The Chesterville Record

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Newsbriefs

Driver charged

CHESTERVILLE—A Chesterville man was charged with failing to yield at a stop sign after a collision at Queen Street and Hwy. 43 in Chesterville April 15 at about 5:15 p.m. William Faubert, 20, was charged after his car was struck by a 1987 Ford pickup truck operated by James Walker, 40, of Lakefield Ont., who was westbound on Hwy. 43, according to Winchester OPP Sgt. Jim Irvine. Faubert received minor injuries as a result of the collision.

Claims limits raised

TORONTO—The Small Claims Court jurisdictions will rise to $3,000 across the province, Attorney General Howard Hampton announced this week. Starting July 1, residents will be able to sue for claims of up to $3,000 in Small Claims Court to bring the rest of the province in line with Toronto, which had its claims increased to $3,000 in 1980 as part of a pilot project. Starting April 1, 1993, all Ontario residents will be able to sue for up to $6,000 in Small Claims Court.

Tree planting

BERWICK—As part of their tree planting program, the South Nation River Conservation Authority will be planting 10,000 trees along the stream bank of the river in the Winchester area. Ontario Hydro has donated $5,000 to pay for the trees, the cost of planting and the cost of maintenance after planting. The planting will be done to celebrate the national "Arbor Week," from April 24 to May 1.

Merchants meeting

CHESTERVILLE—The Chesterville Merchants Association will meet tonight (Wed. April 22) at the Nelson LaPrade Centre at 7:30. Plans for a sidewalk sale and gas coupons will be discussed. The public is welcome to attend.

$1,500 grant

MORRISBURG—Environment Canada has awarded the Dundas Environmental Awareness Group a $1,500 grant to produce an environmental resource kit for teachers and community group leaders in Dundas County. The South Nation River Conservation Authority and the Winchester office of the Ontario Ministry of Agriculture and Food will also help produce the kit. The DEAG hopes to have the kit ready by Canada Environmental Week — June 1-7.

Bereaved families

CORNWALL—The Cornwall chapter of Bereaved Families of Ontario will hold its monthly support and share night May 14 in the library of Cornwall Collegiate and Vocational School. The theme is "What helps, what hurts." The meeting is open to anyone who has lost a loved one through death. Requests are now being taken for people who want to participate in closed support groups in the fall. For more information, call 936-1455.

Schizophrenia drug

TORONTO—Clozapine, a drug for treating schizophrenia, is to be provided to some Ontario patients, Health Minister Frances Lankin announced recently. The drug is intended for patients who cannot tolerate or are not helped by other drug treatments for schizophrenia. The cost of clozapine is about $5,000 a year per patient, on average. Patients who respond to clozapine may spend little or no time in hospital once stabalized on the drug. However, they must have their blood tested once a week. Studies have shown that up to two per cent of patients may develop bone marrow disease, which can be fatal if not detected immediately. The distribution program for clozapine will be directed by regional co-ordinators appointed from the staff of provincial psychiatric hospitals, and between 300 and 500 patients in Ontario could be using the drug by next year.

Drama readings

OTTAWA—As part of the Ottawa Valley Book Festival, the Great Canadian Theatre Company will present readings by Canadian playwrights at the Rideau Centre in Ottawa from April 29 to May 2. The event will be divided into one-hour readings of scenes from Candian plays, including *Lucien* by Marshall Button.

Guildcrest: one year later



A Guildcrest Homes employee fits a house with siding in the company's Morewood factory

Home builders beating the recessionary odds

Elizabeth Moreau
Record News Editor

MOREWOOD—In a troubled local economy, Guildcrest Homes is a rare success story.

From the posh, spacious, administrative offices to the clean factory floor where employees work in teams and pay close attention to quality control checklists, things are running according to plan.

The modular-home company, which rose from the ashes of the bankrupt Morewood Industries last year, expects to turn a profit in only its second year of operation.

"I'll be very disappointed if we don't," says company president David Poupore.

Poupore, a former employee of Morewood Industries, proposed a bailout package for the company in 1990 with five other management-level collegues.

An agreement with the Eastern Ontario Development Corporation and the Bank of Commerce for a $2-million loan guarantee allowed the company to get off the ground.

And although Poupore says talk of Morewood Industries now is "ancient history," he acknowledges that it was the bankruptcy and the downturn in the housing market that eventually led to the birth of Guildcrest.

"If times were good we'd have never had an opportunity to buy this place," he says. "It really is a once-in-a-lifetime opportunity."

During its first year, Guildcrest met or exceeded all of its goals, including selling 72 housing units and connecting with more than 20 distributors in central and eastern Ontario, who buy homes from Guildcrest and retail them.

"From a bottom line standpoint, we did better than anyone expected," Poupore says.

Already this year, Guildcrest has sold 14 homes from its Morewood office alone, and its 1992 target is 125 sales. Poupore says low interest rates and more affordable housing prices will help Guildcrest meet these goals.

He says although local unemployment rates are hovering around 10 per cent, "there is life in the marketplace.

"A lot of people are just tired of bad times and saying let's get on with our lives. That's what you need."

Terry O'Reilly, director of economic development for SD&G, says Guildcrest's management team turned the company around.

"It's not that housing took enormous jumps forward," he said. "When you consider that even with the best of intentions, circumstances limit what you can do."

One thing management has done is try to involve its employees in the day-to-day operations of the company. The factory employees work in teams under one plant manager, and each team runs its own supply and tool budgets.

"They have a lot of input into how the organization is run," Poupore says. "I think people appreciate that, and they respond to that."

The company also introduced a production incentive plan on the factory floor, where employees receive cash payments for exceeding their weekly targets.

Poupore says there's a sense of commitment among Guildcrest's 70 employees, nearly all of whom were former employees of Morewood Industries.

"Almost everybody here lived though bankruptcy, and came very, very close to losing their jobs," he explains.

And Poupore says a superior product will ultimately make the company successful. He hails the benefits of modular homes, including greater design flexibility for home buyers, affordability, technologically sound materials and production techniques, and energy efficiency.

Guildcrest has about 30 standard home plans, from about 900 to 2,800 square feet, which range in price from about $65,000 to $169,000.

Easter celebration marks new start for Moose Creek church members

Elizabeth Moreau
Record News Editor

MOOSE CREEK—It seemed fitting that the opening of the new Knox Presbyterian Church should be celebrated on Easter Sunday.

Through the dedication of its parishoners, the church rose from the ashes of its predecessor, which burned to the ground in November 1990. The cause of the fire was never determined.

And although the members of the church have been worshipping in the new church since January, Rev. Garry van Bruchem said Easter had a special meaning for the congregation this year.

"The symbol of Easter lent itself quite naturally to (the new church) — the symbol of new life, of resurrection from the dead," he said. "In some ways, the congregation almost died."

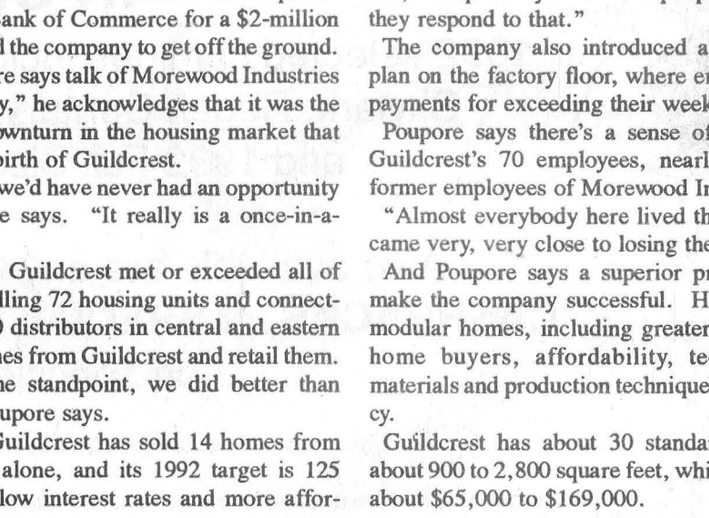
About 250 people toured the new church at an open house Saturday, and Sunday's services were attended by a packed house.

The 90-member Knox congregation was joined by members from nearby parishes and officials from the Presbytry of Glengarry.

Van Bruchem said the new building, which cost $488,000, was built "with the future in mind."

Whereas the former church, 90 years old when it burned, didn't even have running water, the new building has a large basement and activity hall, kitchen, two handicapped-accessible washrooms, and classrooms.

Van Bruchem said it also meets all government standards for day care and nursery schools so it may offer those services in the future if needed.



Knox Presbyterian Church cost $488,000 to rebuild

"We're thinking that Moose Creek will probably expand in the near future," he said.

While some of the cost of the new building came through loans and insurance, the members of the church raised much of the money. Donations were also raised through Presbyterian churches across Canada.

Although the former church could accommodate about 300 people, the new sanctuary seats about 120. Van Bruchem said this literally brings people closer together.

And he said helping rebuild their building created a spirit among the church members.

"Working together on the building has really helped the congregation pull together."

While the church was being built, the congregation held services in the Moose Creek Community Hall, and was later invited to have services with Moose Creek's United church.

Elma man faces four charges after stand-off

Greg Hewitt
Record Staff

MORRISBURG—An Elma man will appear in provincial court in Morrisburg April 28 to face three charges in connection with a tense 12-hour stand-off with police last Tuesday.

Dalton Barkley, 49, is charged with possession of a firearm dangerous to the public, pointing a firearm and unsafe storage of a firearm.

A charge of failing to stop for police after they noticed his vehicle driving erratically early Tuesday, which eventually led to the stand-off, will be heard separately because it is a traffic violation.

Barkley appeared in court yesterday, and his case was adjourned until next week. He will remain in custody in the Cornwall Jail, where he has been since he was first taken into custody last Tuesday.

Barkley was taken into custody and charged last Tuesday after allegedly firing rounds of ammunition from his porch and "screaming irrationally" while police observed from nearby vantage points.

Throughout the day, loud gunshots from Barkley's residence could be heard every ten or fifteen minutes.

Morrisburg and Long Sault OPP closed County Road 7 between Marcellus Road and Highway 31 for the duration of the drama.

Barkley, who was alone in the house at the time of the incident, was reported to have had a number of high-powered rifles with scopes and a crossbow.

Police negotiated with Barkley by telephone throughout the day and he surrendered to police at 5 p.m., 12 hours after the incident began.

Twelve OPP tactical squad members were brought in from Belleville and London but were not needed.

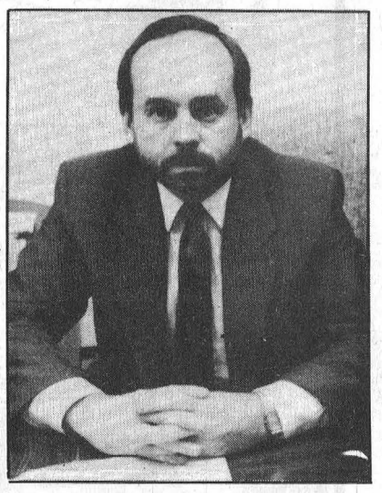
OPP public information co-ordinator Sgt. Al Crocker said police were successful in achieving their goal of ending the stand-off without injuries or damage.

Firm researches money matters around the globe

Greg Hewitt
Record Staff

CHESTERVILLE—From his modest Industrial Drive office in Chesterville, Brian Sargent plays the role of international investigator.

A former RCMP officer turned 'corporate sleuth,' Sargent has headed the Chesterville branch of IFR, the International Financial Research company, since November.



Brian Sargent

It's not quite cloak and dagger, but it involves investigating money laundering operations, fruadulent investments, bad business deals and tracing money, for court purposes.

The firm was involved in tracking down the money left by the deposed Ceacescu family in Romania.

"When most people hear the word forensic, they think of Quincy, who was a forensic pathologist. He did autopsies for court purposes. We do forensic accounting for court purposes," he explains.

Sargent said, for example, that if a Canadian company was putting together a financial deal involving investors from the Orient, they might hire IFR to check the Oriental partners' credibility.

"Sometimes we have found that in our opinion, it would be in the company's best interest not to go ahead," he says.

The firm gathers vital information through computer accessible systems, reports and telephone calls.

Sargent travels regularly across Canada.

A year and a half ago, Sargent investigated a group from Britain who were alleged to have fraudulently obtained $300,000 from companies through phoney investments.

Sargent traced the assets on behalf of the companies.

"If a company has lost a big amount of money, they might want to hire a company like us," Sargent says.

Please see FIRM on page 2

Firm investigates money matters

Continued from page 1

The firm has also investigated cases in the Middle East, Hong Kong and Australia. "And mostly out of this little office," Sargent notes.

And he says his 15 years as an RCMP officer in Vancouver was perfect training for what he does now.

"It's the investigative mind moving into a private role," he says.

But between the big cases and the traveling, there is the paperwork and research.

"It's just like any other job. There are very interesting times and there are routine times," Sargent says.

He says Chesterville is an ideal location for the business because of its proximity to Ottawa and Montreal.

IFR is based in Toronto, and is in the process of opening an Ottawa office. Montreal and Vancouver branches are also being considered.

Sargent says the 70-hour weeks he puts in are demanding, but adds he wouldn't be doing it if he didn't enjoy it.

"It's like police work. It's hard, but you get used to it."

When asked what she does in a basic day, IFR Chesterville director of operations Judi Simes says she hasn't had a basic day yet.

"Each day is different in a unique way," she says.

Simes says she does everything from accessing information through computer systems to research, report analyses, and co-ordinating operations with other offices.

"It has to be one of the most challenging and stimulating jobs I've ever had. It keeps me on my toes, and I'm constantly discovering things I didn't know," she says.

Simes, originally from northern Manitoba, has been in Chesterville for three years.

"It very quickly felt like home," she says.



Pork lift

Sara Gray was one of a dozen Chesterville Public School junior kindergarten kids who visited the Hog Haven hog farm on Goldfield road Thursday afternoon. The children quickly learned that two-week-old piglets squeal very loudly when picked up.

Record Photo - Hewitt

Dundas County raises $32,000 for Heart and Stroke Foundation

Michelle Valiquet
Special to The Record

WILLIAMSBURG—With more than $32,100 raised in its annual drive, the Dundas Chapter of the Heart and Stroke Foundation of Ontario had reason to celebrate recently.

And celebrate it did with a volunteer appreciatition night last Monday at the Seniors' Support Centre in Williamsburg.

"The purpose of the meeting is to show our appreciation to all you people who do the work canvassing for Heart and Stroke in Dundas County," said Earl Baker, chapter president, as the evening began.

Volunteers received pins in recognition for their service to the foundation and were entertained by a guest speaker, Ian MacLaughlin, and cooking demonstrations from the Heart Smart Cookbook.

But the highlight of the evening was hearing the results of the successful door-to-door campaign, which beat last year's fund raising by more than $2,500 and will help the chapter to meet its fundraising goals.

The "Person-to-Person" campaign was divided into two areas by canvassers - South Dundas, encompassing Matilda and Williamsburg Townships and North Dundas, covering Winchester and Mountain Townships.

South Dundas raised $17,064.10, up from the previous year's amount by $2,937.92. North Dundas raised $15,044.36 up from the 1991 campaign by $631.86.

The door-to-door campaign is responsible for raising $5 million across the province for the foundation. The organization also raises money through its Jump Rope for Heart, Dance for Heart, direct mail campaign, planned giving, memorial donations and other special events.

The money will go towards funding the more than $13.4 million in research grants the foundation has awarded in 1991-92. The funding is divided between three basic areas: 20 per cent goes towards studying cholesterol and the effects it has on the heart, stress, and exercise as it relates to heart disease; 30 per cent goes towards studying stroke rehabilitation, sudden death programs and surgical procedures; and 50 per cent goes into basic research such as the aspirin program and "clot buster" programs.

