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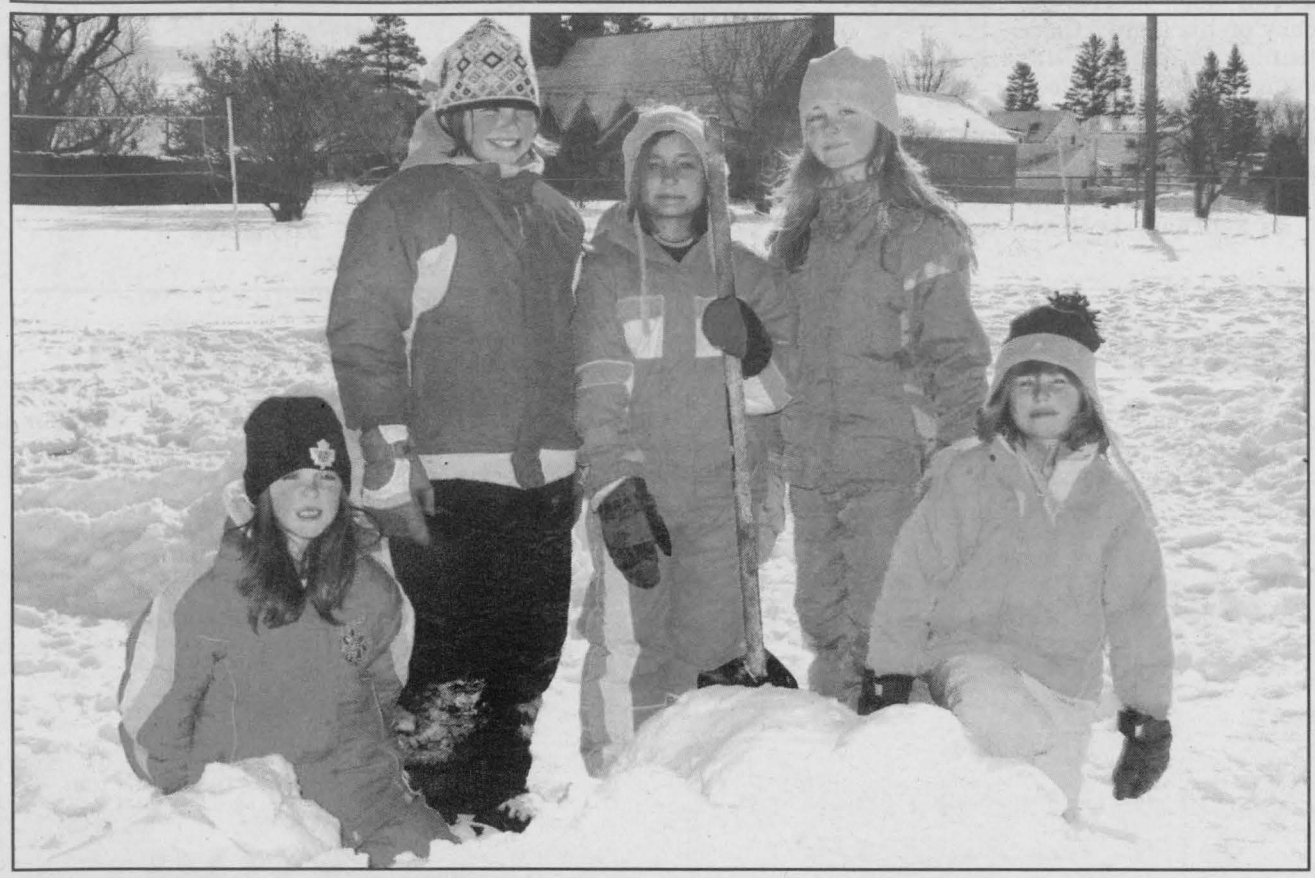
Iroquois "Shiverfest" a celebration of winter fun

