THE CHESTERVILLE
RECORD

CNA BLUE RIBBON AWARD 1988

Vol. 96, No. 30 | Wednesday, March 13, 1991 | Chesterville, Ontario | Single Copies 50¢ G.S.T. Included

This Week



Impressive meeting
Chesterville man meets Tibetan VIP on his visit to India..... **Page 5**



Express eliminated
North Stormont, Chesterville take early exit from playoff action..... **Page 15**

Newsbriefs

Parents' meeting

BERWICK—An information meeting for parents will be held at North Stormont Public School, Thursday, March 21 at 8pm at the school in Berwick. The subject of the evening will be "How to read with your child from 16 months to 16 years." Judy Neville, school committee chairperson, says there will also be an explanation of educational programs and terminology. For more information contact, 984- 2427.

Residents warned

CHESTERVILLE - The OPP is urging Chesterville residents who leave on vacation to take precautions against possible burglaries. The warning comes in the wake of a spate of break and entries on Streeterpete Road in the past few weeks. In one incident, in February, thieves hauled off a stereo system, a 26-inch color T.V. and a collection of compact discs and cassette tapes. OPP Sgt. Jim Irvine said Tuesday there were two subsequent break-ins on Streeterpete Road and one on Faubert Avenue, the weekend of March 2 and 3 but nothing was stolen. Police are still awaiting the return of residents whose homes were broken into to confirm if anything was stolen.

Well-known guest

MORRISBURG - An internationally known speaker, Dr. Robert Hill, will be the guest speaker at a dinner meeting of the Morrisburg and District Canadian Club Tuesday, March 19. The meeting will be held 7pm at the Morrisburg Civic Building. Hill's topic for discussion is entitled *The Mastectomy of Humor*.

Buyers beware!

FINCH—Maple syrup producers are warning consumers to beware of fake maple products flooding the market this spring.

The director of the Ontario Maple Producers' Association issued the warning this week that syrup containing water, sugar, and caramel coloring is being sold in gallon plastic jugs and passed off as real maple syrup.

Albert Sanders says the consumer should be wise. "By regulation, real maple syrup has to have the name of the producer and the grade on the container," he said. If it isn't clearly marked, don't trust the product and don't buy, Sanders advises.

The difference in price—$30 per gallon for the fake product as opposed to $45 for real maple syrup—may lure buyers, but Sanders says the taste and quality is not the same.

He advises the public to report any suspicious products to the Ontario Ministry of Agriculture and Food, Fruits and Vegetables branch, Toronto, (416) 965-1058

Doctor demands WDMH administrator quit

by Andy McLeister
Special to The Record

WINCHESTER — Staff morale at the hospital here has struck rock bottom, according to one doctor, and he places the blame squarely on the shoulders of the insitution's chief administrator and its board of governors.

Osgoode's Dr. Peter Vorobej has resigned from all medical committees to protest administrative practices at Winchester District Memorial Hospital. He vowed to maintain this boycott until executive director James Egan resigned.

In resigning from the committees, he said Sunday, he has placed his hospital privileges on the line.

"There's a crisis in the hospital," Vorobej said in an interview. "In a nutshell, morale in the hospital among medical and nursing staff and others is at an all-time low, administration meaning (Egan) and the board of governors."

In separate interviews this week, hospital officials agreed there have been problems between hospital staff, administration and the board of governors, but they offered assurances that these are being addressed.

"I will admit there are some problems," said Iroquois physician Henry Prins, WDMH's chief of staff. "But the board (of governors) and physicians are working them out."

He said an ad hoc board committee and representatives of the doctors' Medical Advisory Committee have devised procedures to resolve

their differences. He declined to offer further details until the board as a whole and the MAC consider the recommendations.

The views of Vorobej, he insisted, are not shared by a majority of doctors and other staff. The doctor has not attended recent staff meetings at which a more positive light has been shed on current issues, he said.

Prins suggested Vorobej may be "running a bit of a vendetta" motivated by frustration over recent events.

As to Vorobej's criticisms of Egan and his call for the director's resignation, Prins said, "Not all medical staff feel that way and certainly not the board."

Vorobej, a member of the hospital staff since 1981, said his motivation for resigning from various committee and publicly demanding Egan's resignation was based on concern for the future of the hospital and its level of patient care.

The doctor has resigned from the chairmanship of the pharmacy and therapeutics, and bylaw committees. He also quit the disaster and medical library committees.

Continued on page 2



Maple syrup time
Sugar maples were tapped and ready to flow this past weekend at a number of area sugar bushes. At Sanders' Maple Products in Finch, visitors got their first taste of spring. And despite sub-zero temperatures slowing the sap, there was plenty of syrup flowing. For story, see page 14.
Record photo Boersma

Tipping fees to be charged April 1

Shana Saper
Record Editor

WINCHESTER TOWNSHIP—Starting April 1, tipping fees will be charged at the Boyne Road landfill site, township officials announced last Thursday.

In a March 7 resolution passed by Winchester Township, Chesterville, and Winchester Village councils, fees will be assessed be per cubic metre of refuse.

According to Dave Sloane, the new manager of the waste management site, a fee of $5.00 will be charged on cars brought to the site, $7.85 per cubic metre or $6.00 per cubic yard of loose-pack, and all tires will be $2.00 each.

"Everything else will be based on cubic yard measure and will be charged directly at the site," Sloane added.

The new regulations will be enforced by Sloane at the landfill site. One of the regulations will be proof of residency in either the Township, Chesterville, or Winchester Village.

"Non-residents are not encouraged to dump," said Sloane, who will have the discretion to refuse residents of other municipalities from dumping at the site.

Sloane will also be in charge of inspecting the contents of loose-pack. "I have to measure the size of the load and at the same time I'll be checking the contents."

Aside from checking for dangerous materials, contents will be sorted out for recycling as much of it as possible.

Markets for refuse such as cardboard and wooden skids, which Sloane points out take up a lot of space in a landfill, will be found. For example, Recyco in Prescott is one company that recycles cardboard, he says.

"We want to get the landfill site down by half," Sloane stated. And he is also working out the details of a composting section at the landfill site.

Sloane says he doesn't anticipate any problems from residents on this new policy. "Most of them have home pick-up anyway so it's just for big things," he explained.

According to Winchester Township clerk Nancy Krisjanis, the fee charge should slow down the amount of refuse and extend the life of the landfill site.

"Our landfill is filling up rapidly," Krisjanis said. She says the township's population is currently about 6,000 and growing. "We have another 10 years thereabouts, maybe less (at the site)," she said.

The revenue generated be the collection of fees will be put toward the future closing of the site, Krisjanis added. "Foreclosing the site is going to cost quite a bit."

The tipping fee resolution comes at a time when the township, Winchester village, and Chesterville are facing charges of unlawful disposal at the site.

A court battle, which was launched last month in Morrisburg by the Ministry of the Environment, could result in fines to the municipalities of up to $50,000 each if found guilty.

For the moment, however, Chesterville reeve Jim Cook believes the tipping fee is a step in the right direction for the municipalities.

"Now, there's going to be a definite incentive for people to reduce what they are putting into the landfill site," Cook said. "It's a positive thing."

Meeting ends without agreement

Yves Cossette
Record Staff

MAPLE RIDGE - A meeting between the three area municipalities to decide how to plead to charges of violating the Environmental Protection Act broke up without agreement Thursday night.

The villages of Chesterville and Winchester, and the Township of Winchester, which jointly own a landfill site on the Boyne Road, were charged last month in connection with improper use of the landfill. If found guilty the municipalities could face fines of up to $50,000 each.

Winchester Township Reeve Claude Cousineau would like to plead not guilty and challenge the charges against his municipality in court.

"I still think we should have our day in court," he said Friday.

But Cousineau said he is facing opposition from councillors from both villages at the meeting.

Reeve Jim Cook said Friday it might be better if the municipalities pleaded guilty.

"Based on the evidence I've seen so far, it's unlikely we would win. The details and the evidence (against us) seem overwhelming," he said. "Perhaps we should stand up and say we got caught."

He said there was little point in fighting the charges if the case didn't look favorable. It would cost the village $1,300 a day to have a lawyer at the court.

Continued on page 2

Home day care choice for SD&G families

Shana Saper
Record Editor

CHESTERVILLE—Tilly Turpin would like to see more rural families have access to home day care for their children. And in the same spirit, she is launching a drive to recruit care givers in the Dundas County area.

As supervisor of the United Counties of SD&G Private Home Day Care, Turpin is actively promoting the advantages of home care and trying to dispell any false ideas people may have about the service.

"The public still isn't educated as to what home day care is," Turpin stated.

"They seem to think it's some kind of social service babysitting but that's false," she added.

Home day care is fully-licenced child care provided in the homes of private care givers. Care givers are often mothers with young children who take care of up to five children on a full or part-time basis.

Turpin, who manages 40 day care homes in SD&G, says unlike ordinary babysitting, home day care provides trained, licenced people as care givers.

"You're getting someone who has been police checked, passed a medical, and whose home has been checked out by the fire department," she said.

In addition, care givers must have references and give receipts for their services.

Home care is personalized care, Turpin says. "We try to match families with care givers." In that way, parents who work odd shifts, have more than one child to be minded, or live in a particular locality get the service they need.

And she adds, home day care's advantages outweigh day care centres. "It's a family-like atmosphere which is much better for infants and toddlers, and it's a lot cheaper."

While day care centres can cost as much as $39 a day per child, home day care fees are $16.75 a day per child. And subsidies are available depending on the family's income.

Recently, Eastern Ontario was targetted by the Ontario Home Day Care Association in a public education and recruiting drive. And Turpin is focusing her attention on Dundas County.

"For some reason we don't have many care givers in the Dundas area, especially in Winchester," she said.

For the past two years, Pat Molloy has been taking care of the Hummel children—Sherry, 7, Lisa, 6, Chuckie, 4, and three-year-old Julie in her home. Monday through Friday, the children are dropped off by their parents at Molloy's home just outside of Chesterville.



Caring home
Seated clockwise around the table are the Hummel children: Lisa, 6, Chuckie, 4, Julie, 3, and Sherry, 7, enjoying an afternoon snack with caregiver Pat Molloy. Families are "matched" with home care givers through SD&G agency.
Record photo Saper

"The three older kids catch the bus (from here) for school around 7:30am. Julie stays with me in the morning and Chuckie comes back for lunch," she said. The older girls come back around 3:45pm after school.

"I try to give them a routine," Molloy said, "organized play, crafts, bathroom time, storytime, and they play outside every day."

Molloy, a young-looking grandmother, was "matched" with the children by the SD&G agency. "The agency made the contact for me and I became a care giver," she said.

Molloy, whose husband works for Transport Canada, says she regrets she didn't have the option of home care when she was a young working mother.

"I had to rely on babysitters with my three (her baby is now 22) and sometimes I wondered what was going on when I wasn't there," she echoed a common concern of parents.

For many families, supervised home day care offers the peace of mind they want. And for home workers like Molloy, it offers income and security not found in many jobs.

"I'd rather be at home with children," said Molloy. "It's my job and it's a great alternative to working outside the home."

Doctor resigns

Continued from page 1

He feels that doctors haven't been adequately consulted in several decisions taken by the board and implemented by Egan. He cited last December's closure of beds as one example of manipulative administrative practises.

Initially, Egan told medical staff that beds would be closed because the hospital was facing a deficit, Vorobej said. Doctors reacted with "amazement" a couple of weeks later Egan said renovations would necessitate bed closures, he added.

At the time, Vorobej said Egan told doctors it would be "unethical" to air their complaints in public. However, he noted that the administrator "felt free to address the press."

Vorobej found this attitude "inconsistent." He also took exception to a letter to the editor of the Chesterville Record in which he said Egan implied that doctors had monetary reasons for objecting to the bed closures.

Information flowing from board of governors' meetings in the form of press "communiques", Vorobej said are written by Egan, who acts as board secretary, and do not "accurately reflect everything that's going on."

Other concerns raised by Vorobej include, among other things, a proposal to downsize the MAC from 27 to eight members; the recent resignation of an outpatient physiotherapist; and the administration-instigated reorganization which combined the former head nurse positions in two departments into a single one nurse/manager post.

"My major interest is running my practise and looking after the health of my patients," the doctor said.

Winchester physician Raymond Dawes, vice-president of the hospital's medical staff, says he finds himself in an awkward position to comment on Vorobej's complaints given his dual role (like Prins) as a medical representative on the board.

"I guess Dr. Vorobej sees the problems as we all do," he told a reporter. "There have been quite a few meetings over (the situation) in the past months."

While not joining Vorobej in calling for Egan's resignation, he said "medical and nursing staff feel administration have their own way of doing things."

He said he would not want "to be the one to destroy efforts to get things going again. There has been an attempt at a mending process.

"Both sides feel the other side is 99 per cent to blame."

In a Tuesday interview, Egan would not comment on specific points raised by Vorobej, except to say, "The man understands the situation. He just does not accept it."

"It's been a difficult six months at the hospital, because of pressure on the hospital, mostly external, mostly financial," he said. "We are operating under constraints."

"Yes, there have been problems at the hospital, internally," he conceded, adding that attempts are being made to resolve these troubles.

"All key parties are being solicited for their input and (to) make presentations to the board," Egan said.

"We have to put these things behind us because there is so much work ahead of us," he said.

Many of the changes which have occurred, or will, at the hospital recently, such as the reorganization of the intensive care and emergency units, and moving the pediatrics wing, Egan implied are designed to rationalize the facility's operations.

Much of this stems from recommendations resulting from a Ministry of Health review of the hospital conducted in 1987-88, Egan said. The review was ordered because over the years the hospital was incurring steadily rising deficits.

A number of recent actions by hospital administration have proven unpopular, such as the move of the pediatrics wing from the ground to the first floor. Egan said plans will go ahead to eliminate three of nine beds and cribs in pediatrics, but denied this means a downgrading in child services.

For years, the pediatrics wing has experienced a 20- to 23-percent utilization rate, Egan said. By downsizing the pediatrics wing, more beds can be dedicated to other departments, reflecting the community's changing demographics to an aging population.

He wouldn't predict the future employment picture for the hospital's 225-strong full and part-time workforce, excect to say officials are "not entertaining layoffs".

Meanwhile, Egan warned that the hospital deficit for the year ending March 31, previously forecast at about $500,000 on an $11.5 million operating budget, "may even be higher," with a new Ontario Nurses Association contract, and provincial legislation regarding occupational health and safety and pay equity.

Although the province has announced hospital spending will increase by 9.5 per cent across Ontario, Egan expects WDMH to get a 5.5-percent raise.

"It's a real balancing act," he said. "We have to do things to pull in the reigns, we have to."



All-round guides

Four guides were presented their All-round Cords last Tuesday night at a ceremony at the Nelson LaPrade Centre. From left to right are Cindy Merkley, 11, Amanda MacLeod, 11, Jaime Cass, 11 and Melissa St. Denis, 11. Standing in the back is Bonnie Richmire, Nation Valley District Commissioner. The cord, the highest level of achievement in guiding, is awarded to guides for outstanding community work, camping skills, and their knowledge of guiding around the world.

Record photo Cossette

Meeting ends

Continued from page 1

A decision on how to proceed was put off when Winchester Township Council requested more time to consult its lawyer. But Cousineau admitted the township might have to abandon its fight in court.

"I hate to put my ratepayers through a long drawn out court battle if there is no hope," he said.

"And yet I feel so frustrated and angry," he added.

Last week Cousineau wrote a letter to Environment Minister Ruth Grier demanding the charges against the municipalities be dropped. He called the charges "non-productive" as they were laid seven months after a "minor infraction" and ignored the progress the three municipalities have made in meeting MOE guidelines.

Winchester village Reeve Larry Gray would not say how his village intends to proceed with the charges against it.

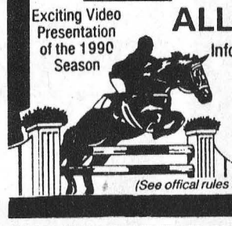
"I really haven't paid that much attention. I figured the legal people were involved and that it should be left for them to comment. Until I get some real advice from them—don't want to jeopardize their case by saying we're guilty," he said.



BROOKDALE MALL
Brookdale Avenue at the International Bridge in Cornwall



du Maurier Ltd.
SHOW JUMPING DISPLAY
ALL THIS WEEK



Exciting Video Presentation of the 1990 Season

Information on the du Maurier Ltd. International Show-Jumping events and Challenge

You could win the following:
A SONY WALKMAN AM/FM Stereo Cassette
OR
A Grand Prize Of A SONY Portable Stereo

(See offical rules at the du Maurier Ltd. Show Jumping Display in the Mall)

WINCHESTER DISTRICT MEMORIAL HOSPITAL

Winchester District Memorial Hospital is currently seeking applications from qualified individuals for the position of:

XRAY TECHNOLOGIST - Regular Part-time

Qualifications:
- Currently registered with the Board of Radiological Technicians of Ontario
- Available to do standby and callback

Interested candidates should forward their written application prior to **March 22, 1991** to:

Director of Human Resources
Winchester District Memorial Hospital
566 Louise Street
Winchester, Ontario
K0C 2K0

Renovation Sale!!

Wednesday March 13 to Saturday March 23,

Mon. - Fri. 8am - 5pm: Sat. 8:30 - 4pm

We may be renovating, but we are still here to serve you and to bring you the best choices in fireplaces, designer facings, mantels and wood stoves.

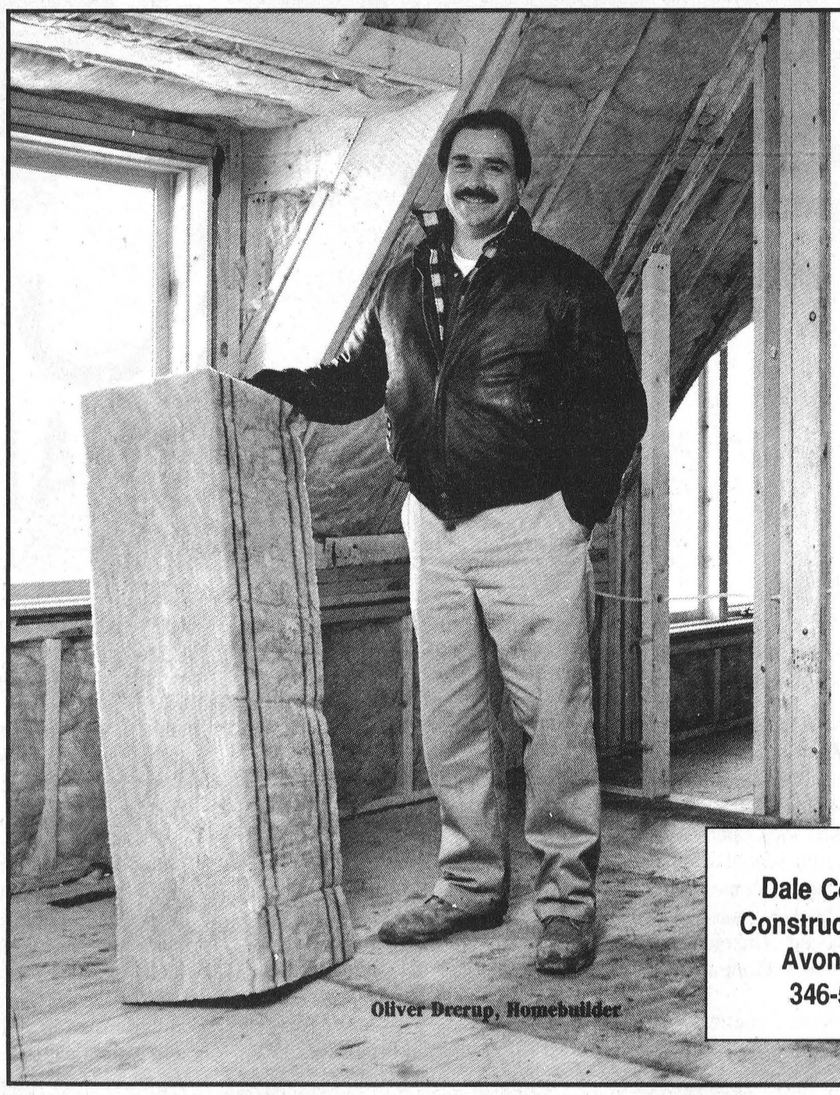
We have available new and used showroom models of fireplaces and woodstoves, plus a wide variety of new lines with many exciting features.



The Stove Store
Spencerville

MEL SHANNON
658-3101
unmatched

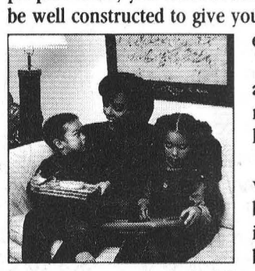
Compare, and make us your choice!



Oliver Drerup, Homebuilder

What to look for when buying a new home.

For most people buying a new home is the single biggest purchase they will ever make. And if you're like most of the people I meet, you want to know that your new home will be well constructed to give you years of comfortable, energy efficient living.



As a builder, people always ask me, "How do I know my new home will be built to the highest standards?"

It's a good question. Because while all homes are built to building code standards, there is only one type of home that's been given a special designation because it exceeds the building code to make it more energy efficient. In fact, it's so energy efficient that Ontario Hydro highly recommends it.

It's called the R2000 home. Seen from the street it looks like any other home. So what makes it so special?

It's the way it's built. For example, R2000 homes are constructed with a greater attention to detail. This creates a more comfortable, even temperature in your home that also eliminates drafts and cold spots. And because of extra insulation and good quality doors and windows, R2000 homes reduce noise from neighbours and outside traffic.

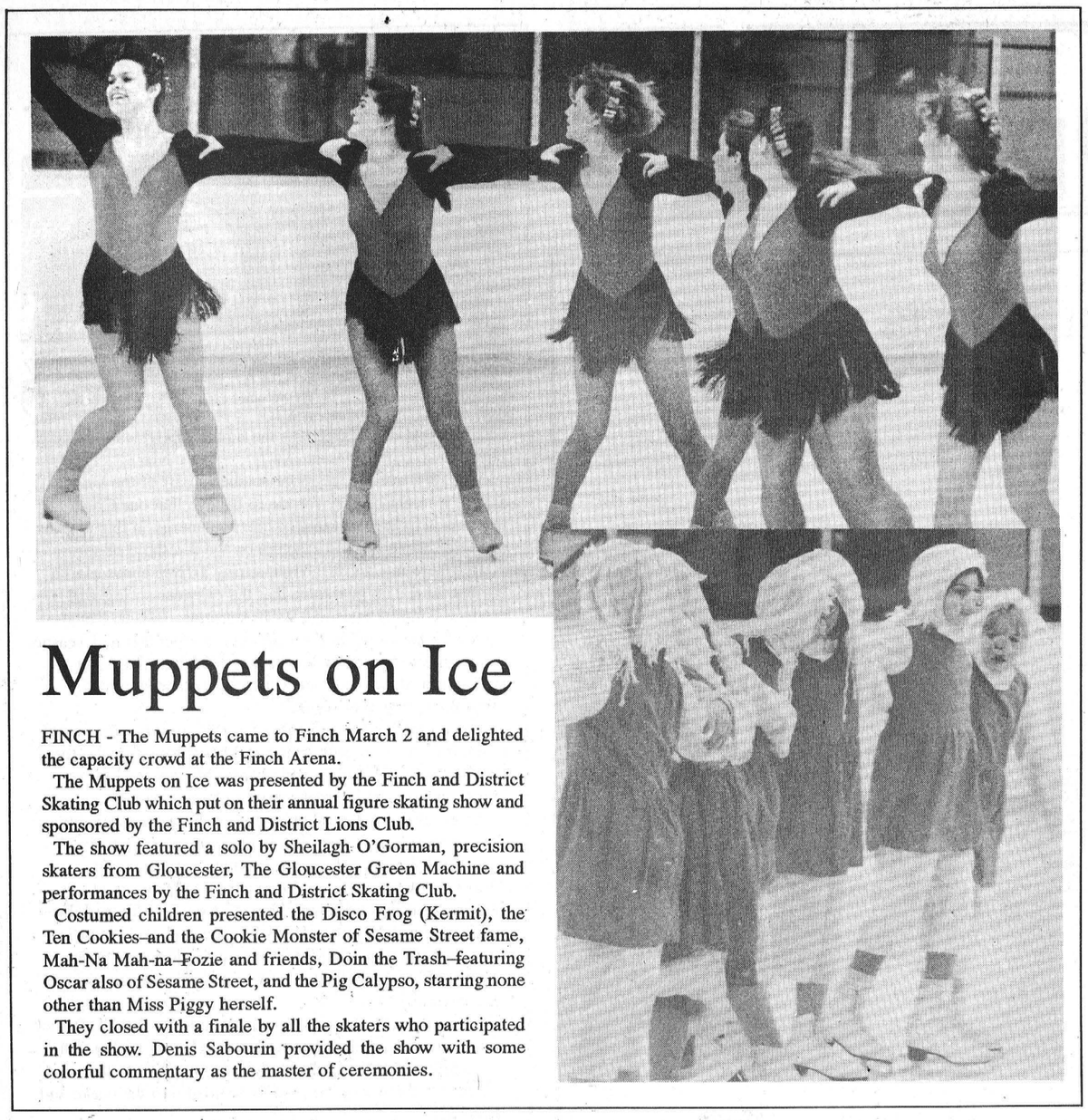
Is clean, fresh air important to you and your family? The R2000 home lets you control the ventilation in your home. For example, you don't have to open the window for fresh air, the ventilation system will ensure a continuous supply at all times by exhausting the stale indoor air and replacing it with fresh outdoor air.



But there is one thing you must know. Builders must receive special training to build R2000 homes. And to ensure your home is built to official R2000 standards, it is individually inspected and given its own certificate. So look for the R2000 symbol, it's your way of knowing that the home you buy is a better built home.

For more information about R2000 homes, call the certified R2000 builder listed below.

Dale Coleman Construction Ltd. Avonmore 346-5594	Bruce Grant Construction Ltd. Cornwall 938-8004	Chonca Holdings Ltd. Chesterville 448-2576	Menard Bros. Associates Ltd. Cornwall 932-7686	Empire Buildings Inc. Winchester 774-3340	VanKessel Construction Chesterville 448-2832



Muppets on Ice

FINCH - The Muppets came to Finch March 2 and delighted the capacity crowd at the Finch Arena.

The Muppets on Ice was presented by the Finch and District Skating Club which put on their annual figure skating show and sponsored by the Finch and District Lions Club.

The show featured a solo by Sheilagh O'Gorman, precision skaters from Gloucester, The Gloucester Green Machine and performances by the Finch and District Skating Club.

Costumed children presented the Disco Frog (Kermit), the Ten Cookies–and the Cookie Monster of Sesame Street fame, Mah-Na Mah-na–Fozie and friends, Doin the Trash–featuring Oscar also of Sesame Street, and the Pig Calypso, starring none other than Miss Piggy herself.

They closed with a finale by all the skaters who participated in the show. Denis Sabourin provided the show with some colorful commentary as the master of ceremonies.

TV Ontario tops goal for winter on-air membership

TVOntario's winter on-air membership campaign exceeded its target by nearly a half, in spite of difficult economic times across the province.

On the final day of campaigning, Sat., Feb. 23, 1991, 611 new members pledged $32,498. Donations over the 13-day drive totalled $235,668 from 4,975 new members, exceeding the network's original goal of $160,000 from 3,300 new members.

"In spite of Ontarians' concern about the current economic climate, our viewers still voted to endorse the kind of exceptional broadcasting service we provide," says Mary Martin, TVOntario's director of Community Development and Liaison.

Martin also credits the success of the campaign to the widespread support of more than 400 volunteers from all segments of the community, and 150 TVOntario employees who volunteered their time to help organize and coordinate the extensive fundraising campaign.