The majority of dollars collected by Heart and Stroke, 67 per cent of funds, goes into research, 14 per cent goes to fundraising, 10 per cent to education programs and 9 per cent to administration.

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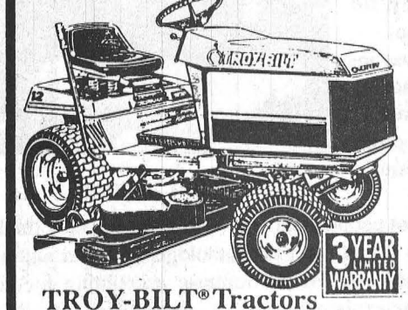

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Board chairman Cindy Martin-Hyrcak (left) presents Linda Porteous with Award of Excellence

SD&G Public School Board honors Winchester Twp. woman

Elizabeth Moreau
Record News Editor

CORNWALL—A Winchester Township woman was honored last week by the Stormont, Dundas and Glengarry Public School Board for her work with children at Morewood Public School.

Linda Porteous said she thought she was being given a certificate for her work with the Dundas County Agriculture in the Classroom (AITC) program. Instead, she received an Award of Excellence.

School board director of education Jim Dilamarter said the award recognizes contributions "above and beyond the call of duty to the kids in SD&G."

"I know there's only room for one name on here," Porteous said after receiving her award. "But you don't do it alone."

Porteous became involved with the Morewood Public School committee when the eldest of her three sons started there eight years ago.

She served as chairperson for two years, and co-ordinated many fund-raising campaigns.

Porteous, who was raised on a dairy farm near Hallville and now operates a dairy farm with her husband Wilmer, also brought agriculture-related activities to Morewood.

She spearheaded a program called farmer friend, which paired each grade with a local specialty farmer. The grade 6 class, for example, was paired with the Porteous dairy farm.

She said she wanted the kids to gain an appreciation of where their food comes from.

"I realized that we weren't getting to the consumer, so if we could get to tomorrow's consumer, that might be the way," she said.

She said even kids in rural areas need to learn more about agriculture as farming becomes more specialized.

In the program, the farmers visited the kids at school and the children toured the farms.

Morewood Public School principal Bob Gilroy said the kids became "experts" about their particular farm.

"Even though we still call ourselves a rural community, there are very few farmers left," he said.

Porteous says she hopes the AITC programs can enhance classes in the school curriculum.

"We don't want to take tha place of something," she said. "We want to work with it."

Gilroy said Porteous is "a valuable parent. The school depends on them."

Porteous helped organize a farm fair with the AITC committee for grade 4 students in Dundas County held at the Winchester Arena on April 22.



Sweet sale

Chesterville resident Marie-Claire Patenaude buys some sweets from Cub Greg Dillabough. The Chesterville Scouting bake sale was held Friday to raise money to help send local kids to the Canadian Jamboree in Alberta this summer.

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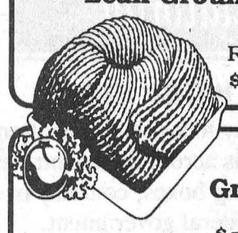

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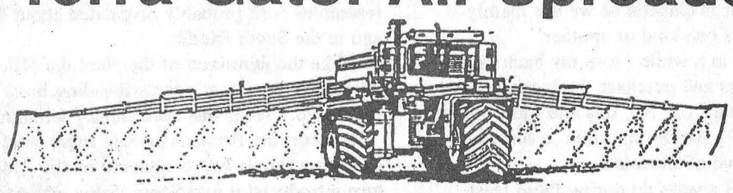

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EDITORIAL & OPINION

Editorial

Waste more, want more

In honor of Earth Day today, millions of environmentally-conscious Canadians across the country can add a morsel to their recycling boxes, courtesy of the environmentally-unfriendly federal government.

On the heels of a tight-fisted budget which featured the end of universal family-allowance payments, the feds have spent thousands of dollars to change the design on government cheques, then more dollars to tell us such.

Anyone who has received a federal cheque recently, including GST refund cheques, will no doubt have noticed the information slip in the envelopes, proclaiming this bright new design to mark Canada's 125th birthday. So?

At this point, it is unlikely any that Canadians would care if the cheques were printed on Kleenex, as long as they could be cashed.

The Department of Supply and Services spent $45,000 to hire a contractor to design the new cheques, wasted money on 33 million of the old-style cheques which are left over and will have to be destroyed, and who knows how much money to print these useless information slips.

The waste extends beyond money to the actual paper, which will go directly from the envelope to the garbage can (or recycling box, of course).

And we're supposed to believe that they're cutting back.

Anyone receiving a government cheque like welfare or unemployment insurance probably doesn't have much affection for our Ottawa friends. If you're out of work, the last thing you want to see is the higher-ups wasting more money.

And the GST cheque is only a bad reminder of the last tax straw.

What, precisely, are these information slips (i.e. junk mail) supposed to accomplish? Couldn't the federal government figure out that we would notice the lovely new design and probably not care about it anyway?

The more the federal government keeps wasting money while people are out of work and hungry, the harder it becomes to take them seriously when they assure us they'll find a way to pull us out of this recession.

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Letters

Democracy lost

To the Editor:

It scares me, a Canadian, to read that Brian Mulroney is going to "lead the fight for Canada" and that he will ask for assistance from the leaders of the other two traditional parties.

These are the same people who must take the blame for the state we are in today. They led us into the desert and left us there battered and confused, while claiming to be taking us to the 'promised land'.

Mulroney formed a coalition with the Quebec separatists and led us to today's constitutional 'crisis'. That has left our national identity bruised, and us abused. He is about to embark on the greatest manipulation of Canadians with his claims of leading the fight to rectify a situation he, assisted by the other parties, created.

This is what they have done to Canada.

In addition, all three parties have led us away from democracy and left us behind a curtain of elitism that separates us from our elected representatives. We are now ruled by a parliamentary dictatorship that treats us with condescension and contempt.

They have done this to us - to Canadians.

But there is an alternative.

There is a vision (shared by many ordinary Canadians) of a new Canada in which all its provinces and citizens are treated equally, with no special status for any province or group of citizens - a Canada where the power of the heavily populated provinces would be balanced by an effective, elected, and equal Senate. Constitutional change would be proposed by a constitutional assembly of the people and approved article by article in a national referendum.

There are proposals for political reform that would put the government of Canada back into the hands of the people, and make representatives accountable to the people who elected them. The recall of MPs, freer votes in the House of Commons, and citizen's initiative are mechanisms that could achieve this type of reform.

This is what the Reform party offers to do for Canada.

Canadians should compare this with what the other parties have done to Canada. Give blame where blame is due and decide whose vision will lead to that New Canada where unity and constitutional peace prevail.

Yours truly,
Richard Mitchell,
President, Reform Party of Canada,
Stormont-Dundas Constituency Association

From Chesterville's Past

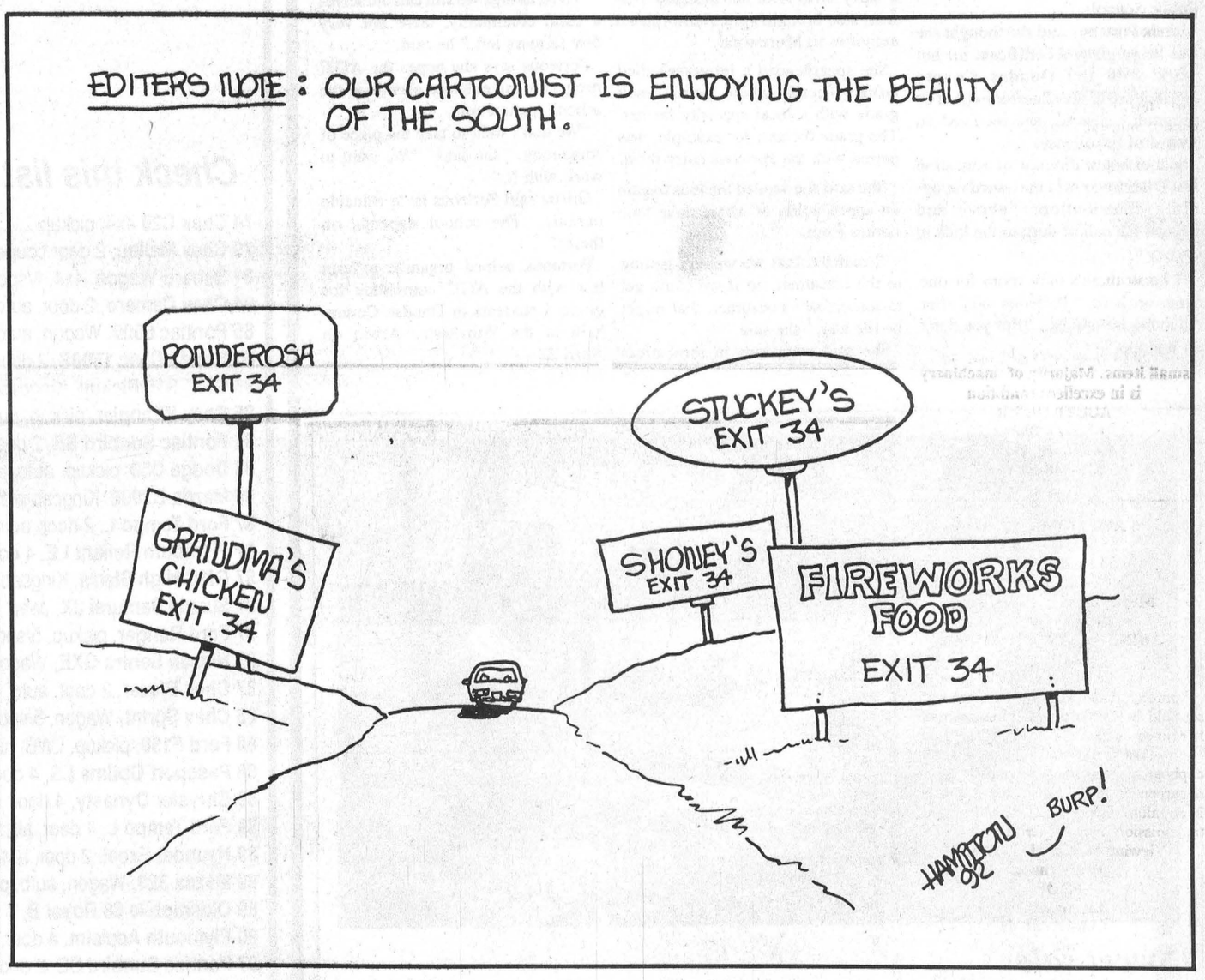
April 18, 1929

During the past week the weather has been anything but spring-like, with snow, rain and much high wind, with the early seeding that was expected to follow the early disappearance of snow not now probable. The roads of the district are reported in worse shape than for many seasons following the break-up.

Saturday evening about eight thirty, Mrs. Frank Hutt, of Morrisburg, was killed on the Provincial Highway at about the eastern limits of Morrisburg when struck by an automobile as she was proceeding with her husband and daughter a short distance away. The Hutts were walking east on the highway during a snowstorm when they were passed by a car going in the same direction but did not notice in time a car coming from the opposite way which struck Mrs. Hutt shortly after meeting the eastbound car.

April 15, 1943

Pte. Carson A. Baker, son of Mr. and Mrs. Charles Baker of Williamsburg, has cabled his parents of his safe arrival overseas.



THE FARMER'S WIFE'S

Wyn Thompson

We heard a lot this spring about the 'Miss Piggie of Vanier' and her accommodation problems. I could understand the owner's dilemma, for pigs are intelligent, friendly and interesting creatures who do imprint on and acknowledge their handlers above all other persons. And given half a chance, they are among the cleanest creatures in the world.

Will Miss Piggie move to Ottawa or the nether reaches of the world? We may never know!

But more people probably empathize with Miss Piggie's problems than might be imagined at first glance. Take Winston Churchill, a statesman of renown, an artist, and yet an admirer of pigs.

When a friend asked Churchill why he was fond of pigs, Churchill replied, "Dogs look up to you, cats look down on you, but pigs treat you as equals."

Now, I never heard that Winston actually housed one in his own private digs, but, I have no doubt that had he been of a mind to, he would have.

But, Churchill was right. Dogs do look up to you. Cats do look down on our human frailties, and pigs seem to believe that we are really malformed pigs who walk on hind legs and were placed on earth to look after their feeding. I firmly believe this having helped raise quite a few pigs in my lifetime.

However, pigs do supply the entertainment, particularly the Landrace which were always my favorites. And, pigs are very intelligent. We never tried to train ours, but I know it can be done. We respected each other's differences and enjoyed each other's company. We nourished them for six or seven months, then they nourished us for the next six or seven. It was an equitable arrangement.

The other morning, I awoke to voices as soft and pleasing as a young mother's, a part of our lives had come back, the doves. Doves have been a part of man's lives since earliest civilized times. Doves were among the first domesticated animals.

Kept by the ancient Egyptians around 3000 B.C., they are described in the Bible, where in the New Testament they symbolize the Holy Spirit. They have been kept in Europe since 1600 A.D. and are thought to have been brought from the East during the Crusades. Only the aristocrats were allowed the privilege of ownership.

In England today, keeping doves or pigeons is still very popular whereas in Belgium, up to eighty per cent of the population keeps birds, and in America, interest in doves and their larger relatives, pigeons, is very noticable.

I don't keep doves, mine are free to come and go, at will. I prefer it that way. But, I know these creatures are tender parents, rearing their young safely in hidden nests —in the wild.

Whether your dovecote is a home for a few treasured friends or the great out-of-doors, know that you are in fine and ancient company when you hear the soft voices of these birds in the morning or evening hours.

As I watched the doves walk up my hill the other morning, I munched on an Easter treat I had received the past weekend, enjoying every morsel.

Now, I live in a household where very little sugar is used. The Farmer is diabetic so we use mainly sugar substitutes, of one kind or another.

But, every once in a while I turn my back on my cholesterol warnings and purchase the biggest candy bar I can get my hands on. No, this one I am enjoying was given to me by a partner in crime, a son who equally enjoys a feast of chocolate.

So, here I sit as I always do during these feast-times and eat every lick of it and search the wrapper so not a crumb is missed.

Sometimes, too, I spend hours trying to talk myself out of this binge but, in the end, find that nothing will suffice but the old original. Can you imagine the lyrics in the memorable Mary Poppins song going, "A spoonful of low-cal sweetener helps the medicine go down."

It seems man's insatiable taste for sweets is a human trait that has endured over the centuries.

As well, the contemporary sweet tooth is easily satisfied with more than a hundred available substances that produce sweeteners, both real and artificial.

They come from many sources such as sugar-maple, sugar beets, sugar cane, corn, grain, fruit, milk, potatoes, cocoa trees, to name but a few. Honey was the first and most usually used as a source of sweetening. A painting done about 8000 B.C. in the Spider Cave in Valencia, Spain, shows two humans robbing a beehive —witness to our historic love affair with sweet treats.

Bees brought to North America and termed "white man's flies" moved across the continent giving rise to the honey producing industry.

The first records of sugar cane are lost in the annals of time, but, it is felt that this plant that resembles corn probably originated about 8000 years ago in the South Pacific.

I like the definition of the plant the officer in Alexander the Great's army invading India in 325 B.C. gave, "reeds that make honey without bees."

It seems the Persians carried sugar west from India and when Persia was conquered by the Arabs, they in turn introduced it into Spain, Syria and Africa.

Then, during the Crusades, Europeans learned about this wonderful product which they regarded as a flavoring and a medicine. The old saying that honey and sugar are the druggist's most valuable allies is true, for honey and sugar in particular, are used in the preparation of pills and syrups.

Sugar-cane was introduced to the New World by Columbus in 1493 and this eventually led to the building of sugar refineries in England and France.

