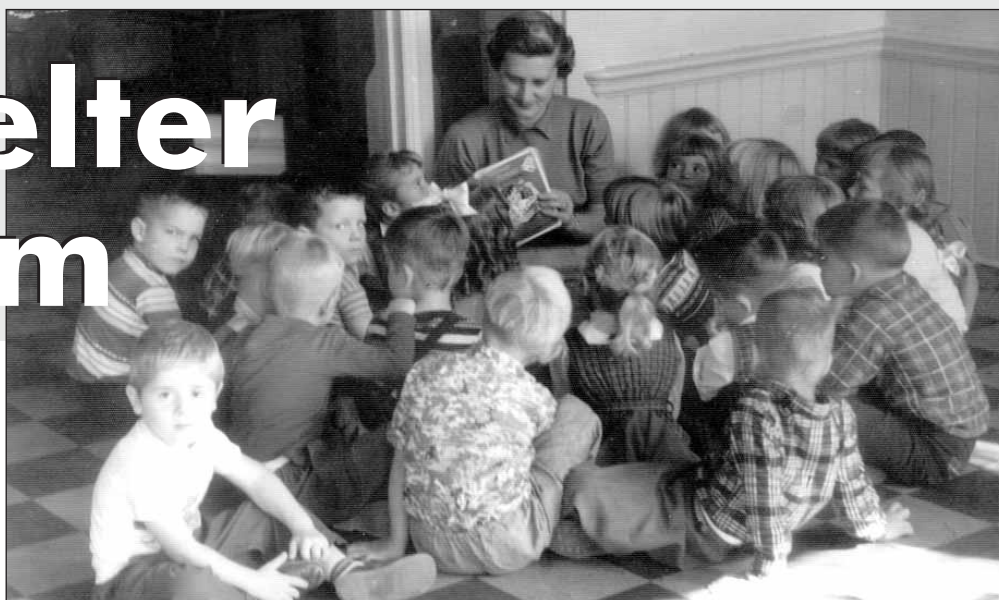
And, as Sweet totals up her 2007 numbers, the kind of help Simcoe Hall offers is needed more than ever in the city.

Their annual Christmas Food and Toy Drive provided a happy holiday for a record 1,017 families. The food bank served 10,139 individuals. Simcoe Hall volunteers logged 9,419 on-site hours.

Sweet says there is a major increase in the number of people coming in for winter clothing.

"We're seeing that more and more often," she says, referring to the 3,000 clothing items given out in 2007 alone, completely exhausting the organization's reserves with nothing carrying over to next winter.

Simcoe Hall also offers outreach in the summer months, providing sunscreen and hats to people in the area who couldn't afford those items otherwise. And, in the last few years, that service has grown to



It's storytime at Simcoe Hall Settlement House in the 1950s when the organization ran a nursery school for local children.

include handing out water, a decision inspired after staff noticed a man trying to collect water to drink from the facility's air conditioner two summers ago.

But it's not just people in desperate situations that benefit from Simcoe Hall.

Since the 1940s, children from all walks of life between the ages of six and 14 have participated in the free programs offered every day after school, from a healthy snack to homework help to just a safe place to play.

Also offered to kids are enrichment classes that teach drama, music, art and dance, facilitated by volunteers from high school, college and university. Sweet says student volunteers are great role models for Simcoe Hall's young clients, as many of those volunteers were once clients themselves.

Other classes, for both children and adults, take a more therapeutic turn, with programs aimed at life skills coaching, grief and loss support, parenting and dealing with separation and divorce.

"Most of our clients are families struggling with limited resources," says Sweet, but adds these classes are open to anyone, regardless of their income, because these problems can affect any socio-economic background.

"Life can happen to everybody."

And Sweet has seen that notion become especially acute in Oshawa lately, where people have experienced job loss and layoffs, are suddenly making less than they

need to support themselves and their families, and need help.

"I think we're starting to see the beginning of the impact of those losses of manufacturing jobs," she says.

But with the need stronger than ever, Sweet isn't discouraged, citing her team of staff, volunteers and a board of directors that make the difficult work easier.

"They have a deep commitment," she says. "Our agency is truly blessed."

Sweet also credits the Oshawa community with keeping the organization going as it runs on grants and donations.

"We are endlessly humbled by the generosity (of the community)," she says.

And Sweet has seen the difference the organization makes in the lives of its clients as people often approach her to tell her how Simcoe Hall has touched their lives. Other former clients come back to volunteer or donate. And for one little boy, Simcoe Hall's

Rainbows for All Children program, which provides grief and loss support, made a big impact on his life. He told a staff member, "I don't cry as much anymore."

It's stories like those that keep Sweet and the rest of Simcoe Hall going, still, 73 years later, realizing the original goal of aiding the lives of less advantaged families and alleviating the consequences of poverty in Oshawa.

"It's a mission I'm proud to say we're still fulfilling," she says.

"We want to try and do as much for people as we can."

- Sandra Sweet



Photo by Jessica Verge/The Oshawa Express

From left, Simcoe Hall Settlement House food bank coordinator Maria Georgitsopoulos, executive director Sandra Sweet and Toni Orpel, a fourth-year social work student from Ryerson University completing her field placement with the organization, work hard to provide for the food bank users. Last year, they served more than 10,000 individuals.

Simcoe Hall roots run deep

In 1935, a group of local women known as the Women's Welfare League formed the Simcoe Hall Settlement House to help those affected by the Great Depression.

During the Second World War, the Women's League

stayed active helping Oshawa's impoverished families and continued their work into the 1950s, expanding their vision.

The Women's League focused on early education by opening a nursery school, created intervention and prevention programs for children and youth and built an on-site gymnasium.

Their community involvement went beyond the building they occupied on Simcoe Street South. They were an integral part of the construction of the Eastview Boys' and Girls' Club and Grandview Children's Centre (then known as the Simcoe Hall Children's School and Treatment Centre). The Women's League also brought programs such as summer day camps and Big Sisters to Oshawa.

In the 1980s, the Simcoe Hall Settlement House expanded their existing food relief services to accommodate those struggling with the recession and opened what is now the largest food bank in Durham Region.

Vintage photographs are courtesy of Simcoe Hall Settlement House.





Vandyk an award-winning homebuilder

If people are looking for a new home, Vandyk developers offer some of the best living accommodations money can buy.

Vandyk is one of the leading real estate developers in Ontario. This year they have been nominated for the Greater Toronto Home Builders Association award for their newest project, the West Park Village community in Cobourg.

"Last year we won the award and we hope to win again this year," says Director of Sales, Maurice Lellie.

They're currently selling homes for their West Park Village location and they are going fast. The houses offered at that location are bungalows with a Victorian Canadiana style.

They also have three story townhomes available in the Cobourg community. These houses offer the buyer many state-of-the-art luxuries. Out of the 450 lots the company started with, only 80 are left.

"The homes focus on the kitchen and master bedroom areas because that's where people spend the majority of their time when at home," says Lellie.

Lellie says if

Vandyk homes sell you a house they will give the homebuyer \$5,000 towards upgrades.

The West Park Village community is also a leader in property management as well.

"15 per cent of the land will be parks or some kind of green space," says Lellie. "We have strategically planned the area for maximum green space to make homeowners feel as comfortable as possible in their new home."

Vandyk also boasts the highest number of model homes out of any real estate company in Ontario for interested buyers to look at.

"We have three fully decorated bungalows people can come in and look

at," says Lellie. "We also have two townhomes completely furnished. We do this so homebuyers will know exactly what to expect."

Vandyk has been around for more than 25 years. They started building custom homes in the Mississauga area. From there the company expanded to land development becoming a leader in the real estate community.

"Several years ago our company even built a home for Toronto Maple Leaf Tie Domi," says Lellie.

The Cobourg office hours are: Monday to Thursday 11 a.m. to 5 p.m. Fridays by appointment only, and weekends 11 a.m. to 6 p.m. 1-905-823-4606.

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Add value to your home

(NC)-Renovations do not always translate to an increase in the value of your home. However, if you're planning to sell sometime in the future and want to ensure you get the most bang it is important to assess the value renovation.

Value-neutral and value-added renovations

Surprisingly, as nice as it sounds, adding a swimming pool, or building a sauna or hot tub are considered value neutral renovations. This means there is not much payback in installing these features in your home. You can also expect the same for installing paving stones to the driveway and reducing the number of bedrooms to less than three.

On the other hand, modernizing a kitchen and updating a bathroom are regarded as value-added renovations. The same can be expected by creating a master bedroom with an ensuite bath and/or walk-in closet; and by remodeling or adding a family room, especially on the main floor.