Community volunteers included such groups as the Canadian Native Arts Foundation and the Canadian Children's Opera Chorus. Corporate underwriters included St. Mary's Cement Company Ltd., Barclays Bank of Canada, and the Toronto Star.

In addition, 20 MPPs volunteered their time Wed., Feb. 13 "to work the phones."

TVOntario broadcast its winter on-air campaign from the "Box," the network's new, fully integrated studio equipped with its own sound stage, edit suite, and master control room created for live educational news and teacher training programs. Its location is Yonge Street and Eglinton Avenue.

This year, TVOntario has an annual membership goal of $4.0 million and 90,000 members. While renewing members contribute the bulk of this total, the winter on-air membership campaign is designed to recruit new members for the public educational broadcaster.

Since 1982, TVOntario has solicited funds from its viewers through direct mail and on-air membership campaigns. These funds go directly to assist the production and acquisition of programs.

Traffic safety tip for motorists

WINCHESTER - On March 5, 1991 Winchester detachment of the O.P.P. investigated a minor personal injury accident which could have been very serious.

It involved a motorist driving along the highway in a normal fashion when all of a sudden a large piece of ice flew from the roof of a passing vehicle and crashed through the car windshield splattering the driver with glass. The driver was not seriously injured but if there had been oncoming traffic the OPP could have easily been investigating a fatal accident.

With recent area ice storms, the OPP suggest drivers take the necessary time to warm up their vehicle before highway travel and remove all layers of ice to possibly prevent a serious accident a driver may not even be aware of when it happens.

Nominations sought for Ontario medal for good citizenship

The Honors and Awards Secretariat of the Province of Ontario is seeking nominations for the 1991 Ontario Medal For Good Citizenship.

The Ontario Government established the Ontario Medal For Good Citizenship in 1973 to recognize and pay tribute to those citizens who make this Province a better place to live through their selflessness, humanity and kindness.

Just who are some of these citizens? They are the men and women who care about the plight of the poor; the loneliness of the elderly; the frustrations of the physically and developmentally disabled; the needs of the sick. In short, they are people who quietly go about helping the less- advantaged members of our society.

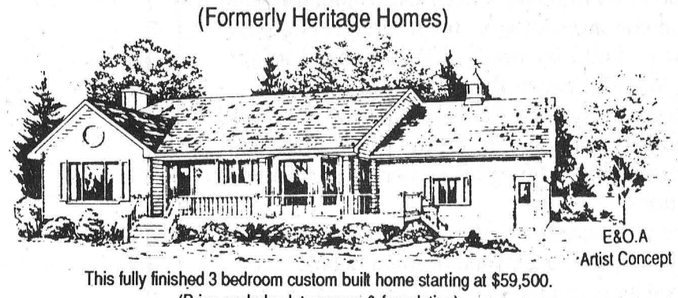
Any Ontario resident may be nominated for the award. Nominations will be evaluated by the Ontario Medal For Good Citizenship Advisory Council and awards will be conferred by the Lieutenant Governor, the Honorable Lincoln Alexander.

The deadline for nominations is April 15, 1991. Nomination forms are available at constituency offices of all members of the Provincial Parliament or from: Honors and Awards Secretariat, Ministry of Intergovernmental Affairs, 6th Floor, Mowat Block, 900 Bay St., Queen's Park, Toronto, Ontario. M7A 1C2.

Announcing

GUILDCREST HOMES

(Formerly Heritage Homes)



E&O.A
Artist Concept

This fully finished 3 bedroom custom built home starting at $59,500.
(Price excludes lot, garage & foundation)

Grand Opening Special

During our Grand Opening celebration by factory direct, we are offering completely finished new homes starting at $49,900.

For more information on this and other specials available, call:

(613) 448-1190

Great Value • Great Selection • Great Ideas



Call or visit the
Guildcrest Homes Model Court
20 Mill Street
Morewood, Ontario
(613) 448-1190

Open 7 Days a Week
10 a.m. - 6 p.m.

3 Out of 10 Canadian Students Drop Out... And We All Pay The Price.

!Every year, 3 out of 10 Canadian students drop out before finishing high school... And they realize all too soon that it isn't as easy as they thought.

The fact is, over the next few years, the majority of new jobs will require a high school education as a minimum. Without it, young people simply won't have the choices, the opportunities or freedom they're looking for.

When 30% drop out...over 100,000 students a year...it affects everyone – parents, educators, employers, Canadian society as a whole.

Making sure that young people stay in school is important for all of us...and more important today than ever before.

Dropping out is no way out.

Let's do something about it.

Government of Canada / Gouvernement du Canada
Minister of State for Youth / Ministre d'État à la Jeunesse
Canada

BE AWARE!!

A family awareness meeting
on drug and alcohol abuse and the
assistance that is available...
it's open to all residents of
Smiths Falls and the surrounding area.

WHEN

Thursday, March 21, 1991
7:00 p.m. to 10:00 p.m.
WHERE
Royal Canadian Legion
Chesterville, Ontario

- Speakers ... Displays
- Refreshments ... Door prizes
- Sponsored by Employee Assistance Program of CP Rail, with the support of local self-help agencies, and concerned businesses.

Employee Assistance Program

For further information, call 613-283-6148

THE CHESTERVILLE Record Editorial / Opinion

Editorial

Fight could get ugly

Winchester District Memorial Hospital is once again in the news and, as in the past, the story is none too encouraging.

The problems between the medical staff and administration are boiling up with the board of governors somewhere in the middle trying to referee the match.

The public, too, has gotten into the ring, complaining that services are deteriorating before their very eyes and they should be heard.

While both (or all) sides claim they are right and the others are wrong, what is at stake here is an institution that has long served the community and should continue doing so for future generations.

The community needs WDMH and, I might add, WDMH needs the community.

Unfortunately, too often, the only time the word community is intoned is during a fund drive and the *community* is being hit up once again for their donations.

Hard economic times do bring out the worst in people and so it seems the hospital debate has reached a crescendo that could easily degenerate into an ugly brawl. That is, unless reason soon prevails.

Let's not take a chapter out of the recent Gulf War and abandon negotiations for big guns. The victims would be too numerous and would surely clog the limited space in WDMH's emergency room.

Plain ignorant

International Women's Day came and went here March 8 without much notice.

That's unfortunate because the day, recognized around the world since 1908, is an important date commemorating women's right to vote, hold jobs, raise their kids, and stand on an equal footing with the other half of the population.

While the expression, *you've come a long way baby* may have set the tone for women's liberation in the '70s, sometimes we are forced to admit, the more things change the more they stay the same.

Such was the case recently when *Record* sports editor Rosanna Boersma covered a hockey game in Finch. While taking photos of the Finch and Avonmore teams on the ice, Boersma found herself the butt of "ignorant" humor from some of the Finch players.

Some of the "guys were making comments" that went beyond the so-called acceptable limits of off-color jokes commonly made against females.

Boersma, who has been covering sports in and around the region since May, 1990. "You hear little things from guys but this was the first time I really got mad," she said.

Some of you may remember a case involving a Boston *Globe* female sports reporter who was verbally assaulted by Boston Patriots' players. She was participating in the habitual locker room scrum so familiar to sports writers when the players began making lewd gestures in her direction and talking obscenely about her body.

That case, while an extreme example, reflects a mentality that says women don't belong in certain occupations. Or that women are just natural butts of vulgarity and abuse because they are women (heh, heh, know what I mean?).

While Boersma points out there was really only one Finch player who made excessive comments to her, I would say it was one incident too many and should not be repeated.

Shana Saper

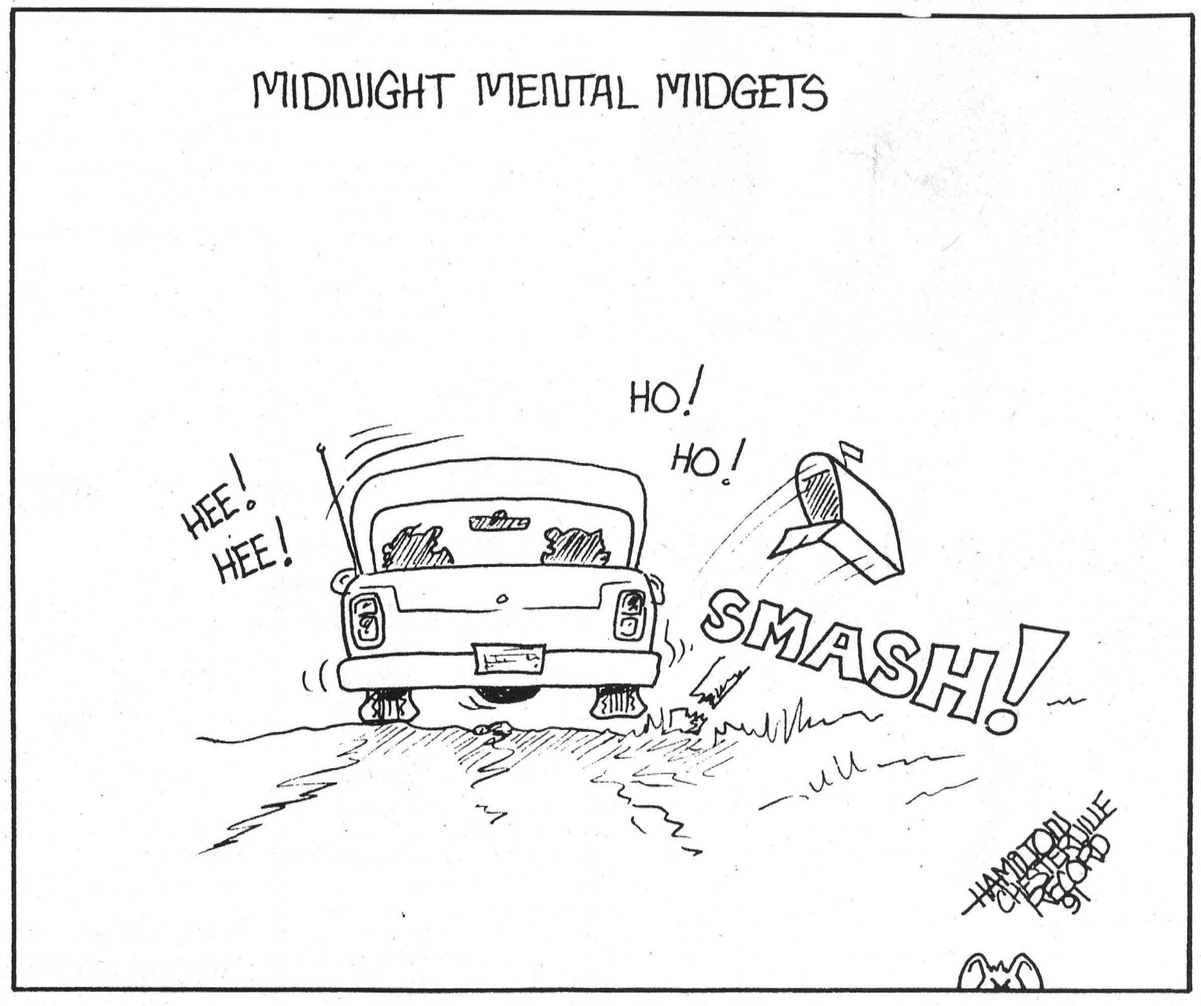
THE CHESTERVILLE RECORD

John A. H. Morris, President
Robin Morris, Managing Editor
Shana Saper Editor
Donna Rushford, Advertising Manager
Brenda Oosterman, Sales Representative
Rosanna Boersma, Sports Editor
Betty Huizinga, Office Manager

Subscription Rate: Single Copy, 50¢. By Mail: In Canada $19.26 per year, Foreign $53.50 per year. (GST Included)

Advertising Rates on Request

P.O. Box 368, Chesterville, Ont. K0C 1H0
Telephone: (613) 448-2321 - Fax No. 448-3260
Published by St. Lawrence Printing Company Limited
Second Class Mail Registration No. 0242



Letters

Evelyn wears two hats

To the Editor:

Ministry of Eastern Ontario

In his recent "Report to Constituents", Mr. Noble Villeneuve M.P.P. prints his contribution to the Throne Speech Debate in the Provincial Legislature, in which he criticizes the government for not appointing a Minister for Eastern Ontario.

I should like to point out that, despite the economic restrictions produced by the recession, the government has not been unmindful of the needs of Eastern Ontario. The Honorable Evelyn Gigantes, Minister of Health, has been designated as the Minister Responsible for Eastern Ontario; and she has a Special Assistant in her office who deals with matters concerning the region.

Any person or organization interested in doing so may reach the minister's office at 416-327-4300 by telephone; or by addressing a letter to: Honorable Evelyn Gigantes, Minister Responsible for Eastern Ontario, 10th Floor, Hepburn Block, 80 Grosvenor St., Toronto, Ont. M7A 2C4.

Enquiries may be directed through Mr. Rob Sutherland in the Minister's Office.

Yours sincerely,
Trevor Tolley
President, NDP Provincial Riding Association
Stormont, Dundas & Glengarry.

Recycling not enough

To the Editor:

re: February 27 "For the Record" on mandatory recycling

Mr. Cossette's support for future mandatory recycling called for by the provincial government, is commendable. Where mandatory expanded recycling is in effect in Europe and some American states, up to 50% of municipal wastes are being recycled. Mr. Cossette states correctly that recycling "will cost a lot of money" for municipalities and the province.

However, Mr. Cossette fails to mention some very important points.

1. The provincial government has consistently emphasized recycling [by direct funding] and neglected the reduction and reuse of waste. To ever reach the 50% reduction of solid waste goal by 1995, an agressive education and legislation program on reduction and reuse, should be carried on by the province immediately. Ruth Grier's suggested "commitments" to the reduction of packaging, and to deposits on 50% of soft drink containers should become just as mandatory as recyling.

2. The blue box program is unnecessarily expensive, and impractical for rural areas, yet has been promoted by the province as the way to recycle. A thorough educational program and mandatory recycling by-laws, will make the rural recycling depot as effective as the blue box system in urban areas.

3. To stabilize and ensure markets for collected recyclables, the provincial government should either [a] offer financial incentives to industry to use recyclable materials in their production, or [b] legislate that a certain percentage of production must include recycled material. This is being done in the U.S. where all newsprint must contain 40% recyled paper. This would help complete the recycling loop.

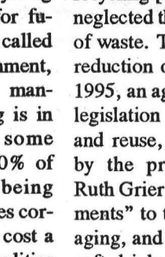
Mr. Cossette states that for municipalities "the alternative to recycling is landfilling." This is oversimplified. A municipal program that emphasizes waste reduction and reuse, through measures such as composting, community exchanges and avoiding disposables, will reduce garbage up to 50%, even without recycling. Landfill will still be needed, but by applying these measures we can cut down the space needed for landfill, and do it without a high cost.

Yours sincerely,
Mrs. Claire Theijsmeijer
Project Manager

Column

Minister should consider dropping charges

For the Record



Yves Cossette

The villages of Chesterville and Winchester and the Township of Winchester face a $50,000 fine each if found guilty of violating the Environmental Protection Act.

The three municipalities were charged last month for allegedly not keeping the Boyne Road dump up to Ministry of Environment standards. One ministry official has said the landfill site operators failed to cover, compact or separate waste according to ministry specifications.

The charges, which were laid seven months after the alleged infractions occurred, do not sit well with local politicians, notably Winchester Township Reeve Claude Cousineau.

Both Cousineau and Chesterville Reeve Jim Cook have more or less admitted that it was possible some "minor infractions" occurred at the dump in August.

That's not much of a defense in a court of law, in this case Provincial Offences Court, where the three municipalities are expected to plead their case March 18.

But Cousineau argues the case should not even go to court. And he makes a good argument. The most important one being that the three municipalities have made considerable progress since August to meet MOE demands with regard to the Boyne Road dump.

The three municipalities have taken important steps to ensure less waste gets into the dump. The dump now accepts recyclables such as paper and aluminum cans and tipping fees have been instituted to encourage residents to separate their waste instead of just shipping everything to the dump.

The three municipalities are also subsidizing household composters in an effort to get residents to dump food wastes in their backyards instead of the dump.

A consultant has been hired to draw up an operation and closure plan in accordance with MOE demands at the cost of $53,000. The township has also hired a new landfill manager and a new landfill operator to control what goes into the dump.

Last week Cousineau stressed those points in a letter to Environment Minister Ruth Grier in which he demanded the charges against the three municipalities be dropped.

He argued that it was unproductive to go ahead with the charges when progress was being made to meet MOE regulations.

He's right. Instead of paying a fine of up to $50,000, the money could easily be used to carry out further improvements to the landfill site in accordance with MOE guidelines.

A fine on the other hand would simply mean the municipalities would have to return some of the grant money that was given to them from the MOE in the first place.

For example, the MOE is paying 60 per cent of operation and closure being drawn up by a consultant. That means the MOE's share is $31,800. If the municipalities are fined a good portion of that grant, or all of it, it will end up going to the Treasurer of Ontario, which is the source of the MOE's funding.

Grier should take Cousineau's demand to drop the charges seriously.

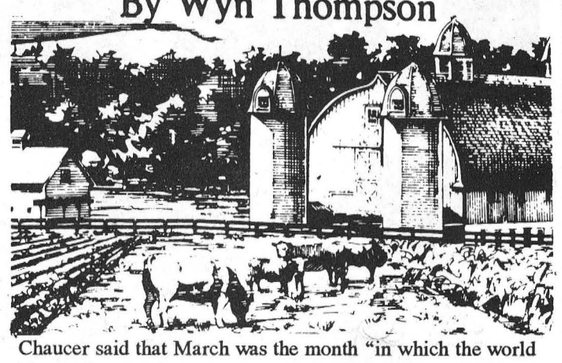
The NDP government's pledge to enforce the Environmental Protection Act is commendable.

But it would indeed be counterproductive if the MOE proceeded with the charges without investigating to see whether the municipalities have taken steps to eliminate the reasons which led to the charges in the first place.

After all the MOE is not dealing with a reformed criminal, it is dealing with the ratepayers of three municipalities whose representatives are struggling to keep pace with the increasing costs of waste-management.

The Farmer's Wife

By Wyn Thompson



Chaucer said that March was the month "in which the world bigan..."

Well, if I lived in the more southerly part of the United States, it might be easy for me to believe that our Creator was seized by a great burst of creative energy in this month of March when the earth teeters on the threshold of spring.

But, here in Canada...True, spring arrives about March 20, but there's no guarantee that the calendar spring will produce bursting buds and warm sunshine. In fact, I'm always a bit backward in my readiness to greet this new season.

I more often bemoan the state of March as did Anna Jameson in March 1837 in Toronto when she lamented, "Will the spring ever come?"

It is a month of considerable frustration, Amanda annually reminds me —so near spring and yet across Canada, the weather is still so violent and changeable that outdoor activities in yards and gardens seem light years away.

Over coffee and cards the other evening, Amanda and Sam both agreed [a remarkable thing in itself] that March can be loathsome. "If it is the month when the world "bigan," the least we can do it start a few projects of our own, and my favourite is to "bigan" a garden. Toward this end I have planted a few flats of tomatoes," said Amanda.

"The bright spot in March for me," said Sam, "is St. Patrick's Day. I just fancy seein' him chasing those snakes into the ocean."

"Now Sam," replied Amanda, "You know that St. Patrick didn't chase the snakes into the water. He was such a winsome fellow that the snakes followed him down to the seashore, where they supposedly toppled into the ocean and drowned."

"A highly impractical theory," laughed Sam, "but a couple of St. Patrick's in the world today might do a lot of good."

"Sam, how can you say such a thing?"

No answer, for at that moment Sam declared himself "Out" and thus the winner of the game.

Over lunch we talked a bit more about St. Patrick who, for a long time, was thought to be a legendary fellow like St. Nicholas. However, Bishop Fulton Sheen of television fame uncovered some facts about him. He was born in 389 at Bannavem, which may have been in England or perhaps in Scotland.

His British name was Sucat, Latin for Patrick. And it seems Irish pirates captured him when he was a kid of sixteen and carried him off to the Emerald Isle, where he was a slave for six years.

Six years of slavery made him a devoted Christian, so the story goes, without saying how or why. Be that as it may, he escaped to France where he become a monk. In 432 a vision led him to return to Ireland as a missionary, and he remained there the rest of his life.

It seems his labours were so successful that he is described as the one who "found Ireland all heathen and left it all Christian." The good Bishop must have had his tongue in his cheek when he made that statement, for I recall him being a jolly fellow.

However, history tells us that St. Patrick founded over three hundred churches and baptized more than 120,000 persons. I raise an eyebrow over this fact, as well, because the recent media explanation of censorship, and the divulgence of only what is good for me to hear has robbed me of my innocence.

But, that's all right as long as we, in the great white north, are left a myth or two to get us through this earth-shaking, sea-lifting, sky- rending month.

And some celebration time! Faithful fans of the priest are preparing for the "wearin' of the green" and for big celebrations in many cities of the World.

Of such import was St. Patrick's Day that our neighbours to the south declared it a day of nationwide celebration in 1854, sponsored by Irishmen of both Catholic and Presbyterian persuasions. Now there's a contradiction in terms!

Anyway, may St. Patrick's Day bring a smile to your lips and a song to your heart as you drink the traditional toast, "May you be an hour in heaven before the devil knows you're dead."

Today seems to be a real spring day, with the snow melting and the sun warm on my shoulders as I walked. I heard the jays and crows calling. I stopped and watched a herd of cows let out of the barn for a little exercise.

I recalled an old lady who visited at my Grannie's home, one time I happened to be there. I got into a snit about something. I don't recall what. The lady [?] made the remark that I certainly wasn't a nice, placid young lady.

"I certainly hope not, only cows are placid and their dumb," I said in what my Grannie referred to as my slightly elevated tone of voice.

I smiled, recalling that her voice was slightly elevated with me after the visitor left. I was cautioned that I must aim for tranquility, a great virtue to be found in nice young ladies. I'm still aiming!

Today is a different day. Rain to mist to grey. It seems we are between two worlds, one dead, and the other struggling to come alive. Yesterday we had intimations of spring; today nature has lost heart.

This is the month for the joggers to be out in full force, although I notice a decline in their numbers. I wonder why? Other interests? Have they seen the light?

I recall the words of my favourite Chinese- Canadian dentist who softly said during our discussion on health and exercise, "One should not be too hard on oneself!"

Walt Whitman said, "There will never be any more perfection than there is now.

Nor any more heaven or hell than there is now."

I recall listening to Northrop Fry, that great Canadian, who said something to the effect that except in the world of medicine, we humans have not improved any.

If what these two sages say is true, how important it is to live in the here and now. Ah, damp and murky March "in which the world bigan..."

INTERVIEW



Serene surroundings
Chesterville-area resident Pat Coyne met the Dalai Lama, Tibetan Buddhists' highest spiritual leader and the 1989 Nobel Peace Prize winner, on his recent trip to India. Tibetans believe the Dalai Lama to be the reincarnation of Buddha. From left are Lorraine MacIvor, Pat Coyne, the Dalai Lama, and R. Ringland.
Courtesy photo

Chesterville area man deeply impressed by visit to India

Yves Cossette
Record Staff

CHESTERVILLE - It's not every day one gets to meet a living god. But Pat Coyne did on his recent trip to India.

Coyne, on a Rotary Club exchange in India, made a side trip into the Himalayan state of Himachal Pradesh to the town of Dharmsala where he had an audience with the Dalai Lama, Tibetan Buddhists' highest spiritual leader.

"There seemed to be a certain sense that you were with somebody who was quite different," he said.

Coyne, who runs a farm near Chesterville with his father Leo, brother Mike, and sister-in-law Frances, said he was surprised by the impression that the Dalai Lama left him.

"I knew who he was, but I must say I was really impressed--when I left I certainly had an awful lot to think about for a long time," he said.

Though inside India, Dharmsala is the home-in-exile for many Tibetan refugees, including the Dalai Lama, who fled Tibet following its invasion by China in the 1950's.

But the Tibetan exiles have something in common with their Indian hosts in that religion lets them dwell on more than just the material things in life. He said he found Indians, whatever their beliefs, to be more closely linked to religion than westerners in general. But at no time did he feel like people were trying to convert him, he said.

For Coyne the trip to India was an opportunity not to be passed up. When the Rotary Club last November offered Coyne a chance to take the trip, he couldn't pass it up. He flew to India Jan. 19 and came back Feb. 24.

Having concentrated on the history of the British Empire for his history degree at Queen's University in Kingston, he saw the trip as a golden opportunity to get some new perspectives on British colonial rule in India.

"Instead of the British ideal of bringing civilization to the (Indian) subcontinent, the Indians' view it as two centuries of exploitation," he said.

Despite being exploited, Indians retain many of the vestiges of British rule. In the streets of old and New Delhi, street signs, banners and advertisements are all in English.

India has more than a dozen official languages but English serves as a means to bridge the many languages of India. India, like Canada, has a British parliamentary system of government.

As one Indian told Coyne, "'We're all the sum of our history.'"

But some things are very different. Cows, which are sacred to the adherants of Hinduism, roam the streets--some lie down on the street--and the beautifully cultivated lawns of New Delhi, India's capital.

More significantly though, India is a developing country with a lot of problems. Sanitary conditions are nonexistent, said Coyne. He had photographs of open sewers. The sludge from these sewers flows into rivers untreated. Another photograph showed Indian women washing clothes in the rivers.

The country, which has a population of 850 million, countinues to grow. The growth strains the country's services and infrastructure to the point it often can't keep up with the population increase. It also accounts for a lot of the poverty Coyne saw in old Delhi and in the Indian countryside.

"When you first get there the thing that is most striking is that there are people everywhere...even in the countryside," he said.

There is also a sense of disorder in a country with so many people. Coyne went on a bus trip to the walled city of Jaipur in the nearby state of Rajasthan. On the 250km trip to Jaipur he saw four major accidents. Driving in India seems "erratic" at best.

I didn't see any enforcement of traffic laws whatsoever," he added.

Despite those experiences, he came a way with a lot of good impressions of his host country.

"Wherever we went we were treated like princes," he said.

In all Coyne stayed with nine different families, all members of Rotary in India. He was even in invited to a wedding which last three days.

For the most part he spent time in and around New Dehli in northern India. But he made a number of side trips--the one to Jaipur, another to the Himalyas and to Agra, the site of the Taj Mahal, one of the seven man-made wonders of the world.

The trip was his first overseas. His furthest trip before than was to Rhode Island.

Born in Winchester, Coyne has lived all is life on his parent's farm near Chesterville, except the four years he attended Queen's University in Kingston.

After returning to the family dairy farm from university in 1978, he took on farming full-time. It wasn't his intention to become a farmer, but farming has become one of three "careers" he is now pursuing. He works once weekly for *The Record* delivering newspapers to surrounding communities.

But his big interest is still history and since 1987 he has been working full-time at Upper Canada Village, playing a number of roles at the historical museum. Now he is the village's Lutheran pastor and he spends considerable time researching the history of Lutheran pastors of Dundas county.

His interest is also evident at home, where the family living room has furnished with pieces from the Victorian and Edwardian eras.

Fresh from his trip to India, Coyne is hoping to return some day.

"I wouldn't mind going back to India. maybe to the south,' he said.

COMMENTARY

Seeking the vision

by Rev. Allan Tysick

Canada is a unique, special country built on a different vision by our forebearers.

A vision of a society in which important choices are expressed collectively by participating and voting in democratic procedures.

Some will remember the middle 20th century when part of the vision was a tax system that had clearly understood purposes: to raise sufficient revenue to finance government expenditures and to reduce economic inadequacies.

This vision centred on the collective good of the community. It works on a simple assumption that most people are essentially alike with minor differences, and that it was both just and feasible that everyone be entitled to a fair share of Canada's wealth.