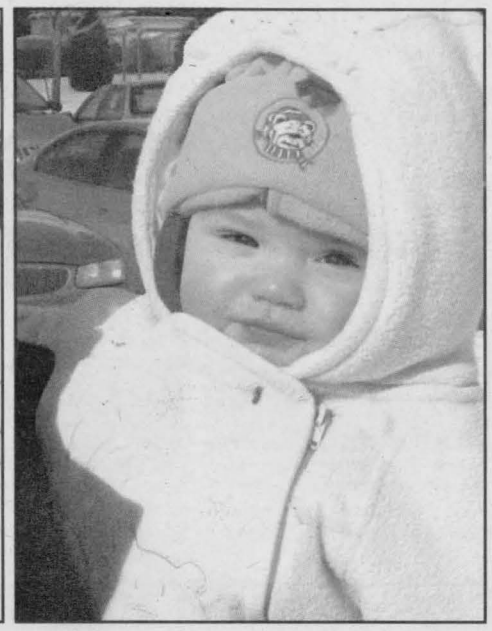




Children had a great time on Saturday at the First Annual Iroquois Shiverfest. These girls had just finished working on their igloo building skills. Left to right are: Emma Barkley, Quinn Leverge, Dani Shae Barkley, Grace Barkley, Mackenzie Barkley. In the top right photo this young hockey player was in mid-air leaping on the puck. Bottom left, girls start off their skating race and six month old Kiera Zeron takes a look around the rink with her father Mike.

CHIEFTAIN PHIOTO - J. MORIN





BY JOSEPH MORIN
CHIEFTAIN STAFF REPORTER

Blue skies, white snow, music and a great community effort resulted in a fantastic time at Iroquois' first annual Shiverfest on the weekend.

The weather was perfect and the mood was excellent for the day long winter festivities at Iroquois' outdoor rink. The temperature hovered around the minus 2 mark making perfect conditions for skating and playing in the snow. A slight breeze kept skaters from overheating as the sunshine poured down on them. The events got under way promptly at 10am with girls hockey. Accompanied by great dance music, courtesy of Strings and Things, at the Iroquois Plaza, around 20 girls of all ages got together and had a load of fun playing hockey. From teenagers to little ones, the girl's hockey game turned into a fun game with teenagers playing alongside much younger girls.

The Shiverfest succeeded on several levels, including the effort put in by volunteers at the last moment and community sponsors who made the day possible. Students from the Seaway District High School were quick to volunteer their time to organize and lead several of the day-long events. The result was fun for all. The main organizers were Clayton Barkley and Connie Shearer. The two Iroquois residents had taken on the winter task of looking after the outdoor rink. "Connie had heard about the Shiverfest in another community on the radio," said Clayton.