Cost-effective options

Coming up with extra cash for a home renovation is not easy, especially if you're juggling several financial responsibilities - including a mortgage, RRSP contributions and car payments. Finding a cost-effective financing option is a must, particularly if you're planning a major home improvement project. Consider for example the CIBC Home Power Plan, which provides the freedom and convenience of a secured line of credit coupled with the security and peace of mind of a mortgage.

This means that by using the equity in your home you can take advantage of lower interest rates with the secured line of credit than a credit card. It also allows you to enjoy ongoing access to funds available when you need them. And if you prefer the security of knowing that your interest rates will remain stable for the term of your mortgage, you may want to consider a fixed rate mortgage. If the rates are better than what you're currently paying, then you'll save both on your mortgage payments and

on the interest on your secured line of credit.

Having a low interest rate on borrowed funds allows you to maximize the value of your renovation. For example, the total cost of the new kitchen and bathroom, including interest, may be offset by the increase in the value of your home.

More information regarding the CIBC Home Power Plan is available from your local CIBC branch, by calling 1 800 465-CIBC (2422) or visiting the www.cibc.com.

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Businesses fined for health violations

Some Oshawa businesses are facing fines for not taking health and safety precautions in the workplace, while one Oshawa pet owner was fined for failing to immunize their pet against rabies.

Durham Region Health Department is required by the Ontario Ministry of Health and Long-Term Care to conduct a Food Safety Program, which includes the inspection and monitoring of all food premises throughout the Region.

As a result of those inspections, Double Double Pizza and Chicken on John Street West in Oshawa was fined \$1,750 for storing hazardous foods at an internal temperature between four and 60 degrees Celsius; failing to protect food

from contamination or adulteration; the operator failing to ensure employees wash their hands before commencing or resuming work; failing to provide an accurate thermometer to measure the internal temperatures of hazardous foods; and failing to have a test reagent available at the place of sanitation.

The Family Convenience and Cleaners on Simcoe Street North in Oshawa was fined \$350 for selling or supplying tobacco to a person less than 19 years old. The Hasty Market on Simcoe Street North in Oshawa was fined \$100 for also selling or supplying tobacco to a person less than 19 years old.

In addition to businesses, a pet owner

on Oxford Street was given a suspended sentence on a two-year probation order for failing to immunize a dog against rabies.

The full list of inspection reports for all area food premises throughout Durham Region can be accessed by contacting the health department's Environmental Help Line at 905-723-3818, ext. 2188, Monday to Friday from 8:30 a.m. to 4:20 p.m.

The Food Safety Program includes regular examination and investigation of food premises to reduce the risk of food-borne illness.

To achieve this, all Ontario public health agencies must ensure that food is

prepared, stored and served in a manner consistent with accepted public health practices in food premises within the agency's jurisdiction. These inspections are carried out to ensure compliance with Food Premises Regulation 562 under the Ontario Health Protection and Promotion Act (HPPA). Failure by an establishment to comply with this Regulation is subject to legal prosecution.

In addition to the inspection of food premises, the Health Department is also required to enforce the Smoke-Free Ontario Act and the HPPA, including Rabies Immunization Regulation 567.

Visit www.region.durham.on.ca for additional information on food safety.

March Break Activities

Preschoolers need physical activity too

(NC)-It is never too soon to get kids eating well and moving more. With childhood obesity on the rise, it is important to get kids active early in life.

According to physical activity guidelines for preschoolers recently released by the National Association for Sport and Physical Education (www.aah-perd.org) and according to the Public Health Agency of Canada's Physical Activity Guides for Children and Youth, (available at www.paguide.com) children need the following:

Structured playtime. Preschoolers should get at least 60 minutes of structured physical activity daily. Structured physical activity includes games and activities that adults direct or do with toddlers or preschoolers.

Unstructured playtime. Preschoolers should get at least 60 minutes, and up to several hours of unstructured physical activity, daily. Unstructured physical activity is supervised free time for children to play actively on their own or with other children. They should not be

sedentary for more than 60 minutes at a time except when sleeping.

Some activities include:

- Mommy-and-me programs.
- Walk like a penguin, hop like a frog, or imitate other animals' movements.
- Sit facing each other and hold

hands. Rock back and forth and sing the song "Row, row, row your boat."

- Bend at the waist and touch the ground. Walk your hands forward and inch along like a caterpillar.
- Sit on the ground and let your child step over your legs, or make a bridge with your body and let your child crawl under.
- Play "Follow the leader" or

"Ring around the rosy" and other similar games.


Concerned Children's Advertisers has recently launched a program entitled "Long Live Kids" that provides tools and tips to parents, educators and even directly to kids to get more active and eat better.

Spring/Summer 2008

LEISURE GUIDE

Look inside the Spring/Summer Leisure Guide to find lots of activities for the whole family!

- Arts, Music & Drama
- Adult & Children's - Dance
- Fitness, Yoga & Pilates
- Preschool Programs
- Recreational Sports
- Swimming Lessons
- Skating Programs
- Hockey Programs
- March Break & Summer Camps



Leisure Guide
Spring/Summer 2008
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UOIT, HSBC get down to business

By Courtney Duffett
The Oshawa Express

Oshawa's university received a financial boost to help support students studying business.

HSBC Bank Canada donated \$125,000 to the business and information technology sector of the University of Ontario Institute of Technology. The donation includes

\$100,000 to establish the HSBC Bank Canada Endowment Fund to support UOIT students who qualify for matching funds through the provincial government's Ontario Trust for Student Support (OTSS), bringing the total endowment to \$200,000. And another \$25,000 is directed towards the creation of the HSBC Bank Canada Awards to be distributed over a five-year period, for a total donation of \$225,000.

The first two recipients of the inaugural awards are Terence Adam Doran and Tyler Duffin.

"This donation will ensure students will be able to fulfill their dreams (and impact our future)," said Doran, adding it's donations such as this that allow students to reach their goals in their schooling and future careers.

The donation supports third and fourth-year students in UOIT's Bachelor of Commerce program who are in need of financial assistance. Students must achieve an academic average of 80 per cent and have demonstrated posi-



tive contributions to the community and campus life to be eligible for the award.

"Our students are our future," said Linda

Seymour, senior vice-president of the Ontario Region for HSBC Bank Canada, the seventh largest bank in Canada with 10,000 offices worldwide, including a newly opened branch in Oshawa. "We believe that access to higher education is key to ensuring the future prosperity of the country."

The new awards will help deserving students achieve their goals at UOIT in hopes the recipients will make significant contributions to the community in the future.

"The work we do every day at the university is work that is noticed outside the university," said UOIT president Dr. Ronald Bordessa. "It's excellent when we see external organizations come to the support of the university."



Photo by Courtney Duffett/The Oshawa Express

Terence Adam Doran, far left, and Tyler Duffin, far right, are the first recipients of the inaugural awards after the University of Ontario Institute of Technology received a \$225,000 donation, including \$125,000 from HSBC Bank Canada.