It was this vision that made Canada quite different from the U.S.A. for it created a society with values centred on the whole. Old age pension, health care, education, family benefits, general welfare, safety, children's aid, and respect for all became entrenched in the fabric of our country.

Today we live without a national vision. For, through a series of tax reforms, the vision was destroyed. It has been replaced with a confusing, mistrusted tax system understood by only a few.

Emerging from this tax system came two underlying cooperative goals. First, to ensure economic growth in Canada and, second, to ensure Canadian businesses remain internationally competitive. Under this direction came the birth of Free Trade with the U.S.A. and more promises of employment.

The Canadian Labour Congress estimates that as of November, 1990, 226,000 job losses have been related to the Canada-U.S. Free Trade Agreement. This number does not include indirect job losses which spin off from job losses.

Job loss in our own area has been on the increase for the last several years, resulting in personal bankruptcies, family breakdown, high unemployment, and economic hardships that have touched all our families in one way or another.

But when a plant closes, the local economy suffers. Taxes are lost, demand falls, local suppliers lose contracts, and businesses which provide services to workers and their families are hurt. It is not unusual for plant closures to cause two or three additional job losses in the community.

We estimate conservatively that for every direct loss there is one spin-off job loss. Of course, these numbers do not show the families uprooted, the communities destroyed, the broken dreams, the poverty, the loss of personal dignity, the stress related diseases, the family violence, or the deaths linked to these job losses.

And what has the federal government done to alleviate our hardships? It implements Bill C-69 which systematically withdraws responsibility from the Canada Assistance Programme, for Medicare, and post-secondary education. The federal government is abdicating its role of building a just and equitable nation.

Rather than seeking ways to improve the delivery of social services and the eradication of poverty in this country, the federal government is passing this responsibility to the provinces.

It is time we spoke out collectively and clearly. It is time we rebuilt the vision of our forebearers. We need a tax system that would reflect and further this vision of society that is more consistent with the beliefs and values of most Canadians than the neo-conservatism of this government.

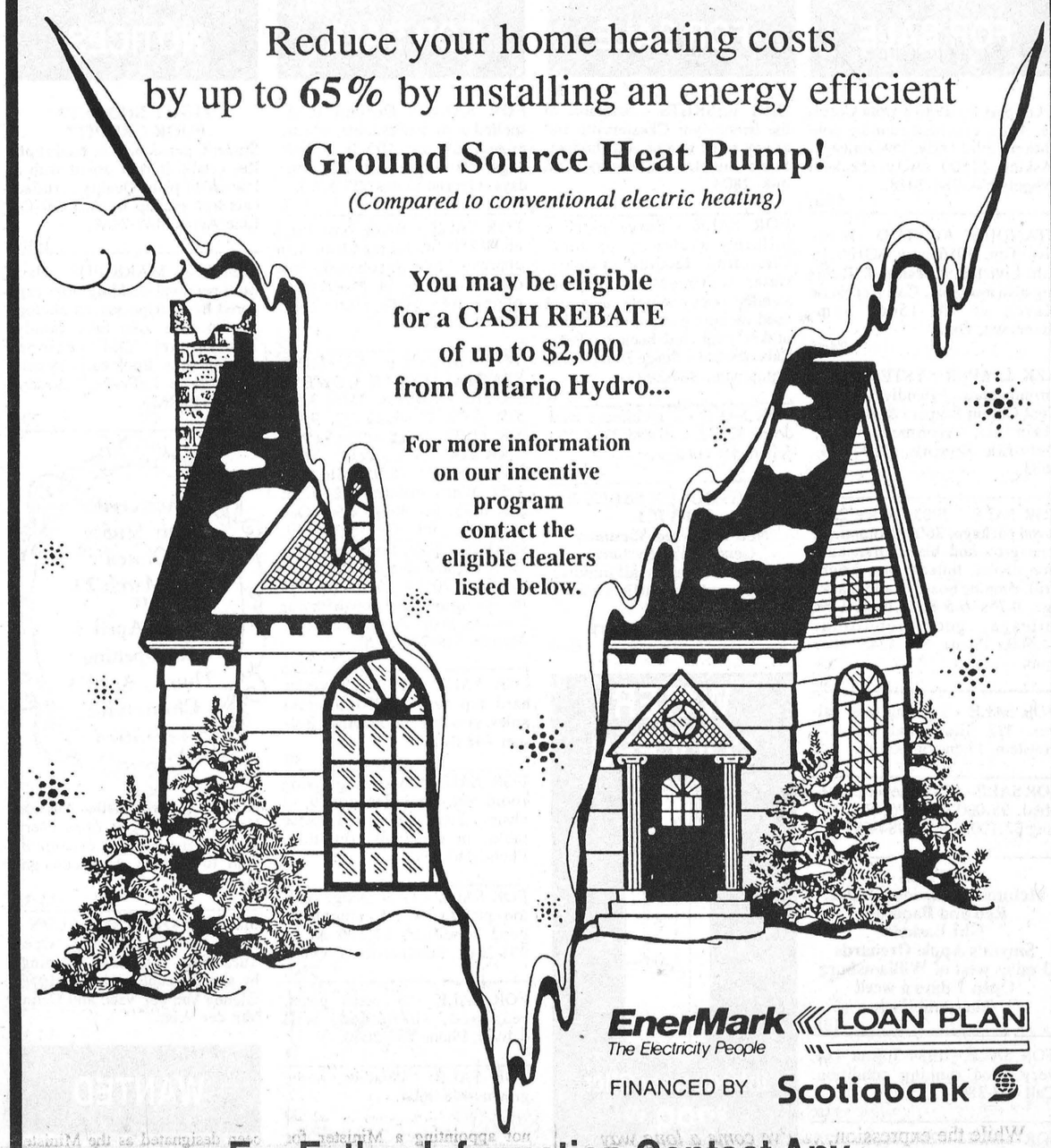
Reverend Tysick is a United Church minister who heads up a mission for the poor in Dundela, Ontario.

Snowed Under by Your Heating Bill?

Reduce your home heating costs by up to **65%** by installing an energy efficient

Ground Source Heat Pump!

(Compared to conventional electric heating)



You may be eligible for a CASH REBATE of up to $2,000 from Ontario Hydro...

For more information on our incentive program contact the eligible dealers listed below.

EnerMark The Electricity People LOAN PLAN
FINANCED BY Scotiabank

For Futher Information Contact Any One Of The Following Dealers:

New Era Energy Systems Ltd.
Kemptville – 258-7466

Countryman Electric Ltd.
Chesterville – 448-2474

Gordon Refrigeration Ltd.
1500 Power Dam Dr.
Cornwall – 938-0039

Arthur Thom Electric Ltd.
RR3, Williamsburg 535-2720
Air to Air Heat Pumps • Ground Source Heat Pumps.
A Ground Source Loop Installer.
Serving Dundas for over 40 years.

Calder Mechanical Services
We also install and service the bivalent system
(Combination air source heat pump/ high efficiency gas furnace)
2903A Marleau Ave.
Cornwall – 938-5714

Walker Air Conditioning & Refrigeration Ltd.
1517 McConnell St.
Cornwall – 932-7978

Josee Ricard/Ken Gutoske
Energy Management Representatives
613-774-2426 230-5584

ontario hydro
Winchester area

THE RECORD CLASSIFIED ADVERTISING

FOR SALE

FOR SALE - 1980 Toyota Corolla, 4 dr., excellent running condition, solid body, low mileage. Asking $1500 safety checked. Negotiable. 984-2028.
29stf

STANDING AT STUD - Intensive Tim. 1986 grey AQHA 16 h.h. Live foal guaranteed. Training also available. Call Herbie or Karen at 931-1566. Summerstown, Ont.
24stf

AZK DIAPER SYSTEM - Environmentally Friendly 100 Per Cent Cotton Diapers & Bibs. 60 Main St., Avonmore, Ont. Deborah Konink, 613-346-2683.
14tf

FOR SALE - 1983 Dodge 250, Royal package, 360, automatic, 2 tone grey and black, transmission cooler, tinted glass, bright grill, running board, trailer package, 8.75x16 5 8 ply tires. Low mileage, good condition, $4,500. Phone 652-4245 after 6pm.
30

FOR SALE - 2 young beef calves, 1/2 Simmental and 1/2 Holstein. Phone 346-2156.
30

FOR SALE - 1985 Chevette, certified, 95,000 km., PS, PB. Asking $2,100. Phone 984-2817.
30

APPLES
McIntosh, Delicious, I.D.A.
Red and Bancroft
Gift Baskets
Smyth's Apple Orchards
3 miles west of Williamsburg
Open 7 days a week
9am until dark
16tf

FOR SALE - 1984 Toyota 4x4, very good running condition. Call 448-3891.
tfc

FOR SALE - 200 acres, 135 workable, located on Hunter's Road in Osnabruck Township. Phone 448-1477.
31

FOR SALE - Sega Genesis system with 5 games. In mint condition, $400. Phone 448-2881.
31stf

FOR SALE - High fibreglass truck cap for full-size half ton [white], $350. Phone 984- 2813.
30-2

FOR SALE - 100 acre farm with 3 bedroom house, 2 car garage, new milkhouse, new barn [36x150] and other buildings, $120,000. Phone 984-2813.
32-4

FOR SALE - Good quality second and third cut alfalfa-timothy sq. bales. 448-2359.
32-4

FOR SALE - Flea Market & Crafts Sundays, 9:30am to 3pm. Rent a table for $5. For more information see ad in the Coming Events section.
31-2

FOR SALE - Round bales of hay. Phone 346-2382.
31

NEVILLE BROS.
SEED CLEANING
FOR SALE
COMMON NO. 1 CLEANED SEED
Grown from Popular Variety
BARLEY
$9.75/Bag
OATS
$10.00/Bag
MIXED OATS & BARLEY
$10.25/Bag
40 Kg Bags
Treating available at an extra cost
TIMOTHY & RED CLOVER
CUSTOM SEED CLEANING AVAILABLE FOR AN ADDITIONAL FEE
Bulk Orders Accepted.
FINCH
984-2849 • 984-2258
or 984-2427

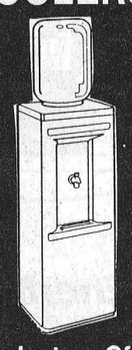
FOR SALE

GIFT BASKETS - Available at the Brookslyn, Chesterville and at any price to suit your budget. Some samples on display. Call 448- 2804.
1tf

FOR SALE - Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, standby power supply, new and used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991.
23tf

FOR SALE - 7 aluminum windows, 32x32. Call 448-3754. Excellent for cottage.
4tf

ELECTROLUX SALES & SERVICE
New and Used Vacuums
Central Vac Systems
We install, repair all makes
Display at McHaffie's Flea Market
543-2140 Morrisburg
27tf

WATER COOLERS

Introductory Offer
$299.00
or
Rent by the Month
Call
CURRAN CARPET CENTRE
18 Industrial Dr. Chesterville 448-2068
520 St. Lawrence Winchester 774-5859

FOR SALE - Cracked chicken and cattle feed, cracked corn, cleaned rolled oats. $8 per 88 lb. bags. Please call ahead for pick-up. 984-2427, 984-2849 or 984-2258.
30,32

STEP UP TO STIHL - 009 L chains and 41 cc only $299.95; 028WB chainsaw 16" only $399.95. Eastern Engines Power Equipment, Hwy. 31, Williamsburg 535-2488.
31-2

FOR SALE - Martin silo, 20'x45', can also be used as grain bins. Already down in 4 pieces. Phone 984-2978.
31

BASEMENT SALE - Mainly used clothes plus some books, toys, etc. Check it out! Sat., Feb. 16, 10am-2pm, 9 Albert St. Chesterville.
30

FOR SALE - Womens' safety shoes [brand new], size 8, color - black, worn only for a couple of hours. Paid $70 - asking $35. Phone 448- 2321 days. 448-3696 evenings.
30

MANLEY'S
SEED CLEANING PLANT
BULK OR BAG
NOW OPERATING
For your Spring Cleaning Needs!
12 Manley Rd.
R.R. #1, Berwick
4 miles east of Chesterville, 4 miles west of Berwick.
984-2647

FOR SALE

FOR SALE - Ground feed, shelled corn, barley, oats, wheat, mixed. $8 per 100 lbs. Your bags. 9am-5pm. Closed Sundays. George Crites 527-5393.
32

FOR SALE - Young boar [pig] about 250 lbs. Asking $160. Also approx. 4 tons of cob corn, best offer takes it. In Morrisburg phone 543-4106 after 7pm. Alfred St. Denis.
30

THE SPRUCE LUMBER SPECIALIST AT LOWEST PRICES - Aspenite 7/16: 3.59; 5/8: 4.99. Plywood 1/2: 9.99; 5/8: 11.99; 2x4x8: 0.99; 2x6x8: 1.45; 2x8: .23 ft.; 2x10: .32 ft. Melamine 1": 8.95. Shelves: 1.69. White melolite 1/2: 5.95; 5/8: 6.95. Panelling: 4.95. Oak flooring: .95. Gyproc: 3.49. Black Joe: 3.25. Presswood 5/8: 1.99. Asphalt shingles: 6.95. Insulation R20x24: 26.25. Build in the spring and save now with our lay away plan. Bundle discount. Masson 819-986-5720.
31-1

FOR SALE - 1975 Chevrolet hard top car, 70,000 original miles, good condition. Hilda Belsher 448-2151.
30

FOR SALE - Matching living room set, includes couch, 2 chairs, 2 end tables and coffee table, in excellent condition. Phone 346-5693.
31

FOR SALE - 1979 Dodge half-ton pickup, 8 cyl. automatic, good condition, $1,500 as is. 931-2682, Summerstown, Ont.
33stf

FOR SALE - 8' cedar posts, seasoned, sharpened, will deliver. Phone 537-2660.
31

FOR SALE - Potatoes, home grown. 448-2604.
30

NOTICES

HOUSEHOLD MOVERS - Licenced and insured. Call 543-2523 or 543-2226, Morrisburg.
22tf

NOTICE - Don't wait for spring. Carpet and upholstery rental. Special $19.50 per day. 7 days a week. The Crossover 448-2608.
tfc

NOTICE - We repair most makes of VCRs, TVs, Microwave Ovens, Ghetto-Blasters, Stereos, etc. Bring them in today. Paul Stewart Electronics Ltd., Morrisburg. 543-2236 or 448- 3415.
25tf

BIRTH RIGHT
Pregnant & Distressed?
We can help, confidential and non-judgemental
Brockville 342-1970
Ottawa 744-5683
Cornwall 938-2028
or 1-800-328-5683 [love]
27tf

Double Your Memories of your Holiday
Receive
FREE
2nd set of prints
Available from
The Brookslyn
Chesterville
448-2804

Powell's
Truck & Auto Repairs
- Complete mechanical and body repair, including diesel
- 24 hour towing


Frank
Finch • 984-2603

NOTICES

TIGHT BUDGET?
POOR CREDIT?
Student, pensioners or bankrupt. Re- establish your credit with a low credit plan. Quality certified cars and pickup trucks. Car-O-Line Autos. 448-2488.
14tfc

GETTING MARRIED? - Have your personal wedding story captured by an experienced photographer. We also take family, anniversary and personal photographs. Book early by calling Wayne LaPrade, Chesterville. 448-2852.
20tf

Chesterville Hair Studio
Closed
Sat., March 23 to Wed., April 3
Re-Opening
Thurs., April 4
Chesterville
448-3674

NOTICE - McHaffie Auction Hall, Morrisburg is open every Monday and Tuesday evening 6-7pm to receive your consignments.
30,32

SHEAR COUNTRY SALON - Main St., Chesterville. Open Tues.-Sat., Thursday evenings by appointment only. 448-1056. Glenna Van der Veen and Celine Van der Veen.
30,32

WANTED

WANTED TO BUY - Purebred heifers or cows, close to calving. Phone 987-5680.
30-3

WANTED - Beef bull services required in exchange for free pasture throughout the summer. Inquire at 984-2294.
30

RIDE REQUIRED - Monday to Friday from Morewood to downtown Ottawa. Elgin and Laurier Sts. Phone 448-3648.
32-3

WANTED - Pasture for 6-8 heifers for the summer. Phone 774-2472.
30

HELP WANTED - Window and door subcontractor required. Phone 774-3777.
30-1

WANTED - Ladies left-handed golf clubs in excellent condition. 984-2028.
stf

WANTED TO RENT - A 3 bedroom home. Phone 448-2428.
30

WORK WANTED - Custom Milking —days, weekends. Have experience and references if needed. Call 448-3325 days, 448-2609 nights, Penny or Richard.
25tf

TRANSPORT DRIVERS NEEDED - Now is the time to train for your Class A-Z licence. For pre-screening interview and job placement information contact Merv Orr's Transport Driver Training. 1-800-265-3559.
48tf

WORK WANTED - Experienced carpentry to do kitchens, bathrooms, rec rooms, etc. Call evenings or weekends. 445-3728.
16stf

AUCTION SALE

HERD OF ERNIE HAMILTON
PANAVIEW FARM LTD.
RR2, Russell, Ont.
445-5780
Consisting of 30 Holstein dairy cows, good for year-round milking [test 4.42% to 4.5%].
To be Sold
THURS., MARCH 21, 1991
2 PM
at
Leo's Livestock Exchange Ltd.
Greely, Ontario.
For Information
613-821-2634

FOR RENT

FOR RENT - One bedroom apartment. Fridge, stove and heat included. 505 St. Lawrence St., Winchester. $400/month. Available immediately. Call 774-5323.
20tf

FOR RENT - 3 bedroom house, newly renovated, Chesterville. $625\month plus utilities. Phone 448-3554.
30

FOR RENT - Finch, 4 bedroom house, Main St. Phone 613-744-5984 after 5pm.
30

FOR RENT - 1 bedroom, large apartment. Washer/spin dry, fridge, stove, heat, hydro. $475/month. Sorry no children or pets. Phone 448-2847.
30

CARD OF THANKS

CARD OF THANKS
I would like to express my sincere thanks to my family, friends and neighbors for their flowers, visits, phone calls and cards while I was a patient in the General Hospital. Special thanks to Dale and Colleen for all their help and friendship.
Linda P. Miltimore
30

CARD OF THANKS
A sincere thank you to Dr. Duane Justus, Dr. Charles Adamson and a terrific nursing staff of first floor W.D.M.H. while I was a patient there. Also thanks to my friends and family who visited, sent flowers and cards during my hospital stay. Your kindness was greatly appreciated.
Thanks,
Linda Brannen
30-1

CARD OF THANKS
I would like to thank all my clients who supported me in the years that I worked at LaBelle's and Shear Country Salon. I am looking forward to serving you at my home in Morewood.
Celine Van der Veen
30-1

CARD OF THANKS
I would like to express my thanks to my sisters Louise, Glenna, Mom and Anna, who all worked so hard to put together my baby shower. I would like to thank all my friends and clients for their wonderful gifts. It was quite a surprise and the gifts were all greatly appreciated.
Celine Van der Veen
30-1

CARD OF THANKS
We wish to say thank you to all our relatives, friends and neighbors for their kindness, flowers, charitable donations, cards, visitation at the Funeral Home and food to our homes during our bereavement in the loss of a dear mother, grandmother and great grandmother. Special thanks to Dr. MacMillan, Brownlee Funeral Home, staff and residents of Crysler Residence and Newington Lodge for their kindness and caring.
The Nugent Family
and Ivon Berkij
30

CARD OF THANKS
We would like to thank everyone who offered us their condolences at the passing of Allan's sister Beulah. Your concern was deeply appreciated.
Allan and Jean MacKenzie

Thank-You
To all those people whom it may concern, we apologize for any inconvenience due to our recent circumstances, and would like to thank all the customers that supported us during our time at
LaBelle's
Thanks
Doug & Marilyn Dillabough

CARD OF THANKS

CARD OF THANKS
The family of the late Glenn McMillan wish to thank friends, relatives and neighbors, for the many acts of kindness during the loss of a dear husband, father and grandfather. Thanks for the food brought to our home, and to Nadene Coleman, Hazel Duffy and Jean MacMillan for serving lunch after the funeral. Many thanks for the flower arrangements, donations to the heart fund, mass cards, and sympathy cards. A sincere thank you to Brownlee Funeral Home, Rev. Robert Condie for an inspiring message and the beautiful solo rendered by Hal Anthony.
30

CARD OF THANKS
I would like to thank my family and friends for their cards, flowers, gifts and visits while I was a patient at the Winchester Memorial Hospital. Special thanks to Dr. Domanko and Dr. Shandy, also to the nurses in the Intensive Care Unit. Your kindness will long be remembered.
Shirley Cooper
30

FREE ESTIMATES
BARRY'S PAINTING & WALLPAPERING
WINCHESTER
774-3227
BARRY FAWCETT

COMING EVENTS

CHALMERS U.C.W. FINCH ST. PATRICK'S LUNCHEON & BAKE SALE - Sat., March 16, 1991. 11am- 2pm. Senior Citizens Hall, Finch. Everyone Welcome.
30

GOLDIE'S FLEAMARKET - Every Sunday, 9am-4pm. Vernon Recreation Centre. Table rentals $10. 448-1500.
30

BRIDAL SHOWER - In honor of Tina Barbati [bride-to-be of Paul Buiting], in the small Finch Community Centre, Sun., March 24, 1991 from 1-4pm. Everyone welcome.
30

WEDDING RECEPTION - In honor of Ed and Marilyn Pilon [Burd], Fri., March 15 at the Long Sault Legion from 9pm-1am. Disco. Light Lunch Served. Everyone Welcome.
30

The Sierra Grande
Chesterville
Will be Open
St. Patrick's Day
March 17, 1991
4 p.m. - 12 a.m.
Everyone Welcome!

An Invitation
Personally discuss your needs with our GOLDSMITHand GEMMOLOGIST
THE BROOKSLYN
will offer this service to you
Saturday, March 23rd,
from 10:00 a.m. to 5:00 p.m.
Our GOLDSMITH will be available to discuss your JEWELLERY REPAIR, REDESIGN, OR CUSTOM CREATION NEEDS.
Private consultations can be arranged if preferred.
Inquire 448-2804

COMING EVENTS

VILLAGE COUNCIL MEETING - The next regular meeting of the Village Council will be held Mon., March 18, 1991 in Council Chambers at 7pm.
30-2

FEBRUARY IS HEART & STROKE MONTH - This is a calendar of coming events. We woud like to encourage everyone to come out and participate in these upcoming activities. Help us make you more aware of Your Heart Health.
March 20 - Wed. evenings - Cooking Course, Iroquois.
April 24 - Appreciation Night for Dundas captains and canvassers, Lions Hall, Winchester.
24stf

YOUTH DANCE - Fri., March 15, 1991. 8-11pm at Finch Seniors Hall. Admission $3. D.J. Sponsored by Finch and Dist. Optimist Club.
30-1

ST. LUKES KNOX PRESBYTERIAN CHURCH GOOD FRIDAY BREAKFAST - March 29, 1991. 7-11am. Finch Community Centre [upstairs]. Proceeds to Knox Presbyterian Church Moose Creek Building Fund. Everyone Welcome.
31

EUCHRE TOURNAMENT - Sat., March 16, 1991 at I.O.O.F. Hall, Williamsburg. Registration at 11am - start playing at 12 noon. Fee $10/team. Information - Tom Henderson 448-3471 or Glenn Pemberton 535-2265.
30-2

DANCE - Sat., March 16, 1991 at the Chesterville Legion Hall. Featuring Curtis Country. Sponsored by Chesterville Legion Branch 434.
30

STORMONT HOLSTEIN BUS TRIP - Thurs., March 28, 1991 to Thurso, Quebec. Bus will pick up in Monkland, Finch and Crysler. For more information and tickets call 987-5259 or contact any director.
31

BINGO - At Winchester Twp. Community Hall, Morewood will be Sat., March 23, 1991 at 1pm. **March 23 will be the LAST Bingo for the season.** $500 Jackpot must go. Sponsored by Morewood Volunteer Firefighters Assoc.
31-1

UPPER CANADA PLAYHOUSE
invites you to a
"BILLY BISHOP GOES TO WAR"
A Geordie Production featuring Bruce Dinsmore and Robert Burns.
SAT., MARCH 16, 1991
2pm and 8pm performances at Upper Canada Playhouse across from the water tower in Morrisburg
All tickets $15
Reservations strongly recommended for this special fundraising event. [613] 543- 3298.
30-3

ST. PATRICK'S DAY DANCE
Sat., March 16/91
Avonmore Community Centre
Avonmore, Ont.
9:00 pm - 1:00 am
Music: ***Celtic Canuck***
Tickets: $5 per person
Lunch Served

ST. PATRICK'S DAY BAKE SALE & WHITE ELEPHANT TABLE
Sat., March 16th
10 a.m. - 12 noon
ST. ANDREWS PRESBYTERIAN CHURCH HALL
Mill St., Chesterville

COMING EVENTS

Winchester Theatre
MARCH
Friday 15 Saturday 16
KINDERGARTEN COP
(P.G.)
Starring Arnold Schwarzenegger, Pamela Reed and Carroll Baker. Tough, well made and funny.

W.I. MEETING - The Women's Institute meeting will be held in the W.I. room on Mon., March 18, at 7:30pm. Members are encouraged to attend to hear Pat Coyne speak on his recent study period in India. Visitors welcome.
30

MIXED PARTY - In honor of Alice Koekkoek and Mark Guy, Winchester Community Centre, Sat., March 16, 1991. 8pm-1am. Disc Jockey. Tickets $3 each. Age of Majority.
30

EASTER BUNNY WEEKEND - The Chesterville Lion's Club members will be selling Easter Bunnies door-to-door, Sat., March 16, 1991, starting at 11am. They are $3/bunny and the money will be put toward local community projects.
30-1

BONNIE GLEN - Hwy. 43, Alexandria, 525-2646 or 525-3078. Every Sunday during March and April, except Easter Sunday, Flea Market and Craft Show. 9am-2:30pm. Breakfast 9-11:45am. Brunch 12-2pm. Family Activities; Wagon Rides; Visiting the Sugar House; Slides & Taffy for only $3 from 1-3pm every Sunday afternoon. 4:30-9:30pm Sundays - Big Sugar House Party with different music and entertainment, live or taped music. Sunday 17, 1991 St. Patrick's Day Celebration. 4:30-9:30pm. Concert and Dance with the McCulloch Dancers and Merry Mac's Band. Other local entertainment. Don't miss the fun.
31-2

BINGOS - For March will be Sat., March 2 and Sat., March 16. Chesterville Legion Hall at 1pm. Sponsored by Chesterville Legion Auxiliary Branch 434.
31-3

MIXED PARTY - In honor of Tina Barbati and Paul Buiting, Sat., March 16, 1991. Crysler Community Centre. 9pm-1am. Music by JVK Disco. $3 admission. Everyone Welcome. Light Lunch Served.
30

SHOW & SALE - Morrisburg & District Arts & Crafts Association Show and Sale, Fri. and Sat., March 15 and 16. Fri. 10am-9pm. Sat., 10am- 5pm. Morrisburg Civic Centre. Free Admission. Door Prizes. Donation to Winchester Hospital. Tea Room by Morrisburg Seniors.
30

TREASURE ISLAND INN
HWY. 2, INGLESIDE
Sunday, March 17th
IRISH BUFFET
Including
Corn Beef & Cabbage
Irish Potatoes
Irish Stew & More
IRISH ENTERTAINMENT
$6.95 + TAX
PER PERSON
– *All You Can Eat* –
Book Your Banquet With Us!
DINING ROOM OPEN
TUESDAY – SUNDAY
9 a.m. – 9 p.m.
PHONE
537-2881
TAKE-OUT ON REQUEST INCLUDING PIZZA

Postmasters, Post Office dispute cutbacks

by Liz Edwards
Special to the Record

FINCH — Rural mail service, including service in the Inkerman area, may be adversely affected by a Canada Post plan to privatize corporate post offices, says the president of the Ontario Branch of the Canadian Postmasters and Assistants.