SHIVERFEST
SEE PAGE 11

Heart surgery offers a second chance at life

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

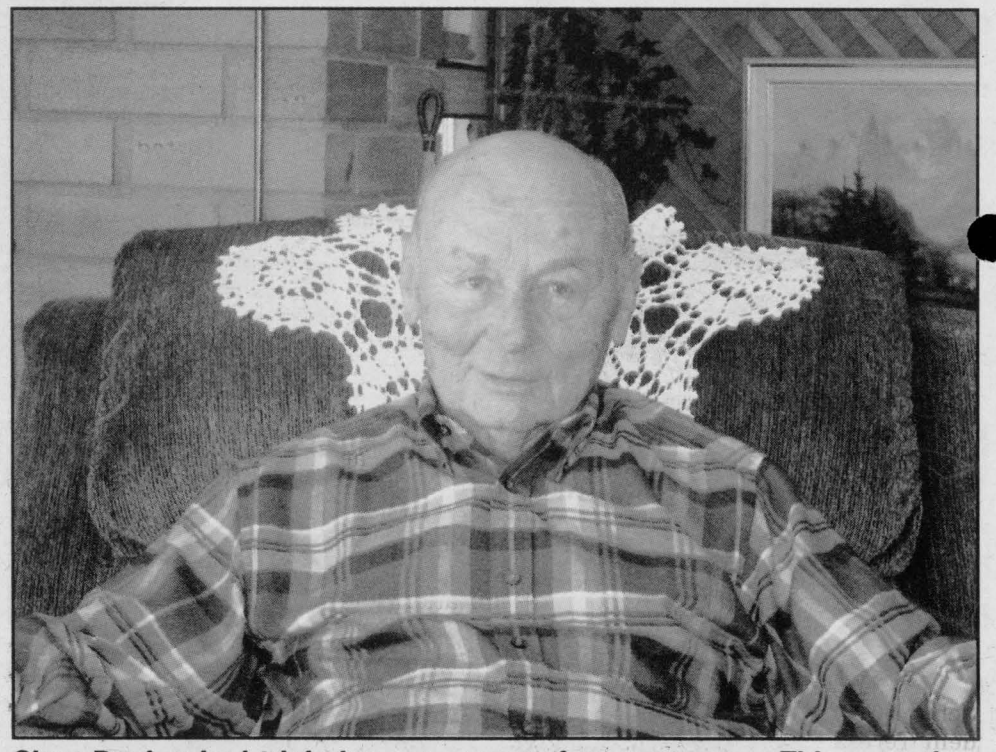
Four years ago Iroquois resident Clare Dunbar underwent life saving surgery at the Ottawa Heart Institute, allowing him to enjoy a full and active life. Today he can shovel his lane way and partake in a game of curling, all thanks to a triple bypass operation performed on February 28, 2003.

Mr. Dunbar has lived in Iroquois for 47 years, and worked at Casco in Cardinal until his retirement 19 years ago. He didn't suspect he had heart problems until in 1996 he began to experience arm pain and had trouble mowing his lawn. His family doctor sent him to a cardiologist who prescribed beta blockers. This medication kept the problem in check for 5 years, but then the symptoms returned even more severely than in the first case. An angiogram revealed that his arteries were almost totally blocked. One was blocked 80% and two others were 95% blocked. Surgery was required if Mr. Dunbar was to survive, and a five hour operation performed by Dr. Goldstein at the Ottawa Heart Institute was very successful. When asked if he was nervous about the surgery, Mr. Dunbar responded, "Not really. I knew it had to be done." After eight days recovering in the hospital, Mr. Dunbar's heart was unable to keep a steady beat so a pacemaker was necessary.

Upon his return home, Mr. Dunbar began a regime to get back on his feet. He started out with a bit of walking, but was so weak he found the wind difficult to contend with. His son and his wife Millie were very supportive, and gradually he began to regain his strength. "I had exercises to do every day," he explained. "I still keep up these exercises every other day, quite faithfully."

With the exception of some water retention last winter, Clare Dunbar is in good health and has resumed an active life which includes curling, golfing, walking, and shovelling snow. He recently attended one of his brother's 95th birthday celebration in Winchester. Also present at the party were his 97 year old brother, as well as two older sisters. As baby of his family, Clare Dunbar hopefully has many more years to look forward to. His plans for the future include staying active, and curling again next winter.

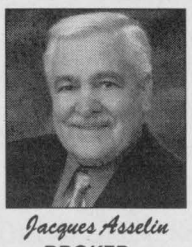
As February is Heart & Stroke month, success stories such as Mr. Clare Dunbar's should be recalled when a canvasser comes to your door for a donation.



Clare Dunbar had triple bypass surgery four years ago. This operation, along with a pacemaker, allows him to live a full and active life. He is pictured here in his home in Iroquois. CHIEFTAIN PHOTO - A. CARTIER