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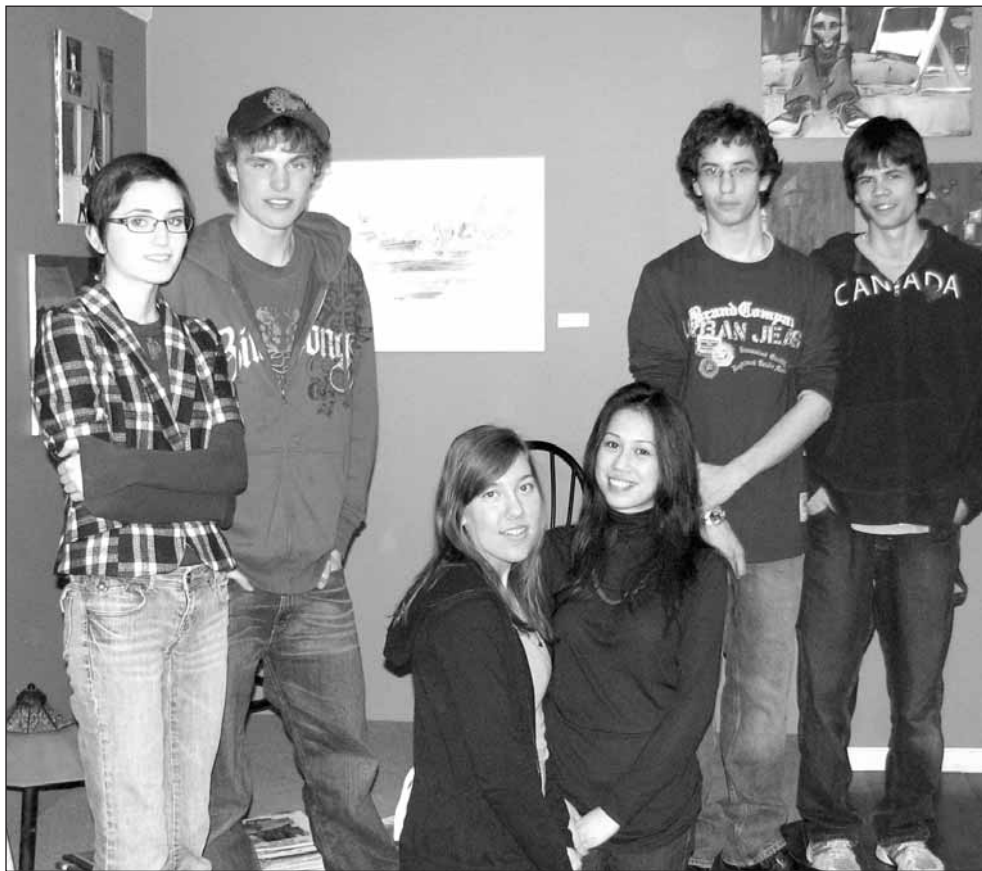
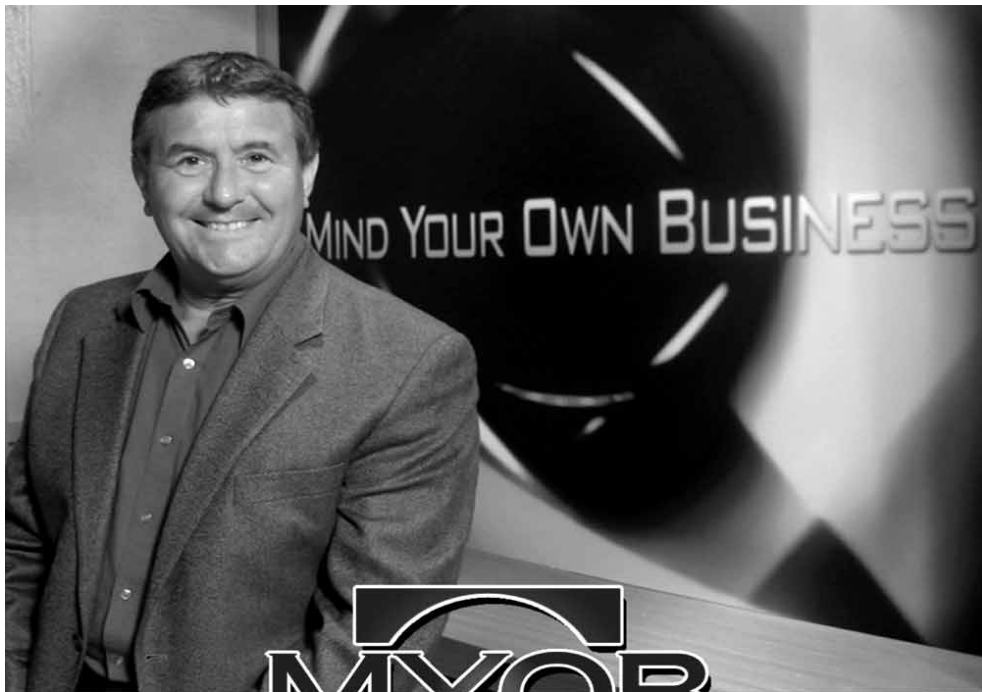


Photo by Jessica Verge/The Oshawa Express

From the Fridge to the Fringe

Msgr. Paul Dwyer CHS art students launched their From the Fridge to the Fringe recently, an exhibit of artwork by Grade 12 students, which is on display at Isabella's Chocolate Cafe on Simcoe Street South. The artists include, from left, Cassy Goulding, Jon Smegal, Sarina Cormier, Alyssa Alanguilan, Jason Larocque and Nicholas Gooding.



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Oshawa Community Health Centre launches drive

Fundraising one brick at a time

Anyone can lend a hand in building a new home for a one Oshawa organization.

The Oshawa Community Health Centre kicked off its Brick Drive this past weekend and is urging residents to raise funds for the group's new location.

The Brick Drive is part of the Hands Up for Hope fundraising campaign to build the Dr. Bryce A. Brown Wellness Centre, the OCHC's new home at the Conant Complex. The Centre will share the space with a

new branch of the Oshawa Senior Citizens Centres at the former site of the Conant Public School. To date, the Hands Up for Hope campaign has raised \$958,700.

Throughout the month of March, you can purchase a paper brick for \$2 at any of the following locations: any Zellers in Oshawa, Lovell Drugs, Oshawa Sobey's, Millwork Home Centre, Great West Life, Investors Group, Durham Travel, Co-operators Group, Remax, Discount Car Rental,

Holland Building, Durham College, the University of Ontario Institute of Technology and Career Studio.

The OCHC is a non-profit organization offering health services and programs free of charge.

It currently operates two locations: 777 Simcoe St. S. and Lake Vista Square Plaza at 199 Wentworth St. W. It plans to move everything under one roof when the Conant Complex opens this summer.



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Tues. March 11

THE OSHAWA WHITBY NEWCOMERS CLUB MONTHLY MEETING – Loblaw's, 481 Gibb St. The club, which is open to women new to the area or enjoying a new lifestyle, will welcome a guest speaker from Ocala Winery at 7:30 p.m. For more information, contact Linda at 905-576-0585 or email newcomersclubofshawawhitby@hotmail.com.

Sat. March 15

EPILEPSY DURHAM REGION FUNDRAISER – Ricoh Coliseum, Exhibition Place, Toronto. Epilepsy Durham Region is joining forces with the Toronto Marlies to invite families to take in a game and help raise funds. Tickets are \$20 with \$5 from each ticket going to Epilepsy Durham Region. The event, which starts at 4 p.m., will also feature Ben Ondrus bobbleheads and a post-game autograph session. To order tickets, contact 905-666-9926, 416-263-2914 or bhayes@torontomarlies.com.

Sun. March 16

DURHAM REGION ORCHID SOCIETY OPEN HOUSE – Fernhill Community Centre, 144 Fernhill Ave. The Durham Region Orchid Society is hosting an open house, question and answer session and re-potting seminar for those wanting to learn about the care and maintenance of orchids. The open house is free. Learn to re-pot your orchid on site for \$6. For more information, call Anne Antanaitis at 905-728-5336 or Marion Curry at 905-668-3817 or email anneantaitis@hotmail.com.

Wed. March 19

HEAD INJURY ASSOCIATION OF DURHAM REGION SUPPORT GROUP MEETINGS – Head Injury Association

of Durham Region, 850 King St. W., Unit 24. Brain injured survivors, family members and caregivers are invited to attend this monthly meeting. Guest speaker Frank Murphy will discuss family issues from 7:30 to 8:15 p.m. with the support group meeting running from 8:15 until 9 p.m. For more information, call 905-723-2732 or 1-866-354-4464.

Fri. March 28 and Sat. March 29

LEGIONS OF ROCK 'N ROLL – Oshawa Legion Branch 43, 471 Simcoe St. S. This fundraiser features impersonators paying tribute to Ritchie Valens, Elvis, Tom Jones and more. Doors open at 6:30 p.m. with the show starting at 8 p.m. Tickets are \$30 per person. For more information or to buy tickets, call 905-433-2010.

Sun. March 30

THE MAGIC OF IRELAND – Oshawa Legion Branch 43, 471 Simcoe St. S. This Riverdance-style show will take place at 8 p.m. Tickets are \$15 per person. For more information or to buy tickets, call 905-723-4511.

Feb. 27 crossword answers

PIT	ALCAPP	RILL	DOLCE
ANA	SIEGES	EDIE	EVILS
SNUG	INTHEIR	BEDS	GAVOT
SEPIA	EARHES	SPATES	
BEET	ORS	HIC	WEASELED
YDS	INATWINKLING	YOU	
	NNE	IDO	ISEE
ADDON	LANE	AGED	BUNTS
EROS	AHS	BIND	BARD
SAWHORSE	TUTU	DUBUQUE	
OWN	CLEMENT	CMOORE	ULT
PLOTTED	MOTH	TINSMITH	
FEES	METE	JILT	ACRE
ROAST	MIRE	LUCY	OSKAR
HUTS	RIGG	RAD	JFK
ETH	ASHESAND	SOOT	THO
APIARIST	COD	TOY	ARAB
ASLANT	SHU	HAL	ADORE
ACTON	ABOWL	FULOF	JELLY
DELFT	TUNA	AMANDA	LEE
ODETS	ERGS	BEGGAR	SYD

Oshawa Living



Express My Perfect Pet

To have your pet included in The Oshawa Express My Perfect Pet, please send a photograph of your pet To: The Oshawa Express, 600 Thornton Rd. S., Oshawa, ON L1J 6W7 or email: courtney@oshawaexpress.ca. Photos will be available for pick up at this location.