But a Canada Post spokesman counters that rural service is actually improving.

As part of a conversion plan which began in 1987, Canada Post is now considering closing 50 corporate rural post offices, including offices in Inkerman, Berwick and Avonmore, and replacing them with private retail outlets contracted out to local businesses, says Ontario Postmasters president Mary Anne Doyle. Doyle says she obtained the list of 50 offices from Canada Post statistics for offices under review.

However, Doyle says contracts are so poor –some paying roughly $300 a month — that many businesses will not accept them. Services, like registered mail and package delivery would have to be handled by a corporate post office in the nearest town that has the service. Doyle's group believes the conversion will be complete by 1996.

Corporation spokesman Laszlo Szabo says Canada Post is trying to provide the most cost-efficient service. The corporation is currently reviewing the status of post offices manned by acting postmasters, such as the Inkerman office, or by term employees. Usually post offices are reviewed when a postmaster retires or is promoted. The review will be finished at the end of March.

If the same level of service can be offered more cost-efficiently by a local business, the office will be converted to a private retail outlet, says Szabo, manager of community affairs for Canada Post.

Payment for services is done on a commission basis, he says, and the services offered are negotiated between the local business and Canada Post.

"Having thousands of corporately-owned offices is a drain on our services," says Szabo. "This way we're also helping local businesses in small communities."

Doyle says the corporation has closed 246 federal post offices in Ontario during the past four years. However Szabo says since 1987, Canada Post has added 400 postal outlets in rural Canada, putting 71 of these offices in areas where previously there was no service.

As well, the corporation has converted over 730 rural corporate offices to retail outlets, adding 24,000 hours per week of service, he says. Approximately two-thirds of Canada Post's offices are operated privately.

But Doyle says these outlets "seriously devalue the work traditionally done by postmasters," adding that the 50 offices on her list are staffed by term employees whose contracts may be terminated by the conversions.

"Postal offices are staffed by dedicated people who want to keep serving their country," she says.

As part of an agreement signed by the postmaster's union, Canada Post will inform the Postmasters Association by March 31 about which offices will be converted, says Szabo.

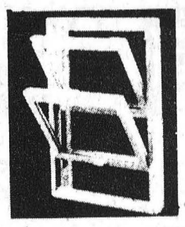
Correction

Due to an error of typography, the name of Terrence O'Reilly, Director of Economic Development for SD&G was omitted from the byline of the *Commentary* column in the March 6 issue. We wish to apologize to Mr. O'Reilly for this serious oversight and promise to be more vigilant in the future.

Correction

In the Feb. 27 issue of *The Record*, there was a typographical error in the spelling of Roy Mills' name. It was misspelled *Ray* Mills.

The photo of the centennial plaque unveiling in the Feb. 27 issue incorrectly stated that the plaque commemorates the founding of Chesterville. In fact, it commemorates the incorporation of the village in 1890.



Expert Installation

TRI-COUNTY WINDOWS AND DOORS
Building a new home or renovating?
Let us quote on your window and door requirements.
Peter Filion 774-3777

PASSPORT PHOTOS
WAYNE LAPRADE PHOTOGRAPHY
448-2852

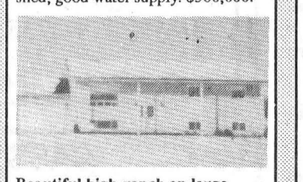
The Crossover
With our 2nd Anniversary approaching, our thoughts have turned gratefully to those who have made our progress possible. Because the goodwill of those we serve, is the foundation of our success, it is a real pleasure at this time to say **"Thank You"**.
Cathy & Carolyn Cross

KIDS (Ages 4 to 12) HURRY & ENTER
BROOKDALE MALL
EGG COLOURING POSTER CONTEST
PICK UP ENTRY POSTER AT INFORMATION CENTRE
(1 Per Child, while they last). Deadline for entries Easter Saturday closing.
ADDED BONUS DRAW
WIN "EASTER BASKET OF GOODIES"
Fill out this coupon or put your name, address, phone number on the back of any Brookdale Mall Cash Register Slip, and deposit it in our Easter Ballot Box in Mall before Closing Easter Saturday.
NAME:
ADDRESS:
TELEPHONE:

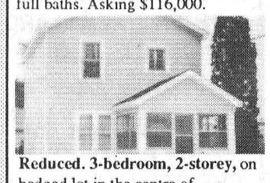
ALBERT GALE REAL ESTATE LTD.
530 Main St., Winchester
774-2881, 774-GALE



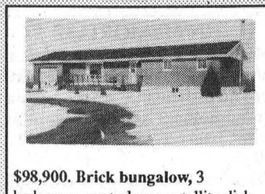
Going concern dairy farm, 240 acres, 51 head Holstein cattle, quota, equipment, cattle all included, 2 silos, new machine shed, good water supply. $360,000.



Beautiful high-ranch on large country lot, almost new, bright and airy, partially finished basement, 2 full baths. Asking $116,000.



Reduced. 3-bedroom, 2-storey, on hedged lot in the centre of Winchester, move-in condition, 2-storey garage, with new foundation and floor. Asking $87,500. **Keith Droppo, 448-2404.**



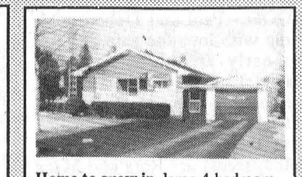
$98,900. Brick bungalow, 3 bedrooms, central vac, satellite dish, attached garage, large lot.



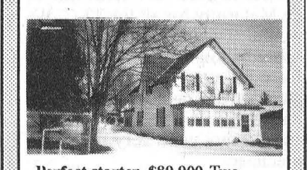
Ideal home for first-time buyers, $61,500 for over 1,100 sq. ft. of living area, patio doors to deck, newly renovated, move-in condition.



$79,000 for this 4-bedroom home, main floor laundry, mud room, office, low taxes, 194x134 lot, a place to call home. **Delburn Baker, 987-2805.**



Home to grow in, large 4-bedroom home within walking distance to all amenities, 2-car garage, balcony off master bedroom, all the upgrades done. $99,500.



Perfect starter, $89,900. Two minutes to tee off, large treed lot, enclosed breezeway, air conditioning, low heat, clean and tidy.



$75,000 for this 2-bedroom starter home, fenced yard, new windows, utility shed. **E.A. Oldford, 774-3497.**

Ask about our 10k advantage!

SD&G NEWS UPDATE '91
Actualités '91 dans SD&G
Ecole T. R. Leger School
ALTERNATIVE STUDIES
ETUDES ALTERNATIVES
The Alternative School is offering Access to Education For All Adults
OPPORTUNITIES FOR SKILLS TRAINING & ORIENTATION IN BUILDING CONSTRUCTION TRADES AND TECHNOLOGY FOR WOMEN
- 14 week program sponsored by Canada Employment Centre
- Classes take place at General Vanier Secondary School
- Dates: March 18, 1991 to June 21, 1991
- Training Allowances Provided
- Child Care available where applicable
For More Information Contact:
Gerry T. Samson
937-0120
CONSEIL D'ÉDUCATION DES COMTÉS DE Stormont, Dundas & Glengarry COUNTY BOARD OF EDUCATION
SEEKING EXCELLENCE THROUGH EDUCATION
L'EDUCATION, LA VOIE DE L'EXCELLENCE
Chairman of the Board ROY HASTINGS President du conseil
Director of Education JAMES W. DILAMARTER La directeur de l'education

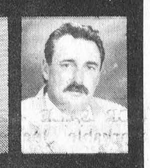
Century 21
Ottawa Direct Line 821-3972
MLS MULTIPLE LISTING SERVICE
member broker
McIntosh & Proulx Real Estate Limited
504 Main St., Winchester 774-3990



Jack McIntosh Broker/Owner



Larry Stevens Associate Broker



Alan LaPierre Sales Rep.



Rosvita Lauterbach Sales Rep.



Aline Foubert Sales Rep.



Wayne Morgan Sales Rep.



Linda Fisher Sales Rep.



Dick Gaiser Sales Rep.



Edna Giles Sales Rep.



Richard King Sales Rep.

THIS WEEK'S FEATURE HOMES



$38,500
Vernon. Opportunity to start your own take-out business, excellent location on Hwy. 31. Call me for details. **Richard King, 821-4966.** C120



$122,000
South Gower. 3-bedroom home on one acre, north of Kemptville. Sun room, rec room, hobby room, 2 full baths, 2 woodstoves. **Call Rosvita Lauterbach, 269-3180.** R1333



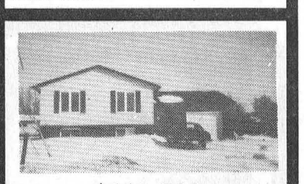
$69,900
Williamsburg. Hobby farm on 2 acres, great for starter or hobbyist, partially renovated. **C. Wayne Morgan, 774-2919.** R1271



$375,000
Morewood Rd. Operating dairy farm, 125 acres, 70 head, quota, machinery, pipe line, ready to go. **Aline Faubert, 821-3393, C. Wayne Morgan, 774-2919.** F31



Building Lots
24.16 acre estate lot at $22,900; or 1.17 building lot at $34,000. **Larry Stevens, 821-3972.** L374



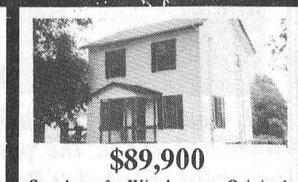
$119,500
Bailey Ave. Beauty. Spotless, move-in condition home, in area of nice homes. Lower level partly finished. **Dick Gaiser, 543-3589.** R1309



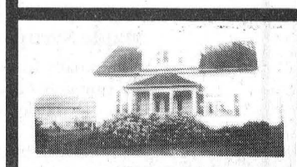
$74,900
Mountain. Cozy 2-bedroom home, living room, dining room, kitchen, many upgradings, main floor laundry, large garage for hobbies. Call now. **Aline Foubert, 821-3393.** R1178



$82,900
Chesterville. Great starter, on edge of town, 3 bedrooms, large living/dining area, eat-in kitchen, recent survey, call now. **Edna Giles, 774-3946.** R1329



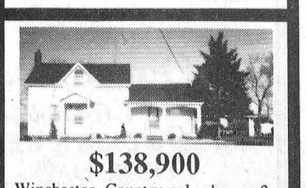
$89,900
South of Winchester. Original woodwork, 3 bedrooms, many updates, garage 24x24, large treed lot, good commuting to city. **Edna Giles, 774-3946.** R1213



$78,900
Morewood. Hobby farm on 6 private acres, 2-storey, 4-bedroom home, good barn, garage, immaculate throughout. Call for showings. **Alan LaPierre, 448-3306.** R1202



$104,900
Chesterville. Come on home, 2-storey, 4-bedroom home, on treed lot, 2 baths, formal dining, hardwood, rec room, garage, and much more. **Alan LaPierre, 448-3306.** R1306



$138,900
Winchester. Country splendor on 3-1/2 acres, renovated 2-storey, immaculate, new addition, and only minutes to town. Call agent for details. **Alan LaPierre, 448-3306.** R1276

Direct access to the Ottawa market

TOWNSHIP OF WINCHESTER
Tender for Crushed Rock
Sealed tenders marked as to contents will be received by the undersigned up to **12 noon April 2, 1991** for 1991 maintenance requirements.
Tender forms may be obtained at the township office. Lowest or any tender not necessarily accepted.
Nancy Krisjanis, Clerk
Township of Winchester
RR 4
Winchester, Ontario
K0C 2K0

Conseil industrie-éducation S. D. & G.
Industry-Education Council
FACILITATORS for STAY-IN-SCHOOL INITIATIVE
The S. D. & G. Industry-Education Council has been awarded funding through Canada Employment & Immigration's Stay-In-School Initiative. As a result, the Council, in conjunction with the S. D. & G. Public School Board and the S. D. & G. Catholic School Board, is seeking persons interested in being part of an innovative team to facilitate activities for at risk students in Board schools throughout S. D. & G. The project will run until July 12, 1991.
Qualifications required are:
- College education preferred
- Excellent communication skills
- Proven organizational skills
- Strong academic background in English
- Knowledge/experience relating to psycholotical/ sociological needs of at risk students
- Education/Training or experience in appropriate related fields.

Positions are open with each School Board, and applicants are requested to indicate their preference.
Applications should be directed, by March 18, 1991 to:
Executive Director
S. D. & G. Industry-Education Council
1001 Sydney Street, Suite 1
Cornwall, Ontario K6H 3K1
Phone: 613-933-8030 Fax:613-933-5208

CROSS CANADA MARKETPLACE
IT'S FAST - IT'S EASY! ONE CALL, ONE BILL DOES IT ALL.
THINK BIG - CALL THIS NEWSPAPER FOR DETAILS.

VACATIONS/TRAVEL
CANAL CRUISES; five days aboard KAWARTHA VOYAGEUR on scenic Trent-Severn Waterway or Rideau Canal; private state-rooms, meals, free brochure. Write Captain Marc, Box 1540, Peterborough, K9J 7H7.

COMING EVENTS
CRUISE CANADIAN RIVERS. This year, spend 3, 5, or 7 nights aboard elegant replica steamships cruising calm-water rivers and visiting romantic cities, the world-famous 1000 Islands, magnificent fjords and the International Seaway and locks. Experience whale-watching at its very best. $592-$2,850. Dial-a-brochure 1-800-267-7868 tollfree.

FLEA MARKETS
SUNDAY FLEA MARKET, Smiths Falls, 65 Cornelia Street, East, year round. (613) 283-8448. 150 inside stalls. Dealers welcome. Lowest prices, best selection in the valley.

COMPUTERS
COMPUTERS: New XT-8086-12Mhz $413, AT-80286-12Mhz $521, 80386-16Mhz $1063, VGA Color Monitors $402, Printers $247, Modems $125, Harddisks $300, Software call, warranty, catalogue, 1-800-627-9273, fax/BBS (514) 247-3365.

FARM SERVICES
GST. GET YOUR One-Time Credit. Ottawa owes you a GST start-up credit of up to $1,000. Get yours with TaxGuard GST Handler™. Call 1-800-268-6735.

WANTED TO BUY
POSTCARDS, MAPS, TRADE CATALOGUES, books, magazines, photographs, pamphlets, other pre-1960 paper collectibles wanted. High Prices paid. Write for information. Neil Hayne, Bath, Ontario, K0H 1G0.

OLD POSTCARDS WANTED. Pre-1950, Canadian, U.S. preferred. Pay up to $5. each. Call or write: Bud Guertin (613) 475-2671, RR7, Brighton, Ont. K0K 1H0.

FOR SALE
MANUFACTURER OF KITCHEN CABINET DOORS. All sizes. Available in Oak, Pine, Maple, Cherry, Ash, Birch. Two week delivery. (705) 647-4967. Save, Buy Direct From The Manufactuer.

FARMERS OR BUSINESSES: Warmth Insulation: Spray Urethane and all spray on fibres. For insulation, condensation control, shop insulation. Very competitive rates. Phone (613) 267-6711, or (613) 268-2113.

USED DAIRY BAR EQUIPMENT for sale. Soft serve, slush, yogurt machine, etc. Call Rose (613) 592-6131.

SERVICES
NEED CREDIT? Instant $1,500 line of credit. Guaranteed approval. Cash advances available OAC. Catalogue shopping. Application send SASE: AdvantageCard, Box 4383C, Stn. D, Hamilton, L8V 4L8.

HELP WANTED
REMOTE MOUNTAIN RESORT hiring for summer. Chambermaids, waitresses, gas attendants, cashiers. For application send self-addressed stamped envelope to Glacier Park Lodge, Rogers Pass, B.C. V0E 2S0.

FULL PART-TIME SALES. Advertising Specialties. Ideal for semi-retired or persons on shiftwork. Highest commissions paid. Lundy Specialty Advertising, 5-2485 Lancaster Road, Ottawa, Ontario, K1B 5L1.

SALES HELP WANTED
BE RICH AND FAMOUS FT $100,000. PT $25,000. Market Canada's Hottest Music Video Vacation Program Booklet. Protected Territories available. 24 hour information line, call 1-800-263-1900.

YOU'RE INVTIED to change your life! 15 year-old multi-million dollar Canadian firm seeks 2 representatives in your area, immediately. Potential $800+ weekly, commission. (416) 756-2156, (416) 756-3174.

TOTALLY TROPICAL INTERIORS is looking for part/full time consultants to sell silk plants/trees through home parties or commercial businesses. Call Brenda, collect (204) 467-9330.

BUSINESS OPPORTUNITIES
GROW YOUR OWN TOBACCO in home, garden, or greenhouse. Kits Available. For information send self-addressed stamped envelope to "STOTT FARMS", Box 551, Fermont, Quebec, G0G 1J0.

EXTRA INCOME! Grow baitworms in your basement or garage. Odorless operation. Low investment. Market guaranteed! Free information. Early Bird Ecology, RR#1 Smithville, Ontario, L0R 2A0 (416) 643-4252.

OWN ALL CASH SNACK VENDING ROUTE. Newest machine is opening up great locations. No competition. Earnings can exceed $1,000 weekly part-time. $16,000 U.S. investment. 1-800-444-0615.

B.C.'S BEST DEALS. 250 West Coast businesses for sale. Publication includes "Introduction" to British Columbia. Visa or M/C. Call tollfree 1-800-665-1123.

CAREER TRAINING
LOG BUILDING CAREER. Pat Wolfe Log Building School career courses beginning April 15th. 10 week, $2,200; 4 week, $1,100; 1 week, $350. (613) 253-0631, Ottawa area.

FREE career guide to home-study correspondence Diploma courses: Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton (5A) 263 Adelaide West, Toronto, 1-800-950-1972.

LEARN AUCTIONEERING at the Southwestern Ontario School of Auctioneering. Next class: June 8-15. Information, contact: Southwestern Ontario School of Auctioneering, R.R.#5, Woodstock, Ontario, N4S 7V9. (519) 537-2115.

MORTGAGES
OWN A HOME? Need a loan? Payoff bills! Credit cards! Example: Borrow $10,000, repay $195.00 monthly. No qualifying hassels! Call Intransicon Financial tollfree 1-800-268-1429.

OUT OF TOWN PROPERTIES
CROWN LAND availability and Ontario properties to be sold for unpaid taxes. For information write: Properties, Dept. CN, Box 5380, Stn. F. Ottawa, K2C 3J1.

REAL ESTATE
SELF-SUFFICIENT HOUSE on river plus 2 acres, $22,500 cash. Complete farm on creek plus 777 acres $155,400 firm. Lake of the Woods area, Rainy River, Ontario, Box 536. Phone (807) 852-3640, (807) 852-3784.

STEEL BUILDINGS
STEEL BUILDINGS - FACTORY DIRECT - Thousands of satisfied customers have bought from the best for less. 25x30 $2,309. 35x40 $4,189. PIONEER/ECONOSPAN 1-800-668-5422. (24 hours).

BEST BUILDING BUYS - 1/2 Price Sale - Buy one building at regular price and get double length for 50% more. Limited steel. - Paragon - 24 Hours - 1-800-263-8499.

A-Z PRE-ENG. BUILDINGS INC. New types, steel/wood, quonset, cladding. For true value, action & answers - Wally (416) 626-1794 after 6pm, weekends. Free brochure. Clip-save.

WHY SETTLE for second best when you can buy the very best for the same money. For all your building needs call Future Steel Buildings. 1-800-668-8653.

Your ad could appear in community newspapers in Ontario, or right across Canada, or any individual province. Space is Limited, so Call This Newspaper Today!

BIRTHS

BIRTH ANNOUNCEMENT

LENZ\ARMSTRONG - Mike and Carol are proud to announce the safe arrival of their son, Jacob Michael, Feb. 25, 1991 at Ottawa Civic Hospital, 8 lbs. 8 ozs., 21.5 inches. First grandchild for Barry and Lorna Armstrong, Crysler, and Gerhard and Ingeborg Lenz, Almonte. A great-grandchild for Mr. and Mrs. Thomas Armstrong, Crysler and Mr. and Mrs. Hill McCorriston, Long Sault and Mrs. Elizabeth Lenz, Germany.

30

BIRTH ANNOUNCEMENT

WOOD - Paul and Debbie welcome with love the safe and not too early arrival of their son Daniel Paul on Feb. 26, 1991, weighing 8 lbs. at W.D.M.H. Patrick and Kristy are thrilled with their new brother. Proud grandparents are Ross and Mary Tuck and Mrs. Thora Wood.

Thank you to my sister Wanda for helping with the children, and to Dr. Slowey and the terrific nurses on Maternity for all the TLC. We would also like to express our appreciation to Bev Shortt and Joan Larmour for their special attention during the delivery. The phone calls, visits, gifts, cards and flowers were very much appreciated.

30

IN MEMORIAMS

IN MEMORIAM

SERVAGE - In loving memory of our dear mother Florence, who passed away Feb. 22, 1982.
And while she lies in peaceful sleep
Her memory we shall always keep.

Clinton, Douglas and Family

30

IN MEMORIAM

MERKLEY - In loving memory of our dear dad Wallace, who passed away March 13, 1987.
A golden heart stopped beating
Two busy hands at rest.
God broke our hearts to prove to us
He only takes the best.

Sons, Allan, Rob and Jeff

30

IN MEMORIAM

MERKLEY - In loving memory of a dear mother, mother-in-law, grandmother and great grandmother, Nina M. Merkley, who passed away March 17, 1975.
What we would give if we could say,
"Hello Mom" in the same old way.
To hear you laugh and see you smile
To sit with you and chat a while.
So you have a mother,
Cherish her with care,
For you never know the heartache,
Until you see her empty chair.

Sadly missed and lovingly remembered
The Family

Long Sault Parkway Lodge
SENIOR CITIZEN'S RESIDENCE
Private Room available NOW
From $1,120.00 monthly
Semi-Private $995.00 monthly
24 Hour Supervision
Physician attends weekly
CALL 534-2307

Thomas H. Meredith & Assoc.
TAX & BOOKKEEPING SERVICES
(613) 448-3398
13 Ralph St. Chesterville

RIDEAU AUCTIONS INC.
Winchester, Ontario
Household, Estate, Farm, Industrial, Real Estate Auctions
Hunter McCaig, Auctioneer
Days: 774-2735; Evenings: 258-5095

CASS, GRENKIE
Barristers, Solicitors, Notaries
J. DOUGLAS GRENKIE, Q.C.
PETER J. REMILLARD, B.C.L., LL.B.
(Also of the Quebec Bar)
RICK T. LEROY, LL.B.
BRAD F. COMEAU, B.Sc., B.Ed., LL.B.
OFFICES AT:
13 Ralph Street, P.O. Box 700, CHESTERVILLE, Ont. K0C 1H0, 448-2735
P.O. Box 820, WINCHESTER, Ont. K0C 2K0, 774-2004
(All files and documents of the former legal firms known as Cass & Cass and Cass & Workman are now located with the Cass, Grenkie law firm.)

BDO WARD MALLETTE Chartered Accountants
Ward Mallette's Winchester office offers a full range of services in areas of:
475 Main Street
WINCHESTER, Ont.
K0C 2K0
Tel.: (613) 774-2854
Fax: (613) 774-2586
• Financial Statement Preparation
• Personal Tax Returns and Planning
• Computer Installation and Training
• Goods and Services Tax Consulting

BARRY H. BLAKELY
Chartered Accountant
MORRISBURG VILLAGE PLAZA
MORRISBURG, ONTARIO K0C 1X0
TEL: (613) 543-3715
FAX: (613) 543-4518
RES: (613) 933-2483

TOWNSHIP OF WINCHESTER
Township of Winchester
1991 Dog Licence
Dog tags are now available at the Township Office.
The sum of $10.00 for the first dog plus $12.00 for each additional dog. This sum is due March 29, 1991. Kennel licence fees are $35.00.
You are reminded that a $50.00 fine will be imposed on the owner of dogs apprehended by the Dog Control Officer.
Nancy Krisjanis, Clerk
Township of Winchester


Newly Opened
Watch Local Papers For Weekly Specials
I would like to thank all my clients who supported me in the past as their friend and hairstylist at Labelle's Beauty Salon.
I am no longer at this location, but would like to continue serving my valued customers at my new location.
Joyce Fawcett
41 Queen St., Chesterville
(Next door to Sears)
OPEN 6 DAYS A WEEK - 9 a.m. til 5 p.m.
THURSDAYS - 9 a.m. til 9 p.m.
Men - Women - Children – Welcome!
FOR AN APPOINTMENT CALL:
448-1098

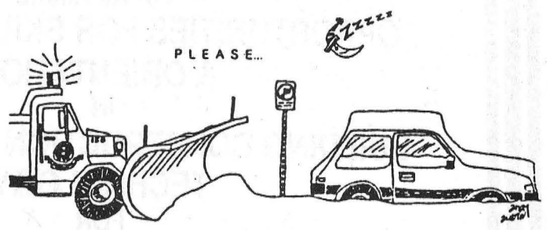
Community Living Stormont County / Intégration Communautaire Comté de Stormont
The Early Childhood Resource Teacher Service
invites
All Educators of Young Children (2 - 6 Years)
to
Curriculum Adaptations
by
Benita Behnke Hopkins B.A.A., E.C.E.
on
Friday, March 22 from 7:00 - 9:30 p.m.
at
Cornwall Collegiate Vocational School
437 Sydney St., Cornwall
$2.00 Registration Fee
To register call: Alda Graham at 938-1702

How Sweet It Is!
Here's a Trio of Great Maple Sugar Experiences
The Canada West Lounge & Restaurant
Presents
Pancake Buffet Weekends
Featuring all-you-can-eat
• scrambled eggs • sausages • bacon • fruit •
• pure maple syrup • pancakes •
From 10 am to 4 pm, weekends until April 14th.
Adults $7.25, Children under 5 $2.95 (plus applicable taxes)
On Hwy. 2, 11 km east of Morrisburg at the Upper Canada Golf Course
Information 543-2914
Crysler Park Sugar Bush
Free admission with transportation provided into the Bush on weekends.
Open daily, 10 am to 4 pm until April 5th.
Maple Sugar Treats for sale.
Off Upper Canada Rd, 9 km E. of Morrisburg.
Watch for the signs.
Visit the Village Store at Upper Canada Village
now featuring
Maple Syrup and Maple Treats
Open daily from 9:30 am to 4:00 pm
Enjoy this uniquely Canadian treat in an assortment of delicious styles.
Tom Dunn, Sugar Bush Operator
domco foodservices
Parks of the St. Lawrence
AN AGENCY OF THE ONTARIO MINISTRY OF TOURISM AND RECREATION
(613) 543-3704

YVAN DAGENAIS
Appliance & Refrigeration
In Home Service For All Major Home Appliances
445-5765
Servicing your region

ST.-ALBERT CONSTRUCTION
(407931 ONTARIO LTD.)
• General Contractors
• Barn • Commercial • Residential
QUALITY HOMES - ADDITIONS - GARAGES
HOME IMPROVEMENTS - BUILDING SUPPLIES
KITCHEN CABINETS
Free Estimates
JACQUES & RICHARD DESNOYERS, PROP.
ST. ALBERT • 987-2876

PUBLIC WORKS



WINTER PARKING

No motor vehicle shall be parked on any street in the village of Chesterville, between the hours of **12 o'clock midnight and 8 o'clock** the following morning, during the months of November, December, January, February and March.

All motor vehicles shall be removed from the streets, at any time between the hours stated above, to facilitate snow plowing and snow removal.

Any parked vehicle, which interferes with snow plowing or snow removal, will be moved and all costs and charges in connection therewith, shall be charged to the Owner of the vehicle.