VON joins Health Council in calling for information action

The VON (Victorian Order of Nurses), Canada's largest, longest serving, not for profit, charitable home and community care organization is joining the Health Council of Canada to call for information and action on a growing sector of the health care system – home care. "One of the fastest growing sectors of the health care system, in terms of need, is home care and community services. Yet, despite calls for all levels of government to elevate funding and policy development for this sector, much remains to be done," said Dr. Judith Shamian, VON President and CEO. In a supporting document titled, *Canadian Perceptions of the Health Care System*, it is noted that 45% of Canadians strongly support developing more home and community care programs.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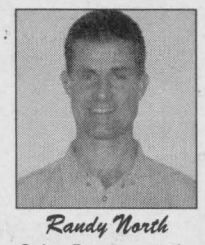
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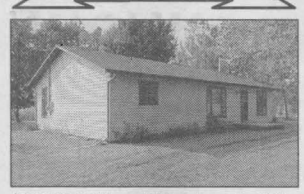

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Transition day for Grade 8 students at high school

BY JOSEPH MORIN
CHIEFTAIN STAFF REPORTER

Making the transition from childhood to adulthood is never easy. Part of that change is going from Grade 8 and the culture of an elementary school to Grade nine and high school.

On Thursday afternoon, Grade eight students from Nationview, Iroquois Public and Maple Ridge travelled over to the Seaway District High School. Close to 100 Grade eight students had a look at what their future looked like when they move up to high school next year.

Nationview Public School Grade eight student Teresa Palmer was one of the students that were getting ready to take part in the transition program at the high school. Teresa and her fellow students were all in the school's cafeteria eating pizza. The next part of their day after they had finished eating was to go on a five-point tour of the school. Teresa, who lives in South Mountain and was sitting with her friends waiting for lunch to be over and for the tours to begin was cautiously excited about the transition program and about the prospect of going to high school next year. "It is scary, because you are going to a different school but you will be making new friends. It is pretty cool," she said. Teresa loves art and Seaway has a great art and drama program. Her sister is in Grade nine at the school so she is looking forward to going next year. Now, she is able to walk to school or take a school bus to Nationview but next year she will be taking a school bus every day. That will be another new experience to get used to.

The tour was led by the school's Leadership and Peer Group class. It stopped at a number of classrooms and covered subjects such as Math, Science, Languages and Integrated Technologies Program which includes, transportation, sculpture and communication technology.

This was the first event that the group looked after and their teacher, Gisela Kerr, was pleased with how her class handled the challenge. Ms. Kerr pointed out that her class's role was to provide student leadership in the school. "I am happy to see that my class really stepped up," she said of the group of students who took over the entire leadership for the Transition Day at the high school.

As the afternoon continued the Group of grade eight students were treated to more activities in the gymnasium including educational entertaining events. The afternoon ended with a presentation by Jim Jordan a professional speaker and entertainer. Mr. Jordan was named the number 1 entertainer in the Greater Toronto Area 12 years in a row. He entertains adults and children educating and informing his audience in a fun and effective way. He uses magic among other things to involve his audience and manages to get some very difficult concepts across to children.



Grade eight students from area elementary schools spent an afternoon at the Seaway District High School last week. The visit was part of the school's transition program. Guest speaker for the event was motivational speaker Jim Jordan.

CHIEFTAIN PHOTO - J. MORIN

He began his presentation by the telling the children that he was going to show them all how to never work a day in your life. Of course the key to his presentation was that if you are doing something that you love it is never considered work.

District 48 holds A.A. Round-Up in Iroquois

Alcoholics Anonymous held their 13th Annual Seaway Valley North Round Up at the Civic Centre in Iroquois on Saturday, February 3. Hundreds of people travelled from as far away as Kingston and Montreal to take part in the day's events which started at 8 am with a pancake breakfast.

Different groups were responsible for providing the programming throughout the day long event. Some of the highlights included a panel discussion, an Al-Anon session and some guest speakers. Lunch was served, as was a potluck dinner. One participant said that such meetings help people connect with others and realize that they have support all over the country. There are A.A. groups all over eastern Ontario, as there are all over the world.

Information on its website states that Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; as it is self-supporting through member contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. The primary purpose of A.A. is to stay sober and help other alcoholics to achieve sobriety. It is estimated that there are more than 100,000 groups and over 2,000,000 members in 150 countries.

