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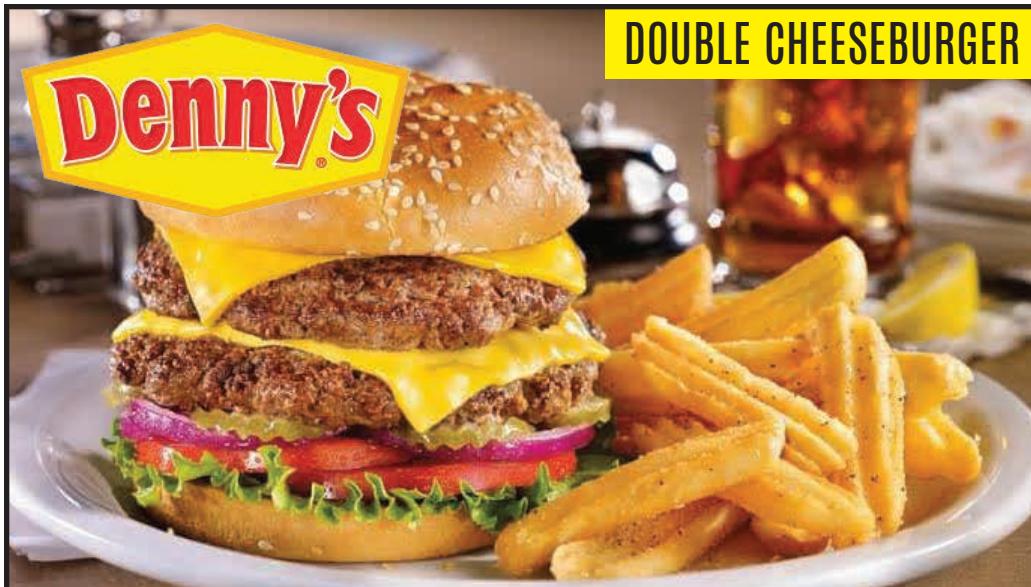
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Attracting the Delightful Hummingbird

Attracting hummingbirds to your backyard can add a delightful splash of color and energy to your outdoor space. These tiny, iridescent birds are not only beautiful to watch but also play a crucial role in pollinating flowers. Here are some helpful tips to create a hummingbird-friendly haven right in your own backyard:

1. Plant Hummingbird-Friendly Flowers:

Choose nectar-rich flowers in bright, vibrant colors to attract hummingbirds. Some popular options include trumpet vine, bee balm, salvia, fuchsia, and petunias. A mix of various colours helps attract our fast little feathered friends.

2. Hang Hummingbird Feeders:

Supplement natural nectar sources by hanging hummingbird feeders filled with a nectar solution. Mix one part white granulated sugar

with four parts water (e.g., 1 cup of sugar to 4 cups of water), boil to dissolve the sugar, then cool before filling the feeder. Avoid using red food coloring, as it may be harmful to hummingbirds. Be sure the feeder has upward feeding spouts, to avoid leaking and discourage wasps.

3. Place Feeders Strategically:



Hang feeders in areas of your yard that are easily visible from both indoors and outdoors. Position them near flowers or natural perches, such as tree branches or shrubs, where hummingbirds can rest between feeding sessions. Remember hummingbirds find their feeder by sight and bright colours

help.

4. Maintain Cleanliness:

Regularly clean and refill hummingbird feeders every 3-4 days, especially in warm weather, to prevent mold and bacteria growth. Use a combination of hot water and a good scrubbing, and rinse well before refilling.

5. Provide Shelter and Perches:

Create a hummingbird-friendly habitat by incorporating trees, shrubs, and vines for perching and nesting. Offer shelter from predators and adverse weather conditions, such as wind and rain, to encourage hummingbirds to frequent your backyard.

6. Minimize Pesticide Use:

Avoid using pesticides and herbicides in your yard, as they can harm hummingbirds and their food sources. Opt for natural alternatives or integrated pest management techniques to control garden pests without compromising the health of your local bird population.

With these tips in mind, you can transform your backyard into a

haven for hummingbirds, attracting these enchanting creatures and providing them with the resources they need to thrive. Enjoy the magical sight of hummingbirds flitting about your garden as they sip nectar and pollinate your flowers. Drop into your local Urban Nature Store, with all your birding and nature questions. Urban Nature Store, Your Local Birding & Nature Experts.