John B. Smith
Road Foreman
Village of Chesterville

UNITED COUNTIES OF STORMONT, DUNDAS AND GLENGARRY

TENDERS FOR MATERIALS & SERVICES

(INCL. CATCHBASIN CLEANING)

Sealed tenders, submitted on forms and in envelopes provided by the County Engineer's Office, will be received by the undersigned until **11:00 a.m.** (local time) on:

WEDNESDAY, MARCH 27, 1991

for the following:

(A) MATERIALS AND SERVICES TENDERS:
(1) Dust Palliative
(2) Diesel Oil and Furnace Oil
(3) Metal Culverts
(4) Signs and Sign Posts
(5) Guide Rail and Posts
(6) Fencing Materials
*(7) Catchbasin Cleaning

***Note:** A certified cheque as stipulated in the tender shall accompany each bid. The successful bidder's deposit shall be retained until 25% of the contract has been completed.

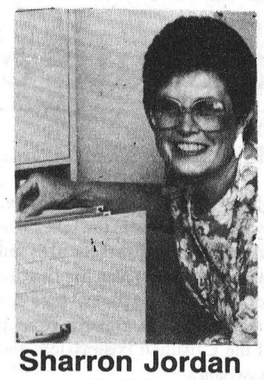
(B) FIRM PRICE QUOTATIONS:
(1) Granular Products
(2) Topsoil
(3) Asphalt Patching Material
(4) Rental of Roadbuilding Equipment

Information to bidders, specifications and tender forms for the above items may be obtained at the office of the undersigned.

SPECIAL NOTE: Please telephone (1-613-932-1515) in advance to assure availability of individual tender documents.

Lowest, or any tender not necessarily accepted.

D. J. McDonald, P. Eng.
County Engineer
20 Pitt Street
Cornwall, Ontario
K6J 3P2

A.M.J. Insurance Brokers Limited
509 St. Lawrence Street
Box 999, Winchester
All your general insurance needs
613-774-6228
1-800-465-6228
INSURANCE BROKERS ASSOCIATION ONTARIO

Sharron Jordan
President



CHURCH DIRECTORY

UNITED CHURCHES
Chesterville - Morewood
Minister: Rev. Roy Harwood
448-3549
SUNDAY, MAR. 17, 1991

MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1991

NATIONSIDE PENTECOSTAL CHURCH
"A friendly Church with an eternal message"
13 Albert St.
CHESTERVILLE
Pastor: Rev. L Armstrong
448-2084

SUNDAY, MAR. 17, 1991
10 A.M. - Sunday School
11 A.M. - Morning Worship
7:30 P.M. - Film
"THE GOD MAKER"

Affiliated with the Pentecostal Assemblies of Canada
May 1991

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom

SUNDAY, MAR. 17, 1991

9:30 A.M. - Sunday Worship
Sunday School & Nursery

A Warm Welcome Awaits All"
May 1991

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce

SUNDAY, MAR. 17, 1991
11:15 A.M. - Sunday School
June 1991

ST. PETER'S - ST. LUKE'S EVANGELICAL LUTHERAN PARISH (E.L.C.I.C.)
Pastor: Rev. J. Ross Thomson
535-2569

SUNDAY, MAR. 17, 1991
DUNBAR - ST. LUKE'S
Sunday Worship - 9:15 A.M.
EVERYONE WELCOME

WILLIAMSBURG - ST. PETER'S
Sunday Worship - 11:00 A.M.
Sunday School - 11:00 A.M.
EVERYONE WELCOME
Fully Accessible to the Disabled.
March 1991

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516

SUNDAY, MAR. 17, 1991
Chesterville
9:30 A.M. - Sunday Worship
Nursery & Sunday School
Every Tuesday - 9:30 A.M.
Coffee Break
Story Hour & Nursery
8:00 P.M. - Life in the Spirit
Praise & Bible Study

Morewood
11:15 A.M. - Sunday Worship
Nursery & Sunday School
COME EXPECTING
LEAVE REJOICING
May 1991

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father Jim Esper
448-3262

SUNDAY, MAR. 17, 1991
HOLY MASS
Saturday - 7:30 P.M.
Sunday - 9 A.M. & 11 A.M.
January 1991

EMMANUEL - OSNABRUCK BAPTIST CHURCH
6 kms. North of Ingleside
Hwy. 14 - Dickinson Drive
Pastor: Rev. Willard Warnock
984-2353

SUNDAY, MAR. 17, 1991
Bible Club - 9:30 A.M.
Morning Worship - 11 A.M.
Nursery Provided
COME TO WORSHIP
LEAVE TO SERVE
August 1991

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, MAR. 17, 1991

Services will be held at Williamsburg's St. Luke's Lutheran Church

8:45 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.

Doc rock



The Star Tools gave the crowd the rockin' pneumonia and the boogie woogie flu at the Winchester Community Centre Saturday night as the local doctors' rock band helped raise over $1,000 for Morrisburg's Upper Canada Playhouse. Among the musicians are, from left, Winchester's Dr. Raymond Dawes, Gary Landry of Ottawa, on rhythm guitar, lead singer Dr. Barry Bruce of Queensway-Carleton Hospital and Dr. John Shier on keyboards. The Star Tools have been together for about 10 years, specializing in 50s and 60s favorites and according to Dawes play only for charitable organizations. "We're all doctors and don't have the time to play more often. It's a Saturday hobby, I guess you'd call it," Dawes said. Still, the rockin' docs estimate they have raised over half a million dollars for charity and the crowd Saturday night agreed they must have been doctors, judging by the way they operate. McLeister photo

Institute meets at Dingemans' home

The Finch Women's Institute held their meeting at the home of President Mrs. Corey Dingemans. Following the opening exercises the president welcomed all members and guests. The motto of the meeting was "the day is of infinite length for those who do not know how to use it." The roll call "is the education today fulfilling the needs of the present generation." Roll call was answered by 12 members and 2 visitors. Minutes of the last meeting were read and approved. Correspondence was read including two thank you notes from Mrs. Derla Loynahan and Mrs. Lorilyn Emmell. A resolution submitted by Ingleside was read. It regarded the inadequate print on non-prescription labels. Our branch agreed larger print was necessary.

Miss Vera MacLean gave the treasurer's report. Our annual meeting will be held April 4, 1991 in Finch Community Hall. All convenors are to have their report's ready to hand in. Cards were signed for members who are sick. A get well card was sent to Margaret Duff who is a patient in Winchester Hospital.

Mrs. Russell Dillabough brought a pamphlet "The Citizens Forum on Canada's future. Mrs. Barry Brownlee and Mrs. Sandra MacMillan will organize the meal for Mr. and Mrs. Dingemans' 25th anniversary.

The meeting was then turned over to Mrs. Sandra MacMillan, convenor of education and culture. Sandra reviewed the musical Oklahoma which a group of us attended. She also read the history of Oklahoma.

Meals on Wheels may expand scope

Shana Saper
The Record Editor

BERWICK—The Meals on Wheels program in Finch Township could triple its scope with the help of a proposed outreach facility here.

According to Lorilyn Emmell, the program hopes to expand within a 15-mile radius and triple its clientele.

"We have six to eight clients now and we could expand to 18-24," said the director of outreach services for Stormont-Dundas.

Emmell currently coordinates the noon-hour meal service to shut-ins in Berwick and Crysler through the Finch View Villa.

"Meals are purchased from Winchester District Memorial Hospital and a volunteer driver delivers them every Monday, Wednesday, and Friday."

She says the clients would be better served by an outreach facility in the township. The current program has been underway for the past two years.

Recently, Emmell on behalf of the Ministry of Community and Social Services, contacted Finch council asking for a meeting to discuss the possibility of such a facility.

"We will make a presentation at the next township meeting (March 18)," she said. "We want to keep open the lines of communications and hopefully get the township involved."

CLEAROUT!

1991 Festiva	$6,847	Brand New**
1990 Tempo	$8,996*	
1990 Mustang	$10,995	Brand New**
1990 Taurus	$12,995*	
1990 Crown Victoria	$17,995*	
1990 Lincoln Town Car	$27,995*	
1991 Ranger "S"	$8,995	Brand New**
1990 F150 Pick-up	$11,995	Brand New**

Ford Mont-Bleu
22 Mont-Bleu Blvd., Hull 776-1571
Petric Ford
HIGHWAY 31, VERNON 821-1252
While supplies last
**Freight, dealer prep., taxes, licence extra. Rebate to dealer.
*Low mileage cars, balance of factory warranty, taxes, lic. extra.

"WARM SMILES AND FRIENDLY FACES ARE WAITING TO SERVE YOU"
PETTING ZOO
IN THE MALL ALL THIS WEEK
BROOKDALE MALL
Brookdale Avenue at the International Bridge in Cornwall
"COME PET THE ANIMALS"
LOSTS OF MOMS & BABIES
50 of your favourite farm animals including miniature goats, miniature donkey, goats, kids, sheep, lambs, piglets, turkeys, ducks, geese, chickens, rabbits, and much more . . .
Come See CANADA'S SMALLEST MINIATURE HORSE 26"
R.C.A.F. IDENT-A-KID PROGRAM
(FREE) THIS SATURDAY 10-4 P.M.

SWEET SISTERS BAKERY
502 Church St. Winchester 774-Buns
14 King St., Chesterville 448-2529
A treat for
Chocolate Mint Cupcakes
$3.49 1/2 dozen
FOR EASTER:
Easter Eggs
$2.59 each
(with name, $2.79)
AVAILABLE NOW
PLEASE ORDER IN ADVANCE
Hot Cross Buns, $4.29 dozen, ($2.49 1/2 dozen)
READY TO HEAT & SERVE
Spaghetti Sauce, Chili,
Soft Tortillas, Cabbage Rolls

Happy Face Nursery School
2nd Annual
FUN DAY
Saturday, March 16
10am to 3pm
Chesterville Community Hall
(for children of all ages)
Puppet Show
Face Painting
Games & Crafts
While Elephant Table
Refreshments
Bake Table
50/50 Draw
Children admission, 50¢
For further information call 774-3557 or 774-2663

NOW ON SALE
UNTIL APRIL 2
Our Finest Velvet Pastels
Latex Interior Paint
Ceiling, 4 litre ..... Reg. $37.92 only $18.96
Flat, 4 litre ..... Reg. $39.92 only $19.96
Satin, 4 litre ..... Reg. $43.92 only $21.96
Eggshell, 4 litre ..... Reg. $45.96 only $25.96
Semi-Gloss, 4 litre ..... Reg. $45.96 only $27.96
PAINTERS CHOICE LATEX
Ceiling, 4 litre ..... Reg. $27.92 only $11.16
OTHER PAINT SALES
Exterior, Floor, Stains
WALLPAPER
50%-75% OFF all in-stock wall coverings
30%-50% OFF all in-store wallpaper book orders
Color Your World
951 Notre Dame
Embrun
443-3093

WE SMASH PRICES
OPEN MONDAY TO THURSDAY, SATURDAY 9AM-6PM
FRIDAYS, 9AM-9PM
OVERSTOCK SALE
COME IN FOR BIG SAVINGS
WE PAY THE GST
THIS WEEK NO LIMITS
APPLE JUICE PURE, UNSWEETENED 48 OZ. .79 TIN
SPRING AND SUMMER JACKETS We pay the G.S.T. ONLY 5.99 EACH
SWEETRIPE TETRA DRINKS 25% REAL JUICE ORANGE - APPLE - GRAPE - FRUIT PUNCH 3x250 ml .69 PKG.
DIET A & W ROOT BEER We pay the G.S.T. 2 LITRE BOTTLE .99 EACH
PUT IN YOUR NAME FOR A FREE DRAW FOR LIFE-SIZE PICTURE OF WAYNE GRETZKY
Details to be announced. No purchase necessary.
SPAGHETTI SAUCE 750 ml .89 JAR
CHUNK LIGHT TUNA 183 g .77 TIN
We pay the G.S.T. BERMUDA SHORTS REG. 19.99 ONLY 2.99 EACH
We pay the G.S.T. COSTUME EARRINGS .79 PAIR FULL RACK
We pay the G.S.T. EASTER CARDS ARE IN GREETING CARDS ON 16 FOOT RACK 50% OFF
AND THOUSANDS OF ITEMS AT CLEAROUT "WE SMASH" PRICES!!!
Values Effective to March 16 1991
We reserve the right to limit quantities.
SORRY, BUT WE DO NOT ACCEPT COUPONS!
SORRY NO RAIN CHECKS
MORRISBURG CLEAROUT CENTRE
"Where Your Dollars Last And Last, And Your Cents Make More Sense!"
543-4536 EAST END PROMENADE MORRISBURG

CAN YOUR FIRE INSURANCE PUT YOU BACK IN BUSINESS?
It doesn't pay to take chances with your livelihood.
Call us today and make an appointment to review your current coverage.
If it's not enough to get you going again, or you're paying too much for it, we can help.
It could be the most important business call you ever made.
CLOSED DUE TO FIRE
BICCUM & McINTOSH LTD.
504 MAIN STREET WEST
WINCHESTER 774-2832





Crysler show

Above, the three-man organizing committee of the Crysler Farm and Seed Show posed for *The Record*. They are, left to right, Armand Gibeault, Marcel Masse, and Adrien Lamoureux. Bob MacLeod is not pictured. Right, one of the 47 exhibitors at the Crysler Farm & Seed Show.

Photos Fetterly

Dalkeith grower premier exhibitor

CRYSLER — Farmers benefit from farm shows says the co-organizer of the Crysler Farm and Feed Show held last week.

"The farmers meet the dealers of machinery and products and get to see what's new on the market", says Marcel Masse.

Although the recession is causing some belt-tightening, Masse says farmers are being cautious in their purchases. "Instead of big machinery, they're buying smaller things."

Masse noted about the same turnout for this year, as in past years, but couched his observation saying, "there are definitely fewer farmers in the area than in the past. That he attributes to the increase in people working in the city.

At the 34th annual SD&G Seed and Forage Show held in conjunction with the Crysler Farm Show, Donald McCrimmon of Dalkeith was named premier exhibitor.

McCrimmon also took premier grain and small seed exhibitor and premier forage exhibitor honors, reserve premier exhibitor was Wenallt Farms of Crysler, while Brugline Farms of Chesterville took the reserve premier forage spot. Reserve premier small seed honors went to Neville Bros. of Finch. George Jackson of Morewood was named premier first time exhibitor.

The championship hay category was won by Shaverhill Farms, Finch, with reserve going to Leo Mesman of Winchester.

In the haylage category, Mormerk Farms of Morewood, took the top spot.

Leo Mesman was also named champion in the corn silage, while Stronghaven Farm of Crysler took reserve.

Wenallt Holsteins of Crysler took both championship and reserve in the shelled and ear corn category.

In the cereals, the Neville Brothers of Finch took champion honors with their entry of buckwheat, while William Johnston of Martintown took the reserve spot for a six-row barley entry.

Joe Krol of Berwick won the soybean category with reserve going to Melvin Terry of Dalkeith.

The championship forage was exhibited by Leo Mesman of Winchester, while Shaverhill Farms took reserve.

There were 90 entries by 23 exhibitors, down slightly from last year.

Community
Information Night

Farmer's Market

Learn what a farmer's market can do for your town. This could be an opportunity for economic diversity.

Guest Speaker: Mr. Robert Chorney, Marketing Specialist from the: Ministry of Argiculture and Food.

Date & Time: Thursday, March 21, 1991 7:30 p.m.

Location: Kemptville Town Hall.

for information call:
Valerie Patterson
258-4838

POWER BY JENNIFER
13th Unprecadented Year

FIT INTO SPRING

NEW SESSION BEGINS
Mon., March 18

Men - Women - Teens
All Ages
All Levels Taught

Aerobic Classes
Mon. - Wed. - Fri. - 10:00 a.m.
Mon. - Tues. - Wed. - Fri. - 4:30 p.m.
* (Please Note: No Thurs., 4:30 p.m. classes) *
Mon. through Fri. - 7:00 p.m.
Sat. - 10:30 a.m.

NEW! NEW!
LEVEL 1 + 2 "SOFT"
*Tues. and Thurs. - 8 p.m.

Never Exercised? Overweight? Medical Problems?
or Just PreferYour Exercise at a "Softer" Level?....
Then this class is for you.
.....Introducing CHERYL as your personal "SOFTEE"!
N.B. - Please Pre-Register for this class
Soft, Comfy class size is limited.

WEIGHT TRAINING

Please phone for an appointment

TANNING - AEROBICS - WEIGHT TRAINING
AEROBIC WEAR - JUICE BAR

DIET COUNSELLING
2nd Year - 90% Success Rate!

PLEASE CALL TO REGISTER
AND FOR MORE INFORMATION.

448-2129 or 445-5526

Jennifer Gregoire, Reg. N., N.D.
Lifestyle Consultant - Fitness Co-ordinator

Fay Gallinger, R.N.A.
Weight Director

TRY A FREE CLASS ON US!

Save!

During our Nearly New Sale

We have made a special purchase from Chrysler Canada of 11 low-mileage 1990 models. All are fully reconditioned and are priced to sell now!
Remaining factory powertrain warranty can be transferred.

Look at these values:

Stock No. 1175	1990	**Chrysler 5th Avenue** Charcoal exterior, loaded with options, 17,000 kms	only	$23,295
Stock No. 1173	1990	**Chrysler 5th Avenue** Blue exterior, loaded with options, 25,600 kms	only	$22,795
Stock No. 1179	1990	**Jeep Cherokee Laredo 4x4,** 4-Door White exterior, fully loaded, 14,000 kms	only	$22,995
Stock No. 1177	1990	**Chrysler Dynasty** Blue exterior, 3.3 l V6, air conditioning, tilt steering, speed control, AM/FM cassette, power door locks, 25,000 kms	SOLD only	$13,995
Stock No. 1178	1990	**Dodge Spirit** White exterior, 2.5 l, automatic, air conditioning, tilt steering, speed control, AM/FM cassette, 22,000 kms	SOLD only	$11,995
Stock No. 1167	1990	**Dodge Shadow** 2-Door Red exterior, 2.2 l, automatic, power steering, power brakes, air conditioning, 25,000 kms	only	$9,995
Stock No. 1170	1990	**Plymouth Sundance** 4-Door Silver exterior, 2.2 l, automatic, power steering, power brakes, air conditioning, 19,000 kms	SOLD only	$9,995
Stock No. 1171	1990	**Dodge Shadow** 4-Door Red exterior, 2.2 l, automatic, power steering, power brakes, air conditioning, 16,400 kms	SOLD only	$9,995
Stock No. 1172	1990	**Dodge Shadow** 2-Door White exterior, 2.2 l, automatic, power steering, power brakes, air conditioning, 15,400 kms	SOLD only	$9,995
Stock No. 1174	1990	**Plymouth Sundance** 2-Door White exterior, 2.2 l, automatic, power steering, power brakes, air conditioning, 20,000 kms	only	$9,995
Stock No. 1176	1990	**Plymouth Sundance** 4-Door Dusty rose exterior, 2.2 l, automatic, power steering, power brakes, air conditioning, 20,500 kms	only	$9,995

Hurry as sale ends March 23, 1991

At BOYD'S



BOYD CHRYSLER
567 St. Lawrence St., Winchester 774-2520
Ottawa Direct 236-6505
WE JUST WANT TO BE THE best
Plymouth Dodge Trucks CHRYSLER

We've got you covered

"Serving you since 1936"



Farm & Feed

Byers' Farm Equipment, Chesterville, was among the 47 exhibitors at the March 6 & 7 Crysler Farm & Feed Show. Winner of the best inside exhibit was Nick Beehler Electric of Berwick. Dovetec Heating Products won the best outdoor exhibit for a corn heating system display.

Photo Fetterly

GM

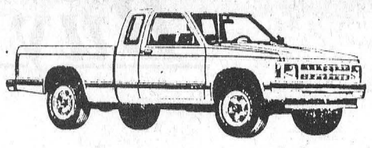
REALLY-GREAT
SPRING-BREAKS



C1500 Fleetside Silverado Pickup



Astro LT All-Wheel Drive Extended Passenger Van



S-10 Maxi-Cab Tahoe 2WD Pickup

TRUCK MONTH SPECIALS

UP TO $1,750 IN VALUE OPTION PACKAGES & CASH BACK ON NEW FULL SIZE PICK-UPS (SCOTTSDALE MODELS) & SELECTED S10 PICK-UPS

CASH REBATES ON OTHER TRUCK MODELS

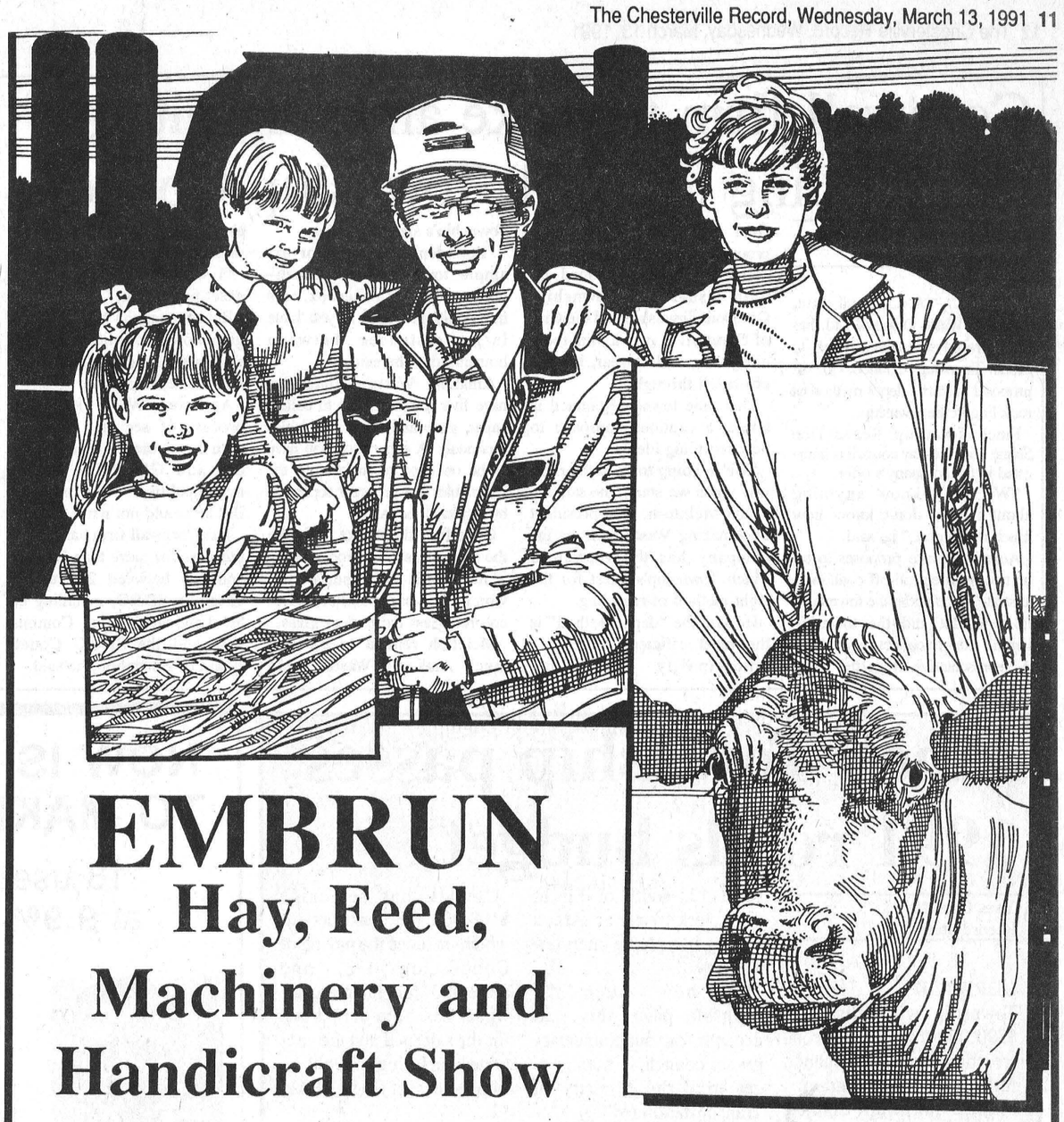
S10 PICK-UP $500
S-BLAZER $750
ASTRO VAN $750
LUMINA APV $750
C/K FULL SIZE PICK-UPS $750

OR

11.9% INTEREST
48 MONTHS
O.A.C.
(SEE DEALER FOR DETAILS)

JIM NOTMAN
BARRY McMILLAN
DARRYL McDONELL
KIRK McMILLAN
543-2925 • 543-3680 • 933-8892

UPPER CANADA MOTOR SALES LTD.
Corner of Hwy. 2 and 31
MORRISBURG 543-2925
CHEVROLET
Oldsmobile



EMBRUN
Hay, Feed, Machinery and Handicraft Show

Thursday, Friday, Saturday,
March 14, 15, 16

at Embrun Recreation Centre

Thursday, March 14

9:30-11:30am	Hay and grain exhibits to be brought to the hall
10am-12 noon	Ladies' exhibits to be brought to the hall.
1pm-5pm	Ladies' exhibits will be judged.
1pm-5pm	Hay and grain exhibits will be judged.

Friday, March 15

9am-12 noon	Setting up of booths.
11am-10pm	Hall and bar will be opened to the public.
11am-2pm	Meals will be served (lunch).
2pm-3pm	Flower arrangement demonstration by Marcelle Fleuriste Inc.
5pm-7pm	Meals will be served (dinner).
10pm	Hall closes.

Saturday, March 16

10am-5pm	Hall will be opened to the public.
11am-2pm	Meals will be served (lunch).
12 noon-4pm	Bar will be opened.
3pm	Drawing of prizes.
5pm-7:30pm	Hall will be closed.
7:30pm	Visit of exhibits followed by a dance organized by "L'Union Culturelle des Franco-Ontariennes". Music by **"Les Castors"**. Presentation of trophies and **"Award of Merit"**.

Looking forward to seeing you at the EBI booth at the Embrun Farm Show

443-2240 (Head Office)

EASTERN BREEDERS INC.

258-5944 (Head Office)

R. RACINE AUTOMOTIVE INC.
PIECES D'AUTO PARTS
P.O. BOX 180, 20 CARTIER STREET
CASSELMAN, ONTARIO, K0A 1M0
Owners: Serge & Royal Labelle
Telephone 764-3183

LABELLE MOTOR SALES
Div. of 561833 Ontario Ltd.
New & Used Cars and Trucks
RR3, Casselman, Ont.
Bus.: 764-3444

G. & J. YELLE INC.
SALES & SERVICE
STABLING, FEEDING & MANURE SYSTEMS
• Butler & Ideal Equipment • AgriVent Ventilation
• Victoria Bins • Superior Silo • Cote Evacuair
Crysler 987-5336

CO-OP
La Co-operative Agricole D'Embrun
Notre-Dame, Embrun 443-2833

Ault
AULT FOODS LTD.
Winchester – 774-2310

SERVICE IS OUR MIDDLE NAME
METCALFE SERVICE CENTRE LTD.
Farm Equipment Dealer
Hwy. 31 at Metcalfe corner
821-2893

Cannamore Farm Equipment
SALES AND SERVICES
R.R. #4, CRYSLER, ONTARIO
(613) 448-3694
PHILIPPE ROBERT
CRYSLER (CANNAMORE)
613-448-2190 (Business) 613-448-3694 (Residence)

AGRICULTURAL EMPLOYMENT SERVICES / SERVICES D'EMPLOI AGRICOLE
Agricultural Employment Services
For all your agricultural employment needs, including: permanent labor, casual workers, equipment operators and relief milkers.
An agricultural employment service for Prescott, Russell and Glengarry
For more information call 678-2134 or 1-800-267-410
124 Rue Main St., Vankleek Hill

Cornwall firm to make amazing pitch on recycling to Finch Township Council

Yves Cossette
Record Staff

BERWICK - A Cornwall firm, Amazing Waste Disposal Ltd. has been invited to make a pitch to Finch Township Council, for its proposal to start a depot method of recycling in the township.