Anonymity is the spiritual foundation of A.A. It disciplines the Fellowship to govern itself by principles rather than personalities. It is a society of peers. A.A. strives to make known its program of recovery, not individuals who participate in the program. Anonymity in the public media is assurance to all A.A.s, especially to newcomers, that their A.A. membership will not be disclosed.

A.A. was started in 1935 by a New York stockbroker and an Ohio surgeon (both now deceased), who had been ·hopeless· drunks. They founded A.A. in an effort to help others who suffered from the disease of alcoholism and to stay sober themselves. A.A. grew with the formation of autonomous groups, first in the United States and then around the world.

ATTENTION LANDOWNERS

Resource Stewardship S.D.& G. Council

The volunteer Resource Stewardship S.D. & G. Council is currently inviting interested landowners from the United Counties of Stormont, Dundas and Glengarry to apply for a position on the Council.

Opportunity

You will be working with a group of dedicated volunteers as a member of the Resource Stewardship S.D. & G. Council. Current members include: Bruce Garlough (Chair), Elaine Kennedy, Robin Flockton, Ken Jones, Martin Zimmer, Dorothy Hamilton, David Thomasson, Ron Beaudette, and Garry Smith. You must be willing to volunteer your time for approximately 10 meetings each year. Individuals with a broad knowledge of the challenges facing our natural environment are encouraged to apply. Council positions are voluntary, but travel and other expenses will be reimbursed.

Description

The purpose of the Resource Stewardship Program is to help landowners manage their land in a sustainable manner. Jim Hendry, Stewardship Coordinator, administers the program. The program is directed by the volunteer Resource Stewardship S.D. & G. Council.

The Council recognizes that decisions about resource stewardship are made by individual landowners and works with them to determine community stewardship priorities.

The **Ontario Ministry of Natural Resources** sponsors this community-based initiative.

If you are interested in becoming a member of the Council and want to make a positive difference in your community, please contact Jim Hendry, at the address below for your copy of the application form and information package.

Jim Hendry
Stewardship Coordinator
Stormont, Dundas and Glengarry
18045 County Rd. 2 - Box 429
Cornwall, Ontario
K6H 5T2
Telephone: 1-613-933-7671

Applications must be received by Friday March 2, 2007.

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Sincerely - Joyce Easter

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jboulanger@runge.net

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Stephen Balena & Vicki Fawcett
sbalena@runge.net
vfawcett@runge.net