Sadie, 3, loves swimming and playing in the lake. This picture shows her trying to climb back into the boat after retrieving the ball.

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

The Stars Say...



ARIES: March 20 to April 19

Either decorate or remodel your home or start a cleaning project to get rid of clutter. Be cautious if working around the house and be sure to take some personal time for yourself.



TAURUS: April 19 to May 20

You have plenty of energy to participate in community and local events. If you take a day off to go away with a friend, make sure you drive within the speed limit. A new romance could get off to a great start.



GEMINI: May 20 to June 21

The focus this month is on finances and ways to increase earning power. Avoid a financial power struggle on March 7. Impress your management by taking on a new project at work.



CANCER: June 21 to July 22

An educational opportunity could increase your ability to earn money. Sign up for an online class. Check out summer vacation plans. Do a favour for your Mother-in-law. Attend a sports event on Sunday.



LEO: July 22 to August 22

You get a new start in your joint financial house on March 7. For the first time in a long time, you are thinking about saving money and making profitable investments.



VIRGO: August 22 to Sept 22

Relationships demand your attention, so make the most of this extremely romantic time. Accept social invitations. Study holistic or alternative health. Take a conservative approach to investing.



LIBRA: Sept 22 to Oct 23

March could be your best career month in 2008. Network and meet new career contacts. Deal with disruption in your daily routine. Find time to get fit. Join a gym and follow a nutritious diet.



SCORPIO: Oct 23 to Nov 22

Enjoy life's pleasures, recreation and hobbies this week. Your mood is upbeat and physical endurance is strong. If you plan to travel, do it the last two weeks of the month. Join a club to improve your speaking skills.



SAGITTARIUS: Nov 22 to Dec 21

Get all the facts before accepting a financial deal. Prior to redecorating or buying an item for your home, make sure you have enough money. Visit an art gallery or listen to music. Check out real estate.



CAPRICORN: Dec 21 to Jan 19

Do not argue with your partner about things that do not matter, instead work out a joint fitness routine. Start trips, communication and activities with relatives and neighbours are on the agenda.



AQUARIUS: Jan 19 to Feb 19

You have new opportunities to earn money, but should not spend it as fast as you make it. Enjoy fun, good times and social activities. Good week to travel. Ask for favours and receive a positive response.



PISCES: Feb 19 to March 20

You never get a second chance to make a first impression and this is the month to promote your best self. Aim high and strive for ambitious career goals. You are keen to complete a creative project. Read a book on Sunday.

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

KATHLEEN SAXE

WORD GAME

TODAY'S WORD — THEORIZE

(THEORIZE: THEE-uh-rize: To propose an explanation whose status is still unproven; speculate.)

Average mark 20 words

Time limit 30 minutes

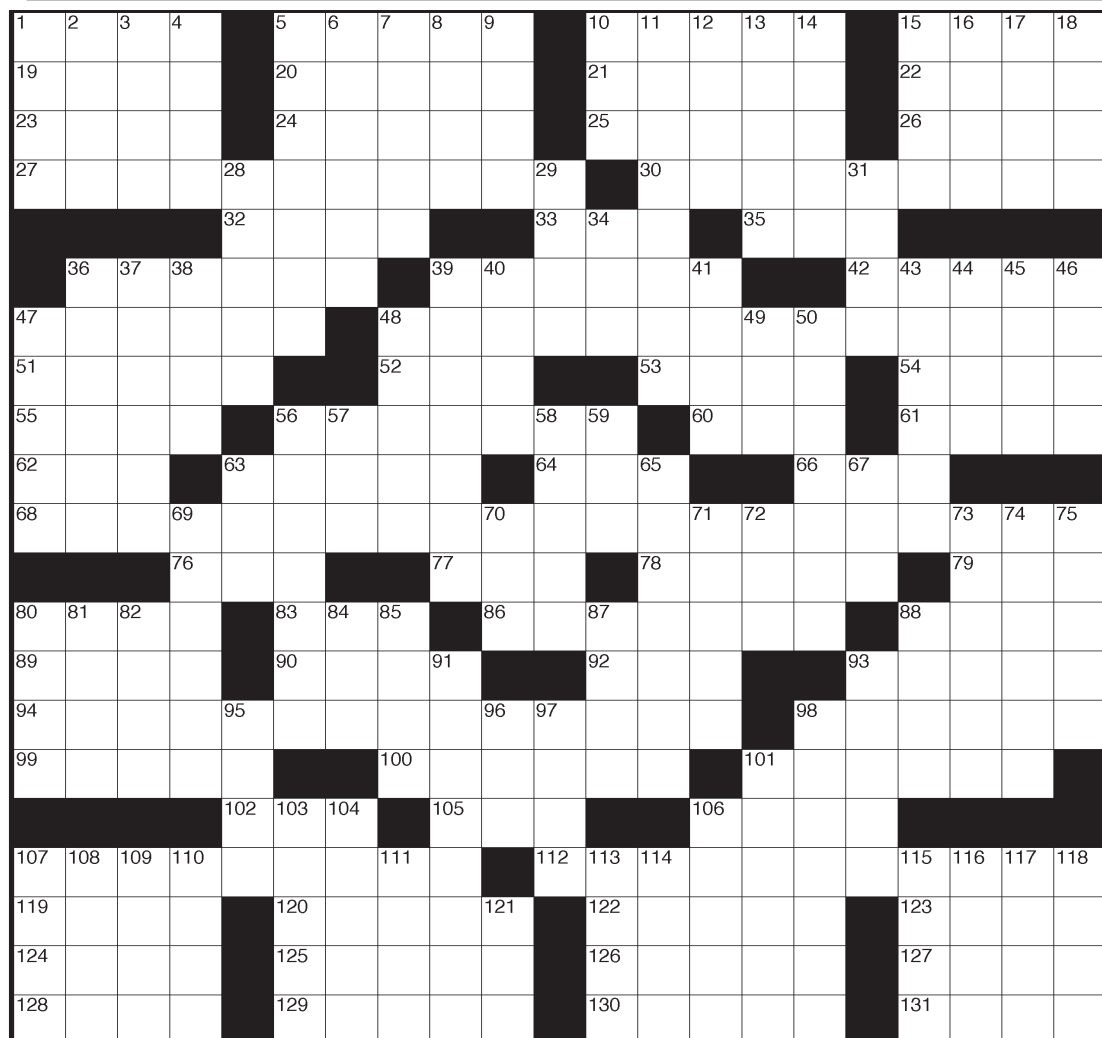
Can you find 28 or more words in THEORIZE?

Feb. 27 Word Game Answers

BEREAVED

bade	beer	eared	abed	debar
hard	brad	evade	adverb	deer
bare	brave	ever	aver	drab
bead	bread	rave	veer	
bear	breed	read	verb	
beard	breed	reed	dare	
beaver	breve	reeve	dear	

THEME CROSSWORD



LOVE LETTERS

ACROSS

- Edward Jones Dome players
- Turning right, for dobbin
- Title for Macbeth
- Steeple topper
- Ship's bow
- Track
- Oman neighbor
- Underneath
- Creepy
- Head of France
- Boxer Carnera
- Sudden rain
- Shop-window sign
- What Burns' love was like: 4 wds.
- Billy Wilder's 1957 film "Love in the —"
- Functions
- Letter on a key
- Locka, Fla.
- "Rienzi" composer
- Words at the altar: 2 wds.
- Pop's Frankie
- 34th pres.
- Marco of Venice
- Wheel center
- Ready for battle
- Walk-on part?
- Portent
- Fertilizer compound
- Unit
- Fathered
- Love is, in song hit of the '50s: 2 wds.
- Rubber stamps
- Teaser
- Stuck up
- Some dogs
- Ala. neighbor

DOWN

- Vatican tribunal
- Declare
- Spouse
- "Rosebud" was one
- In galley form
- Cowboys, at times
- Gulf rulers
- Skipper of Vene's "Nautilus"
- Grandson of Adam
- "60 Minutes" network
- Puts on a new coat
- Norway's patron saint
- voice
- Look for bugs, in a way
- Lowly worker
- Take back, for short
- Nabisco
- product since 1912
- "Perfect Fool" comedian
- Of ice cream, warming up
- Blunt-tipped sword
- Enthralled
- Towel ID, perhaps
- Elk
- Coast-to-coast connector
- Medieval money
- Italian dumplings
- Norse epic
- Drink for sailors
- Kind of equation
- Genesis shepherd
- Misfortunes
- Editor's instruction
- Decca, e.g.
- Revered images
- Western tribe
- Praise
- Take a refresher course: 2 wds.
- Director — Howard
- Fund-raising target
- Before, to be brief
- Jamboree org.
- Hogwash!
- Wrath
- Romulus, to Rome
- Sacred peak of Crete
- Moved along
- Even score
- Worshipper
- Loafers
- Requires
- " — and Circumstance"
- Gen. Bradley
- Letterman rival
- Web locator, for short
- Honey makers
- Sahl of stand-up
- Location
- Declared invalid
- Attendant of Bacchus
- Cushy
- Egg carton: abbr.
- Of the ear
- Blixen pseudonym
- Stock exchange
- Arms and legs
- Blazing
- Sea-monster prototype
- Soak up a spill
- Corn servings
- Travel industry org.
- Cold War adversary: abbr.
- " — and Bator
- Fire or harlequin
- Ibsen heroine
- Party line?
- "You're in the — Now"
- Trace an outline
- The take
- Tricky curve

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.