Paul Oliver
Senior Birder, Urban Nature Store

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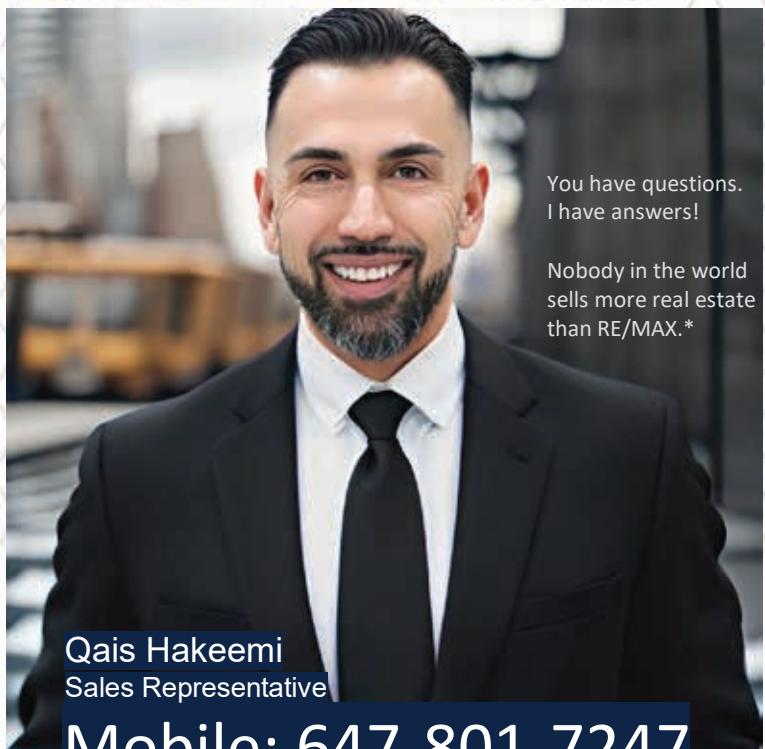
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Ontario Shores Centre for Mental Health Sciences

Ontario Shores Centre for Mental Health Sciences, is a speciality Mental Health Hospital located right here in Durham Region.

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Our Adolescent Eating Disorder Unit, opened in 2014 and is the only one of its kind in the province. We have the largest adolescent psychiatry cohort in Ontario, second only to Sick Kids. We are now accepting self-referrals for our Outpatient Program in partnership with Kinark Child and Family Services.

We recently began accepting referrals for our Geriatric Transitional Outreach program which provides short-term consultation and/or transitional support for seniors who are 65+ with general mental health concerns. This is in addition to our three geriatric inpatient units.

We also provide a free outpatient treatment program for adults struggling with anxiety and

depression, with in-person or virtual cognitive behavioural therapy with a clinician in a one-on-one or group format. There is no referral from a healthcare provider needed for the Ontario Structure Psychotherapy Program.

To self-refer to our Ontario Structure Psychotherapy Program or to learn more about the referral process, please visit <https://www.ontarioshores.ca/accessing-care/make-referral-ontario-shores>.

If you are interested in joining our team, please visit <https://www.ontarioshores.ca/careers-ontario-shores>.

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If you are interested in donating to our hospital, please visit <https://www.ontarioshores.ca/foundation/about>.



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Julie is part of our Recreation Therapy team who provide meaningful experiences for patients through recreation and leisure programming.

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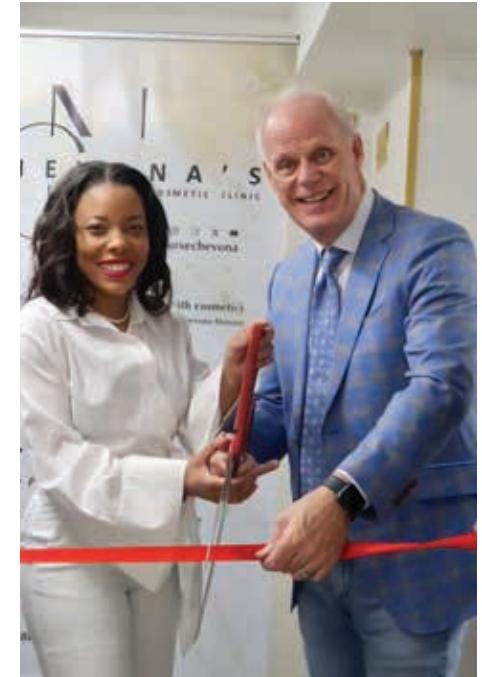
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Also, the individuals in the photo include Mayor Dan Carter and Councillor John Neal to the left, in the center Chevona Hanson and Councillor Jim Lee and Isabelle Foley from Greater Oshawa Chamber of Commerce.