Finch Township Reeve Don Shane said Tuesday council is interested in the company's offer.

"We don't know anything about it. We don't know how much it will cost," he said.

Amazing Waste proposes to set up two or three roll-off containers at strategic points in the township—in a hamlet and the township landfill site—to collect recyclables. A representative from the waste firm will outline the firm's proposals to council March 18.

Finch Township teamed up with Osnabruck Township, Cornwall Township and the City of Cornwall to plan a joint recycling scheme last year, but the effort fell through.

This time township council is taking a cautious approach to new recycling ideas.

"We're going to do it the right way when we start," he said.

Don McIntosh, vice-president of Amazing Waste believes his company has the answer to Finch Township's quest for the right method of recycling.

He said the "depot method" is the most efficient way for a municipality of Finch Township's size to recycle.

"Low density places—for example townships like Finch—don't qualify for a blue box...it's not really practical if you have large distances between households," he said.

Amazing Waste's containers have five compartments to collect paper, glass and other recyclables separately. A supervisor will have to be on hand to make sure the recyclables are properly separated by residents, he said.

Once full, the trucks will take the containers to be processed by a non-profit Alexandria firm which bales paper and separates colored glass from clear glass.

McIntosh refused to say how much Amazing Waste would charge for a depot recycling service, however.

"I would rather not get into exact prices now," he said.

But he noted the MOE provides grants to municipalities for capital expenses to purchase recycling equipment and start-up costs.

Amazing Waste is in the process of securing contracts with three rural Stormont, Dundas and Glengarry County municipalities, McIntosh said. But he would not name them.

The Cornwall firm has been in business for more than 20 years and has between 250 to 300 clients in SD&G, including the St. Lawrence Parks' Commission and the SD&G County Board of Education, he said.

Locals restore NY power

WINCHESTER — Ontario Hydro linesmen and foresters based here grew to international stature last week when they helped restore power to 335,000 New York customers.

Gord Burns, area lines supervisor, said ten workers from the Winchester headquarters were part of an 80-strong Hydro contingent from Eastern Ontario who helped repair lines that were felled in a freezing rain storm that swept through upstate New York on March 3 and 4.

The supervisor said a power line maintenance crew of five and five foresters worked around Sackett's Harbour, near Alexandria Bay. The linesmen were there from Monday of last week until Saturday and the foresters, from Tuesday till Sunday.

The workers brought two pickups, and four work vehicles with them, Burns said, including forestry trim lift, line bucket and boom trucks.

It was all work and no play as workers grabbed quick lunches at the local fire station and cat naps between "very long hours" of clearing ice-laden branches from wires and repairing powerlines and poles that were downed in the storm, Burns indicated.

Although a request for assistance from south of the border is a rarity, it wasn't the first time Winchester electrical workers have ventured into other jurisdictions. Burns recalled this week that three or four men travelled to Boston, Mass. about four years ago when an ice storm blacked out that city.

Occasionally, Winchester workers help repair damage wrought by ice storms in Southern Ontario and Quebec.

The storm caused outages from east of Niagara Falls along the south shore of the St. Lawrence River, affecting both Watertown and Rochester, N.Y.

The Canadian shore of the river suffered minor damage and power disruptions.

S. M. TIRES
MOBILE SALES & SERVICE
24 Hour Service
• Farm
• Industrial
• Car
STEPHEN MANLEY
CRYSLER — 987-5317
MOBILE — 936-7240

Finch Township passes 1991 roads budget

Yves Cossette
Record Staff

BERWICK - Finch Township will dish out $390,000 towards the construction and maintenance for its 1991 road program.

Finch Township Council approved the budget for its road program at a meeting March 4. Last year the township spent $527,000 on its roads. The total includes provincial grants, but the township had to dip into its general funds because it went over budget by $77,000.

Council is hoping to pave 1.7 km of the Concession 1-2 Road west of County Road 12, south of Finch, said clerk-treasurer Arnott Empey in a phone interview Tuesday.

But how much the township paves this year depends on supplementary grants council is hoping to get from the Ministry of Transportation (MTO).

Empey said he expects to find out in April whether MTO will help finance the township's road projects.

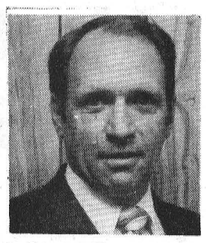
"We're not certain we can do much if we can't get that supplementary (grant)," he said.

Township council has applied for a $60,000 grant to pave Concession 1-2 Road and another $85,000 to build a salt shed.

Council has set aside $108,000 for construction, which includes the paving of Concession 1-2, and $282,000 for maintenance which has been earmarked for the salt shed and the continued surfacing of Concession 1-2 east of County Road 12.

Last year, the township tarred 1.2km of Concession 1-2 road east from County Road 12. Empey said council hopes to pave another kilometer. But how much will get surfaced depends on the supplementary grant from MTO, he said.

Council is also hoping to get a start on reconstucting its western boundary road, he added.

NOW IS THE TIME TO MAKE A DEAL!
18 used vehicles at 9.9% financing

Steve Summers
16 new '90s in stock
10.9% financing
All '91 vehicles
11.9% financing
Come in, see me, and make a good deal today.
Steve Summers
Drewery
PONTIAC BUICK LTD.
774-2360 1-800-267-7608
SALES CENTRE
Hwy. 31 Bypass
SALES, SERVICE, PARTS, BODYSHOP
St. Lawrence St., Winchester

CHESTERVILLE RECREATION DEPT.
offers
DANCE & ACROBATIC CLASSES

THURSDAY	AGE	TIME
Pre-Beginner Dance	3 to 4 Years	4:30 to 5:15
Deginner Dance	5 to 7 Years	5:15 to 6:00
Beginner Jazz	7 to 10 Years	6:00 to 6:45
Beginner Jazz	10 to 16 Years	6:45 to 7:30

TUESDAY	AGE	TIME
Acrobatics	5 to 7 Years	4:30 to 5:30
Acrobatics	8 to 12 Years	5:30 to 6:30

Acrobatic Class — Tuesday, March 19th
Dance Class — Thursday, March 21st
REGISTRATION
Thursday, March 14th
(for both Dance & Acrobatics)
Between 4:30 p.m. - 7:30 p.m.
Chesterville Community Hall
Instructor: Christine Armstrong, 448-1008
Classes held at the Chesterville Community Hall

COLOR YOUR WORLD
THE BEST VALUE IN TOWN "Guaranteed"
SAVE 60% NOW
PAINTER'S CHOICE SUPER WHITE CEILING LATEX
After Sale Price $27.92
$11.16 4L
velvet pastels FLAT LATEX
After Sale Price $39.92
1/2 PRICE $19.96 4L
velvet pastels SATIN LATEX
After Sale Price $43.92
1/2 PRICE $21.96 4L
velvet pastels SEMI-GLOSS LATEX
After Sale Price $45.96
SAVE $18.00 $27.96 4L
50% TO 75% OFF* ALL IN-STORE WALLCOVERING
FROM $1.99/SR
*Reg. book price. Patterns may vary from those shown.
30% TO 50% OFF*
ALL WALLCOVERING BOOKS
*Reg. book price. Matching fabric not included. In-store books only.
CANADA'S BEST PAINT & WALLPAPER VALUE "We Guarantee It!"
OUR GUARANTEE OF QUALITY
All products purchased at Color Your World are sold with an unconditional guarantee of quality. If you are not completely satisfied with your purchase, we will replace the products or give you a full refund. This guarantee does not include labour for application or installation.
OUR LOW PRICE GUARANTEE
If you find a comparable paint or the same wallcovering at a lower advertised price within 30 days of purchase, with a valid proof of purchase of our product, we'll gladly refund the difference
Color Your World
Sale effective March 6, 1991 to April 7, 1991
Not all items available at all stores.
WINCHESTER HARDWARE
510 St. Lawrence Street, Winchester 774-3776

Buy or drive

$6,847** — 1991 Ford Festiva — 139.00*
$13,933** — 1991 Aerostar Wagon — 269.00*
$17,995** — 1991 Ford Explorer 4x4 — 359.00*
$8,995** — 1991 Ford Ranger — 169.00*

"We'll give you the shirt off our back."
Mont-Bleu Ford
22, boul. Mont-Bleu, Hull - 776-1571
Petric Ford
Highway 31, Vernon
Tel. 821-1252
WHILE SUPPLIES LAST.
*Based on 48-month red carpet lease with a $2,000 down payment or trade equivalent plus all taxes, freight, dealer prep, options, stripes and mouldings, and licence, rebate assigned to dealer.
**Plus freight, dealer prep, all taxes and license, stripe and mouldings.
Rebate assigned to dealer.

Obituaries

Bessie A. Beckstead

A lifelong resident of Morrisburg and area, Bessie Aletha Beckstead died Sun., March 10 at Winchester Memorial Hospital after a lengthy illness. She was in her 91st year.

Born April 26, 1900 at the family home north of Morrisburg, she was the daughter of the late Abram Hess and his wife Mary Lapierre.

On Oct. 3, 1928, she married Kenneth F. Beckstead, who died Sept. 17, 1989. For 30 years, until her husband's death, she lived at 30 Victoria St., Morrisburg, after which she took up residence at the Hartford.

She leaves to mourn one daughter, Betty [Mrs. Rae K. Casselman], RR1 Williamsburg, and two granddaughters Bonnie [Mrs. Brian McNairn] and Wanda [Mrs. Tom Dawley] both of Morrisburg. She is also survived by two great-grandchildren Jennifer and Leanne McNairn.

Mrs. Beckstead was predeceased by brothers Ross, Saxon, Reginald, Garry and George, and by sisters Agnes Merkley and Marcena Hess.

A member of Knox Presbyterian Church, Morrisburg, Mrs. Beckstead was well known in the community through her affiliation with various organizations with which she remained active until her health declined.

She was a 35-year member of the Rebekahs, a life member of the Eastern Star and Women's Institute, and belonged to the Morrisburg Senior Citizens group. On Nov. 27, 1985, she was honored at the 100th anniversary of Knox Presbyterian Women's Missionary Society as the oldest active member.

Visitation was at the Fairbairn Funeral Home Tues., March 12, and the funeral service was conducted by Rev. G. Blatch Wed., March 13 at 2 p.m. Interment was at Mount Pleasant Cemetery, Morrisburg.

Pallbearers were Brian McNairn, Tom Dawley, Graham Hess, Dwain Hess, Lyle Hess and Doug Casselman.

Annis (Carruthers) Nugent

Funeral services were held Feb. 22, 1991 for Annis (Carruthers) Nugent who died suddenly at Winchester District Memorial Hospital.

She was born at Cannamore Nov. 1899, the daughter of the late Archibald Carruthers and Annie Gainer.

She married Stanley Nugent of Berwick in March, 1920 where they farmed untii his death in May 1970. She was a member of Chalmers United Church, Finch.

As well as her daughters Bethel and husband Bert Begg, Phyllis and husband Bill Wereley, sons Ken and wife Jean, Carl and wife Edith and Ivon Berkij, she is survived by sisters-in-law Irene Nugent, Winchester and Elva Nugent, Newington, ten loving grandchildren, thirteen great grandchildren, nieces and nephews.

She was predeceased by sisters Margaret, Hattie, Ida, brothers Hector, Lorne, George, Walter, John and Frank.

Funeral services were conducted by Rev. R. Condie at Brownlee's Funeral Home, Finch.

Joseph "Lucien" Benoit

Joseph "Lucien" Benoit of Main St., South Mountain, died March 3, 1991, at home at the age of 78.

A harness maker and shoe repairman, Joseph was born August 24, 1912 in Crysler, son of the late Ferdinand Benoit and the late Alpheda Levesque.

He married his wife Bernadette Chisholm in Cornwall Sept. 4, 1981. He was predeceased by his first wife Laura Lefebvre and his second wife Lucille Lemieux.

He was survived by his children Raymond and his wife Sandra of Buckingham, Que. and Helen (Mrs. Anthony Andrewski) of Orangeville. He was also survived by his brothers Ernest, Laurant, Donat and Rock, and seven sisters; Jeanne Benoit, Alice Quesnel, Therese Lacroix, Florance Vezina, Rita Courville, Bernadette Dagenais and Lucienne Patenaude.

He also had four grandchildren; Kim, Lisa, Cindy and Dennis, and four great-grandchildren; Alicia, Mathew, Kyle and Andrew.

Joseph was honored with the Community Service Award and the Volunteer Fire Dept. Service Award.

He was a member of St. Daniel's Roman Catholic Church in South Mountain. The funeral, officiated by Monseigneur Lynett was held at the church 11am, March 6, 1991 and cremation followed the service. The South Mountain firemen attended as the honor guard at the funeral service.

The pall bearers were Terry Foley, Jim Scott, Paul Campbell, Dennis Benoit, Eric Wright, Roger Benoit.

UPPER CANADA PLAYHOUSE

presents

BILLY BISHOP GOES TO WAR

By John Gray with Eric Peterson

Starring Bruce Dinsmore & Robert Burns



GEORDIE PRODUCTIONS MONTREAL

TWO PERFORMANCES ONLY!

MARCH 16 – 2 P.M. AND 8 P.M.

UPPER CANADA PLAYHOUSE

AT UPPER CANADA PLAYHOUSE

– ON HWY. #2 ACROSS FROM THE MORRISBURG WATER TOWER –

ALL TICKETS $15.00 • FOR RESERVATIONS PHONE 543-3298

The Ottawa Valley



Farm Show

La Foire Du Printemps De La Vallée De L'Outaouais

Lansdowne Park/Parc Lansdowne Ottawa

March 19, 20, 21, 1991,

open 10 a.m. each day

Ouverte à partir de 10h00, les 19, 20 et 21 mars 1991

Tuesday and Wednesday
10 a.m. to 10 p.m.
Thursday
10 a.m. to 6 p.m.

mardi et mercredi
10h00 à 22h00
jeudi
10h00 à 18h00

OTTAWA VALLEY SEED GROWERS – WE AIM AT THE BEST – OTTAWA CANADA



CO-OP

United Co-operatives of Ontario

CHESTERVILLE — 448-2377

AGRICULTURAL EMPLOYMENT SERVICES

Chesterville - 448-2311

ALFA-LAVAL Authorized Dealer

AL GATES
BILL SMITH

A&W DAIRY FARM SERVICES INC. WINCHESTER

Milking - Cooling - Feeding Systems - Sanitation Products
Refrigeration Service

24-Hour Service Call 774-3772

RON JOHNSTONE EQUIPMENT

MOREWOOD ROAD

Winchester 448-3562

Eagle Farm Equipment

R. R. #3 WINCHESTER, ONT. K0C 2K0 Hwy 43, 1-1/2 miles east of Winchester

(613) 774-2677

AFTER HOURS:
(613) 989-2877 – JOHN
(613) 774-2923 – JIM

PAT'S SALES & SERVICE

• Smart Feeder Distributor
• Rovibec Equipment Distributor
Complete line of farm products

CRYSLER – 987-5545

We can make your cows worth more. SURGE

PETER BABCOCK

984-2991
RR1, FINCH

SURGE DAIRY FARM EQUIPMENT LIMITED

Ault

AULT FOODS LTD.

Winchester — 774-2310

EAST-ONT LAND IMPROVEMENT LTD.

CHESTERVILLE — R. VAN GILST
BERWICK — M. ROBINSON

TILE DRAINAGE CONTRACTORS

LAS-ER-PLANE

448-3074
984-2541

AND WE'LL DIG FOR YOU!

FOR YOUR DRAINAGE NEEDS GIVE US A CALL!

G & J YELLE INC.

Sales and Service

Stabling, Feeding and Manure Systems
Butler and Ideal Equipment
Agri-Vent Ventilation
Victoria Bins - Silo Superieur
Cote Evacuair

CRYSLER - 987-5336

SERVICE IS OUR MIDDLE NAME

METCALFE SERVICE CENTRE LTD.

Metcalfe
613-821-2893
11 miles North of Winchester
Hwy. 31 at Metcalfe corner
"Farm Equipment Dealer"

ORTEDA

Nestlé

DIVISION of
NESTLE ENTERPRISES LTD.

CHESTERVILLE — 448-2338

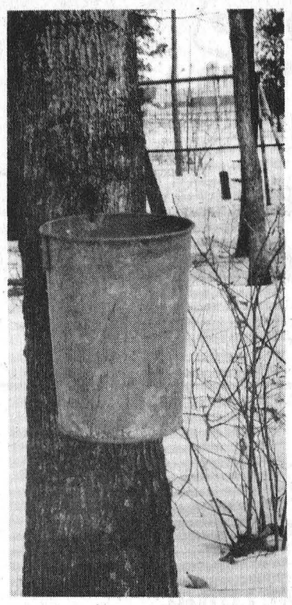
HESSTON THE PRIME LINE

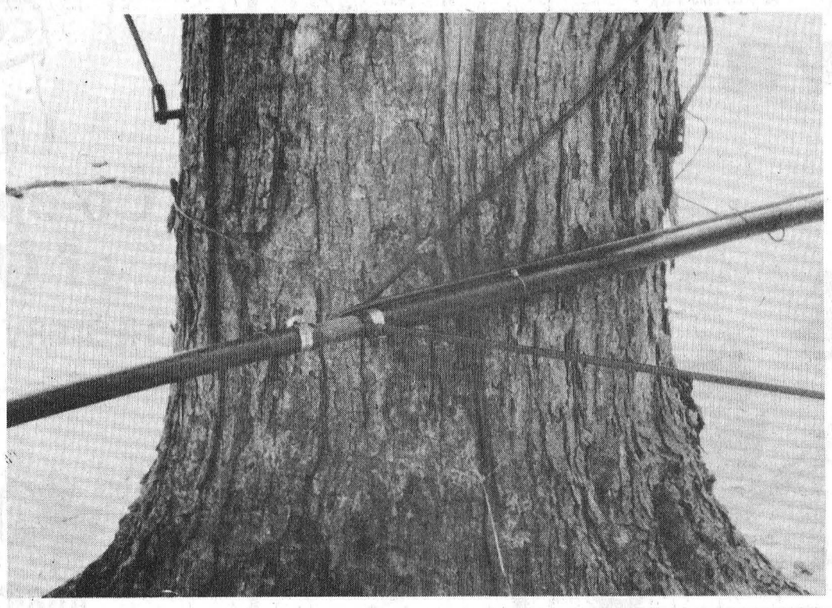


Hwy. 43
Winchester
774-2887

Hwy. 29
Brockville
342-0668

WEAGANT FARM SUPPLIES





Wondrous syrup

Shana Saper
The Record

Sap is running, vats are bubbling, and the tradition of going to the sugar bush has come alive again at a number of local sugar bush operations.

Trees were tapped on the weekend at Crysler Park Maple Sugar Bush near Upper Canada Village, although tapping was postponed at Barkleyvale Farms near Chesterville due to the the cold snap. Still, some producers are reporting a record harvest.

Albert Sanders, proprietor of Sanders Maple Porducts in Finch, began tapping his sugar maples early—ahead of the warm spell that came in mid-February. And already he has produced some 275 gallons of syrup.

"It's been great," Sanders said from his combination pancake restaurant and sugar bush. "I tapped at the end of January and we've had three big runs so far," he said Sunday.

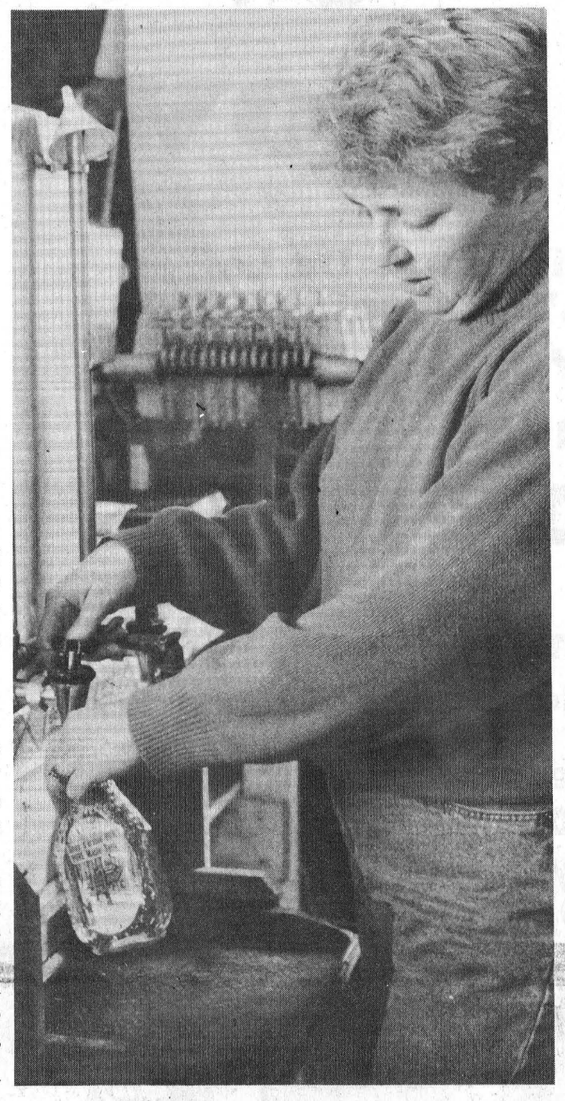
Sanders claims this was the best month of February he's ever had in the sugar bush. The 3,200 taps in his 1,000 trees have yielded over 8,000 gallons of clear, faintly sweet sap. If March and April are nearly as productive, Sanders says this could be a record year for maple sugar here.

Tapping also began at Crysler Park Maple Sugar Bush over the weekend but because of cold temperatures the sap wasn't flowing.

Harry Pietersma, Upper Canada Village manager of the sugar bush, says 1,500 taps were made and the sugar bush will be open to visitors next weekend.

"If we don't have any sap this week (because of the cold temperatures) we'll have enough syrup from last year so we can at least make some maple candy at the sugar bush," Pietersma assured.

In addition, the sugar bush will feature horse and wagon rides, as well as demonstrations of how syrup is boiled. The restaurant will be open starting March 16 serving up the ever- popular pancakes and maple syrup fare.



Old & new

Above right, Rosemary Sanders fills bottles with Sanders' brand maple syrup, boiled this year during the February thaw. Top left: the traditional method of collecting maple sap; top right: the modern method employing plastic pipe and vacuum.

Record Photo Boersma

Missionary Society groups hold annual meeting

"Call to Holy Living" was the theme for the Annual meeting of the groups within the Brockville Presbyterial Women's Missionary Society held at Knox Church, Morrisburg.

President Mrs. Lottie Sutherland, Westport welcomed everyone and read a poem "Prayer for Peace" and constituted the meetings with prayer.

Evelyn Walker from the Winchester group in keeping with the theme led the morning Workship Service. Scripture reading was from Peter 1: 13-25.

Synodical President Mrs. Verna Pope brought greetings from Synodical. Mrs. Gloria Purcell, Spencerville was pianist for the day.

Annual reports showing plenty of activity throughout the Presbyterial were circulated and reviewed by each member. There are 12 groups within the Presbyterial with membership of 197. One Honorary Life Membership, six Life Memberships, one Youth Recognition Certificate and one Certificate of Appreciation were given in 1990. The treasurer, Susan Clarke, Brockville reported the year was very successful financially.

Mrs. Mary Moorehead, South Mountain led in the Bible study, "Empowered for Prayer" and closed with "A Litany for Difficult Days."

The In Memoriam Service was conducted by Roma Wing, Westport, for departed members. The morning session closed and grace was sung, "Father We Thank Thee".

An interval after a delicious dinner was served by the ladies of Knox Church provided a chance for the ladies to brouse in the book room prepared by Marilyn de Bruijn, Chesterville.

A lively sing song led by the president opened the afternoon session. The devotions taken from Psalm 96 was given by Marilyn de Bruijn, followed with Marilyn singing "Make me Like You".

The president introduced the guest speaker, Mr. Wilf Wight, secretary of the Eastern Ontario Canadian Bible Society. He shared with us the active work of the Canadian Bible Society bringing Gods' ministry to the people. Since 1905 the Canadian Bible Society work has been carried on in Canada. The Canadian Bible Society works with 110 other Bible Societies in 180 countries throughout the world and exists for the purpose of making it possible for anyone to have a copy of scripture in his or her own language. In China the Canadian Bible Society is very active having their own printing press in operation 23 hours a day providing translation of the Bibles, New Testaments and hymn books and the Bible Society provides the paper.

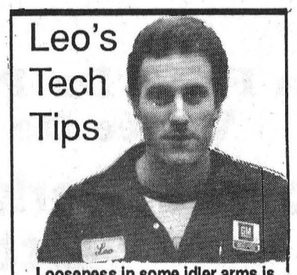
In USSR and Eastern Europe the Bible Society is committed to supply in the next four years 30 million Bibles in 16 different languages.

In Central America their mandate is to see the people have scripture translated into their own heart language, at the level of the people to understand. The Bible or parts of the Bible now exists in 1900 languages and have 3000 more languages and have 3000 languages to go. In response to this God given opportunity Wilf asked for our prayers for the Canadian Bible Society.

Rev. Bert de Bruijn, Chesterville presided at the Commissary Service for the Executive. Scripture readings from Acts 1: 4-8, Romans 8: 8-16, and Cor. 5: 17-21.

Synodical to be held at Manotick April 17 and 18 and delegates will be attending from Brockville, Chesterville, Caintown and Winchester. March Executive to be held at Caintown on the 21. Courtesies were expressed by the president and the meeting closed with prayer.

Leo's Tech Tips



Looseness in some idler arms is allowable, check manufacturer's specs. before replacing.

Drewery
PONTIAC BUICK LTD.
WINCHESTER 774-2360
1-800-267-7608
Leo Vanderlaan, Shop Foreman

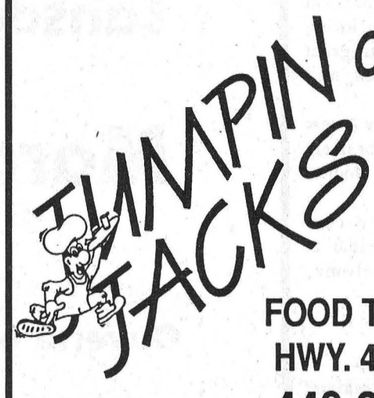
Bahá'í Faith

It teaches:

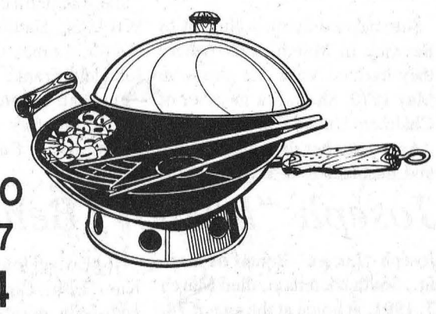
"There can be no doubt whatever, that the people of the world, of whatever race or religion derive their inspiration from one Heavenly Source and are the subjects of one God."

For more information, please contact:
448-3701

Ah So . . . It's Finally Here
starting this Saturday at 4 p.m.
Original Stir Fry Creations



JUMPIN JACKS
FOOD TO GO
HWY. 43 & 7
448-3434



An entire meal at one low price*, lightly stir-fried with oriental vegetables on a bed of rice.

Teriyaki (sweet) beef, chicken or pork..... $5.95
Swechan (hot!!!) beef, chicken or pork..... $5.95
Satay (spicy) beef, chicken or pork..... $5.95

Teriyaki, shrimp or scallops..... $7.95
Swechan, shrimp or scallops..... $7.95
Satay, shrimp or scallops..... $7.95

will be available every Thursday, Friday, Saturday & Sunday after INTRODUCTORY weekend. *Applicable taxes apply.