For our ancestors in the New World, there was a limited number of sweeteners —honey, raw sugar, refined sugar, molasses, and, of course, unique to North America —maple syrup and sugar. This was an Indian tradition that newcomers soon adopted.

The historical ruminations are almost as good as the product, I decided, as I savored the last bite of my sweet treat!

AUCTION SALES

AUCTION SALE
Next Auction at Embrun Warehouse
2 blocks east of IGA store
Embrun, Ont.
SAT., APRIL 25
11 AM
Doors open at 10 AM

Note: Starting with furniture, lots of carpenter & electrical tools to be sold, few trucks to come, bicycles, new carpets from store, small stock, dishes, pictures, frames, etc. later in the afternoon.

For Information
AUCTIONEER
Regent Menard 443-2884

Note: Approx. 150 items to sell. Be on time.

36-2

AUCTION SALE
MON., APRIL 27, 1992
12 (Noon)
at Leo's Livestock Exchange Ltd.
Greely, Ont.
For Information 821-2634

Herd of crossbred cows consisting of: 20 cows with calves at foot, 6 springers, 1 yearling, 1 Limousin bull, 2 Simmental bulls.

36-1

FARM AUCTION
FARM EQUIPMENT
Located 5 miles east of Cornwall, Ont., from 401 Hwy. take Summerstown exit #804 and follow signs to Summerstown Airport
SAT., APRIL 25
1 PM

IH #884 tractor TA, 1770 hrs., in excellent condition; IH #784 tractor, factory cab, 2250 loader, excellent condition; IH #656 diesel tractor, 3 pt.-h, LPTO, PS; Kuhn Discbin, like new; Bush Hog, 3 pt.-h; Kuhn rake, 3 pt.-h, like new; Calsa sprayer, 3 pt.-h; new bucket for IH loader; JD 1065A wagon & gravity box; 12' wheel disc; post hole auger, 3 pt.-h; IH #80 snow blower, hyd. chute; round bale fork; plow, 3- furrow; Ford 12' wheel disc, like new; NH #357 grinder mixer; IH #3450 round baler, used 2 yrs.; corn sheller, 3 pt.-h; Rhino blade, 3 pt.-h; MF 7' hay mower, 3 pt.-h; Gehl Hi-Throw forage blower; hay elevator; NH manure spreader; 3 round bale feeders; hyd. fertilizer spreader; ring tractor chains; mineral feeder; Allied stooker; land roller; 5 Smail gates; cattle chute; IH diesel dump truck, single axle, truck needs transmission; plow harness; steel fence posts; hydro fencers; quantity of cattle & farm tools.

TERMS - CASH OR GOOD CHEQUE
All items settled for day of sale
PROP.
Gordon Small
NOTE
Be on time as there are very few small items. Majority of machinery is in excellent condition
AUCTIONEER
Murray Blair
Avonmore, Ont.
613-346-5568

36-1

AUCTION SALE
SAT., MAY 2
10:30 AM
For
Menuiserie Gauthier Inc.
Bourget, Ont.
CABINETMAKER TOOLS & EQUIP.
TRUCK, ETC.

Approx. 20 elect. wood machines; 2 scaffold sets; tools; nails; neon signs; hardware; office stock; 160' of solid cherry 4x4's; 185' of solid oak 4x4's; cupboards; everything for cabinetmaker & carpenter; 1976 Chev custom 30 truck, 2 ton, aluminum box, new tires, motor & transmission; many other items.

Viewing of Stock Fri., May 1 in afternoon
PROP.
J.F. Gauthier
613-487-2374
For Information
AUCTIONEER
Regent Menard
613-443-2884

37-2

PASSPORT
PHOTOS
WAYNE LAPRADE PHOTOGRAPHY
448-2852

Heritage
Cafe
CHESTERVILLE

Come and join the Brunch Bunch
Sunday Brunch
(10 am - 2 pm) $7.99
Sunday Evening Buffet
(4pm - 8 pm) $7.99
We now have Pizza
Chesterville • 448-1737

"WANTED"
Players to form a
CHESTERVILLE MEN'S FASTBALL TEAM
Anyone wishing to play, please contact
Andy Windsor - 448-3644
or
Steven Stewart - 448-1296
for more information

Bruce R. Kerr
Insurance & Investments



GICs

1 year	3 years	5 years
7.75	8.625	9.375

1 year cashable 7.00 Min. $1,000

Specializing in Annuities & RRIFs
Rates subject to change

456 Main St. E., Winchester
Telephone 774-2456

Darlene's Hair Design
Licensed Cosmetologist & Hair Stylist

NEW HOURS

Mon.	9:00am to 2:00pm
Tues.	CLOSED
Wed.	9:00am to 9:00pm
Thurs.	9:00am to 9:00pm
Fri.	1:00pm to 6:00pm
Sat.	8:00am to 2:00pm

Darlene McGimpsey
8th Con., Moose Creek
For an Appointment Call:
538-2457

THE CROSSOVER
Monday to Friday - 6 am to 9 pm Saturday - 7 am to 8 pm
Open Sunday - 9 am - 6 pm
Full Groceries - Full Serve Gas Over 300 Videos & Nintendo Game Rentals
Hunting & Fishing Licenses - Party Trays a Speciality
MOREWOOD - 448-2608

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

NEED A CAR?
Poor Credit? No Previous Credit? Previously Declined?
Try
Car-o-line Autos
Lease to Own Plan
Ability to pay and a small down payment are all that we require

Call Your Area Leasing Headquarters



24 Hour Service
Chesterville - Ontario
448-2488
(448-3304 Fax)

LAPOINTE DEVELOPMENTS LTD.
Condominiums - Russell
299 Castor St., Russell

Rental:	$750 per month, 2 bedrooms, 1½ baths
Features:	1,128 to 1,313 sq. ft. Sound proof - Energy efficient - Heat and light extra Includes 1 parking space per unit
Extras:	$45.00 per month (fridge, stove, washer, dryer) $10.00 per extra parking space
Occupancy:	Starting now to June 30, 1992
For information:	1151 Notre-Dame, Embrun, 443-5263
Hours:	8:00am - noon, 1:00pm - 5:00pm Mon, to Fri.

OPEN HOUSE
Sunday, 1-5pm
For appointment to view before Open House, call 443-5263

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

TOWNSHIP OF WINCHESTER

NOTICE
RE: GRASS FIRES

This to remind residents of the Township of Winchester that, under By-Law 9-78 of the Township of Winchester, the cost of attending and of putting out any grass fire in the Township of Winchester shall be payable by the owner of the land on which the fire started.

Nancy Krisjanis, Clerk
Township of Winchester

Village of Chesterville
Recreation Department

Is now accepting applications for the following positions.

1 - Pool Co-ordinator
3 - Swimming Instructors
3 - Lifeguards
2 - Pool Attendants
2 - Play Camp Supervisors
1 - Summer Arena Attendant

Those interested can apply by submitting a resume to the **Village office - 1 - Mill Street Chesterville**

The closing date for applications is

Friday May 8th at 4:00 p.m.

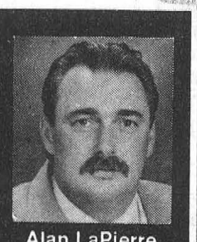
For more information call the Recreation Department at

448-3285

38-3

FEATURE PROPERTIES

Century 21
McIntosh and Proulx
REAL ESTATE LIMITED
MEMBER BROKER
504 Main St. Winchester 774-3990



Alan LaPierre
448-3306



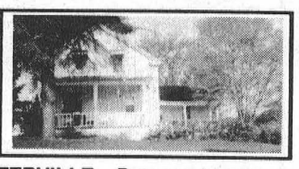
$149,000
WINCHESTER – Super Hi-Ranch super location. Eat-in kitchen, dining, 3 bedrooms, 2 baths, rec. room, bar, woodstove, laundry, workshop, double garage. Alan LaPierre - 448-3306. R1696.



$59,000
CRYSLER – Why pay rent? Affordable 3 bedroom bungalow with all the updates. For the hobbiest workshop with woodstove. Alan LaPierre - 448-3306. R1546.



$109,000
CHESTERVILLE– Amazing 2 storey 4 bedroom home, original woodwork, hardwood floors, country kitchen, formal dining, decor PLUS. Alan LaPierre - 448-3306. R1551.



$99,000
CHESTERVILLE – Dreams do come true, 2 storey charmer, original woodwork, hardwood floors, dining, 3 bedrooms, 2 baths, family room, woodstove. Alan LaPierre - 448-3306. R1511.

BUY OR SELL WITH CONFIDENCE • ASK FOR ALAN

EMPLOYMENT OPPORTUNITIES

TOWNSHIP OF OSNABRUCK
FARRAN PARK

The Township of Osnabruck has a number of Summer Employment Positions available at Farran Park. Farran Park is a 118 site campground located between Upper Canada Village and the City of Cornwall off Highway #2 on the St. Lawrence River.

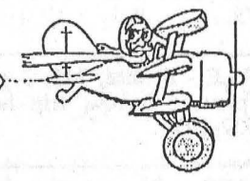
There are openings for an Assistant Park Ranger, Park Attendants, a Canteen Worker, a Lifeguard and a Security Guard. Salary to be commensurate with qualifications and experience.

Interested applicants are encouraged to submit their written resumé to the undersigned prior to April 27, 1992 at 3:30 p.m.

Mr. Chris Savard
Recreation Director,
P.O. Box 340,
Ingleside, Ontario,
K0C 1M0

BIG SAVINGS
ARE NOT EXTINCT!
This is it!!!
Our Biggest Sleep Set

SALE



On SIMMONS MAXIPEDIC
Esprit Model
$229 Twin Set
$269 Double Set
$299 Queen Set

SIMMONS Beautyrest
Princess X Firm Model
$479 Twin Set
$559 Double Set
$639 Queen Set

Many sizes and styles available but at these prices they won't last! Shop early for best selection!

The Furniture Loft
HOME • OF • FINE • FURNISHINGS

Largest selection of fine home furnishings in SD&G

VISA
Regular Store Hours:
Tuesday to Thursday, 9:30am-5:30pm
Friday, 9:30am-9pm; Saturday, 9:30am-5:30pm
(Closed Mondays)
MasterCard

506 Main Street
Winchester 774-2636
FINANCING AVAILABLE
Highway 43
Finch 984-2051

record classifieds

VISA

Classified Advertising Deadline 1pm Tuesday. Phone orders by Visa only. Call 448-2321. $4.00 + GST Minimum for 20 words. Extra Words 20¢ each.

FOR SALE

FOR SALE - 39" bed, box spring and mattress, headboard and bedframe, used 1 yr., excellent condition; trailer hitch, can only be used for Aerostar, 1 yr. old, like new. Phone after 5pm 448-2873.

36

WE HAVE THE LOWEST PRICES - Asphalt shingles: 5.47. Interior doors: 8.47. Steel doors: 39.95. Spruce : 2x4x8: 1.05; 2x6x8: 1.49; 2x8x12: 3.25; 2x10x14: 5.99. Plywood 1/2: 11.49; 5/8: 14.50. Aspenite 7/16: 6.59; 5/8: 7.99. Treated lumber 1x6x5: .89; 2x4x8: 2.10; 2x6x8: 2.99; 4x4x8: 3.99; 6x6x8: 9.60; 12': 14.40. Lattice 4x8: 5.95. Melamine 5x6: 5.97; 4x8: 8.97. Shelves 1x4: .87; 1x8: 1.67. Oak 2-1/4: .69 ft. Select: 1.09 ft. Pre-varnished: 1.49 ft. Material with imperfections. Cash only. Masson 819-986-5720.

37-2

TRIFLE as a CAKE
$12.00

An old English dessert made of layers of cake, cream, custard & fruit - traditionally served in a bowl. I have now created this delicious dessert into an all occasion CAKE. This is my own interpretation of a "Trifle Cake" from ingredients to finished product.

Heather Parent
448-2598

FOR SALE - Baby clothes, stroller, infant car seat, maternity clothes, men's left- handed golf set. Call 448-2461.

36

FOR SALE - Black pony saddle & harness, $150, in excellent condition. 448-3870.

37

FOR SALE - 13-run International disc drill, on steel wheels; grass seed box, in good working order. $200. Phone 448-2996.

37

FOR SALE - Sq. bales of straw & old hay, ground oats & barley, fence posts, all sizes, MF 3pt.-h, 3-furrow plow. 346-2382.

36

FOR SALE - New bungalow, covered under Ont. New Home Warranty Program, 1332 sq. ft. plus insulated garage. Main floor offers laundry room, kitchen, dining room, living room, 2 bathrooms, 3 bedrooms, lot 150'x150', location Crysler, Ont. Completion date June 15, 1992. Price $119,000. Phone 613-987-2809.

36

FOR SALE - Registered Holstein bull, embryo transplant from Blackstar, 1 yr. old. Call 987-2018 or 987-5375.

36

FOR SALE - 8' disc, MF, 3 pt.-h; Oliver plow, 3-furrow, trip beam. Phone 537-2934.

37

FOR SALE - 3 automatic clothes dryers (1 Beattie, 2 General Electric). All heavy duty, $135 each. Phone 774-6349.

36

FOR SALE - 45 oak spindles, 1/2 & full balusters. Call 984-2700 after 6pm.

35tf

NEVILLE BROS. SEED CLEANING For Sale

Common #1 Cleaned Seed

Grown from Popular Variety

Barley.....$5.50/25 kg Bag
Oats.....$6.00/25 kg Bag
Mixed Oats & Barley.....$6.50/25 kg Bag

Treating available at an extra cost.

Timothy, Red Clover & Alfalfa Seed

Custom Seed Cleaning available for an additional fee.

Bulk Orders Accepted

Finch - 984-2849
984-2258 or 984-2427

LOT FOR SALE - Casselman, lot 85'x200', beautiful view, $28,500. Phone 987-2198, 764-5577 or 764-3635.

33tf

HOUSE FOR SALE - Crysler, luxurious 4 bedroom, 2-1/2 baths, lot 150'x150', double garage, family, living and dining rooms, finished basement, many extras, $159,900. Phone 987-2198, 764-5577 or 764-3635.

33tf

FOR SALE - Ground feed, shelled corn, barley, oats, wheat mixed. $7/100 lbs. Your bags. 9am-5pm. Closed Sunday. George Crites 527-5393.

37

FOR SALE - Yamaha 1984 Excel 3 and Enticer 350. Both in good clean condition. Many new parts. Quebec trails only. Never abused. Best offer. Call 984-2914.

33tf

The final week of
April
means the last week of our
Jewellery Sale
and we saved
the Best for Last!

April 22nd to April 30th

Sterling Jewellery 25% Off

10K Earrings 30% Off

All rings 10K and sterling - from 30 to 50% Off

(Discounts apply to in-stock merchandise only)

The Brookslyn
Chesterville - 448-2804

FOR SALE - 10 ton wagon, with 225 bu. gravity box; hyd. auger; hoses long enough to reach tractor on the corn planter, $2000; NH Super 17 forage harvester. 932-0882.

37

FOR SALE - Super Nintendo Final Fantasy II game, used for 2 months. Phone 448-3696 after 4pm.

37

FOR SALE - 4 bedroom, newly renovated home, 1/2 acre lot overlooking St. Lawrence River. Owner will take back the mortgage. Call 448-2332.

25tfc

FOR SALE - Little Giant 38" elevator; Ezeeon 14' heavy duty disc, like new; Zetor 7045 4x4 tractor, 1100 hrs; Ford 4 row air corn planter with monitor. Call 346-2138.

36

FOR SALE - 1979 Ford LTD estate vehicle; 1984 Oldsmobile Omega. Call 448-2152 after 5:30pm.

36

FOR SALE - 3 adult bicycles, 1 Rawleigh, 1 John Deere 3 speed with light, 1 Rawleigh 12 speed. Phone 448-2151.