61 62 63 64 65 66 67
U T O O K

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ALL Your
Passengers/Gear



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Wife walks the walk for her husband

By Courtney Duffett
The Oshawa Express

When Tonya Long stands at the starting line of Oshawa's MS walk next month, it will be another emotional time for her.

Long, 33, will participate in the annual walk, her 14th since her husband Andrew, 37, was diagnosed with Multiple Sclerosis in 1991 at the age of 21.

"I always get teary eyed," she said. "It's great to see all those people giving their time and energy to help find a cause and a cure for MS."

Tonya and Andrew have been married for about 10 years, but are lifelong friends.

When Andrew was diagnosed with MS, Tonya stayed by his side and has supported him ever since. And it was because Andrew was diagnosed that Tonya began to walk to find a cause to MS and hopefully, eventually end it.

Andrew was in remission for the first 10 years, but has slowly grown into a secondary progressive stage. When attacks occur, there isn't usually a full recovery, meaning disability accumulates over time.

Andrew says having MS hasn't

really changed his lifestyle. He still drives and works. But the disease recently progressed enough that he now wears a leg brace.

Andrew and Tonya believe scientists are getting closer to finding the cause, and when they do, "a cure will be right around the corner," said Tonya.

"That's what keeps us going. You have to believe."

Participating in the MS walk every year brings Tonya one step closer to believing their hope for an end to the disease will one day come true.

In the meantime, it's their personal mission to raise awareness.

The walk takes place on April 19, starting at Durham College with a five-kilometre accessible route and a 10-kilometre travelling route.

Last year's Oshawa walk raised more than \$100,000 thanks to 626 walkers, said Pam Flynn, coordinator of fundraising events for MS Society of Canada.

"This year, we're hoping for about 725 walkers," said Flynn.

Last year's top team was Team Irene, raising \$7,318 and last year's top fundraiser was Ted Glover, raising \$6,205. Glover was also a part of Team Irene last year.

Relapsing-remitting MS most common form in Canadians

Multiple Sclerosis is an unpredictable, often disabling disease of the central nervous system. It causes inflammation and often destroys the myelin in patches and at times the nerve fibres themselves.

There are three main types of MS; Clinically Isolated Syndrome, Relapsing-Remitting MS (RRMS) and Progressive MS.

Clinically Isolated Syndrome is the earliest form of MS. It is a single attack of then neurological symptoms, but often multiple lesions are seen on a brain MRI scan.

Relapsing-Remitting MS is the most common form of MS. It is clearly defined attacks (relapses) followed by complete or partial recovery (remissions), and is the form of MS that is diagnosed 75 per cent of the time.

However, 15 per cent of the time, Benign MS can be diagnosed, which is a sub-type of RRMS in which remission after relapses is almost complete, so that 10 to 15 years after the onset of the disease, there is still only minimal disability. Ten to 15 per cent of all cases of MS are benign, and the symptoms mainly affect the senses of sight and/or touch.

The third type of MS is Progressive MS, which slowly and continuously increases with or without relapses. The two different types of Progressive MS are Primary-Progressive and Secondary-Progressive.

Primary-Progressive MS is less common, and is diagnosed about 10 or 15 per cent of the time. With this type, the disease continuously worsens from the beginning with no clear relapses or remissions, and generally appears in people in their 40s. It is the only form of MS that affects both men and women.

Secondary-Progressive becomes progressive after an initial relapsing-remitting phase, between five and 25 years or more. With this type of MS, recovery is usually not complete and disability accumulates when an attack occurs.

Symptoms of MS include vision disturbance such as double or blurred vision, extreme fatigue, loss of balance, problems with coordination, pain, depression, stiffness of muscles, speech problems, bladder and bowel problems, short-term memory problems and sometimes partial or complete paralysis.

An estimated 55,000 to 75,000 Canadians have MS. The MS Society estimates that about 1,000 new cases of MS are diagnosed each year, and three more people are diagnosed with MS every day in Canada.

MS is not fatal, and most of those who have MS can expect to live a normal or near normal life span thanks to current treatments. Since 1995, five medications have been



Photo by Courtney Duffett/The Oshawa Express

Andrew Long, left, with his son Braeden, 7 and wife Tonya. Tonya will be participating in a walk for MS in Oshawa April 19, starting at Durham College and the University of Ontario Institute of Technology in support of her husband who was diagnosed with MS in 1991.

"It feels good raising money for a good cause and helping to raise awareness to find ways to better the lives of those suffering from MS," said Glover.

Oshawa residents Glover and his wife Marilyn have been married 38 years and have participated in the walk for MS for many years after Marilyn's mother, who had

MS, died about 20 years ago.

"We thought it would be nice to have a family team participate in the walk in honour of Marilyn's mother," said Glover. That team was named in memory of Marilyn's mother, Irene.

The Walk for MS begins at the Business and IT Building at

Durham College and the University of Ontario Institute of Technology on April 19. Check-in is from 8:30 a.m. to 9 a.m. and the walks for both routes will start at 9:30 a.m.

For more information or to register for the walk for MS, visit www.supercitieswalk.com.



Photo by Courtney Duffett/The Oshawa Express

Marilyn Glover's team, Team Irene, raised the most money at last year's MS walk in Oshawa with \$7,318 while her husband, Ted, was the top fundraiser raising \$6,205.

approved by Health Canada for the treatment of relapsing-remitting MS and one for secondary-progressive.

In addition, MS is not contagious and is not directly inherited although research studies suggest that genetic factors make certain people more susceptible to developing MS.

However, researchers are learning more every day about what causes MS and zeroing in on ways to prevent it. Some research that is continuous includes targeting the immune system, virus research, genetics, health research, MRI studies and repairing damage to the myelin and nerve fibres.

Gens squeeze out a win

By Wally Donaldson
The Oshawa Express

Chris DePiero has preached since taking over the head coaching reins three weeks ago that if the boys want to be the horses at the finish line, they'd better know the difference between a trot and a full gallop.

With the Ontario Hockey League (OHL) regular season winding down, the Oshawa Generals skipper has stepped up his bid to find those players who want to give out as if each shift is their last.

"My big thing with everybody is that I want them to deserve their ice time," says DePiero. "This is the time of year when they should be playing hard for the ice time they feel they deserve."

Specialty teams played a prominent part in Oshawa's 2-1 victory over the Ottawa 67s last Sunday afternoon at GM Centre. However, they did suffer a couple of overtime losses on the road last week, dropping a 3-2 decision to the Petes last Friday and one night earlier, suffering a 2-1 setback in Kitchener to the Rangers.

For all the offence the Generals have generated this season, it seems the opposing defences have focused their full attention on the Oshawa snipers with some success. The 67s put the body to Oshawa sniper John Tavares throughout the afternoon. This will become a formality with each game leading to the playoffs.

"We're a little snake bitten offensively," notes DePiero. "Hopefully, the guys will stay consistent with the things we are trying to accomplish. The goals will come. We've got too many good offensive guys in the room. We've just got to get a little more confident around the net in order to do it."

Brett Parnham had the horses going against the 67s, pouncing on a loose puck and beating goalie Adam Courchaine on the stick side for a shorthanded tally early in the opening period. His grit has earned him

accolades by the coaching staff.

"When (Shea) Kewin was in the penalty box, I double shifted Brett with (Ryan) Baldwin and (Tyler) Taylor," adds DePiero. "He's skating really well for us, he's competing and he was responsible defensively. Brett has deserved his ice time."

Adam Zamec got the 67s on the board while on the powerplay at 3:47 of the opening period before Parnham deadlocked the score just 20 seconds later.