Chesterville Recreation
Aerobics
Monday, *Tuesday & Wednesdays

Come and Join Us
and we will have lots of fun
AEROBICS
High and Low Impact
Plus
Light Weights being used
Classes start: March 18
for eight weeks
All three nights - $50
Two nights - $40
One night - $25



Class times are 7:30 p.m. - 8:30 p.m.
* Tuesday night classes are for light exercise

REGISTRATION
Held the first night of class
Classes held at the
Chesterville Community Hall
Instructor: Pene and Patti

Tax Tips for your 1990 Return

"Why should I file a tax return if I don't owe anything?"

Revenue Canada doesn't just collect taxes, it also delivers federal and provincial credits you could benefit from, including the goods and services tax credit, the child tax credit, and this year, for the last time, the federal sales tax credit. But if you don't file a tax return because you don't owe any taxes, you could miss out.

Is tax filing easier this year?
Revenue Canada has introduced new measures to simplify the tax filing process. The guides use clearer, plainer language, the Special return has been trimmed down and there are two new "no calculation" returns. The one-page, gold 65 Plus return is for seniors with income from pensions or interest. The white Short return is for people, like students, with simpler tax situations. If you choose one of the "no calculation" returns, we'll do all the calculations, including any federal or provincial credits you may be eligible for.

Got some tips?
First, look in the Guide that comes in your tax package. It gives you step-by-step instructions and helpful tax tips. Read the explanations for the lines that apply to you, and ignore those that don't. If your income situation hasn't changed much from last year, you can use last year's return as a reference.

What if I have questions?
If you can't find the answers in the Guide, you can call the people at Revenue Canada. The best times to get through are before 10:00 a.m. and after 2:00 p.m. From February 25 through April 30, Revenue Canada's phone hours are extended to 8:00 p.m., Monday to Thursday. There's also an automated phone service called T.I.P.S., for answers to common questions. For a complete list of services and phone numbers in your region, see your Guide.

What other services are available?
You can visit Seasonal Tax Assistance Centres in convenient locations, like shopping malls, for information, guides and forms. See your local newspaper for times and locations. There's also a video called "Stepping Through Your Tax Return" that you can borrow from public libraries or your district taxation office.

Anything I should watch for?
Make sure all the personal information printed on your return is correct, especially your address. Before you start, make sure you have all your receipts and information slips. Check your calculations, and attach all the information that's asked for in the return. These steps will help avoid delays in getting your refund.

If I move, will I still get my cheque?
If you're moving, call or write Revenue Canada with your new address, so we can make sure your cheque gets to you. If you have more questions, talk to the people at Revenue Canada Taxation. They're People with Answers.

PEOPLE WITH ANSWERS

Revenue Canada Taxation
Revenu Canada Impôt
Canada

THE CHESTERVILLE
Record Sports



Express derailed
North Stormont's Martin Gregoire atempts to gain control of the puck during Thursday nights 7-4 loss to the Embrun 72's. Embrun advanced to the Eastern Ontario Junior "C" semifinal round after winning the best-of-five quarterfinal series in four games. The Express took a one game lead in the series just to have the 72's fight back for three straight wins.
Record Photo - Boersma

Hockey injury puts Express' Dave Leroux in the hospital

Embrum - North Stormont's Dave Leroux is suffering from a broken neck bone as a result of a hit he took during the third quarterfinal playoff game against the Embrun 72's here last Friday evening.

Leroux did not seek medical attention until the following morning at the Pembroke Civic Hospital, where he was X-rayed and taken by ambulance to the Ottawa Civic Hospital.

Express' co-coach Kevin Mackler said after Leroux was checked into the boards he went into the dressing room to change.

"At the time none of us thought it was very serious. Next thing you know he's in the Civic," Mackler said.

In an interview on Monday evening, Chris' father Gerald Leroux said his son went through further tests earlier that day to determine the extent of the injury.

"The doctor said it was quite serious. He'll have to go through surgery." Gerald added. The operation is to take place later this week.

Gerald feels the injury to his son could have been prevented if refereeing in the Jr "C" league was stricter.

"I don't know why things have been carried on like this. Sometimes the game goes too far before there are penalties called," he added.

Embrun advances

The best-of-five quarterfinal playoff series ended last Sunday in Finch. Embrun advanced to the semifinal with a 5-4 victory over North Stormont in game four.

A difficult first period caused the downfall of the Express. The Stars led 4-1 after the first period.

Bob Vandelst opened North Stormonts' scoring game at 17:51 of period two. He capitalized on a pass from Tim Ouderkirk and Chris Leroux.

Kevin Villeneuve cut Embrun's lead in half when he connected on a play set up by Ouderkirk and Vandelst at 13:10.

With just 51 seconds remaining in the second, Embrun went ahead 5-2.

Russ Perry held the 72's in the final frame while the Express scored twice.

Villeneuve picked up a pass from Roch Benoit and Bobby McLeod to score at 12:11.

With 2:24 left, Dale Murray cut Embrun's lead to one. Ouderkirk and McLeod assisted the game's final goal to bring an end to the Express' Jr."C" season.

Co-coach Kevin Mackler said "It's always disappointing when you lose, but we've come a long way from last year."

Last season North Stormont did not make it to the playoffs. "We were under .500 by quite a bit, and this year we're over .500."

"We fell short of our goals, but the kids played as hard as they could. It could have gone either way," Mackler said.

Game three

The Embrun 72's won 6-5 in double overtime last Friday night in Finch to take the series two games to one.

North Stormont led 1-0 when Dale Murray hit between the pipes at 12:51 of period one. Kevin Villeneuve made it 2-0 at 12:02.

North Stormont's Dave Lavergne scored on his own net to cut the club's lead to one. With nine seconds remaining before the first intermission, the 72's tied the score.

Murray scored the only goal in the second to give the Express a 3-2 lead. He picked up a play that was started for him by Danny McMillan and Villeneuve.

Embrun marked a 4-3 lead before Roch Benoit tied the game with 1:28 remaining to force the overtime period.

Both club's scored in the fourth, but Embrun came up with the win in the fifth.

Casselman sweeps Chesterville in three

CHESTERVILLE - The Casselman Cambridge Stars proved that they were no match for the Chesterville Flyers, last week in the Eastern Ontario Junior "C" Hockey League's quarter-final playoff action.

The best-of-five series was taken by the Stars in three games. The club scored 27 goals against while only giving up nine.

Flyers' coach Jerrold Boulanger said he wasn't disappointed with a lop-sided series. Adding "nobody expected us to be there anyway."

Heading into the second week of the playoffs, Casselman had a game up on Chesterville.

To the delight of the Flyers' fans, the team played their best game of the series at home last Saturday.

Chesterville lost game two with a 5-4 score differential.

It took 1:12 for Flyers to go-ahead 1-0. Denis Ouellette made good on a play that was set up for him by Chris Holmes.

Casselman tied the score on a power-play at 11:29.

A 4-1 lead was taken with 6:45 remaining in period two. Chesterville scored twice before the second intermission to cut the deficit by a goal.

Dan Adams worked alone to score at 5:43 while Kent Young hit the mesh at 1:27 on a play started by Claude Bernique.

Each team added one goal during the closing session. The Stars scored with 14:03 remaining.

Rod Casselman closed the scoring gap with a goal at 6:17. Ouellette and Ray Sherrer made the goal possible.

The Stars accumulated 26 minutes of penalties in the second game, while the Flyers almost tripled their opponents time in the box.

Kent Young got a misconduct and a game misconduct penalty while the coach had a game misconduct called against him.

Game three

Ray Sherrer scored the Flyers' lone goal in what proved to be the teams last game in the Jr. "C" 1990-91 campaign last Sunday in Casselman.

Sherrer scored the Flyers' 1-0 lead at 9:23 of the first period with assistance from Chris Holmes.

The Stars tied the game before the first buzzer sounded.

Casselman dominated the game in the second and third period. The superior squad had a 5-1 advantage going into the final 20 minutes of play.

Another five goals were made before the game ended to increase Casselman's win, 10-1.

With just under four miunutes to play Tony Holmes, Chris Holmes and Dale Serviss all got instigator, fighting and game misconduct penalties.

The Stars only had 17 two-minute penalties.

Boulanger reflects on the past season by saying, "It wasn't good in the win column, but we had a pretty young team so it should be okay for next year."

He adds " I'ld like to stay involved, but I don't think I'll be the coach again."

Floor Hockey Tournament



Eastern's best
Chesterville Public School Junior Boy's floor hockey team won the eastern division of round robin play Tuesday, March 5, at Winchester Public School. The winning team is (front left) Ryan Moss, Brian Slowey, Troy Elliott, Robbie Graham, Patrick Quesnel, Justin Heuff, Peter Schoch. Back left, coach Gerry McBain, Jason Smith, Darcy Roberts, Matthew Dean, Adam Carr, Thomas Schoch and Andrew Douma. Robert Desormeaux is missing in photo.
Record Photo-Boersma

Demons skate to two exhibition victories

MASSENA—Wesley Ross potted a pair of goals here Sunday and helped the visiting North Dundas J. M. Schneider Atom "B" Demons post a 6-4, exhibition victory over the host New Yorkers.

It was a busy schedule for the short-staffed Demons as they also met the Metcalfe Atom Jets in a weekend home-and-home series.

Friday at home North Dundas nipped the Jets 2-1 but were beaten 4-1 in a return engagement in Metcalfe.

Demon coach Mark MacDonell was particulary proud of Sunday's win in New York.

Senior novice forward Jessica Dillabough pulled on the goal pads for the first time in her brief career and backed her mates in the 6-4 win.

"We played with only five regular skaters and relied on help from our three designated Atom "C" players and two senior novice players," MacDonell explained.

The coach said all nine skaters got at least a point in the win and Jessica (Dillabough) played a great game in her first attempt at goaltending this year.

Three regular Atom "B"s Matthew Carkner, Shawn Sears and Navin MacDonell played defence and each drew an assist. Their play in front of Dillabough really helped the young goalie he stated.

Wesley Ross (regular) and Justin Gravelle (senior novice) each picked up three points. Jeff West (regular) and three designated Atom "C" skaters - Morgan Dillabough, Scott Dellaire and Nathan Arsenault also contributed to the win.

North Dundas and Massena were tied 2-2 after a period. Justin Gravelle and Nathan Arsenault connected for the Demons.

Massena went up 3-2 after two but North Dundas exploded for four goals in the final 6:55 of the game to take a 6-4 decision.

Jeff West tied it up 3-3 at 6:55. Wes Ross then bagged goals at 6:10 and 5:10 to put the Demons up 5-3. Scott Dellaire finished the scoring at 3:36.

Matthew Carkner and Navin MacDonell engineered the winning goal.

METCALFE SPLIT

At home in Chesterville last Friday North Dundas beat the Metcalfe Jets the first time in four tries (three regular season meetings).

Scott Dellaire gave the Demons a 1-0, first-period lead scoring from Jeff West and Shawn Sears with :18 left in period one.

Metcalfe tied it up at 1:52 of period two when Gavin Munoy ruined Kevin McLeod's shutout scoring from Greg Jamieson.

Wesley Ross snapped the tie when he scored the winning goal with 6:56 left in the game. Navin MacDonell and Robbie Graham helped out on the winner.

Saturday in Metcalfe coach MacDonell inserted three senior novice players into the lineup to give his team nine skaters.

He figured his squad tired against the hard- skating Jets and wound up losing the rematch 4-1.

Justin Gravelle scored North Dundas' lone goal on a pass from Wes Ross with 5:35 left in the game.

Gavin Mundy paced Metcalfe to the win scoring twice. Craig Stanley and Bryan Jones netted the others. Jones, Reggie Thompson and Corey Cameron picked up assists.

Atom 'C' Demons split exhibition games

WINCHESTER - The North Dundas Atom "C" No. Two Demons split a pair of exhibition games here recently.

On Saturday, March 2 the Demons held on to edge out the Kemptville squad, 3-2 after taking a 3-0 lead. Two days later, the team was beaten by their No. One counterpart in a 6-1 decision.

Morgan Dillabough and Jason Blackburn shared the scoring, with a hat-trick each, in the lop-sided win.

Dillabough was the first to score. With just 1:26 remaining before the first intermission, Darcy Roberts and Nathan Arsenault assisted to make the goal possible.

Adam Moss evened the score for the No. Two squad. He slapped in a rebound from Scott Dellaire at 8:24 of the second.

Dillabough completed her hat-trick with goals at 7:07 and 2:52. Blackburn assisted on the first while Arsenault set up her third.

No. One took a 5-1 second period lead when Blackburn hit the mesh on unassisted goals at 2:26 and with 52 seconds left.

Blackburn was the only skater to score in the last period. He took advantage of a pass from Ryan Matte with eight minutes still to play, completing the 6-1 victory.

Another win

The No. Two Demons won 3-2 over Kemptville in Atom "C" exhibition play, March 2.

The first period was scoreless, but the Demons' Jason Smith opened the scoring during the second. He completed a play that was started by Scott Dellaire and Danny Stobo at 6:36.

Wit 3:39 left in the game, Shannon Zwarts gave the Demons a 2-0 lead. Brent Sheldrick and Stobo assisted.

Adam Moss made it 3-0 in what proved to be the game winner. Stobo and Sheldrick assisted on the home-team's final goal.

Kemptville scored twice in the final 30 seconds of play, one with 21 seconds remaining, another with six seconds to make it close.

Off to the championships

CPS boys win eastern division

WINCHESTER - Chesterville Public School made a clean sweep in the 1991 Dundas County, East Division, Junior Boys' Floor Hockey tournament March 5.

The title gives CPS the opportunity to play in the championship game against the West title holder, Iroquois Public, Wednesday, March 20 in Morrisburg.

Chesterville Public won their way to the championship by perfectly completing round robin play.

Morewood Public, St. Mary's, Winchester Public and Elma Public all suffered defeat at the hands of the tourney winners.

Gerry McBain's squad accumulated all eight points that were available to them. In the four games played, they scored 25 goals and gave up 11.

Robbie Graham had a lot to do with CPS's superb showing. He managed to work in nine goals for his team.

Five goals were converted by Troy Elliott. Robert Desormeaux and Darcy Roberts each scored a hat-trick while Brian Slowey and Jason Smith made two. Andrew Douma hit the mesh once.

The second place team was also a Chesterville based squad. St. Mary's won that spot with a .500 record in the four game event.

St. Mary's had victories against WPS and Morewood, but were unable to beat CPS and Elma.

John Bradley and Douglas Ferguson each scored three times against their opponents. Adam Moss scored twice while Peter Bradley, Chris Mann and Kevin McLeod each netted a single for St. Mary's.

Tournament Scores

Winchester 5 - Elma 5, Chesterville 5 - Morewood 1, St. Mary's 4 - Winchester 3, Morewood 6 - Elma 2, Chesterville 4 - St Mary's 0, Winchester 6 - Morewood 0, Elma 8 - St Mary's 3, Chesterville 10 - Winchester 5, St. Mary's 4 - Morewood 0, Chesterville 6 - Elma 5.

Winchester girls claim title

WINCHESTER - Winchester Public School met the challenge and succeeded in the Dundas County East Division Girls' Floor Hockey tournament last Friday.

The Winchester team claimed the Dundas East title in a five-school round robin tourney winning all four games played to accumulate all of the possible eight points.

A six point total tallied by Morewood gave them the second place finish. Elma got four points, Chesterville won one game for two, but St. Mary's failed to win a point.

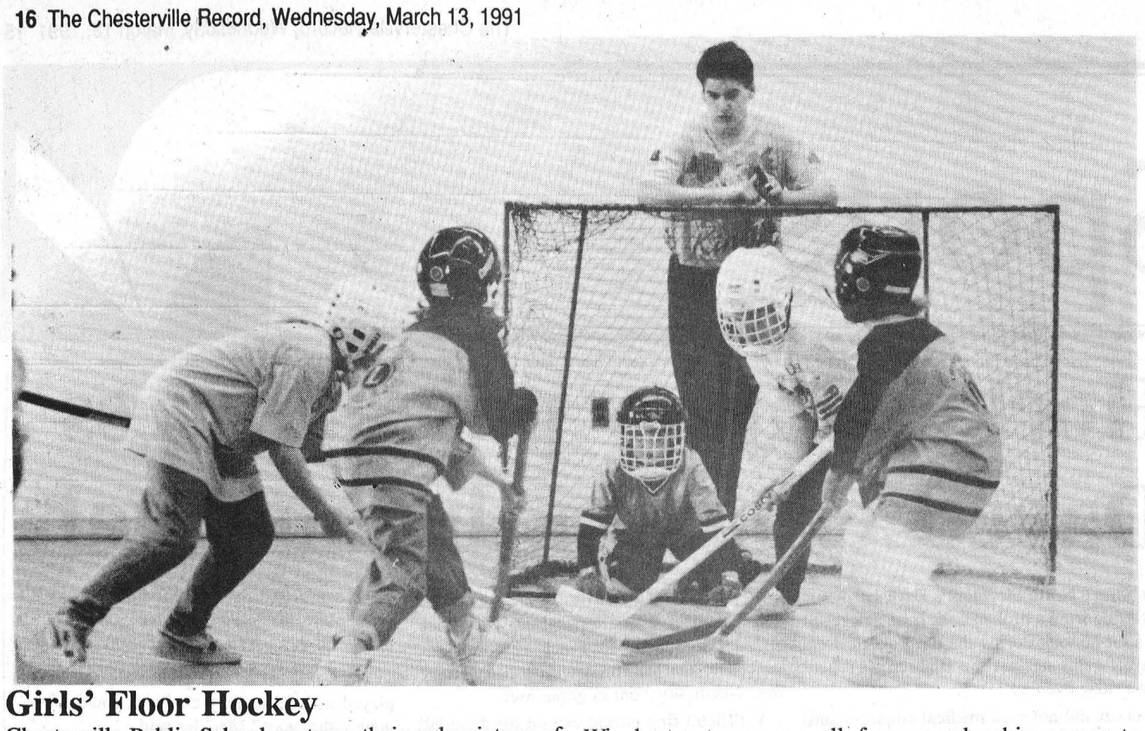
Winchester made 34 goals against their opponents while only giving up eight.

Jada McNaughton was the star of the day. She shot for an amazing 16 goals in four games.

Jennifer Davidson scored seven goals for the winning cause. Pam Dawes marked five, Dianna Dauphinee made four while Shari Boucher and Mindy Holmes scored one each.

Tounament Scores

Winchester 4 - Elma 1, Morewood 7 - Chesterville 3, Winchester 14 - St. Mary's 0, Morewood 8 - Elma 3, Chesterville 6 - St Mary's 2, Winchester 9 - Morewood 7, Elma 5 - St. Mary's 0, Winchester 7 - Chesterville 0, Morewood 8 - St. Mary's 0, Elma 2 - Chesterville 1.



Girls' Floor Hockey

Chesterville Public School captures their only victory of Dundas County Junior Girls' East Division Floor Hockey game against St. Mary's last Friday in Winchester. The Winchester team won all four round robin games to advance to the championships.

Record Photo - Boersma

Merchants lead series two games to one

FINCH - The Finch Merchants and the Avonmore Aces split a pair of games in the North Stormont Intermediate Hockey League's best-of-seven final series last week.

On Friday night the Merchants blew out the Aces, 12-4, to go ahead two-games-to-none, but the Aces came back with an 8-1 win on Sunday.

Game three proved beneficial to Avonmore. The hockey club found its first win to keep the series tight.

Francois Regnier powered the Aces to victory with a hat-trick. He needed only 2:42 to put the Aces up front with help from Mike Jodoin and Waylon Tinkess.

Phil Brown picked up a pass from Kevin Poapst and Tinkess for a goal at 9:30.

Poapst converted a passing play set up by Jodoin and Regnier to give Avonmore a 3-0 lead.

Finch finally hit the scoreboard with 5:51 left in the opening frame. Gord MacDonell netted the lone goal with Guy Ireland assisting.

The Aces added two more in period two. Poapst scored at 19:09 while Regnier connected to make it 5-1 at 3:17.

Avonmore's goaltender Blake Henderson shut-out Finch in the third period. His teammates padded their lead with another three goals.

At 14:11 Grant Simpson made good on a play set up by Veenstra and Brown.

Regnier completed his scoring game with 9:05 remaining. Brown and Tinkess assisted.

With just 54 seconds showing, Jodoin slapped in a pass from Poapst and Regnier to complete the scoring.

Game two

The Merchants overpowered the Aces in game two of the championship series on Friday winning 12-4.

Avonmore went ahead at 11:33 on a goal from Mark Leclair, but Gord MacDonell got one back for Finch at 4:28.

Phil Brown took a feed from Kevin Renwick to give the Aces the lead at 3:10. With just 18 seconds left Ed deWit scored on a pass from Bill deWit and Harold Seguin to tie the game 2-2.

During the second period Finch exploded for six goals. Terry Gove, Guy Ireland and Dwayne Spinks scored twice to give the Merchants an 8-2 lead.

Finch added to its lead in the third when Spinks scored at 13:51 with help from Gove and Harold McBride.

But 31 seconds later Poapst scored the Aces' third goal on a pass from Brent Jodoin to make it 9-3.

Ed Gove and Ireland scored one each for Finch to make it 11-3. Veenstra added another for the losing cause with 6:50 still to play.

The final goal of the game came off the stick of MacDonell. He tipped in a rebound from McBride at 2:54.

Bowling

Wednesday Afternoon Ladies - High Single, Louise Freeland 243; High Triple, Simone Lamoureux 588. **Team Standings** - Elizabeth Brooks 98; Kathy Cinnamon 96; Debbie 93; Norma Cass 61.

Les Copains - Men's High Single, Johnny Tremmaglia 330; Men's High Triple, Johnny Tremmaglia 774. Ladies' High Single, Marguerite Blanchard 170; Ladies' High Triple, Pauline Paquette 485. **Team Standings** - Marcel Paquette 89; Hubert Farley 85; Alphonse Lafrance 80; Gilles Beaudry 79; Pauline Paquette 76; Francois LeClerc 74.

Alley Burners 93; Ultimate Warriors 90; Hijackers 83; Dolly's Poptarts 81.

Matilda League - Men's High SIngle, Ray Lamoureux 242; Men's High Triple, Brian Wilson 668. Ladies' High Single, Lois Keyes 220; Ladies' High Triple, Lois Keyes and Wilda Crowder 583. **Team Standings** - Ray Dignard 64069; Lois Keyes 63175; Max Van Oers 63110; Wilda Crowder 62754; Don Fawcett 62679; Bill Le Clair 62449. Hidden Score 666 - Brian Wilson 668.

Defenders League - Men's High SIngle, Arnie Hakvoort 263; Men's High Triple, Bob Lustic 622. Ladies' High SIngle, Bertha Barkley 243; Ladies' High Triple, Edith Wood 593. **Team Standings** - Brad Leclair 87; Terry Poapst 80; Hilda Hess 80; Debbie Linton 74; Bertha Barkley 73; Oswald Linton 68.

Williamsburg Mixed - Men's High Single, Bob McLeod 239; Men's High Triple, Jim Cooper 630. Ladies' High Single, Dianne Hoogeveen 336; Ladies' High Triple, Dianne Hoogeveen 754. **Team Standings** - Hell's Angels 117; Flying Rockers 112;

Community League - Men's High Single, Jack McLaren 250; Men's High Triple, Jack McLaren 633. Ladies' High Single, Barb Kelly 244; Ladies' High Triple, Barb Kelly 667. **Team Standings** - Jack 91; Gerald 90; Joyce 83; Edythe 78; Jean 72; Pat 69.

Finch Mixed - Men's High Single, Ellwood Thompson 340; Men's High Triple, Ellwood Thompson 736. Ladies' High Single, Linda Brunet 228; Ladies' High Triple, Linda Brunet 594. **Team Standings** - Holy Rollers 961/2; Looney Tunes 92; Golden Girls 85; Deuces 831/2; Aces 80; Rowdies 68.

Berwick Thursday - Men's High Single, Dean Jackson 308; Men's High Triple, Dean Jackson 719. Ladies' High Single, Patsy Casselman 262; Ladies' High Triple, Carol Lalonde 607. **Team Standings** - Alan Chanter 107; Dennis Fife 99; David Chanter 96; Jeff Hunt 90; Andy Brunner 78; Steve Sanders 76.

Wednesday Mixed League - Men's High Single, Henry TePlate 282; Men's High Triple, Ben Bennis 654. Ladies' High Single, Donna Dusomos 211; Ladies' High Triple, Elaine TePlate 578. **Team Standings** - Mike Glaude 244; Ben Bennis 230; Gerry Desormeaux 229; Henry TePlate 211; Morris Dusomos 205; Uwe Loos 204.

Monday Night Men - High Single, Oswald Linton 308; High Triple, Oswald Linton 755; High Average, Dean McIntyre 230. **Team Standings** - Raiders 100; Stingers 96; Blue Max 79; A-Team 78; No Names 77; Seniors 74.

Riverside Rollers - Men's High Single, Bill Sobering 254; Men's High Triple, Ron Whitteker 633. Ladies' High Single, Martha McMillan 257; Ladies' High Triple, Martha McMillan 623. **Team Standings** - Bill 112; Elaine 103; Tom 88; Gary 86; Janice 80; Ginnie 79.

North Stormont Ladies - High Single, Linda Roy 271; High Triple, Linda Roy 719. **Team Standings** - Alice 100; Thelma 82; Virley 81; Beth 70; Linda 64; Shelagh 64.

Avonmore Mixed - Men's High Single, Gordon McRae 245; Men's High Triple, Gordon McRae 664. Ladies' High Single, Beulah Reilly 221; Ladies' High Triple, Mary Marjerrison 600. **Team Standings** - Mary 2891; Charlie 2873; Gordie 2861; Beulah 2832; Florence 2722; Viola 2695.

YBC Pee Wee - Boy's High Single, Chad Servage 120; Boy's High Double, Grant Middleton 197. Girls' High Single, Amanda Wheeler 110; Girls' High Double, Amanda Wheeler 191.

YBC Bantam - Boy's High Single, Eric Fisher 212; Boy's High Double, Eric Fisher 351. Girls' High Single, Shanna Steals 176; Girls' High Double, Shanna Steals 320. **Team Standings** - Micheal 1261/2; Kandi 119; Vicki 1091/2; Wendy 109; Scott 107; Ronda 881/2; Amanda 88; David 801\2.

YBC Junior - Boy's High Single, Bradley Madore 241; Boy's High Double, Bradley Madore 431. Girls' High Single, Julie Robinson 234; Girls' High Double, Julie Robinson 337. **Team Standings** - Adam 60; Carrie 58; Kevin 56; Tara 56.

YBC Senior - Boy's High Single, Craig Beckstead 202; Boy's High Double, Craig Beckstead 371. Girls' High Single, Cindy McLeod 190; Girls' High Double, Cindy McLeod 344. **Team Standings** - Craig 52; Ryan 47; Allison 38.



Treat your car to a...

Front end alignment

only $39.00 front (most cars) $59.00 four-wheel

GM PARTS

The expert choice.