CLASSIFIED
Connie Seguin
csequin@runge.net

REGIONAL PUBLISHER
Fred Runge
frunge@runge.net

ASSOCIATE REGIONAL PUBLISHER
Chris McWebb
cmcwebb@runge.net

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pburton@runge.net

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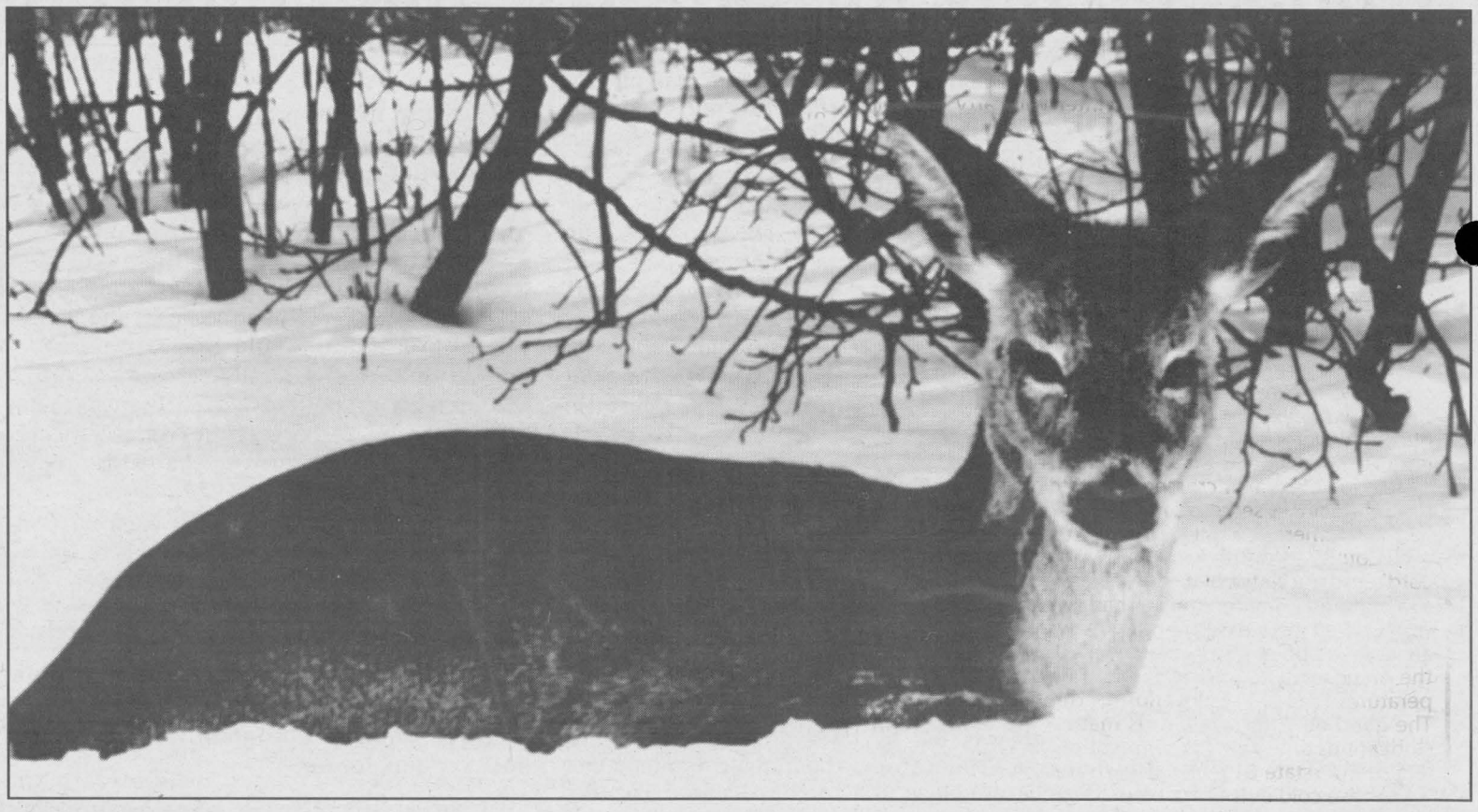
Editorial Page



This deer was just to tired too run away when photographer Dawana LeBlanc approached her for a picture. The deer was resting in a clearing on Ault Island.
CHIEFTAIN PHOTO -DAWANA LEBLANC



Shiverfest

Winter, at least this one has been a long time coming.

There were so many false starts that it was easy to believe that this time around, winter was taking a break.

The Shiverfest at the outdoor rink in Iroquois brought winter in all its glory back into the spotlight.

The event was simply perfect for all concerned and well worth taking an afternoon to enjoy. Ask any of the little ones that were at the rink on Saturday.

Community festivals are always in demand. However the energy and organization needed to make them happen are always in short supply. Iroquois is fortunate to have the kind of people who have that valuable energy and are willing to share it with others to make some great memories.

Next year, the Iroquois Shiverfest will most likely be organized by a special committee and consequently it will be either a better event or at the very least the same event that it was this first time out.

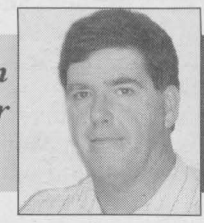
Congratulations to those who made it all happen this past weekend.

J.M.

A thought...

from me to you

by Joseph Morin
Editor



When any circle in any process is broken something is always lost.

People, goods and services are always moving in a circle. In an economic sense they are moving from rural Ontario to urban Ontario and then back again.