36

FOR SALE - 15-1/2' Glenco cultivator & matching cart harrows. Phone 774-5425.

36

FOR SALE - Utility trailer, box 4'x7', $350; 14' boat trailer with rollers, in good condition, $450. Phone 448-3505.

37-2

FOR SALE - Electric water heater, 40 gal. capacity, 1-1/2 yrs. old. Phone 448-2596 after 6pm.

36

FOR SALE - Brand new 14" Philips color television with remote control, cable ready, on sale now for just $279. John Witteveen T.V.- Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

36-1

FOR SALE - 10hp lawn tractor with mower, good condition, $700. Phone 448-2706.

36

FOR SALE - 1990 Suzuki Katana 600 motorcycle, black, like new. Call 987-5684.

36-1

FOR SALE - 200 sq. bales of hay. Phone 448-3634.

36

FOR SALE - Yes we have in stock a full line of Norge heavy duty automatic washers and dryers, frost free refrigerators, built-in dishwashers and also Woods deep freezers in various sizes at popular prices! John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

36-1

FOR SALE - Baled straw. Phone 448-3866.

37

FOR SALE - 700 sq. bales of hay. Phone 537-2413.

36

FOR SALE - Pipeline for 40 cows, 1- 1/2" plus 3hp vacuum pump, $1000; 273 New Holland baler with auto. stooker, including oil lines, $1500; 100' Ideal in mow elevator, brand new, $2000; trailer elevator with new 3/4hp motor, $300. Phone 987-5217.

38

FOR SALE - 1984 Dodge 600, 4 dr., grey, 76,000 km, excellent condition, $2500. Phone 774-2780.

36

FOR SALE - Handmade furniture from 100% hardwood. Made to your specifications. For information call 448-2253 and leave message.

37

FOR SALE - Yes we do repair all electric shavers and stock all parts for Philo shavers! We've got new heads for Philips and screens for Braun and Remington. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

36-1

HAY FOR SALE - 4x5' bales, early cut, stored inside. Phone 445-2053.

36

BELGIUM BLUE BULL FOR SALE - 50% cross. Phone 984-2796.

36

FOR SALE - Pedestal table & 6 chairs, buffet and hutch, like new, dark wood. Phone 984-2796.

36

FOR SALE - Washing machine, excellent working condition, $125. Phone 984-2879 after 5:30pm or leave message.

37

FOR SALE - **Chainsaw clearance.** Save up to $250 until April 30. Husqvarna 51, #399.95. Husqvarna 61, $499.95. Stihl (064) 85, $639.95. Eastern Engines, Hwy. 31, Williamsburg 535-2488.

36-1

FOR SALE - **Honda powered 1, 2 & 3"** waterpumps starting at $299.95; generators up to 6000 watt, also available in diesel version; 2500 watt, 5hp (Briggs) starting at $680. Eastern Engines Hwy. 31, Williamsburg 535-2488.

36-1

FOR SALE - Corn silage, shelled corn and barley. Call Ian McMillan 984-2218.

tf

KELLY'S K-9 GROOMING - Mobile or business located. Receive $2 off all bookings between April 10-30. Low prices. Phone 448-1788.

36

FOR SALE - Shelled corn, whole or rolled. Call 448-3316.

21tfc

Kevin's Special of the Week
$1.00 off
all in-stock
OIL FILTERS
GM PARTS
The expert choice.
Drewery
PONTIAC BUICK LTD. WINCHESTER 774-2360
KEVIN GOWDY, PARTS MANAGER

NOTICES

CUSTOM SHIRTS - I now offer custom shirts made by one of America's leading custom shirt companies. There are many choices available: 11 collars, 8 cuffs, long and short sleeves, square or round bottom, monogramming, plus 300 fabric choices. For more information call Clara at 613-774-3252 or drop in and see me at 493 Main St. East, Winchester.

39-4

CAN'T AFFORD A NEW HOME? - Dress up your old house. For a new look call Russell Robinson - Renovations, Repairs, etc. at reasonable rates. 448-3534.

37

ELECTROLUX SALES & SERVICE
New vacuums for '92
Central vac systems
5 year warranty
We install, repair all makes
Display at McHaffie's Flea Market
Mitch Cassell
543-2140 Morrisburg

34tfc

HORSEBACK RIDING - Hourly rates, breaking, training and boarding also available. Phone 987-5785.

39

NOTICE - Bill Droppo, Auctioneer - wanted Household Estates and Full Consignments. Chesterville 613-448-1248.

36

NEW AT HERITAGE CAFE - HOMEMADE PIZZA. For information call 448-1737.

36-1



Karen's Hair Studio

Only healthy hair is beautiful, and for that it needs special care.

Call for an appointment

57 Hummel St.,Chesterville, Ont.

448-2152

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448-3398 or 448-2863

Coin Laundry
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Triple Load Washer $2.75
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Dry Cleaning & Sears Agent
Attendant:
8:30am - 6:00pm
Mon. to Sat.



Happy 30th Kim
Love Mom & Dad



Schnapped again!!
HAPPY BIRTHDAY ODD
April 22, 1992

ANNOUNCEMENT - Pauline Turner is pleased to announce to her customers that Turner's Craft Supplies is now open at 61 Faubert St., Chesterville. 448-3666.

41-10

COMPUTER PRIVATE TRAINING - Intro to DOS, Wordprocessing, Spreadsheets, etc. Call 984- 2880.

37

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

NOTICES

NOTICE - We will repair most makes of TV's, VCR's, M.W.O.'s, Stereos, Ghetto Blasters, etc. Bring them in today for quick service. Paul Stewart Electronics Ltd., Morrisburg Shopping Mall. 543-2236.

28tf

NOTICE - We're at your service. Need a vehicle and the bank turned you down again? Call Car-O-Line Autos, Chesterville, 448-2488. Your area leasing headquarters for new or re- conditioned vehicles.

23tfc

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

1tf

BRENDA'S HAIR STUDIO - 9 Bergin St., Finch is open Tues. to Sat., Thursday evening appointments only. Phone 984-2932.

9tfc

NOTICE - Servicing for most makes of vacuums, power tools and sewing machine cleanings. 46 Faubert Ave., Chesterville. 448-2851 after 6pm.

37

FOR RENT

FOR RENT - Pasture available for 15 or 16 yearling heifers, (no bulls). Call 984-2410.

36

FOR RENT - Large 1-bedroom apartment, Russell village, quiet building, all inclusive, $475/month. Available June 1. Call 445- 3152.

36

FOR RENT - 3 bedroom duplex apartment in Chesterville. Available June 1. $530/month. Call 448-3365.

36

COMING EVENTS

GARAGE SALE - 450 May St., Winchester. 8am-4pm. Multi-family. Thurs., Fri. and Sat., April 23, 24 and 25. Household articles, crafts, toys, wicker, tools, Cabbage Patch clothes, etc.

36

SPRING LUNCHEON - May 7, 11:30am-2pm at St. Andrews Presbyterian Church Hall, Mill St., Chesterville. $3 per person. Everyone welcome.

38

GOSPEL SONG SERVICE - On Sun., April 26 at 7:30pm the singing group "Exaltation" will be featured. The team of three gals and three guys come from Emmanuel Bible College in Kitchener. They are currently on tour throughout Northern and Eastern Ontario. All are invited to come and share in this service at Harmony Community Church, Ormond Road and Hwy. 31. There will be a fellowship following.

36-1

SOUTH MOUNTAIN MIXED LOB BALL REGISTRATION - Mon., Apr. 27 and Tues., Apr. 28, 7-9pm at IOOF Hall in South Mountain. Fee $25. Phone 774-5958.

36-1

SPRING'S FAVORITE BAKE SALE & RAFFLE - St. Mary's School, Chesterville, Thurs., Apr. 30, 1992. 10am-2pm.

36

Engagement

Mr. & Mrs. Campbell Murray of Martintown are pleased to announce the engagement of their daughter, Sandra Dawn, R.N., to David Gordon, son of Mr. & Mrs. Allison Fawcett of Winchester.

Wedding to take place on May 23, 1992, at St. Andrews United Church, Martintown, Ontario.

What's On At
The SIERRA GRANDE HOTEL
in Chesterville
April 23, 24, & 25
9 pm to 1 am
"THE STORM KINGS"
60's, 70's & 80's
ROCK'N ROLL PARTY MUSIC

COMING EVENTS

Winchester Theatre

FRI. APR. 24, SAT. APR. 25
Starting at 7:30 P.M.
"THE GREAT MOUSE DETECTIVE"
An animated by Disney
A fine picture for the little ones
Rating - Family

MIXED PARTY - In honor of Patricia Murphy and Peter LeClair, Sat., April 25, 1992 at Chesterville Community Hall, 8pm-1am. Music by Power Pac. Age of Majority upon request.

36

50th ANNIVERSARY - In honor of Don and Gladys Kyle. The family of Don and Gladys Kyle invite you to join them in the celebration of their parents 50th wedding anniversary by attending a social function in their honor to be held at the Morrisburg Legion on April 25, 1992 between 8:00 and 11:00 in the evening. Best wishes only, your company will be their most cherished gift. Music by Celtic Can. U.K.

36-2

ST. LAWRENCE VALLEY UNION CEMETERY - Annual Plotholders Meeting, Thurs., Apr. 23, 1992, 8pm at Cemetery Administration Building, RR3, Ingleside, Ont.

YARD SALE - Sat., April 25, 1992 at 8am. Toys, paperbacks, light fixtures, rowing machine, misc. items. Corner of Smith Rd. and Main St. North, Chesterville. Rain or Shine.

36

BERWICK MINOR BALL REGISTRATION - Ages 4-13 yrs. (by June 1). Cost $5. Call Sharon 984-2955 by May 5, 1992.

37-3

RUMMAGE SALE - At Timothy Christian School, Williamsburg will be held on Sat., April 25, 1992 from 10am-12pm. For information please call 774-2080.

36

WEDDING RECEPTION - In honor of Dorothy, daughter of John and Mary Van Dongen and Alain, son of Claude and Simone Quesnel, Sat., May 2, 1992 at Crysler Community Centre. Music by Record Runner.

37-2

MIXED PARTY - In honor of Jeff Ouderkirk, son of Dalton and Janice Ouderkirk and Cindy Isaac, daughter of Jim and Ruth Isaac, Sat., May 2, 1992 at Finch Community Centre, 9pm-1am. D.J.

37

DUNBAR RECREATIONAL BINGOS - Held at Dunbar Recreation Centre. Bingos every Sunday night. Doors open at 6:15pm. Bingo starts 7:30pm. No person under 16 permitted.

36tfc

WEDDING RECEPTION - Tobi Seymour- Howell and Ross Giles extend an invitation to their reception following their marriage April 25, 1992 at the St. Joachim Church Hall, Chute a Blondeau, Ont. at 9pm.

36

SPRING TRAVEL WITH DUNDAS TOURS - **May 6-10: Pocono-Amish Tours** - Polkafest in the Poconos (Kelleys); see the Amish at work on their farms. Six meals included. $389 p.p. **May 16-17: Blue Jays in Toronto** - Overnight in Toronto and two exciting baseball games. $145 p.p. **May 19-22: Atlantic City** - Casino bonuses. Live show and 5 meals included. $259 p.p. **May 29-June 1: Scott's Oquaga Lake Resort.** Fun, entertainment, and great food. Meals included at Scott's. $389 p.p. All tours include transportation, accommodation and many extras. Call or visit Dundas Tours, Iroquois, 652-2005 for more information and booking.

ST. MARY'S CWL SPRING BAZAAR, BAKE SALE & RAFFLE - St. Mary's Parish Hall, Chesterville, Sat., Apr. 25, 1992. 1-3pm.

36

MUDPOUT DERBY
Sunday, April 26th
Weigh-in-time
3-4 p.m. Final
Location:
Chesterville Park
$150.00 in Prizes
(Nation River Only)
Tickets: Non-Members
$3.00 Adults
$2.00 Children (12 yrs & under Free)
For tickets call:
Ernie Casselman - 448-2879
Barry Elliot - 448-2285
Bev Carbino - 984-2724
Gerald Gibeault - 448-2896

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SAVE ON SERTA

SAVE ON SOMMEX

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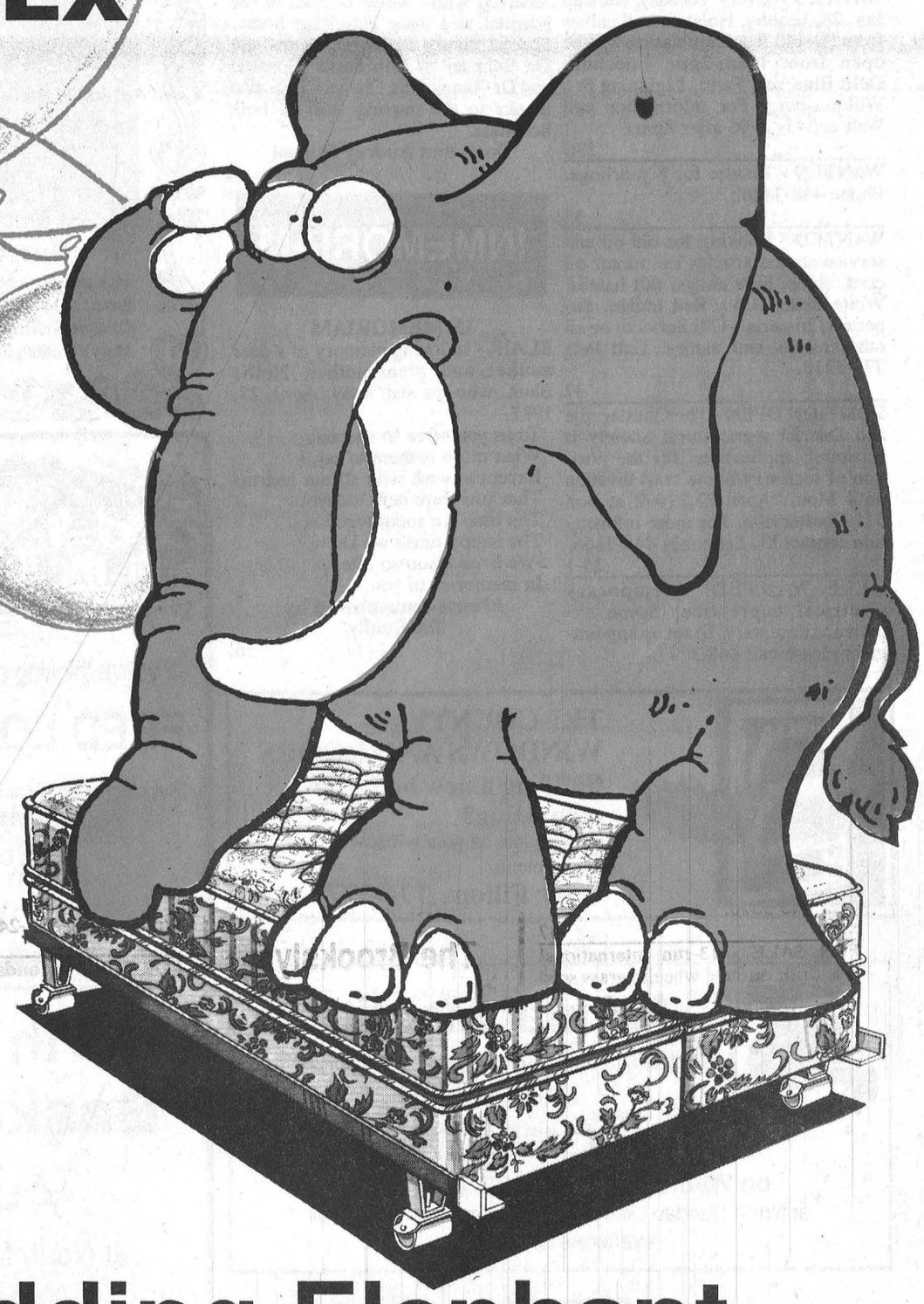
Get your PEANUTS at Geggie's Home Hardware and Homeland.