Drewery
PONTIAC BUICK LTD.
774-2360 1-800-267-7608
SALES CENTRE
Hwy. 31 Bypass
SERVICE, PARTS, BODYSHOP
St. Lawrence Street,
Winchester

BUSINESS & PROFESSIONAL DIRECTORY

Irwin Supply (Cornwall) Ltd.
SHADOW VLX
HONDA
THE REASON YOU RIDE.
• Motorcycles
• ATVs
• Power Equipment
702 ROSEMOUNT AVE.
CORNWALL 933-4600

GRAPHICRAFT LTD.
• Signs
• Truck Lettering
Hwy. 43
Chesterville
(613) 448-1375
Fax (613) 448-1380

DISCOUNT CARPET SALES
938-0735
421 FOURTH ST., WEST
CORNWALL
Ont., K6J 2S7
ART BUCHANAN

Nordun Computers 448-1108
* IBM Compatible Computers
* Software
* Diskettes
* Accessories
* Photocopiers
* Facsimile Machines
39 Queen Street East Chesterville

the co-operators
Insurance/Financial Services
INSURANCE SERVICES
Lyle & Sandi Smith
SALES REPRESENTATIVES
Life — Auto — Home — Commercial — Farm
29 King St., Box 537
CHESTERVILLE KOC 1HO 448-3300

You Can Rent This Space For $10.50

MONAST BACKHOE & HAULAGE SERVICE LTD.
• Screened Top Soil & Sand
• Sandfill • Pitrun Gravel
• Granular A
Dozer • Hyhoe • Truck • Backhoe Rental
• Licenced Septic Bed Installation
448-2856 Chesterville 448-2168

CARMAN REFINISHERS
New Showroom!
FOR REFINISHED & RESTORED FURNITURE
IROQUOIS
652-2011
After Hours: 652-4282

BOX 188
CHESTERVILLE, Ont. KOC 1HO (613) 448-1260
WINSTON BALL CONSTRUCTION
RENOVATIONS • ADDITIONS • CUSTOM HOMES

ALFA-LAVAL Authorized Dealer
AL GATES
BILL SMITH
A&W DAIRY FARM SERVICES INC.
24-HOUR SERVICE
• MILKING • COOLING • FEEDING SYSTEMS
• SANITATION PRODUCTS • REFRIGERATION • BULK TANKS
• COMMERCIAL SERVICE
Winchester — 774-3772

PLANTE FARM EQPT. LTD.
• UNIVERSAL DAIRY EQUIPMENT
• HOULE BARN EQUIPMENT
• SILOS & SILO UNLOADERS
• MUELLER BULK COOLERS
• WIC FARM EQUIPMENT
• VA METAL FEEDING EQUIPMENT
Brinston — 652-2009

Hunt Insurance
BROKERS LIMITED
LOREEN HAGEY
Bus.: (613) 346-2188
Res.: (613) 534-2544
Main St., P.O. Box 177 AVONMORE Ont. K0C 1C0

B.M. GRAHAM FUELS LTD.
Distributor For Shell Oil Products
• Gasoline • Oil • Diesel Fuel • Motor Oil
• Furnace Fuel • Stove Oil
• Government Inspected Meters
• Furnace Repairs & Cleaning
Dawley Drive
Winchester — 774-2109

WedgCor Steel Building Systems
PRE-ENGINEERED ALL STEEL BUILDINGS
FOR AGRICULTURAL, COMMERCIAL, INDUSTRIAL
Distributed by:
BRUCE GRANT CONSTRUCTION LIMITED
Cornwall — (613) 938-8004

ARMSTRONG BURNER SERVICE
SERVICE & INSTALLATION
OIL — GAS — ELECTRIC FURNACES
Authorized Natural Gas Dealer for I.C.G. UTILITIES LTD.
• Parts Plan
• Sheet Metal
• 24 Hour Service
• Free Estimates
Ask for Dwaine
Winchester — 774-3522

Helmer's Service Centre
(McEwen's Gas Bar)
Class "A" Mechanic on Duty
Chesterville - 448-1495

SUMMERS INSURANCE BROKERS INC.
GENERAL INSURANCE
WINCHESTER
774-2515 or 774-2519

Free Estimates
KIM'S PAINTING & PAPERING
R.R.3 Chesterville
Kim Moran
(613) 448-3554

Atom 'A' playoff tie one game apiece

WINCHESTER - The North Dundas Atom "A" Demons rallied from a 2-0 deficit to take the second playoff game against Brockville on Friday, March 8.

The 3-2 win ties the team at one game apiece in the best-of-three series.

The Demons were shut-out in the opening frame, while giving up two goals.

After the second period, the contest was even at 2-2. Chris Mann scored the first at 3:09 off a pass from Rob Desormeaux and Craig Holmes.

Tylor Copeland evened the score for North Dundas. He completed a play that was started by Mike Casselman.

With 2:36 left in the game, Holmes scored the game winner with Mann assisting.

Morewood advances

WINCHESTER - The Morewood Vikings needed all best- of-three semifinal games to advance to the "A" Pool finals that begin this Sunday against the Voyageurs.

Last Sunday, Morewood won 5-3 over the Prescott Road Knights in the third and deciding semifinal game.

With just 2:16 remaining in the contest, the Vikings broke a three-goal tie to end the Voyageurs' playoff hopes.

The game winner was converted by Brian Thatcher, with an assist from Brian Como.

The Vikings needed only 2:20 to hit the scoreboard. Como worked alone to give the Vikings a 1-0 lead.

Como assisted on the next goal when Lou Proulx slapped one in past Prescott's goaltender Bruce Morris at 17:57.

Guy Marion gave the Vikings a 3-0 lead when he picked up a pass from Chris McKibben and Thatcher at 12:08.

Prescott cut Morewood's lead to a single with goals at 7:32 and 5:34 ending scoring in the first.

The game was notched even at 13:06 of the second. Glen Petersen netting his second goal for the Knights third.

Morewood then marked the winner and went on for an insurance goal with 36 seconds left. Gerald Eby completed scoring on a play set up by Como.

The best-of-three "A" Pool Final starts on Sunday, March 17 in Winchester.

"B" Pool

The Winchester Raiders advanced to the "B" Pool finals with a 4-1 victory over the Toyes Hill Roadrunners in the third and deciding game of the best-of-three semifinal last Sunday.

The Roadrunners will meet the Manotick Merchants.

The Merchants advanced to finals after taking the series over the Newington Knights in two.

Doug Froats took a feed from Darcy Last to score the 1-0 Winchester lead at 16:41 of the opening period.

An unassisted goal by Scott McIntosh put Winchester ahead 2-0 with 12:38 remaining.

At 6:07 the Raiders lead was cut in half when Ted Bongers converted the lone goal for the Roadrunners.

Froats scored again, after being fed a pass from Ira Gibson at 1:58.

Winchester led 3-1 going into the last half. Last added an insurance goal before the final buzzer sounded. He finished off a play that was started for him by Pete Hoover at 15:30.

Minor hockey calendar draw

Shelly Brown, Morewood, holder of calendar No. 01704, won North Dundas Minor Hockey Association's March 8 $50 prize.

Dance program completes its first season

Rosanna Boersma
Record Sports Editor

CHESTERVILLE—Some 30 local children have been literally on their toes this winter thanks to a new dance program sponsored by the Chesterville Recreation Department.

The program, which began in November, has just completed its first session with success, according to dance instructor Christine Armstrong.

"I think we had a good turnout for the first time and the kids seem to have really liked it," said the 19-year-old Brampton native.

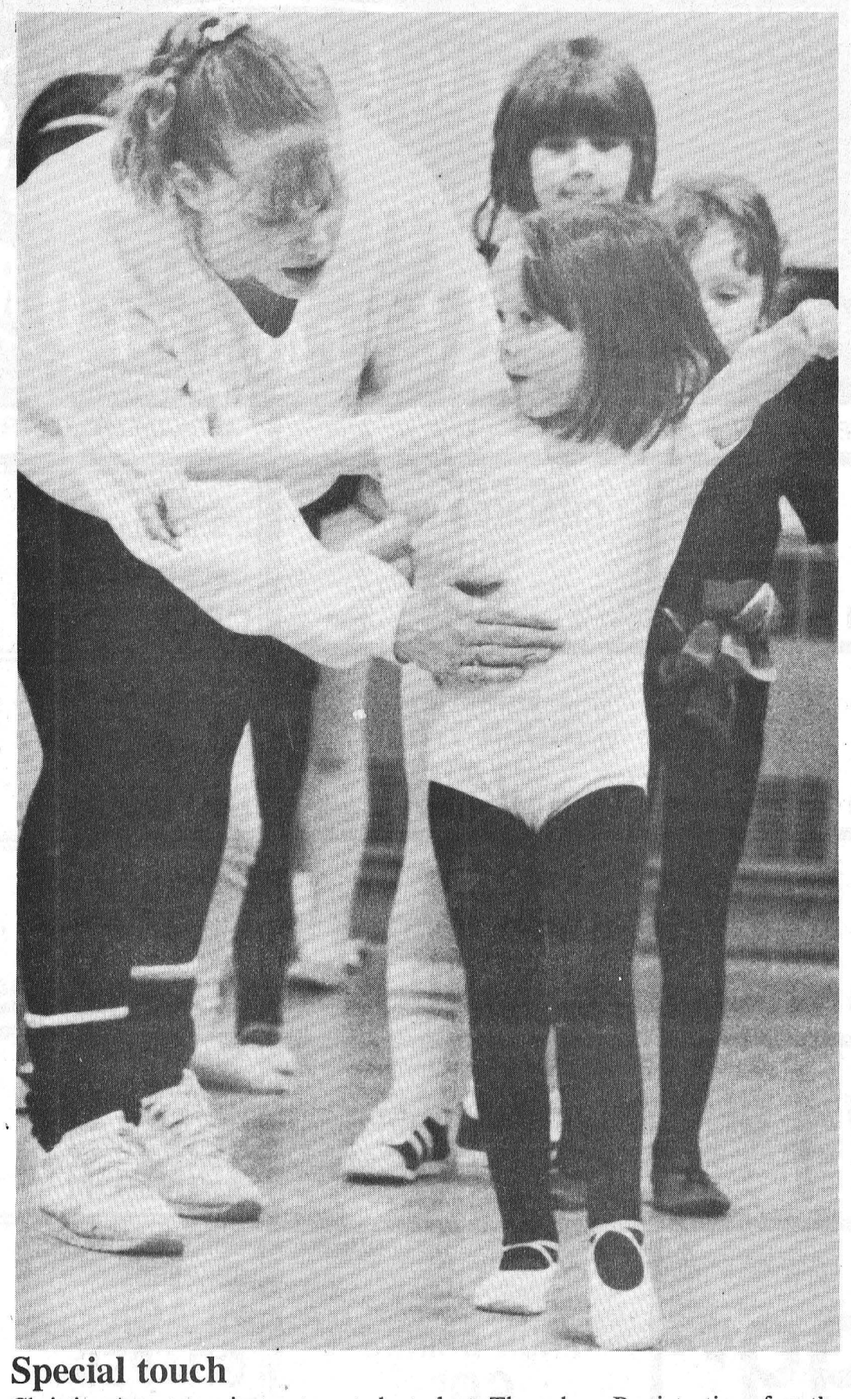
Armstrong, who came to Chesterville just last September, put her idea of teaching dance into action.

Armstrong had previously studied at the Cawthra Park School of the Arts in Mississauga, Ontario and had taught in Brampton before coming to Chesterville.

Following the first course's success, another 10-week session in ballet, jazz, and acrobatic dance will be offered Tuesday and Thursday nights.

Registration will be held March 14, from 4:30pm to 7:30pm, at the Chesterville Community Hall. The price is $30 per child.

Armstrong says she plans to offer two summer workshops with a third session starting in the Fall. "Hopefully, we'll double it (the number of students) each time," she said.



Special touch

Christine Armstrong instructs a student through a dance step during the final night of the first session of dance classes held in the Chesterville Community Hall last Thursday. Registration for the second session is on Thursday from 4:30 p.m. to 7:30 p.m. at the Community Hall. Record Photo - Boersma

CHESTERVILLE SPORTS CLUB HOCKEY DRAFT

NELSON McCORMICK is this week's winner of the Chesterville Hockey Draft. She is ranked in 9th place. Top 30 participants are as follows:

NAMES	G	A	PTS
Craig Beckstead	305	495	800
Floyd Emburg	263	522	785
Joanne Vantfoort	274	498	772
Kevin Baldwin	295	474	769
Robert Terriah	290	478	768
Will Van Bridger	273	487	760
Michael Guy	289	468	757
Muriel Milne	248	508	756
Bernard Grady	273	482	755
Bruce Henderson	291	458	749
Lee Madden	291	454	745
Rickey Alguire	290	455	745
Scot Bell	286	459	745
Nelson McCormick	306	438	744
Kevin Bell	286	458	744
Dwayne Harrison	291	451	742
Mark Reid	277	465	742
Ian Fawcett	318	422	740
Brain McLaughlin	273	463	736
Glenn Cochrane	249	485	734

Pee Wee 'A' Demons dropped

CHESTERVILLE - The Smiths Falls Bears won 7-3 in the first game of the Pee Wee "A" playoffs against the North Dundas Demons here on Tuesday, March 5.

The Demons' Geoff Hardy scored twice and assisted on another for the losing cause.

Smiths Falls led 2-0 with goals at 7:50 and 7:39 But, Hardy cut the Demons deficit to one by working alone for a goal at 4:55.

It took 53 seconds for the Bears to score its 3- 1 lead to complete scoring in the first.

After period two, the Demons were behind in an 6-1 score.

Hardy scored the home-team's second goal, unassisted at 7:57 of the third. Fourty-one seconds later Hardy and Wesley McLeod put the puck on Murray Link's stick for the Demons' last goal.

At 5:04 the Bears completed their scoring list to win 7-3.



Fitness Forum

by Jennifer Gregoire, Reg. N., N.D.

SHAKING THE SALT ISSUE

We need small amounts of salt in our diet for many important functions such as regulation of body fluids, transmission of nerve impulses, heart action and the metabolism of carbohydrate and protein. The problem is that we get too much salt and that's definitely not healthy.

It is a well-substantiated fact that high-salt diets are strongly associated with high blood pressure, hypertension, which is a major risk factor in the incidence of heart disease. Hypertension is a silent killer with no outward symptoms. Only a blood pressure test, properly interpreted, can identify the disease.

A low-salt diet is not only recommended to correct the disease, but it is the best preventive measure. We can get along quite well on about two grams of salt a day. Our actual need is probably much less, probably in the neighborhood of 250 to 500 milligrams [1/2 gram]. Most people easily consume ten times this amount.

It is interesting to observe people as they eat. Frequently they will add salt to food BEFORE even tasting it. Eliminating the salt shaker is a step in the direction of good health. We should not add salt to our food. Those who find food too bland without added salt would be wise to examine the quality and freshness of their food and evaluate preparation methods. Overcooked and overprocessed food usually loses much of its natural salt and many of its minerals, which give taste to the food.

The salt shaker is only a part of the problem. It accounts for only 25% of our total salt intake. The rest is found in the bland processed food that's loaded with added salt for taste appeal. Food processors are well aware how addicted people are to salty food, so they do not hesitate to capitalize on the habit. There is salt added to almost every food we can imagine. Added salt is found in cured meats, bread, soups, canned vegetables, tomato juice, frozen dinners, breakfast cereals, cakes and more. They even add salt to ice cream.

It is important to realize that sometimes the label doesn't say "salt". More prestigious names are used, such as sodium nitrite, a curing and preservative agent; sodium bicarbonate, a leavening agent; monosodium glutamate, a flavour enhancer; sodium benzoate, a preservative. Look for these on the list of ingredients and avoid them. The ingredients listed on the label start with the predominant ingredient and are listed in descending order of amount. If salt [or sugar, fat, etc.] is listed in the first few ingredients, you know that product has a very high concentration of that ingredient. It is not unusual to find a whole gram of salt per serving in many canned soups.

Researchers in this field often tell of two quick examples of the problem: there is a thousand times more salt in corn cereal than in corn as corn on the cob; and there is an even greater salt jump in ketchup from the field tomato. Produce such as fruits, vegetables and grains all contain sodium but in a much lower proportion than their processed look-alikes. One potato contains only 5 milligrams of salt while the processed potato chip yields 200 milligrams in only 10 chips. A cucumber yields 2 milligrams of salt in 7 slices while a single dill pickle contains 928 milligrams. As you can see, it's very difficult to avoid salt. If our diet contained only natural products and we avoided all processed foods with added salt, we would still consume an adequate amount of salt to meet our daily requirements. We MUST throw away the salt shaker and read our labels.

My Silent Achievers this week are all the Chesterville and Winchester 4-H Girls who have been studying fitness and nutrition and did so well in their workouts, finding muscles they didn't know were there.

We are so very lucky to be able to do it for ourselves.

Record Runner DISCO
• Wedding Receptions • Mixed Parties • Banquets • Sports Fundraisers
Daren Nurse Chesterville Ont.
448-3271
Book a D.J. with Experience

GARRY MURPHY SALES & SERVICE LTD.
WESTFALIA HIGH TECH DAIRY EQUIPMENT
WATER PUMPS & CONDITONERS
FEED & MANURE HANDLING EQUIP.
VENTILATION
BRINSTON - 652-4802

NEIL FLEGG CARTAGE
SAND • GRAVEL • TOP SOIL
TRUCK & BACKHOE RENTALS
LICENCED SEPTIC BED INSTALLATIONS
NEWINGTON — 984-2513

Gordon Ross
Auction Sale & Appraisal Service
• Farm • Household • Estate
ANY TYPE OF SALE
"30 Years Continuous Service"
Ingleside – 537-2289

Losey's HAULAGE
EQUIPMENT RENTALS
SAND • GRAVEL • FILL • TOPSOIL
SEPTIC BED INSTALLATION & REPAIRS
LUNENBURG
534-2404 / 346-2066

WELL DRILLING
Donald Gauthier
Box 143
CRYSLER - 987-2973

MARY A. HUME — 346-5606
Agent
The Prudential
• LIFE • GROUP • HEALTH
• FINANCIAL SERVICES
113 Second St. East
CORNWALL, Ont. K6H 1Y5 613-932-7801

SPORTS CALENDAR

WINCHESTER BROOMBALL LEAGUE
Sunday, Mar. 24
"A" Final Series
Morewood vs Voyageurs
"B" FinalSeries
Winchester vs Manotick

NORTH STORMONT INTERMEDIATE MEN'S HOCKEY
Best of Seven Final Series
Friday, March 15
Finchvs Avonmore
Sunday, March 17
Finch vs Avonmore

CHESTERVILLE MEN'S TOWN HOCKEY LEAGUE
Wed., March 13
White vs Green



ROGER SALMON MASONRY CONTRACTOR
BLOCKS • STONE • BRICK • CEMENT WORK
TOPSOIL • SAND • GRAVEL
Backhoe; Bulldozer; Dump Trucks
LICENCED SEPTIC SYSTEM INSTALLATION
R.R.1 CHESTERVILLE 448-3683

D's DENNIS CARKNER (Proprietor)
COLLISION CENTER
UNIBODY REPAIR EQUIPMENT
EUROPEAN PAINT FINISH
Res.: (613) 448-2688
Bus.: (613) 774-2733
P.O. BOX 948, DAWLEY DR.
Just off Hwy. 31 43 By Pass
WINCHESTER, Ont. K0C 2K0

FRANK P. JOHNSON CONTRACTING
Additions • Renovations
Carpentry • Painting • Etc.
Qualtiy Workmanship
FREE ESTIMATES
448-1372 after 6

RIVERSIDE CARPENTRY
Hubert Casselman
Renovation Specialists
984-2553 984-2803

Needle Magic Dealer
Turner's Craft Supplies
• Needlepoint
• Embroidery Floss
• Punch Needle
Chesterville — 448-3823

Tro pro TROPHIES & AWARDS
For All Occasions
• Free Computerized Engraving
• Engravable Gifts • Plastic Signs
• Name Tags • Fax Service
774-3573
504 ST. LAWRENCE ST., WINCHESTER

FINCH PIZZERIA
Specializing in Italian Foods
Pizza • Subs • Canadian Food
Fully Licensed
984-2605 Finch 984-2968

CHESTERVILLE BOWLING LANES
PUBLIC BOWLING
SATURDAY AFTERNOON
SATURDAY EVENING
SUNDAY AFTERNOON
448-3535

BOYD CHRYSLER
SERVING EASTERN ONTARIO SINCE 1936
BODY & PAINT
WINCHESTER
774-2520
CUSTOMER CARE You can depend on it!

Nestlé
DIVISION OF
NESTLE ENTERPRISES LTD.
CHESTERVILLE

DOUG MERKLEY EXCAVATING
• Licenced Septic System Installation
• Licenced to handle Non-hazardous material
• Pitrun, sand, topsoil
• Backhoe, Hyhoe
• Dump truck rental
• Dump trailer rental
• Hauling dried grain
Heavy Equipment Float Rental
Morewood - 448-3597

Compliments of:
RECREATION DEPARTMENT
VILLAGE OF CHESTERVILLE

MIKE DEAN'S SUPERFOODSTORE

19 KING ST. CHESTERVILLE

OPEN MON. - FRI.
8 AM - 9 PM
SAT. 8 AM - 6 PM

DIRECT WAREHOUSE PRICES EVERY DAY OF EVERY WEEK

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

PRICES IN EFFECT UNTIL CLOSING TUES., MAR. 19, 1991

TIDE LAUNDRY DETERGENT

4 OR 5 LITRE BOX REGULAR, FREE, BLEACH **2.99***

10 LITRE BOX REGULAR, FREE **5.98***

FRESH PORK PICNIC SHOULDER ROAST

99¢ LB **2.18** KG

EVERY DAY OF EVERY WEEK - DIRECT WAREHOUSE PRICES ON HUNDREDS OF ITEMS

DEMPSTERS PKG OF 6 CHOCOLATE, HONEY, CRULLER, JAM, LEMON DONUTS **1.39**

ROBIN HOOD 2.5 KG BAG WHITE ENRICHED FLOUR **2.99**

HERSHEY 300 G BAG CHOCOLATE CHIPS **1.99**

CAMPBELL'S 10 OZ TIN TOMATO SOUP **3/1.00**

PRIMO 900 G PKG SPAGHETTI SPAGHETTINI MACARONI **99¢**

PHOTO DEVELOPING MARCH SPECIAL
SECOND SET OF PRINTS
"FREE"

GOLD SEAL 184 G TIN CHUNK LIGHT FLAKED LIGHT TUNA **1.39**

"NEW" DELMONTE TETRA PACK JUICES
11 ASSORTED FLAVOURS
3 X 250 ML **1.39**
1 LITRE **99¢**

WHITE SWAN 8 ROLL PKG BATHROOM TISSUE **2.99***

THRIFT FOIL WRAP
12"X 25' **1.19***
18"X 25' **2.29***

CREST 100 ML PUMP 6 ASSORTED FLAVOURS TOOTHPASTE **2.29***

SUNLIGHT 1 LITRE LIQUID DISH DETERGENT **2.19***

BOUNCE OR DOWNY PKG OF 32 OR 35 ASSORTED SHEETS FABRIC SOFTENER **3.49***

DOWNY 1.5 LITRE BONUS PACK LIQUID FABRIC SOFTENER **2.39***

BETTY 675 G LOAF CRACKED WHEAT BREAD **89¢**

BEEHIVE 1 LITRE CORN SYRUP **2.89**

HERSHEY 300 G PURE COCOA **1.99**

CAMPBELL'S 19 OZ TINS ASSORTED FLAVOURS CHUNKY SOUPS **1.99**

SUNSPOT 3 X 250 ML ASSORTED FLAVOURS FRUIT DRINKS **69¢**

HUMPTY DUMPTY 200 G BAG ASSORTED FLAVOURS POTATO CHIPS **1.49***

GOLD SEAL 220 G TIN SOCKEYE SALMON **2.49**

AYLMER 1 LITRE SQUEEZE TOMATO KETCHUP **1.99**

WHITE SWAN 2 ROLL PKG PAPER TOWELS **89¢***

DOW 15 M ROLL SARAN WRAP **1.99***

IVORY PKG OF 3 PERSONAL SIZE BEAUTY BAR **99¢***

LESTOIL 800 ML LIQUID CLEANER **2.89***

ALL 1.8 KG BONUS BOX AUTOMATIC POWDER DISH DETERGENT **3.99***

IVORY 6 LITRE BOX IVORY SNOW POWDER DETERGENT **5.99***

ATTRACTIVE PRODUCE FROM THE GARDENS OF THE WORLD

U.S. EXTRA PASCAL CELERY **69¢**

U.S.A. CRISP ROMAINE LETTUCE **69¢**

CANADA #1 SEEDLESS ENGLISH CUCUMBERS **1.19**

CANADA 10 OZ PKG LEAF SPINACH **89¢**

CHILE #1 GRADE SEEDLESS BLACK GRAPES 2.18 KG **99¢** LB

U.S.A. #1 PINT BOX FRESH STRAWBERRIES **1.39**

CHILE #1 GRADE FRESH PEACHES 2.18 KG **99¢** LB

CANADA #1 PRINCE EDWARD ISLAND POTATOES **4.99**

A HUGE VARIETY OF FRESH BAKERY PRODUCTS

DEMPSTERS 450 G PKG WHITE OR DARK DIET BREAD **1.19**

DEMPSTERS PKG OF 6 BAGELS **1.09**

BETTY 450 G LOAF RAISIN BREAD **1.39**

BETTY 450 G LOAF FIBRO BREAD **1.09**

BETTY 675 G LOAF SLICED CRUSTY BREAD **1.19**

"VACHON" PKG OF 6 6 VARIETIES PUFF OF FRUIT **2.29**

A GOOD VARIETY OF YOUR FAVOURITE DAIRY PRODUCTS

BEATRICE 4 LITRE BAG 2% FRESH MILK **2.99**

BREADMATE 2 LB BOWL SOFT MARGARINE **1.89**

CANADA GRADE "A" LARGE EGGS **1.09** DOZ

BEATRICE 500 G TUB ASSORTED FLAVOURS FRUIT BOTTOM YOGURT **1.39**

ALL THIS WEEK - FRESH PORK SALE

SHOULDER OR BUTT FRESH PORK CHOPS 3.71 KG **1.59** LB

MEATY FRESH PORK HOCKS 1.52 KG **69¢** LB

MEATY FRESH PORK RIBLETS 1.52 KG **69¢** LB

SHOULDER OR BUTT BONELESS, FRESH PORK ROASTS 4.39 KG **1.99** LB

SMOKED SLICED HOTEL STYLE BREAKFAST BACON 4.39 KG **1.99** LB
11 LB BOX - $20.00

BURNS #1 BULK HOT DOG WIENERS **9.99**
11 LB BOX

WITH THIS COUPON
MAPLE LEAF CORNED BEEF BRISKET 8.58 KG **3.89** LB
WE SUPPLY THE CABBAGE
A TRADITIONAL ST. PATRICK'S DAY MEAL

"CATCH OF THE WEEK"
FLASH FROZEN, WHOLE RAINBOW TROUT 8.58 KG **3.89** LB

"PIZZA OF THE WEEK"
12" WITH BACON BITS COMBINATION **4.89**

THE BUTCHER'S FRESH SLICED DELI MEATS & CHEESE

BURNS SLICED "NEW" PORK & BACON LOAF 6.59 KG **2.99** LB

SIMON DE GROOT SLICED TURKEY BREAST 13.21 KG **5.99** LB

MAPLE LEAF SLICED WAXED BOLOGNA 6.59 KG **2.99** LB

SHOPSY'S SLICED EYE OF ROUND PASTRAMI 8.80 KG **3.99** LB

MARY MILES SLICED OR SHAVED COOKED HAM 5.93 KG **2.69** LB

SCHNEIDERS SLICED REGULAR OR GARLIC ROAST PORK LOIN 13.21 KG **5.99** LB

MAPLE LEAF SLICED COUNTRY KITCHEN HAM 11.00 KG **4.99** LB

BURNS PEROGIES POTATO & CHEESE 4.39 KG **1.99** LB

DUTCH CHEESE MILD GOUDA 10.56 KG **4.79** LB

A WIDE VARIETY OF YOUR FAVOURITE FROZEN FOODS

BEATRICE 2 LITRE ASSORTED FLAVOURS VERY SPECIAL ICE CREAM **3.99**

WELCH'S 341 ML GRAPE JUICE **1.39**

MOTTS 341 ML APPLE, ORANGE, PINEAPPLE JUICE **1.39**

BEATRICE PKG OF 24 GOOD HUMOUR POPSICLES **3.69**