Tavares, jumping on a loose puck at the corner of the goal, notched Oshawa's second powerplay tally at the midway mark of the first period and that turned out to be the final goal of the game.

Generals cycled the puck well in the second period and came close to extending their lead on several occasions but, as

DePiero alluded to, the offence was unable to finish its plays.

Ottawa got it going in the third period with numerous strong rushes, only to be foiled by a stubborn Michal Neuvirth who has slowly, but surely, come around both on and off the ice since being dealt from the Windsor Spitfires two months ago.

He played in Plymouth last season and took the Whalers to the Memorial Cup.

"He's getting comfortable with his surroundings," DePiero explains. "The poor guy has been traded twice. He got hurt at the world juniors and when he came back here, there was the coaching change. I saw a change in Michal last week where he finally settled in, joking and laughing and being a part of the group."

Neuvirth was a tower of strength between the pipes for the Generals in a losing cause at Kitchener, facing a total of 51 shots of which 21 of those occurred in the second period.

Justin Azevedo's goal 1:03 into the extra session sealed it for the Rangers.

Mike Duco opened the scoring for Kitchener in the first period. Parnham replied late in the second frame.

In Peterborough, Brett Theberge's goal with just 46 seconds left in overtime gave

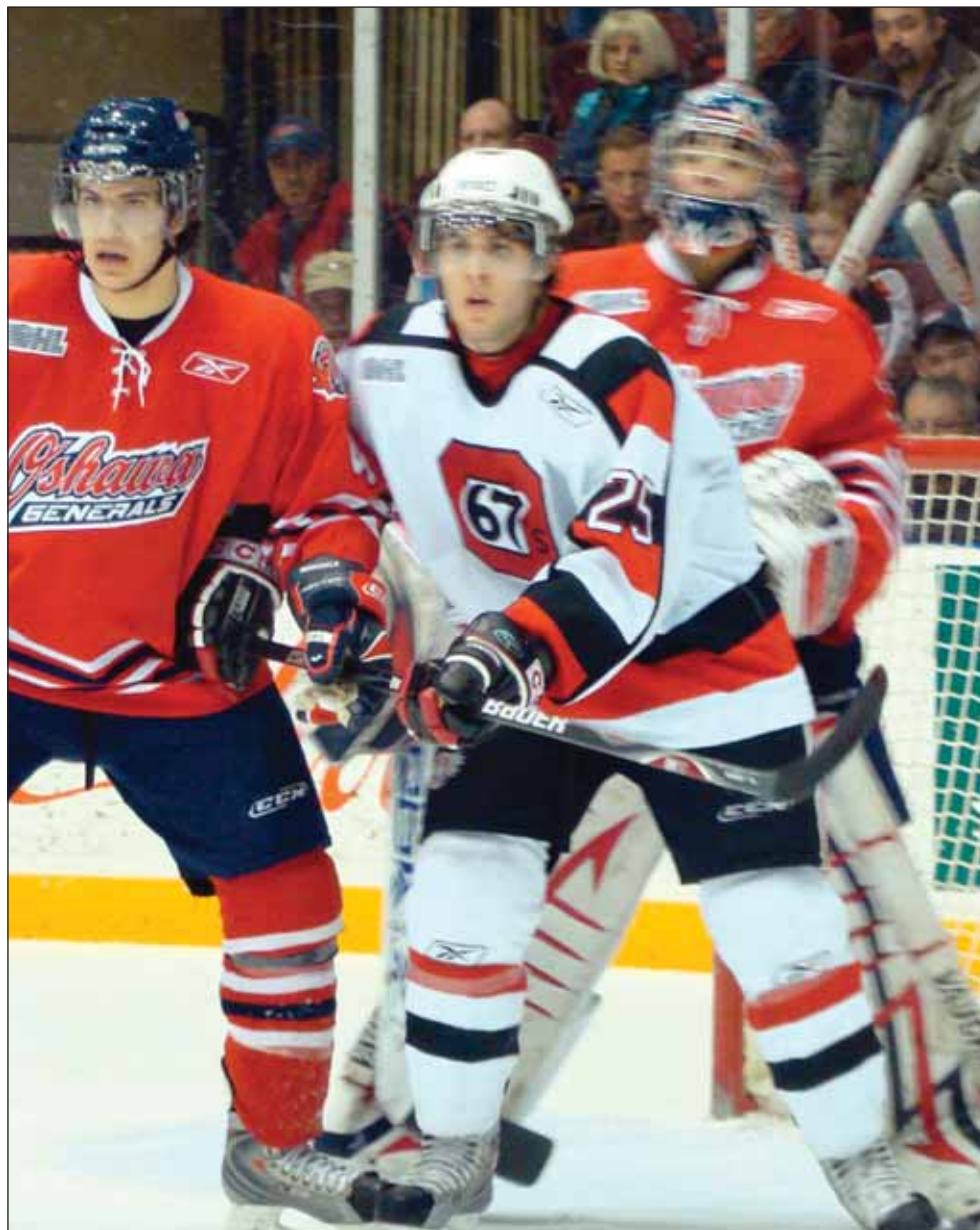


Photo by Wally Donaldson/The Oshawa Express

The Oshawa Generals have been "snake bitten" offensively, according to head coach Chris DePiero. But the goals-against average has come down as demonstrated last Sunday when the generals edged out the Ottawa 67s 2-1 at GM Centre.

the Petes a win and a spot in post-season play.

Patrick Asselin and Tavares tallied for the Generals.

The Generals are gearing up for a special evening on Thursday against Mississauga St. Michael's Majors when organizers roll out the red carpet for former Generals sniper Eric Lindros, who will have his number 88 banner raised to the rafters. His parents, Bonnie and Carl, will be on hand for this very special occasion. Game time is 7:05 p.m.

.....
WALLY WORLD — The Generals should be commended for a very heart-warming video tribute to Windsor Spitfires' captain Mickey Renaud who passed away two weeks ago. The video featuring his play with the Spitfires and still shots of him was shown prior to the national anthem and it received a warm ovation from the 6,030 fans. The makeup game from a postponed matchup in Windsor was played last night. Generals will play another makeup game on Tuesday in Kingston at the new K-Rock Centre.

Marchut calls it a day

By Wally Donaldson
The Oshawa Express

Stan Marchut could speak volumes about the key to his 24-year success of coaching women's volleyball at Durham College.

However, his words are few. "Recruiting and finding the right people," is how he explains how he amassed 357 career victories — the highest win total in Ontario Colleges Athletic Association (OCAA) women's volleyball history.

"If you don't get the right people, you can't have success," says the likeable sort whose beginnings as a coach at Eastdale Collegiate took a positive turn in 1984 when approached by former athletic director Dave Stewart to take

over a Tier 2 squad at the fledgling Oshawa college.

"It meant getting out to a lot of high schools and looking for talent," beams Marchut who, after seven coach of the year awards, stepped down as the head skipper last week. "Of course, you have the OVA (Ontario Volleyball Association) talent, so we were always looking for players."

His commitment to a cause was rewarded immediately when the Lady Lords copped the OCAA Tier 2 title — in his first year on the bench.

This was simply an appetizer.

The following season, the

Lady Lords not only captured the OCAA Tier 1 title, but also earned a prestigious bronze medal at the nationals, held in Burnaby, B.C.

"When we went from Tier 2 to 1, we stepped up the program," recalls Marchut. "The same was done on the basketball side. Again, it meant going out and shopping for players and finding the best talent available. That also meant selling the college."

Marchut and the Lords coaching staff were highlighted at the recent 2008 OCAA championship as recipients of the Fair Play Award, voted on by the host committee.



Stan Marchut

Open house for golf club

Following a very successful open house last month, the Oshawa Golf and Curling Club is doing it again — this time, with a theme attached to it.

The open house focuses on St. Patrick's Day celebrations on Saturday, March 15, from 5 pm until closing.

"The members of the Oshawa Golf and Curling Club continue to, once again, showcase their club, located in the centre of the city, to their friends and neighbours. We wish to share with them the many benefits of membership of the Club," said Arthur Ewing, general manager of the club.

The evening will be

highlighted with a St. Patrick's Day theme buffet dinner. Cost of the buffet will be \$27.99 plus applicable taxes and service charges.

The traditional Irish sounds of The Lords of Conventions will be playing live during dinner. Members will be billed for the evening on their monthly statements and that evening's guests may pay with Visa or Mastercard.

Guests will get a tour of the facilities: the Golf Pro Shop, the private meeting rooms, various dining room facilities, the upstairs lounges and curling rink, and Mulligan's Pub, popular with many golfing, curling and

social members throughout the year.