Ribbon cutting Mayor Dan Carter and Chevona Hanson



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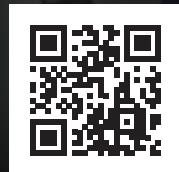
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The latest threat to your vehicle – and what you can do about it

(NC) Vehicle theft rates are increasing year over year. Thieves often ship stolen vehicles overseas for resale or strip and dismantle them for valuable parts and materials. But the latest fate for stolen vehicles is something called "re-vinning."

A recent poll from insurance provider Aviva Canada found that although cases are on the rise, less than half of Canadians are aware of this new frontier of crime. Here's why it's causing grief for those in the market for a used vehicle.

What is re-vinning?

Every vehicle sold in North America since 1981 comes with a unique vehicle identification number. This VIN is marked in various places on the car, including on the driver's side dash and the ownership permit.

Re-vinning is when criminals change the VIN to a fictitious one to make the vehicle appear legitimate and hide the fact it was stolen. They do this to help them re-sell the car within Canada.

How can re-vinning affect you?

As criminals get more sophisticated, making it difficult to identify when a

car might be stolen property, more and more Canadians are at risk when purchasing a used vehicle. If you have a car with a fake or incorrect VIN, it can cause major problems when you try to register the vehicle, renew your licence plate permit or make an insurance claim. It could even void your auto coverage.

It can also cause major maintenance issues since mechanics use the VIN to identify parts to order and diagnose problems.

And, of course, being stolen property, the police could seize the vehicle at any time, leaving you without a car and out of pocket.

How can you spot a re-vinned vehicle?

To avoid accidentally buying a car that's been re-vinned, here are six tips.

1. If you're buying from an individual, make sure to get details like their name and phone number, and check their identification when you meet up.
2. Trust your gut. Is the price too good to be true? Does the seller want to meet somewhere odd? Will they only accept cash? These are all red flags.

3. Check that the VINs match on the car and the paperwork that comes with it. You can take the vehicle to a trusted mechanic to inspect and validate the vehicle.

4. Consider ordering an auto history report, (which is like a credit history check for your car,) and checking that the details are consistent.

5. If your province offers a used vehicle information package be sure to obtain it. In Ontario, for example, sellers are legally required to provide

the package to buyers, but buyers can also purchase one as well.

6. If you're buying from a dealership, run their details through your provincial dealer regulatory website to make sure they are licensed and check for any offences.

Find out more about re-vinning and how to protect yourself at aviva.ca.

www.newscanada.com





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Nick has been in the restaurant business since 1974 starting out as a pizza delivery boy while attending Durham College. He worked as a draftsman, teacher and restaurant and nightclub owner, and came to realize making pizza was his true passion. Nick says it's the passion that keeps tradition alive.

We pride ourselves in offering you the very best Pizza and Pasta in the DURHAM REGION at incredible prices. Our business is our home, "Everyone is Family"

La Pizza & Pasta customers are spoiled for choice with a menu that includes pizza that begins with Nick's Signature hand-tossed crust – made in house every day – and a decadent selection of toppings that include everything from truffled mushrooms to grilled eggplant and Italian sausage made from scratch, just like Nick's father used to make.

The selection of pasta includes meat lasagna, cannelloni, gnocchi, ravioli a tantalizing choice of penne dishes. The menu also includes appetizers and breads like arancini (authentic Sicilian rice balls) and pane cuzzatu (fresh bread drizzled with olive oil and oregano), as well as salads, meat dinners like veal, chicken parmigiana, wings, calzones and desserts like tiramisu. Many dishes are made from traditional Sicilian recipes that are naturally gluten free. Let's not forget his amazing Caesar salad dressing.

Together with a staff of professional cooks and support, Nick and Carmela are proud to offer delicious comfort food lovingly prepared from scratch, complete with pizza and pasta sauces made in house. They take such care, even the spices and herbs used in their pesto and other



recipes are grown in Nick's backyard garden.

No food leaves the door unless it is perfect. "he says proudly". Loyal customers appreciate our food offerings and we appreciate their patience, especially during dinner rush. But our biggest pleasure is seeing customers leave the store, knowing they get value for their money with a smile on their face. They trust us at La Pizza & Pasta.

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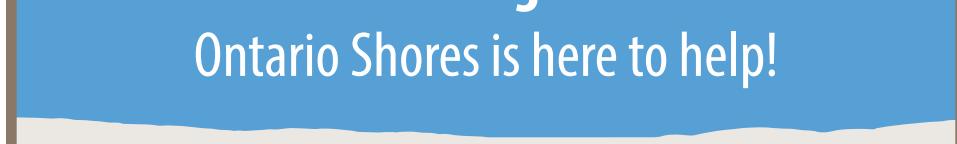
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