What? Has Geggie's gone nuts?

No, they've gone peanuts!



Geggie's Huge 48 Hour

MATTRESS SALE

Friday & Saturday, April 24-25

GET FREE PEANUTS

from 'Bubbles' The Bedding Elephant

Plus Geggie's will give you more than just peanuts for your trade-in...

up to $100 off
the sale price of your new mattress set

FREE PEANUTS
DURING THIS SALE

To Offer Deals Like These, We Have To Be Nuts!

Home Circle

Home hardware

homeland furniture

Geggie's Homeland Furniture

and Geggie's Hardware Ltd.

Hwy. 31 at Hwy. 43, south of Winchester 774-3757 774-2700

WANTED

WANTED TO LEASE - Hay field, 10-20 acres. Phone 448-3266.
36

HELP WANTED - Crysler rural mail delivery. Occasional morning work for person with small car. Call Wayne after 6pm at 987-5691.
36

WANTED TO BUY - 2 cords of dry mixed hardwood for airtight stove. Delivered if possible. 984-2263.
33tf

WORK WANTED - Reasonable Rates: Painting and wall papering, weekly or spring cleaning. Call 984-2263 after 5pm. References available.
35tf

WORK WANTED - Summer job - babysitting (preferably preschoolers) in Chesterville area, 3 years experience. Please contact Tracey at 448-2440 after 6pm.
37

WANTED - Every Tuesday, starting Jan. 28, healthy, Holstein bull calves from 90-140 lbs. Calf station will be open from 10am-2pm. Location: Delft Blue Veal Farm, Lightning St., Williamsburg. For information call Walt at 543- 2796 after 8pm.
23tf

WANTED - Pasture for 8 yearlings. Phone 448-3426.
36

WANTED - Looking for old oil and service station articles i.e. motor oil cans, signs, give aways, (all names: White Rose, B.A., Red Indian, Supertest, Imperial, Citi Service) or all other makes and names. Call Pete 774-5318.
37

POSITION OPEN - The Chesterville and District Agricultural Society is accepting applications for the position of secretary/home craft division until Mon., April 27, 1992 at Box 571 Chesterville. For more information contact M. Schoones 448-3866.
36-1

HELP WANTED - Temporary electrical apprentice. Some experience necessary. To set up appointment please call 448-3777.

WANTED

HELP WANTED - Babysitter required for May 1, 1992 in my home For 8 yr. old and 6 month old. References required. Please call 984 2970.
36-2

CARD OF THANKS

CARD OF THANKS

Thanks to my loving family, my great grandkids, my special friends for making my birthday so special with the surprise party, flowers, gifts and many cards. Thank you again and I love you all.

Mom (Alma)
36

CARD OF THANKS

Sincere thanks to our friends, neighbors and family for their many acts of kindness, cards, gifts and food we received while we were both in the hospital and since returning home. Special thanks to Dr. D. Justus and Dr. Schnurr of Winchester Hospital and Dr. Tang of the Ottawa Civic, also thanks to the nursing staff of both hospitals.

Doug and Audrey Durant

INMEMORIAM

IN MEMORIAM

BLAIR - In loving memory of a dear mother and grandmother, Nellie Blair, who passed away April 27, 1987.

To us you were so special,
What more is there to say,
Except to wish with all our hearts
That you were here today.
The time we spent together
The happy times we knew,
Are lived again so often,
In memories of you.

Always remembered by the family
36

Kinkaid & Loney Monuments
SMITHS FALLS
Monuments • Markers • Cemetery Lettering
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GERALD C. HOLMES
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WINCHESTER • 774-2665

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– Window & Wall Washing
CALL NOW FOR FREE ESTIMATES
Ingleside — 537-2397



Guess Who's Getting Married?

Jack and Anne McIntosh are happy to announce the forthcoming marriage of their daughter Rhonda to Darrin, son of Ernest and Oriande Kelly. The wedding will take place May 30, 1992 at St. Mary's Church in Chesterville at 3:00pm.

WE SMASH PRICES
NEW HUGE $1.00 SECTION
Bring in this ad for a
10% Discount
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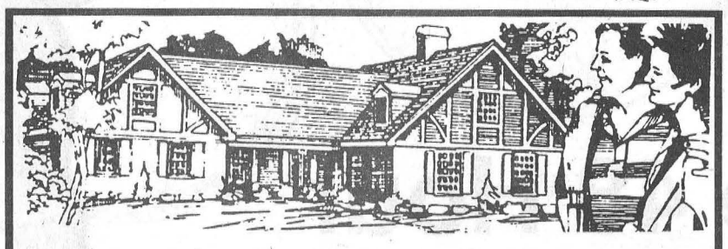
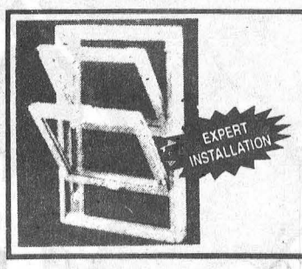
MORRISBURG CLEAROUT CENTRE
"Where your dollars last and last, and your cents make more sense!"
543-4536 MORRISBURG EAST END PROMENADE



If you're thinking about building, renovating or additions call:
FRED LOBB CUSTOM HOMES
"Recipient of the "Excellent" rating administered by the Provincial Government under the Ontario New Home Warranties Plan Act."
448-2192
Chesterville

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



Annual Meeting
North Dundas Minor Hockey Association
will be holding their
ANNUAL MEETING
on Wednesday, April 29, at 7:15pm
at North Dundas District High School - Library Annex
"EVERYONE WELCOME"

North Dundas Devils Basketball School
August 17 - 21
at North Dundas District High School
(depending on interest)
You are to be in these grades as of September 1, 1992
Grades 5-6
Grades 7-8
Grades 9-12



Anyone interested please contact
Mark Lewis, 774-0006
P.O. Box 1094, Winchester, Ont., K0C 2K0

CO-OP
FEED SALES REPRESENTATIVE

The Kemptville Co-op has an immediate opening for a results-oriented opportunist to increase sales volume, expand our market share and provide excellent service to our customers within the Kemptville and North Gower territory. This position offers great potential and the opportunity to further develop your knowledge in dairy, sheep, swine, poultry and horse feeds.

Bring us your effective selling skills and feed knowledge and we will provide you with a competitive salary, complete benefits package, bonus program and a company vehicle. Please forward your resumé to:

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Attn T. Curnuck,
5600 Cancross Court
Mississauga, Ontario, L5R 3E9

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2nd set of prints FREE!
COLOR PRINT FILM ONLY SIZES 110, 126, 35mm Full Frame, & DISC (Excluding Stretch 35)
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Kodak Colorwatch System
SPECTRUM makes it Picture Perfect
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PREMIUM
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Free Estimates
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CHURCH DIRECTORY

UNITED CHURCHES
Chesterville - Morewood
Minister: Rev. Roy Harwood
448-3549
SUNDAY, April 26, 1992
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, April 26, 1992
10AM.- Sunday School
11 A.M. & 7:30 P.M. Services
Special Guests Rev. Joe & Joan Goodwin ministering with special music
11AM. - Morning Worship
7:30 PM - Evening Service
9:30 AM Tuesday - Ladies Prayer
7:30 PM - Thurs. Home Bible Study
7:30 PM - Friday - Youth Night
Affiliated with the Pentecostal Assemblies of Canada
May 1991

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
774-5170
SUNDAY SERVICE
April 26, 1992
10:30 A.M. Celebration Service
10:30 A.M. Sunday School
7:30 P.M.Gospel Song Service
featuring - "Exaltation" from Kitchener
2nd & 4th Tuesdays - Home Bible Study - Ingleside
Dec. 1992

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, April 26, 1992
Morewood
11:15 A.M. . - Sunday Worship
Nursery & Sunday School
7:00 P.M. Fridays
Morewood Christian Youth in Presbyterian Hall
Chesterville
9:30 A.M. - Sunday Worship
Nursery & Sunday School
Every Tuesday - 9:30 A.M.
Coffee Break ,Nursery & Story Hour
7:30 P.M. Life in the Spirit Praise & Bible Study
Wed. 6:30 P.M. Junior Bible Clubs: Gr. K-Gr.4
Thurs. 6:30 P.M. Senior Bible Clubs: Gr. 5&6
7:00 P.M. - Fridays
Chesterville Christian Youth
COME EXPECTING LEAVE REJOICING
May 1991

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
FATHER JIM ESPER
448-3262
SUNDAY, April 26, 1992
HOLY MASS
5:30P.M. Sat. Night Mass
9:00 A.M. & 11:00 A.M. Sunday Morning Mass
Jan. 1993

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
SUNDAY, April 26, 1992
9:30 A.M. - Sunday Worship
Sunday School & Nursery
A Warm Welcome Awaits All"
May 1991

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, April 26, 1992
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every

EMMANUEL - OSNABRUCK BAPTIST CHURCH
CELEBRATING 150 YEARS OF CHRISTIAN WITNESS
6 kms. North of Ingleside
Hwy. 14 - Dickinson Drive
Pastor: Rev. Willard Warnock
984-2353
SUNDAY, April 26, 1992
Bible Club - 9:30 a.m.
Morning Worship - 11:00 A.M.
Nursery Provided
COME TO WORSHIP
LEAVE TO SERVE
August 1991

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, April 26, 1992
9:30 A.M. Sunday Worship
June 1991



Volunteers crucial to heart foundation: speaker

Michelle Valiquet
Special to The Record

WILLIAMSBURG—The Dundas County Chapter of the Heart and Stroke Foundation of Ontario won praise from Ian MacLaughlin, president of the Eastern Ontario region, for "getting the message out" to area residents.

MacLaughlin, who addressed the group at its annual volunteer appreciation night last Monday, said an organization "as obviously successful as Dundas County has been in its campaigning during these recessionary times must be getting across the foundation's message very effectively".

The Heart and Stroke Foundation of Ontario, which raises funds for education and research, is a community-based volunteer organization whose mission is to reduce the risk of premature death, disease and disablity from heart disease and strokes.

MacLaughlin went on to say he was impressed by the dedication and commitment of the chapter's volunteers.

"Volunteers are important to this organization because they donate their time and efforts for this cause we all believe in," said MacLaughlin, who heads the region which stretches from the Quebec border to Renfrew, Prince Edward and Northumberland counties.

People have varied reasons for volunteering their energies to the foundation, said MacLaughlin. More than 65,000 volunteers and 90 chartered chapters make up the organization which provides individuals with the opportunity to work in fundraising, education, communications or administration.

Some people volunteer because they want to meet new friends or colleagues, or as a favor to someone. Others volunteer to brush up on their skills and talents, and still others volunteer in order to do something meaningful.

"No matter why volunteers initially join the foundation, they eventually all develop a common purpose — they want to make a difference, a difference in the fight against heart disease and stroke — a disease which claims 80,000 lives per year," explained MacLaughlin. "The human toll from Canada's number-one killer is staggering."

In 1952, a group of concerned researchers, cardiologists and citizens formed what is now the Heart and Stroke Foundation of Ontario. Currently it funds two-thirds of all heart and stroke research in Ontario, with over 200 research teams working under its auspices.

Money raised locally benefits research in the region. More than $13.4 million in research was funded by the foundation in 1991-92, $2.3 million going to projects at Ottawa University and Queen's University.

Citing statistics such as the incidence of heart attack is down 26 per cent, heart disease is down 87 per cent and incidence of stroke is down 50 per cent in the last 40 years since the foundation was formed, MacLaughlin said it has made a difference.

Seaway Valley Farmers Energy Co-Operative

ETHANOL INFORMATION MEETING

Friday, April 24, 10 a.m.
Cornwall Civic Complex

All farmers urged to attend
Registration Fee: $5.00

Sponsored by Eastern Counties Federation of Agriculture
For More Information Call 347-3489

FREE ESTIMATES

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594 Main Street **WINCHESTER** Ontario. K0C 2K0
BARRY FAWCETT - 774-3227

ST. LAWRENCE COLLEGE SAINT-LAURENT
BROCKVILLE CORNWALL KINGSTON

Spring '92
Continuing Education

The complete list of course offerings is available NOW at the Registration Centre

HOBBIES AND CRAFTS
TP 010 Techniques in Painting
Mon. & Wed., 7 - 10 pm, May 4 - June 24, $85
TP 010A Techniques in Painting Workshop
Sat., 9 am - 5 pm, May 23 and June 13, $27
PP 001 Basic Photography
Mon. & Wed., 7 - 10 pm, May 4 - June 24, $85
SG 050 Basic Stained Glass
Mon. & Thurs., 7 - 10 pm, May 4 - June 25 $85
BW 001 Basic Woodcarving Module I
Sec. 250, Mon., 6:30 - 9:30 pm, May 4 - Aug. 24, $85
Sec. 251, Wed., 6:30 - 9:30 pm, May 6 - Aug. 19, $85
FOR SENIORS
CJF 001A Stationary Power Tools I
Tues. & Fri., 1 - 5 pm, May 5 - June 5, $15
Carpentry - Woodclub
Call 937-1505 for more information
FOR WOMEN
CJE 001A Portable Power Tools I
Tues. & Thurs., 6:30 - 10:30 pm, May 5 - June 4, $76

Registration
starts this week, April 20 - 24, 9am - 4 pm
Special Office Hours
start April 27 to May 1, 10 am - 7 pm (Mon to Thurs.)
9 am - 4 pm (Fridays)
Call 937-1502

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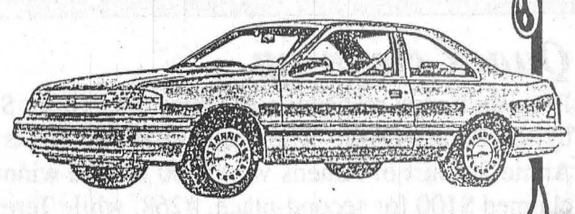
1992 Festiva
5-speed

$8,211
$1,216 Cash Back
$2,000 Trade or Cash
$4,995*

$12,666
$1,350 Cash Back
$1,026 PEP
$2,000 Trade or Cash
$8,290*



1992 Tempo
2-door, 5-speed



1992 Aerostar
5-speed, 5 passenger

$16,395
$2,150 Cash Back
$2,000 Trade or Cash
$12,245*



We'll give you the shirt off our back!

Petric Ford
Hwy. 31, Vernon
821-1252

* Rebate to dealer + freight + dealer prep. * Vehicles not exactly as illustrated.

Conseil scolaire public de STORMONT, DUNDAS & GLENGARRY
Public School Board

TENDER #7-92
FUEL OIL

Bids will be received by Mr. C. Quenville, Manager of Purchasing and Stores, until 3:00 P.M. on Wednesday, May 27, 1992. Persons interested in bidding on this Tender are requested to obtain the necessary forms from the Purchasing Department of the Stormont, Dundas and Glengarry Public School Board, 405 Tollgate Road, Cornwall, Ontario K6H 5R6 referring to Tender #7-92. Low bid not necessarily accepted.