"All questions regarding the various types of memberships will be answered by our staff and Board members this evening. Golfing, curling, social and corporate memberships offer a wide variety to suit everyone's needs, whether it be for their own pastime, or for weddings, meetings, family gatherings, special events around the various holidays in the year, or for large or small business meetings and conferences," Ewing added.

Anyone interested in attending can contact the office at 905-723-4681 to make dinner reservations between 5 and 9 p.m.

What's in a name?

Hockey Historical Highlights



Glen Goodhand

In hockey-mad Renfrew in 1910, there were two men's shinny squads — the Rivers, which was the Senior level septet, and the Millionaires, the pay-for-play contingent in the newly formed National Hockey Association (which eventually became the NHL).

One Lord's Day, this caused some confusion in a local boy's Sunday School class. It was obvious that this pre-teen's gang had their minds more on the previous night's game than they did on the subject at hand. Their teacher had been giving a lesson on the famous bodies of water in the Bible. "What is the Jordan?", he questioned. "A hockey player!", the class shot back. "No! It's a river!", responded the disgusted teacher. "Uh Uh!", insisted one of the boys. "(Herb) Jordan plays for the pros, not the Rivers!" In shinny's fledgling years, however, all hockey teams didn't have nicknames. In fact, during the tenure of the Ontario Pro Hockey League (1908-11), three of the seven teams had no monikers—Toronto, Galt and St. Catharines were simply the "Professionals."

But that gradually changed, and by the time the NHA was born in 1910, each club had an agnomen as well as being identified by location. The inspiration for some of these nicknames is hardly complicated. Cobalts' entry was the "Silver Kings"—due to mining of this precious metal. "Senators" fitted the Ottawa entry because the city is the seat of government. One Toronto club was called the "Blueshirts"—because that's what they wore.

Perhaps the most unique byname belonged to the Spokane contingent of the Pacific Coast League in 1917. When a young boy walked by a practice session on their open air rink and saw their bright yellow uniforms, he exclaimed: "They look like a bunch of canaries!" The name stuck.

The stories behind the christening of the "Original 6" NHL clubs vary greatly. The Boston Bruins were originally owned by Charles Adams, whose chain of groceries stores displayed the colours brown and yellow. He insisted the new club's uniforms be the same. It was Manager Art Ross' secretary who suggested that the brown bear, which represented size, strength and power, best fit the colour and character of the team Adams wanted.

When Chicago joined the NHL in 1926, Colonel Fred McLaughlin chose the name "Blackhawks" for two reasons. He had commanded the Blackhawk Artillery in World War I. And, he admired a First Nations chief of the same name—thus the familiar logo.

Detroit's NHL entry was originally called the "Cougars", then the "Falcons". But when James Norris bought the team he changed the name to "Red Wings" borrowed from the Montreal team for which he once played—the M.A.A.A., or "Winged Wheelers".

The Montreal Canadiens were actually born in 1909. The nickname, "Canadien Habitants", honoured the pioneers of Quebec's province—the farmers. The "H" inside the big "C" on the sweater tells that story.

New York's big league sextet gets its name from the Texas Rangers, that state's famous law enforcement agency. The owner of Madison Square Garden when this team entered the league was "Tex" Rickard, a native of the Lone Star State. It just seemed appropriate to call the franchise, "Tex's Rangers".

Conn Smythe, who purchased the NHL's Toronto St. Pats in 1926, changed the moniker to "Maple Leafs" because of his passionate patriotism with respect to the country for which he had fought in the first Great War.

NEXT WEEK: Believe It Or Not

Sutton captures top prize

A 'spiel with a "house party" atmosphere

By Wally Donaldson
The Oshawa Express

The conversation went something like this 20 years ago when the hierarchy of the Oshawa Golf Club approached its curlers about staging something special to celebrate 25 years of curling at the facility.

Dave Collins and Gord Zedic, representing the men's curling side, had what they thought to be a flawless plan.

"We would like to host an upscale major curling bonspiel and turn it into an annual event," offered Collins.

"Sounds pretty good," said the hierarchy.

"Actually, this is something we planned on doing," said a representative of the ladies side.

"Ah, yes!" Collins continued, gathering his thoughts. "But on the Saturday night, we will include a lavish dinner and dance for all participants and their wives."

"Sounds pretty good," said the hierarchy.

"Sounds pretty good," said the ladies rep.

"We're going to do what???" Zedic chimed in with a wisp of panic.

Grabbing Zedic by the arm, Collins whispered, "Shhh, go with me on this."

And so the men's anniversary curling bonspiel was born.

So prominent has curling been at this private club that it is now known as the Oshawa Golf and Curling Club.

This annual three-day spiel has become one of the most prestigious and best organized within Durham Region these past 20 years. Entry fee for each of the 24 teams is more than the usual bonspiel, but all curlers are quick to point out they get more than their value, highlighted by, of course, the dinner and dance.

Nothing has changed much in the duration, including new teams coming into the anniversary invitational event where returning teams get first dibs on coming back for another year. Indeed, a new team came into the spiel this past weekend, the first new entry in seven years.

"There's no questioning that the fact the curlers are able to bring their wives to a big dinner and dance is a major feature," says Collins who, along with Zedic, has maintained the spiels' high standards since day one.

"The women are included in a bonspiel where they don't curl. On the final day, we have about 100 people in the club watching and many of them are women."

The big prize last Sunday afternoon stayed at the golf club with Paul Sutton and his rink of Mike Coros, Al Densham and Randy Knox outlasting the Chris Daffern contingent skipped by Paul Reid, along with Paul Wolfenberg and John Parker of the Oshawa Curling Club, 9-5.

Bill Cornish and his Port Perry rink of Peter Warren, Bob Leach and Ron Parish copped the second event prize with a 7-3

victory over the Ajax Annandale foursome of Gerry Pinkney, Steve Stewart, Ken Curtis and Alex Bianchi.

Barry McKinnon, Ian Gibson, Randy McDavid and Fred Cullen of the Oshawa Golf and Curling Club won the third event, emerging an 8-6 victor over clubmates Les Kiraly, Brian Bill, Peter Hermansen and Dave Fletcher.

Tom Steen, who has been a participant at this bonspiel since its inception, won the fourth event with Brian Suddard, Jim Gibson and Steve Greening out of the Whitty Curling Club, defeating Oshawa Golf and Curling Club's Charlie Morison, Russ Arbuckle, Chuck Wozniak and Jim Watson, 5-4.

Gord Baker, along with Jim Skelly, Jeff McCallum and Vaughn Tuck of the

host club, took the fifth event with a 10-4 victory over clubmates Mike Cicci, Carl Prince, Andy Ireland and Ray Sanford.

The sixth event went to Rick Adkins, Steve Fron, Ralph Schlottke and Gary Oudkirk of the Oshawa Curling Club, defeating Bob Rodgers, Tom Stevens, Rob Rodgers and Rick Hird of the host club, 7-5.

"We were coming here for a few spiels and when the anniversary came about, we wanted to get involved," says Steen, who took his fourth top prize last year.

"It's a big house party. These guys do it up right and they get a lot of sponsor support out of it. They treat everybody perfectly and you walk away with a good feeling, win or lose. You feel as though you've accomplished something and you've met your friends for another year. Like I said, it's a big house party."