Cindy Martin-Hrycak
Chairman of the Board

James W. Dilamarter
Director of Education

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VISIT OUR BOOTH AT THE MORRISBURG HOME & TRADE SHOW MORRISBURG ARENA APRIL 24TH & 25TH

ENTER YOUR NAME IN DRAW FOR A GIFT BASKET

THE HARTFORD RETIREMENT CENTRE
3 FIFTH ST. W. MORRISBURG
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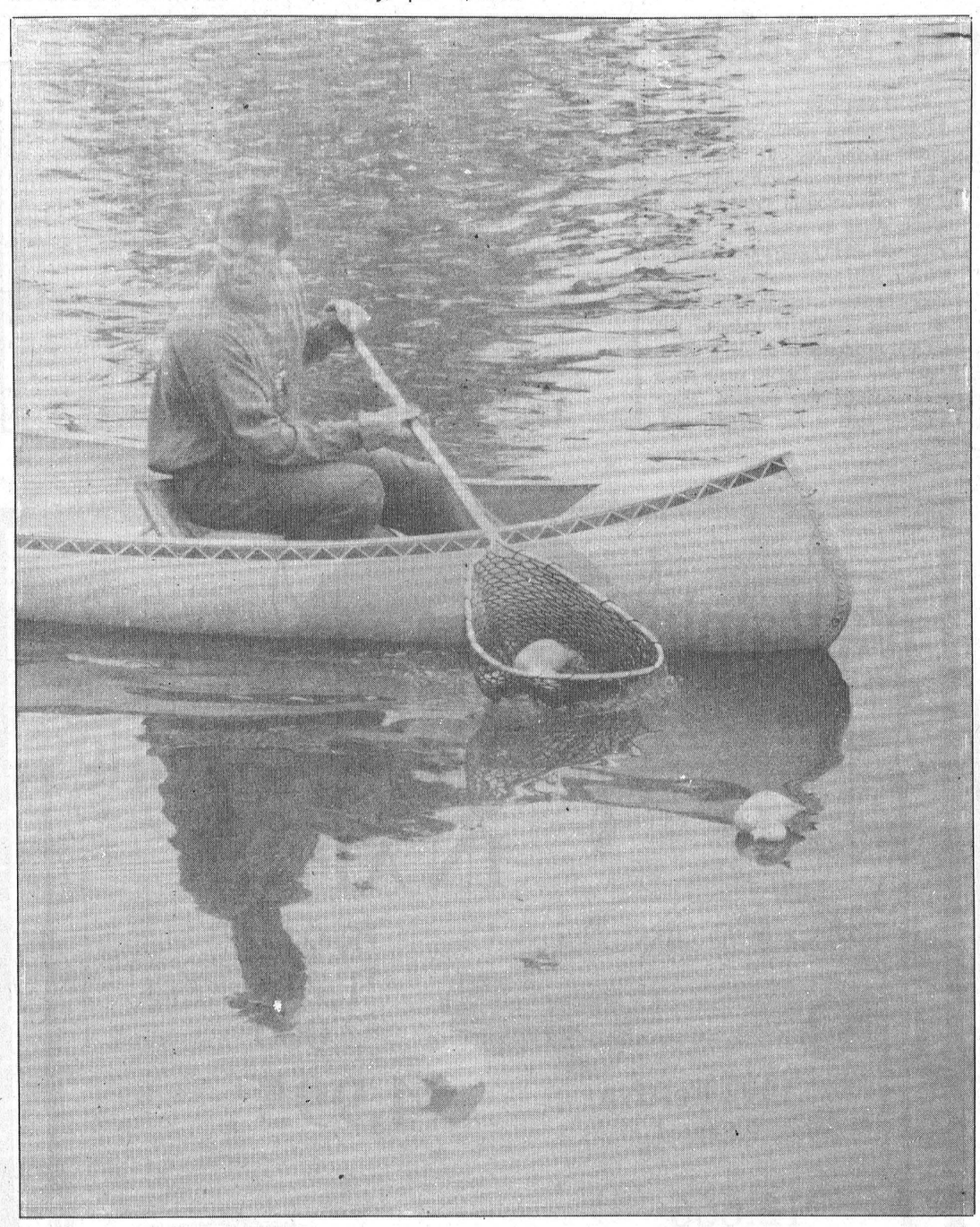

Quack clean-up

Pete van Kessel retrieves some stray ducks after Saturday's duck race in Chesterville, organized by the Rotary Club. The group sold 486 ducks at $5 each in the second annual fund raiser. Annie Stewart of Athens won $500 for the winning duck, #007. Dalton Carr of Chesterville claimed $100 for second-place, #268, while Teresa Gibeault, also of Chesterville, won $50 for the third-place duck, #352. Record Photo - Boersma

Heartworm parasite poses danger to dogs in summer

Greg Hewitt
Record Staff

WINCHESTER—Mosquitoes are a traditional summertime pest.

But by spreading a parasite called heartworm, they can be a real danger to dogs.

Heartworm is transmitted to dogs through mosquito bites. The larvae, once in the dog's system, will develop through several stages until settling in in the heart and eventually obstructing bloodflow.

If the heartworm is not caught in time, heart failure may result.

According to Dr. Michele Dutnall, of Dundas Veterinary Services, preventative medication is a better alternative to treating the disease, which involves hospitalization and is stressful to the animal.

It is also expensive to treat heartworm.

Symptoms of heartworm infection include coughing, difficulty in breathing, tiredness and weight loss.

A blood test is the only way to diagnose heartworm, and Dundas Veterinary Services is offering the tests for $14.

If the test is negative, the dog can be put on preventative medication that will kill the larvae before they reach the adult stage.

The medication costs between $14 and $50, depending on the size of the dog.

Dutnall recommends dog owners provide their pets with preventative medication between June 1 and November 1 every year.

"All dog owners should think about it and judge whether they need the medication for their pet. It's something we recommend." she said.

"Heartworm is not as severe as rabies, but it is important. No one should take it lightly," she added.

Dutnall said there were cases of heartworm in Chesterville, Kemptville and Russell last year.

Heartworm has also been known to affect cats, but only rarely.

"Get Under Our Umbrella"
And
START SAVING NOW!

1 RENT
RENT a New Aero Oil Fired Highly Efficient Hot Water Tank for only $7.95 per month plus GST
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		11 A.M. (Beg. /Back)		11 A.M. (Beg. /Back)	
4:30 P.M.	4:30 P.M. (Intermed.)	4:30 P.M.		4:30 P.M.	
7 P.M.	7 P.M. (Intermed.)	7 P.M.	7 P.M. (Intermed.)	7 P.M.	
8 P.M. (Beg. /Back)		8 P.M. (Beg. /Back).			

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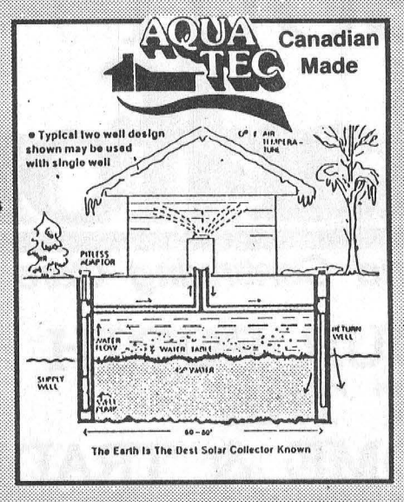

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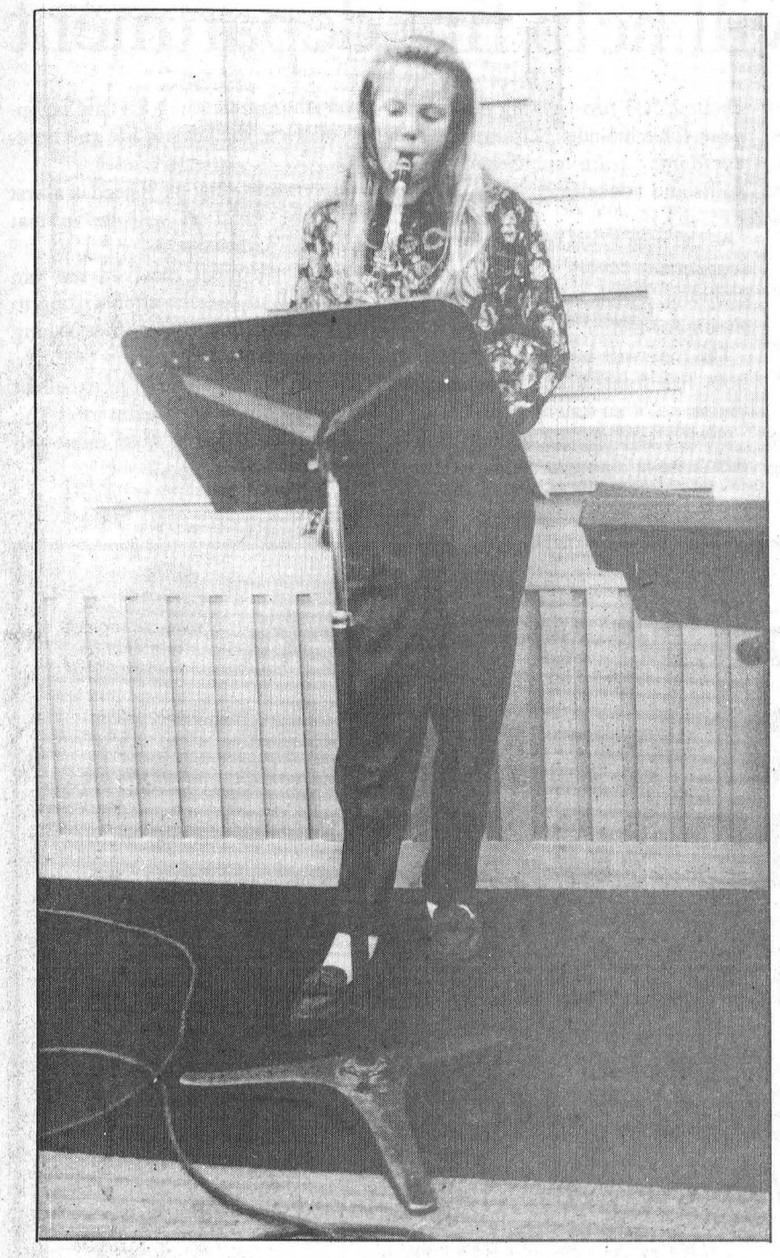


Sax solo

Jill Byvelds performed a saxophone solo for members of the Stormont, Dundas and Glengarry Public School Board last Tuesday. The Grade 8 student at Maple Ridge Senior Public School will be one of several performing at the Kinsmen Music Festival later this month.

Record Photo - Moreau

Earth Day not lost to Cornwall's economy

Greg Hewitt
Record Staff

CORNWALL—Today is Earth Day.

And despite the beleaguered economy and recessionary times, the annual celebration and call for awareness about environmental issues is right on track in Cornwall.

Cornwall environmentalist John Milnes says although there is a "distinct impression that the economy is number one," the environment has not taken a back seat to the economy.

"In Cornwall, participation is tremendous and Cornwall is one of the more devastated areas (economically)," he says.

Milnes, of the Cornwall Environment Resource Centre, notes the full slate of activities planned by Help Our Planet's Environment (HOPE), a group of 15 students, is proof the environment is still a popular cause.

The group invited Milnes, who has a degree in environmental sciences, to speak at area schools.

Up to 300 students will gather after school, march through downtown Cornwall and assemble at the Water Street arena or, weather permitting, the bandshell.

Milnes says the possibility of rain won't dampen the kids' spirits.

"Last year they got soaking wet but they did what they had to do.

Speakers will address the crowd on environmental issues, and displays and live entertainment are planned.

The Cornwall environment centre is challenging the public to call in all day and tell staff what they are doing to help the environment.

Milnes says it is crucial that today's youth show interest in the health of the planet.

"It has to be the most important element. The world is theirs, they inherit it.

"Without youth involvement, there's no point in us caring about the environment," he says.

Like many environmentalists, Milnes subscribes to the theory that every day is Earth Day. He describes April 22 as a celebration of the environment.

But Earth Week, a Canadian institution observed the first week of June, Milnes says, is more significant.

A committee will meet June 1 to discuss ways to improve Cornwall's air quality. The week's activities also include composting workshops, and environmental drama presentations at two Cornwall schools.

The environment, Milnes says, has become a part of everyday thinking for today's society. Through education, the public is more aware of environmental issues and their impact, he says.

For example, he says, groups like Greenpeace should do scientific research rather than make radical claims.

North Stormont Public School principal Larry Berry said it is important to accentuate positive events like Earth Day.

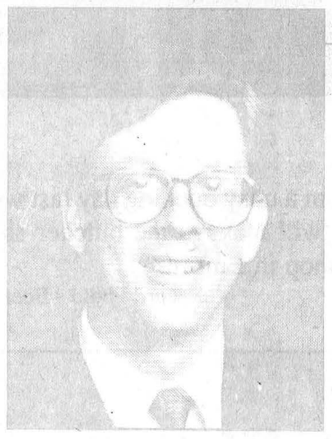
And he says kids are more aware of the environment than ever before.

"It's not as hard to get them to pick up garbage as it was five years ago. And David Suzuki has become a household name," he says.

The school will be celebrating Earth Day with cake, to "celebrate the fact that we are aware and are doing something positive."

"We want to tell the kids that they are not part of the problem, they are the solution," Berry says.

Agrichemicals for a growing world



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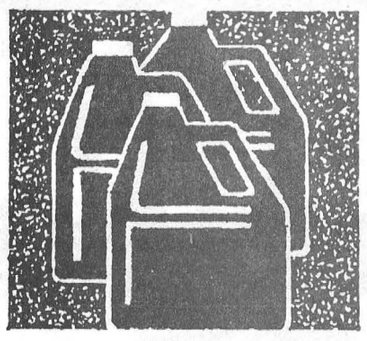

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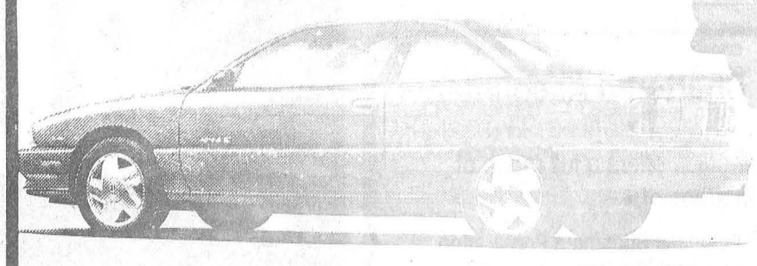

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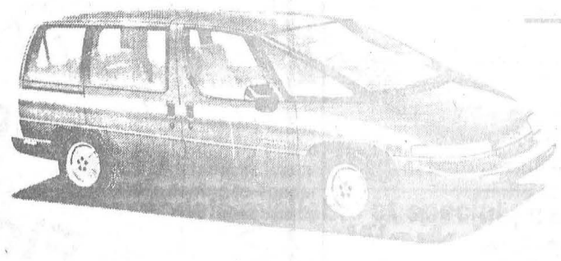

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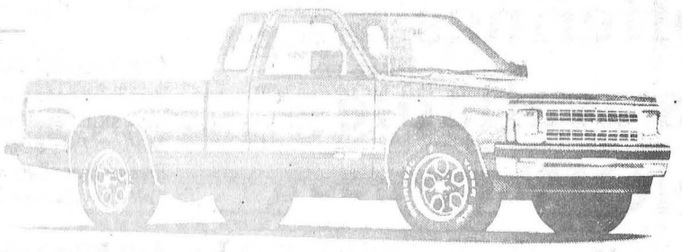

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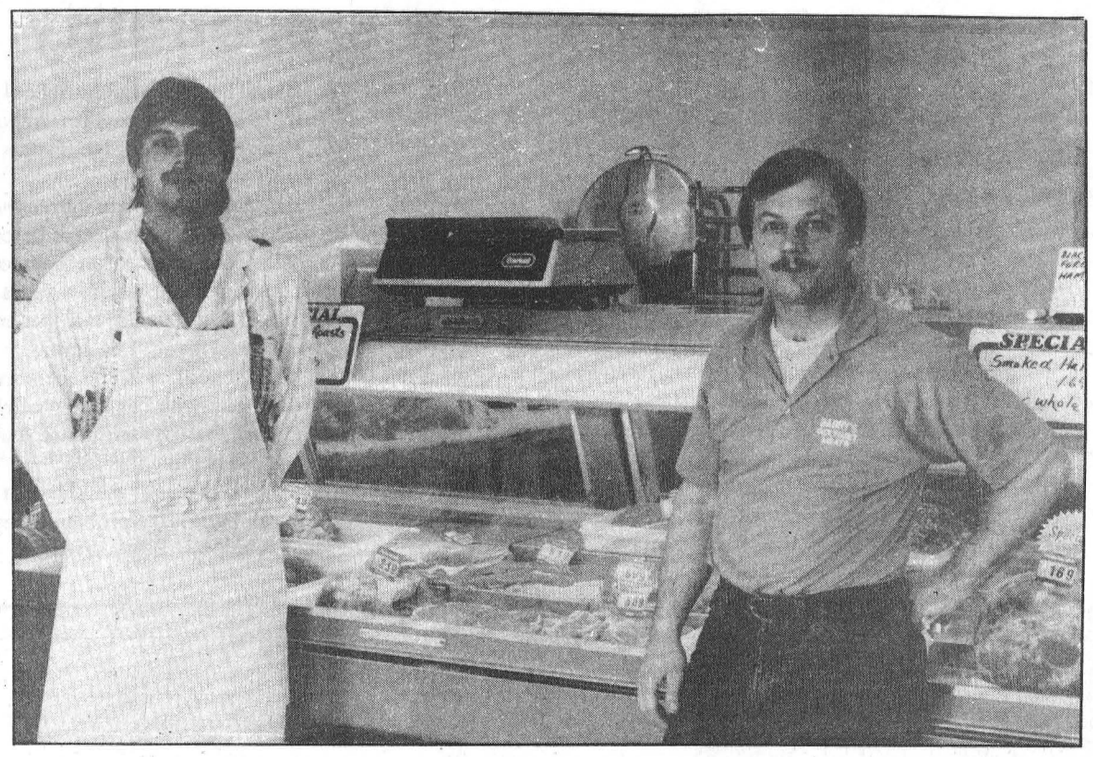

Beefy business

Rodney Helmer (left) and Barry Sullivan took time out from a busy opening day last week at Barry's Meats on Chesterville's King Street. Helmer will manage the butcher shop, which Sullivan owns. Sullivan also owns and operates a shop in Embrun.

Record Photo - Boersma

New van will help fire department

FINCH—The Finch Volunteer Fire Department received a much-needed donation recently when Bell Ontario presented the group with a 1985 Ford cube van. The vehicle will replace the department's 17-year-old van.

Volunteer fire fighter Perry Giroux said the old van was deteriorating.

"It was in pretty rough shape," he said. "If you can't rely on the vehicle, you're in trouble."

The 22-member department, which is on call 24 hours a day, averages about 2,500 fire-fighting hours each year. This includes helping out at car accidents, train accidents, tanker spills and house fires.

As the area's first reponse team, the department covers a 30-mile radius including Finch village and most of Finch Township.

The van will be used to transport both fire fighters and equipment to the scene of an emergency.

Giroux said the old vehicle simply didn't have enough room to carry everything, inlcuding first aid equipment, fans, the jaws of life and lighting.

"Everything that we'll need in a first response situation will be in that vehicle," Giroux said.

The department received the van from Bell in March, after writing to the company's Toronto office asking for a donation.

Giroux said the van is in excellent condition but needs a paint job. The department hopes to raise money to pay for paint.

Kidney Foundation will test area school children for disease

Elizabeth Moreau
Record News Editor

OTTAWA—Over the next month, many area elementary school children will be tested for kidney problems through a program sponsored by the Ottawa chapter of the Kidney Foundation.

Co-ordinator Sheila Hare says the 17-year-old program tests about 21,000 children each school year, from junior kindergarten through Grade 8.

About 1.5 per cent of the kids are referred to their family doctor for further testing.

Trained Kidney Foundation volunteers and parent volunteers from each school help with the urine tests.

The dipstick test, which takes about 60 seconds, can detect kidney problems, urinary infections and signs of diabetes, Hare says.

The tests will be carried out at Elma Public School later this month and at other area schools, including Chesterville Public School and St. Mary's School, in May.

The Kidney Foundation tests kids in schools from Cornwall to Brockville and from Hawkesbury to Deep River.

Hare says since most elementary-aged children are healthy, many don't visit a family doctor regularly. And some doctors will not perform a urine test unless a parent requests one.

And she added that children can have mild urinary infections without any symptoms.

Last year, three previously undetected cases of diabetes were found through the program.

The Kidney Foundation gets permission from local school boards before administering the program, and parents who want their children to be tested must sign a consent form.

There is no charge for the test, which is paid for by the Kidney Foundation.

Elma Public School principal Earl Jeacle said the foundation gets back to the school about every four years, so the whole school population has an opportunity to be tested.

"If even one child was found to have a problem, then it would be well worth the time and the money," he said.

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A sure sign of spring, Cedar Glen Course opens this weekend

WILLIAMSBURG—With the first warm spring rains forecast for this week and the last signs of those April snow storms finally disappearing the crews here at Cedar Glen Golf Course have been able to prepare for its 20th anniversary opening this coming weekend.

"The good weather is finally coming and the course came through the winter in not too bad shape," explained Cedar Glen spokesman Dennis Casselman Monday.

"Everything is pretty brown yet so some of the damage is hard to see until we get some moisture and everything starts to green up."

"There are some trouble spots popping up due to ice cover but over all it's not too bad," Casselman said.

Weather permiting, the flags will go in late this week and action can begin this weekend, April 25- 26.

The club's popular Ladies and Mens Nights begin April 29 and 30, respectively, and both nights will feature a beef steak BBQ.

Cedar Glen's Opening Day Tournament is set for May 9 and the Dr. M.W. Locke Men's Tournament will be played on May 23. The following day, May 24, the first mixed two-ball of '92 will tee-off at 3:30pm.

1992 MEMBERSHIP FEES

Cedar Glen Golf Club's membership fee guide sees the Men's registration at $235 plus GST for $251.45.

Ladies is $180 plus GST for $192.60.

Senior Men's (65 and over in 1992) $210 plus GST = $224.70.

Senior Ladies $165 plus GST = $176.55.

Couples $310 plus GST = $331.70.

Senior couple $290 plus GST = $310.30.

Student (must be enrolled fulltime) $120 plus GST = $128.40.

Junior (16-18 before Oct. 31/92) $90 plus GST = $96.30.

Juvenile (8-15 yrs.) $60 plus GST = $64.20.

Family (couple and any number of Jr., Juv. or student) $360 plus GST = $385.20.

For more information call the Cedar Glen Pro Shop at 535-2323.

Ormond's Downey, McDiarmid named broomball MVPS

WINCHESTER—Paul Downey and Dan McDiarmid were named MVP's by the Winchester and District Broomball League here Saturday night.

Paul Downey, playing on the Ormond Cloverdales, scored 23 goals and drew 18 assists was named both team and league MVP.

Dan McDiarmid of the same Ormond Cloverdales claimed both team and WDBL Best Defenceman awards.

Official presentation of the league's regular season championship trophy was made to the Voyageurs who finished first over 21 games with a record of 18-3-0. They scored 108 goals and surrendered just 22 but were eliminated in the semifinal round of the A Pool playoffs losing two games to one to the Prescott Road Knights.

The A Pool playoff championship silverware went to the Morewood Vikings who defeated Prescott Road 2-1 and 4-3 in two overtime games.

Toyes Hill Roadrunners came forward to accept the B Pool hardware. They needed three games to eliminate Manotick but did so posting two 1-0 scores. The 'Tick took game two 3-2 in OT.

More silverware was presented to Voyageur goalie Harvey Bowman who posted the Best GAA (22 goals against in 21 games).

Winchester Raiders' goalie Brad Pringle, a league rookie, received the league's Best Goalie award.

Jim Fling of the Prescott Road Knights was presented with the Golden Garbage Can "Grouch of the Year" award.

WDBL spokesman Dave Holmes reported a very successful awards night with 185 attending the dinner.

Team MVPS

Individual team MVP award winners were Guy Marion Morewood Vikings, Chris Bilmer Newington Knights, Ted Bongers Toyes Hill Roadrunners, Gary Gallinger Voyageurs, Paul Downey Ormond Cloverdales. Spencer Tyme Manotick Merchants, Darcy Last Winchester Raiders, Dave "Gunner" Holmes Prescott Road Knights.

Best Defencemen

Earning the best defenceman honors for their respective clubs were Larry Shaver Morewood Vikings, Dale Beckstead Newington Knights, Ivan Petersen Toyes Hill, Geoff Corey Voyageurs, Dan McDiarmid Ormond Cloverdales, Peter Smiley Manotick Merchants, Bruce Young Winchester Raiders, Glen Petersen Prescott Road Knights.

Minor Hockey Calendar Draw

Tyler Hoy, Mountain was the Apr. 3 winner of $50 with ticket #1537, while Christa Gern of Winchester was the April 10 winner with #1927.



Outgoing president

Lynn McBain (left) received flowers in recognition of her year of service as the president of the North Dundas Minor Hockey Association. Bev Beck congratulated McBain for her accomplishments during the association's awards banquet last Tuesday at the Chesterville Legion.

Record Photo -Boersma



Hardy thanks

The North Dundas Minor Hockey Association presented four plaques, thanking organizations who have supported minor hockey. Representatives accepting the plaques are (left) Bill Harper of Chesterville Legion Branch No. 434; Gary Dean of Ault Foods Ltd.; Don Henderson of Nestle's; Tom Beck and Barry Holmes of Winchester Legion Branch No. 108.

Record Photo - Boersma



Tagwi Secondary School students were led through a three-hour aerobic workout by Jennifer Gregoire last Thursday. The event raised about $1,630 for the Heart and Stroke Foundation of Ontario.

Tagwi raises $1,630 for Heart and Stroke

AVONMORE - About $1,630 was raised at Tagwi Secondary School's third annual Dance for Heart last Thursday.

The money raised will go to the Heart and Stroke Foundation of Ontario for ongoing research and education in the fight against heart disease and stroke.

Each year in Canada, heart disease and strokes claim 80,000 lives - 30,000 in Ontario alone. And 65 students helped in the fight by pledging $10 or more and then participating in a three-hour aerobic workout.

Jennifer Gregoire, owner and aerobic instructor of Chesterville's Power by Jennifer has donated her time for the past three years to lead the group of students and staff members through an aerobic workout which will improve their cardio vascular strength.

"It was the best one yet. The kids were just fantastic," Gregoire said. "They did a great job."

Dianne Law, a physical education teacher at Tagwi, credited Gregoire for her enthusiasm in getting others involved with the yearly event.

"We couldn't do it without her. Jennifer makes it fun," Law said.

Law added, that her co-op student, Angie Casselman, did most of the work, making this year's event run smoothly.

Connie Lacroyx was also mentioned for her work on the fund raiser.

Although the 65 students collected donations for the fund raiser, about 140 people participated in the workout.

Last year 74 students got pledges totaling $2,241.

Village youth earns spot in hockey skills clinic

OTTAWA - Chesterville's Matthew McBean has won the opportunity to take part in the Coca-Cola Classic/NHL Future Stars hockey skills clinic this Saturday.

The nine-year-old Grade 4 student at St. Mary's School in Chesterville is one of 100 children from the ages of seven to 15 who have been selected to attend the Ottawa hockey skills clinic.

McBean, who played on the North Dundas Senior Novice Travelling team last season, filled out a ballot to win the opportunity to improve his hockey skills.

And now McBean is entered into a draw that might give him a chance to learn from the Great One himself, Wayne Gretzky, at a special free hockey camp in June.

Only two of the 100 participants attending the clinic Saturday at the Kanata Complex will be chosen through a random draw to go to the Coca- Cola Classic/Wayne Gretzky hockey camp in Montreal on June 21-24. They will be joined by winners from other clinics in both Canada and the United States. In all, there will be more than 60 children at the Wayne Gretzky camp.

The program is designed to develop youth hockey, said Brad Clemes, senior Coca-Cola Classic brand manager for Coca-Cola Ltd.

"Future Stars helps young players learn and appreciate the fundamentals of the game. (And) the program emphasizes skating, stickhandling and shooting —the basic skills required to excel in the sport," Clemes said.

The Ottawa clinic is one of 13 held across the country in March and April.

The Coca-Cola Classic/NHL Future Stars program was launched in 1990. Since its introduction, over 3,000 children have attended the hockey clinics in Canada, and over 100 have received one-on-one instruction from Gretzky and other NHL greats at the Wayne Gretzky hockey camp.

Ladies' ball hockey league grows

CHESTERVILLE - The Winchester-Chesterville Ladies' Ball Hockey League will be slating six teams for the uncoming season.

The league, which worked as a four-team circuit last season, made a move that will increase the individual playing time of the participants.

Last year, 64 ladies were on the draft list at the start of the season, making over three lines for each of the four teams. But this season with the same number of participants signed up thus far, the league's executive have decided to go to the larger format.

"We're going with six teams, but were just working on finding goaltenders," league president Jackie Boulanger said.

As of yesterday morning (Tuesday) four goalies were registered, but league executives are contacting goalies from last season in hopes of bringing them back.

Although registration nights are offically over, the league will accept any latecomers.

"If people still want to come in and play, they're more than welcome," Boulanger said.

The six teams will be drafted tonight, but if you could like to play you may still sign up by contacting Jackie Boulanger at 448-2141 or Kim Simms at 448-2852, 448-3664.

The ladies' league will be playing three games on Thursday nights from 7-10 p.m. at the Chesterville arena.



Season's best

The regular season champs in the North Stormont Ladies bowling league are (left) Ruth Anne Smith, captain Mary Majerrison, Shirley Ouderkirk and Beth Wheeler. **Record Photo - Boersma**



Playoff champs

The North Stormont Ladies playoff champs are (left) Nancy McMillan, Elva Ouderkirk, captain Pat Middleton and Virley Edwards. **Record Photo - Boersma**

Top hockey prospects

OTTAWA - Forty-four of the top under 17 hockey prospects in the Ottawa District are gathering in Ottawa on Sunday, May 2, 1992 for the selection of nine players to represent the ODHA at the Provincial Camp in Waterloo on June 26 to July 1, 1992.

The ODHA Branch will be held at the Canterbury Arena on May 2, and will end on May 3, 1992.

The camp is part of the Esso Program of Excellence Talent Identification Camps, a project of the Canadian Amateur Hockey Association (CAHA), and is sponsored by Esso Petroleum Canada and the Government of Canada Fitness and Amateur Sports Branch. The Esso Talent Identification Camp is considered a mark of recognition and achievement in the Ottawa District Branch. This recognition is combined with head to head competition with other players of the same age (boys born in 1976) and calibre.

Ottawa's Branch Camp will have the area's most experienced Minor and Junior hockey personalities evaluating the players. To only mention a few, Jim Farelli, Archie Mulligan, Gary Lesage, Rich Sennott, Brian Lynch and Ken Corbett. As you can see, the ODHA Branch is well represented and we are confident the best nine players, a goalie, three defensemen, five forwards, will be selected.

Bowling

Finch Mixed - Men's High Single, Danny St. Pierre 282; Men's High Triple, Danny St. Pierre 724. Ladies' High Single, Gail St. Pierre 275; Ladies' High Triple, Cindy Pynenburg 623. **Team Standings** - Spitfires 26; Cabens 26; Cruisers 22; Smarties 22; Devils 17; Alleycats 13.

Busy Matrons - High Single, Betty Whittaker 237; High Triple, Sharon Shaver 591. **Team Standings** - Sharon 2918; Lois 2906; Elsie 2831; Jean 2816; Elva 2766; Debbie 2691.