Tom Steen

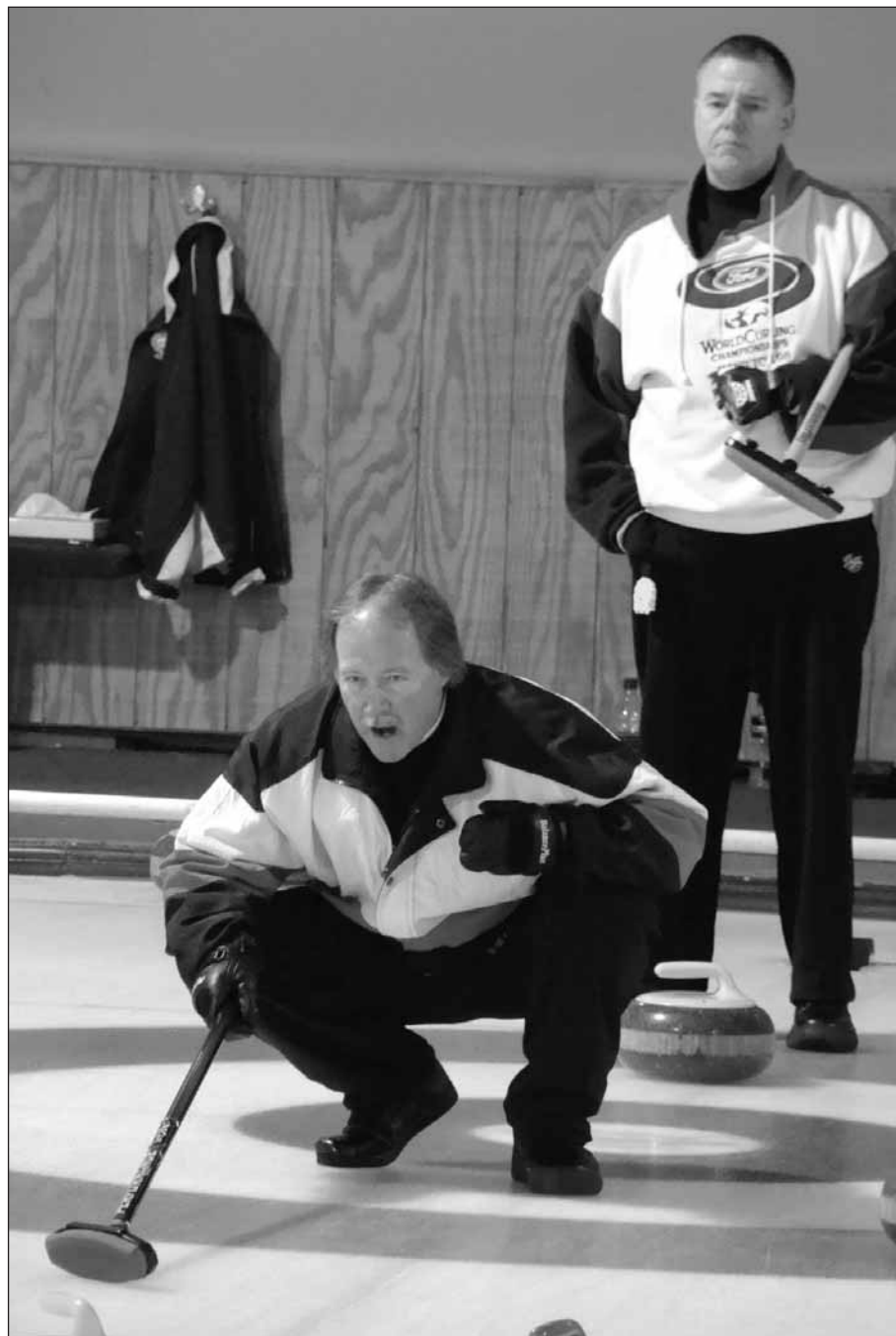


Photo by Wally Donaldson/The Oshawa Express

The 2008 Men's Anniversary Curling Bonspiel took place this past weekend at the Oshawa Golf and Curling Club.

A Lady Knight in shining armour

By Wally Donaldson
The Oshawa Express

There is, in a manner of speaking, an intriguing correlation that can be made between Wayne Gretzky and Oshawa's Barb Boyes.

Though it is well documented that both were exceptionally strong athletes at one time in their chosen field, it's interesting how each preferred to take a giant leap into coaching – despite the fact the option was always there to continue making an impact as highly skilled athletes.

Gretzky waved to the crowd in his final game with the New York Rangers before turning his attention to coaching in Phoenix with the Coyotes, a position he maintains today.

However, in the case of Boyes, the only real dramatic difference is that her interest focuses on an amateur level where “volunteer” is the operative word.

Boyes did play hockey at one time, but her keen desire these days centres squarely on the stability of women's field lacrosse, a sport she excelled at on the pitch and later on the sidelines as a valued coach.

Her commitment and devotion to the game elevated her to the Ontario Lacrosse Hall of Fame as a builder.

Wonderful compliment, she is quick to point out. However, the physical education teacher, currently in her fourth year at Donald A. Wilson Secondary School in Whitby, is bent on expanding the presence of women's field lacrosse, not only internally at her school, but also with the Lady Blue Knights, an established league entering its ninth season for all ladies in the Durham Region wishing to hone their skills.

Although there are certainly exceptions where naturally gifted lacrosse athletes have come forward, Boyes sees a definite similarity between hockey and the field lacrosse variety. Indeed, recruiting has often taken place inside hockey dressing rooms.

“One of our big recruitment tactics with our Blue Knights program is that we try to recruit hockey players. There is a strong correlation because the hockey kids really pick up the game quickly,” she says.

Boyes would know. As a member of the Whitby Blades hockey team during her teen years, Boyes progressed to the varsity level at York University where for five years, she played her skills as an “offensive defence-



Photo by Wally Donaldson/The Oshawa Express

Oshawa's Barb Boyes has made an impact for ladies field lacrosse over the years and her dedication has been rewarded with a healthy Lady Blue Knights program on house league and rep levels.

man.”

She hung up the skates for a field lacrosse stick after university and made an impact as a talented midfielder to help Canada to a third-place finish at the 1982 world championship in England.

“That really was a great finish for us because we were the unknown team coming into this,” recalls Boyes. “Coming out with a medal really caught a lot of people by sur-

prise.”

Two of the snipers on this club were Huntsville's Gail Cummings, who went on to earn an NCAA scholarship at Temple University in Philadelphia and Kerri Hardill of Peterborough, an inductee in the Canadian Lacrosse Hall of Fame.

And it is these attributes Boyes is hoping to either find or refine with the Lady Blue Knights.

She could have pursued her sport as an athlete but, realizing a blatant lack of coaches possibly hindering the program, Boyes chose to hang up the stick in 1986 to focus more on a managerial capacity.

“I could have kept playing, but I realized there was a need for coaches,” she recalls. “There weren't a lot of coaches out there and I debated about how much longer I was going to play. I tried it as a player-coach, but people will tell you it's not the best alternative – and they're right.”

“So, I took up coaching and got a lot of enjoyment out of it, the same sort of aspect I got out of when I was playing in terms of the whole competitiveness of it.”

The Blue Knights were born in 2000, a home for about 70 athletes competing on a house league level. Several players are still involved in the program. The league has expanded to 350 participants, beginning with the Baby Blue Knights five and six year of age. This year, the Blue Knights will be unveiling a junior program for players ages seven to nine.

The Under-15 rep program has been a tower of strength, having captured five successive provincial championships. The Under-19 squad has won four provincial championships and another two during the Ontario Summer games. A senior program also exists.

Boyes, who serves as chairperson of the Lady Blue Knights, was a firm believer of taking baby steps at the beginning and she is reaping the rewards today.

“When we first started in 2000 with the house league program, there were people wanting us to put in a rep team and I refused to do that,” she recalls. “I wanted to be certain our house league would be stable and strong. We waited three seasons before putting a rep team in and we won silver the first year and gold the following year. So, no doubt, our house league is the base to our rep program.”

The next step for many of these keen athletes can parlay to a berth on provincial or national squads and can even result in an NCAA scholarship. Nine girls who played for the Blue Knights have advanced to the U.S. on scholarships.

Lady Blue Knights are opening their doors for anyone wishing to get involved in their program tonight at the McKinney Arena, between 6-9 p.m.

Anyone wishing further information can visit the website at ladyblueknights.net.

Hockey heroes beat cops

The Durham Regional Police gave the NHL Legends a run for their money recently at the annual Oldtimer's Hockey Game at the GM Centre.

The legendary hockey heroes won the game, and more than \$100,000 in proceeds will go to the Special Olympics.

The Oldtimer's team was made up of

NHL greats Steve Shutt, Dale Hawerchuk, Bryan Trottier and Billy Smith.

Durham Police Tactical officer Dave Flood repelled from the ceiling to drop the puck and Police Chief Mike Ewles and 2008 Torch Run coordinator Shaun Arnott presented Special Olympians Ashley, Brad and

Devon and coach Paula Polley with a cheque from the proceeds of the game.

Between periods, the Durham Regional Police Pipes and Drums performed, and singer Michael Burgess gave a performance with the Ice Fire Synchronized Team.

Referees were Sgt. Jim Houston of Ontario Minor Hockey and Ron Hogarth of the Legends.



From left: Deputy Chief and Games Chuck Mercier, Police Services Board Chair Terry Clayton, athletes Blake Feetham and Lindsay Smith, OPG Nuclear Security VP Bob Hagymasy, Chief Mike Ewles, Games co-chair Elgin Knopp.

O'Reilly selected as second team star

Meaghan O'Reilly may not have achieved a top award with her Durham Lady Lords women's basketball club this season, but she was recognized for her keen talent.

O'Reilly was named the Ontario Colleges Athletic Association (OCAA) women's basketball second team all-star, it

was announced in Welland.

The native of Seaforth completed the regular season averaging 12.4 points per game. She also led her club in steals, blocks and rebounds.

Hali Burns of Sheridan College was selected the OCAA player of the year.

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