Avonmore Mixed - Men's High Single, Bob Condie 273; Men's High Triple, Bob Condie 753. Ladies' High Single, Florence Heemskerk 273; Ladies' High Triple, Viola McRae 642. **Team Standings** - Florence 14798; Viola 14769; Beulah 14364; Gordie 14211; Charlie 14130; Mary 13527.

Community League - Men's High Single, Angus Crump 275; Men's High Triple, Gordon Wheeler 650. Ladies' High Single, Roxanne Crump 263; Ladies' High Triple, Roxanne Crump 647. **Team Standings** - Andrew 5886; Jack 5814; Joel 5784; Roxanne 5770; Gerald 5759; Pat 5383.

Wednesday Ladies - High Single, Bertha Barkley 226; High Triple, Louise Freeland 568. **Team Standings** - Playoff winner Elizabeth Brooks 8524; Debbie Hess 8356; Norma Cass 8206; Virley Edwards 8306.

Williamsburg Mixed (Friday Night) - Men's High Single, Gary Scott and Jim Cooper 805. Ladies' High Single, Rita Cooper 274; Ladies' High Triple, Rita Cooper 712. **Playoff Team Standings** - Dark Horses 11251; Smurfs 10820; Just Warm'n Ups 10413; Rock 'n' Rollers 10379; Al Capone's Mob 10362; Flying Rockers 10195.

Matilda League - Men's High Single, Bill LeClair 313; Men's High Triple, Bill LeClair 717. Ladies' High Single, Lois Keyes 278; Ladies' High Triple, Lois Keyes 696. **Team Standings** - Terry Cohen 11954; Mike Hunt 11655; Brian Wilson 11622; Barry Fawcett 11575; Bill Horner 11478; Marilyn Payne 11449. Hidden Score 112 - David Wilson 113.

YBC Peewee - Boy's High Single, Adam Sanders 153; Boy's High Double, Adam Sanders 262. Girls' High Single, Kim Fife 109; Girls' High Double, Kim Fife 189. **Playoff Team Standings** - Grant 3158; Amanda 3113; Calvin 2992; Kelly 2952; Chad 2921; Brett 2919; Jennifer 2908.

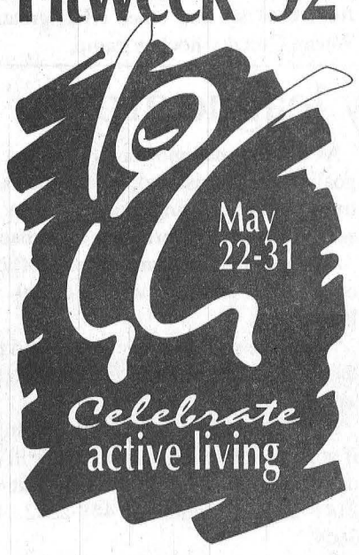
YBC Bantam - Boy's High Single, Scott Fife 193; Boy's High Double, Richard Neville 318. Girls' High Single, Kristin Ducolon 142; Girls' High Double, Natasha Glaude 252. **Playoff Team Standings** - Eric 3131; Wendy 3047; Scott 3035; David 3010.

YBC Junior - Boy's High Single, Justin Heuff 179; Boy's High Double, Justin Heuff 324. Girls' High Single, Shana Steals 165; Girls' High Double, Shana Steals 311. **Playoff Team Standings** - Adam 3174; Vicki 3076; Terrie 3037; Carrie 2937.

YBC Senior - Boy's High Single, Craig Beckstead 301; Boy's High Double, Craig Beckstead 491. Girls' High Single, Amy Sanders 223; Girls' High Double, Amy Sanders 362. **Playoff Team Standings** - Craig and Seth +302; Candy and Gary +119; Dan and Marc +109; Brad and Kevin +63; Chris & Amy +11.

Berwick Thursday - Men's High Single, Nick Beehler 249; Men's High Triple, Nick Beehler 709. Ladies' High Single, Sue Robinson 226; Ladies' High Triple, Debbie Hunt 563. **Team Standings** - Sue Robinson 10646; Cathy McRae 10545; Leah-Anne Pollock 10521; Joyce Helmer 10365; Carol Lalonde 9976; Rejeanne Sanders 9899.

Canada's Fitweek '92



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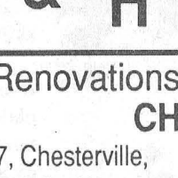
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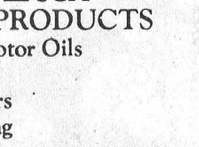
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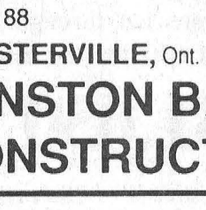
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Safety comes first
CSC warns of summer hazards

OTTAWA - While more and more Canadians are becoming physically active, the need for safety during physical exercise has become crucial.

During the week of May 1-7, 1992, the Canada Safety Council (CSC) will hold the tenth annual National Summer Safety Week, to increase knowledge of safety while encouraging participation in favorite activities.

Sports accidents and injuries are common in Canada, second only to motor vehicle accidents, and are concentrated in the summer months when the weather favors active living.

In fact, sport and recreational activities lead to the highest percentage of broken bones, dislocations, sprains, strains and bruises when compared to motor vehicle, home and work injuries. And although few of these injuries are ever life threatening, the 1.2 million recreation-related injuries recorded in 1987 accounted for 8.7 million activity-lost days and 1.5 million bed disability days.

Statistics published in 1991 found that 31 per cent of all accidents in 1987 (the last year for which there are complete statistics) occurred in the summer months.

In hopes of avoiding unnecessary summer accidents, the CSC has set out six easy-to-follow practices which will help keep Canadians injury-free while in pursuit of their favorite activity.

Rule no. one: start slowly

Whether you are new at the activity or are resuming an activity after a break, keep the intensity of the activity low enough so that you are not sore the next day.

After a couple of weeks of low intensity activity, your body will have adapted to your active lifestyle and you can safely raise the intensity, duration and frequency of your activity.

Rule no. two: warm up and cool down

You should begin your activity with a warm up and end with a cool down. A warm up should include an activity which raises your heart rate, followed by stretching exercises. The cool down should involve stretching and relaxation exercises.

Rule no. three: wear the right gear

The right gear for the right activity will reduce the likelihood of injury if an accident occurs. Protective equipment must fit properly and should be CSA approved. An investment in protection for recreational activities is as important as protection at work or the seat belt in a car.

Rule no. four: drink water

Perspiration robs the body of water and electrolytes. Like a car, the human body needs an efficient cooling system and you should drink plenty of water even if you don't feel thirsty. Electrolytes will be replenished through food consumption. There is no need to over-salt your food and it is definitely dangerous to use salt tablets.

Rule no. five: active living

Active living can improve your fitness level and lead to a better quality of life. Aim to participate in your favorite activity a minimum of three times per week for at least 20 minutes at an elevated heart rate, and you will improve your aerobic fitness. Remember that your muscles also need to be strong and flexible to perform correctly. Give them the same attention as your heart and lungs. The frequency, intensity or duration of the activity can be increased as your body adapts.

Rule no. six: exercise safely

Be aware of the safety hazards around you in a recreational setting. Traffic, sun, equipment, wind are just a few potential hazards. You should participate only in activities where you can protect yourself against the hazards using protective equipment.



Tourney champs

The annual League Champs Tournament was held on Saturday, Apr. 4 at the Chesterville Bowling Lanes, as 10 teams competed for this year's title. The Winchester league team nipped Finch to claim the trophy. Winchester won with a score of 4,279 while Finch placed second with a score of 4,250. Members of the tourney championship team are (front left) John Proulx, Marcel Soucy (back left) Mike Boileau, Ron Beaudry, captain Richard Thompson and Linda Thompson. Dale Keyes bowled for the Men's High Single honor with a score of 284 and Mike Kearns picked up the High Triple with a 798 total. The Ladies High Single went to Dianne Hoogeveen with 275 and Cindy Pynenburg received the Ladies High Single with a score of 818.

Record Photo - Boersma

Demons have strong season

WINCHESTER - They came up just a little bit short in the playoff portion of their 1991-92 Upper Canada Minor Hockey League Atom C campaign but No. One Demons coach Karl Pfitzer figures his team have had a season they can be proud of.

The No. One Demons eliminated the Morrisburg Lions in two games beating them 7-2 and 6-1 in the opening round of the playoffs.

Those victories put the Demons into a round-robin situation against Kemptville No. One and North Dundas No. Two. They were able to deal Kemptville two losses but the No. One Demons bowed out of contention losing twice to the No. Two Demons.

"It was tough to lose out in the playoffs but the boys should all be proud of the excellent year they have had," coach Pfitzer said.

The Demons completed the regular season winning 18 and losing just two games. They finished 12 points ahead of the No. Two Demons and won more games than the UCMHL champion South Grenville Rangers.

"I think they have a lot to be proud of," the coach stated.

Fitness Forum

Basal metabolic rate



by Jennifer Gregoire Reg. N., N.D.

The human engine never shuts off. We all know that we need energy in our everyday life, but we tend to forget that we have a bottom-line requirement for just staying alive. This "Energy At Rest" is called "Basal Metabolic Rate". BMR (basal metabolic rate) is the amount of energy our body uses at rest. A "resting body" is actually very busy. It's busy pumping blood, regulating internal temperature, digesting our food, repairing tissue, etc. So, BMR is of practical interest from the point of view of weight control. Any extra calories we consume will be stored by our bodies as fat, unless they are used up in some form of physical activity.

We've all used "low metabolism" as an excuse for the inability to lose those extra troublesome pounds when we think we should. However, this is only partially true. It is a common misconception that a "low" or "slow" metabolism is the main cause of overweight. From a fitness point of view, what is most important is not BMR as such, but the level of energy expended above our daily BMR requirement.

There are several factors that contribute to individual differences in BMR:

1) Age. BMR is highest during the growth years, then tends to drop about two per cent per decade after age twenty.

2) Body Fat. The higher the percentage of fat in our body, the lower our BMR. So, the more muscle we have, the more calories we burn at rest. Just think about that for a minute...a muscular, fit individual uses more calories just standing around, breathing, than an unfit, overfat person does running around the block!

3) Sex. A woman's BMR will usually be about 10 per cent lower than a man's because women have a higher percentage of fat than men.

4) Pregnancy. During pregnancy BMR increases by approximately 20 per cent.

5) Fitness Activity. Vigorous activity raises our metabolism for up to eight to 48 hours after the activity stops. This depends, of course, on the activity itself, how often we do it, and how regularly (i.e. how many times it's repeated weekly). There are two benefits to being faithful to our activity; a. We use up calories as we exercise, and b. We continue to use up calories at a higher rate seven to 25 per cent above normal) for many hours after our activity.

6) Diet. Bad news! Dieting can lower our BMR. This is probably a survival mechanism that helped our ancestors get through times of famine. In other words, the body compensates for lower energy input by lowering its consumption. For those of us now, though, who are interested in weight control, it means that dieting alone has a much smaller effect on weight loss than once expected.

Individual differences in BMR from person to person may effect the rate at which weight can be lost. However, contrary to popular (and hopeful) opinion, the problem of overweight is almost never the result of abnormally low metabolism (which is extremely rare). Rather overweight (or overfat) is almost always the result of consuming more food (calories) than we need for basic metabolism and then not burning those excess calories with activity.

My Silent Achievers this week are all the gorgeous Winchester W.S.A. ladies who were such good sports and willing victims during the Exercise/Stress Management demonstration at their Spring Tonic meeting in Berwick last week. Well Done, ladies! Thank-you for having me, and I LOVE my shirt!

We are so very lucky to be able to do it for ourselves.

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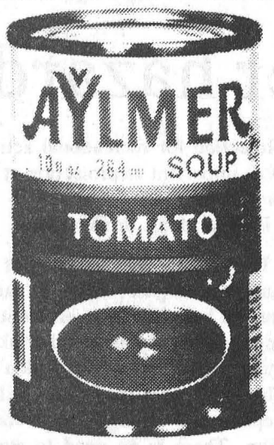

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FRENCH FRIES 2/99¢

VALLEY FARM
CHOICE PEAS OR PEAS AND CARROTS 1.49

McCAIN 1KG BAG
13 ASSORTED VARIETIES
VEGETABLES 1.99

McCAIN 12 OZ, ASSORTED
CREAM PIES 1.89

GOOD HUMOUR 2 LITRE
ASSORTED FLAVOURS
ICE CREAM 1.89

BEATRICE 2 LITRE
ASST'D FLAVOURS, REG. OR LIGHT
CLASSIC ICE CREAM 3.99

DIRECT WAREHOUSE PRICES SAVE YOU MORE EVERY DAY OF EVERY WEEK - PLUS EXTRA WEEKLY SPECIALS ON THE ITEMS YOU USE MOST

GARFIELD 454G HUGE BAG
REGULAR OR RIPPLE
POTATO CHIPS 2.49

KRAFT 225G PKG
MACARONI & CHEESE DINNER 49¢

4 LITRE BOX
ULTRA BOLD
LAUNDRY DETERGENT 4.88

ROBIN HOOD 10KG BAG
WHITE FLOUR 5.88

CANADA GRADE "A"
LARGE EGGS DOZEN 88¢

GARFIELD 500G HUGE BAG
REGULAR OR CHEESE
TORTILLA CHIPS 2.49

1.4KG BOX
MINUTE RICE 4.69

SCOTTIES PKG 200
ASSORTED
FACIAL TISSUES 99¢

WHITE SWAN 2 ROLL PKG
ASSORTED
PAPER TOWELS 68¢

KRAFT 1 LITRE JAR
REGULAR OR LIGHT
MIRACLE WHIP 2.48

BLOSSOM OF GLENGARRY
1 LB PRINT
CREAMERY BUTTER 1.98

SUNPACK 12X300ML JAR
ASSORTED FLAVOURS
JUICES AND DRINKS 4.99

KRAFT 1.5KG
BEAR JAR
PEANUT BUTTER 5.99

COTTONELLE
JUMBO PACK 24 ROLLS
BATHROOM TISSUE 8.99

DOW 30M ROLL
SARAN WRAP 2.88

GRANULATED 2KG BAG
WHITE SUGAR LIMIT 2 48¢

1% or 2%
4 LITRE BAG
FRESH MILK 2.48

PURR 175G TIN
ASSORTED
CAT FOOD 3/1.00

NABISCO 500G PKG
SHREDDIES CEREAL 1.99

WHITE SWAN PKG 150
ASSORTED
FACIAL TISSUES 69¢

CASHMERE 8 ROLL PKG
FROM RECYCLED PAPER
WHITE
BATHROOM TISSUE 1.98

GOLD SEAL 184G TIN
CHUNK LIGHT IN BROTH
CHUNK LIGHT IN WATER
FLAKED LIGHT
TUNA 98¢

BETTY SPECIAL 675G LOAF
OR DEMPSTERS ORIGINAL
WHITE BREAD 68¢

SAICO 184G TIN
CHUNK LIGHT TUNA 99¢

NABISCO 450G PKG
100% BRAN 2.19

WHITE SWAN 8 ROLL PKG
BATHROOM TISSUE 2.99

TIDE
8L ORIGINAL, 4L CONCENTRATE
LAUNDRY DETERGENT 4.88

BAMBY PKG OF 12
HOT DOG OR HAMBURGER BUNS 1.18

DEMPSTERS 675G LOAF
100% WHOLE OR CRACKED WHEAT BREAD 88¢

DELMONTE 12-14OZ TIN
ASSORTED VARIETIES
VEGETABLES 69¢

WHITE SWAN PKG 150
WHITE OR BEIGE
SERVIETTES 1.69

A.B.C. 4 LITRE BOX
ULTRA
LAUNDRY DETERGENT 2.98

24X355ML TINS
ALL VARIETIES
SOFT DRINKS 5.98