The latest comment about the state of rural Ontario is from the Ontario Federation of Agriculture, (OFA). It is based on a report called Understanding Freefall: *The challenge of the Rural Poor.* Geri Kamenz the President of the of the OFA says that a strong provincial economy has to be based on a strong rural economy and a healthy economic circle of events that make prosperity in cities and on the farm possible.

At the centre of Mr. Kamenz's assertion is that if you have a cycle of a poor or ineffective rural economic reality, you also will have more people leaving the rural area for work in more populated areas, like the city.

As this cycle continues the rural areas of Ontario find that their population is thinning out and of course so does their tax base and before you know it, looking after the rural infrastructure is difficult.

The report that the OFA was reading, more than suggested that once this cycle has been established it is very difficult to change it.

The OFA is telling the province to start paying more attention to rural areas of the province and ensure against this kind of cycle getting hold of rural communities more than it has.

The amalgamation of Ottawa for example, from one urban municipality into a conglomerate of rural municipalities created some unusual problems.

It turned out that the new City of Ottawa had a new landmass, thanks to amalgamation, that translated to 10 per cent of the city's population living on 90 percent of its land, namely the newly acquired rural municipalities all around the city.

Right off of the bat the new City of Ottawa realised that it did not have the kind of population it needed to have in rural areas of the city to pay for the services that those residents were used to.

In preamalagamation days the little rural municplaities more or less looked after themselves with money handed out by the province and their own meager tax base. Business flourished where it could and that also helped to contribute more tax money to the tax base.

Over the years urban dwellers had migrated to the rural parts of Ontario looking for a change in lifestyle and more affordable housing. Unfortunately they all worked in the city which was the only place to work in order to afford that country lifestyle.

The original rural inhabitants, the farmers were there for a reason, namely to grow food and if possible afford a life while doing it.

If these same farmers and rural residents cannot find work where they live or at the very least keep what work that they traditionaly had, there will be more and more problems in rural Ontario.

The only issue rural residents seem to have these days are about their property rights, their water and their rural economy.

The concept of ownership and personal responibility is still very strong and real in rural Ontario.

The provincial government would be doing themselves a favour by ay least listening to folks such as Geri Kamenz and taking a look at what the future will be in rural Ontario should nothing happen to change rural fortunes.

Arctic chill spreads South

Weather from The Valley
By Stephen Balena

I am sorry to say that the weather looks cold for the balance of February. Both Groundhogs have predicted an early spring, but I believe our winter will carry on well into March. The coldest outbreak in the last two years has blasted its way into the eastern two thirds of North America. The leading edge of the cold air sparked tremendous lake effect snow across Ontario and New York this past week. Zero visibility led to a major accident on the 401 near Coburg last week that killed 2 and injured many more. The same squalls stretched along the Seaway and north into Kemptville with a quick 5-10cm falling. Elsewhere the snow totals were amazing. Portions of Jefferson County in Upstate New York received in excess of 30 inches of snow this past weekend. Travel bans were posted and many motorists were stranded when Interstate 81 was closed south to exit 41. The cold air has produced numerous windchill advisories and warnings as temperatures dipped close to -40C with the wind.

The edge of cold air crossed the state of Florida last Friday producing a series of major tornadoes that killed 20 people. Numerous homes were destroyed in Volusia and Lake County among others. Winds exceeded 165 mph according to the National Weather Service.

Back at home Environment Canada is expecting this current cold snap to ease slightly this week. However they are quick to point out that more cold air is building over the Arctic ready to plunge south. We are expecting temperatures to remain below normal through months end. The good news for our area is that no major snow is in sight at this time. However remember when traveling the 401 or Interstate 81 that Lake Effect snow occurs often with these cold outbreaks. Be prepared for very changeable weather around the lakes. Often near blizzard conditions can occur while only a few kilometers away skies are sunny.

Make sure to review the forecast before you travel. Be safe!

Visit *http://valleyweather.blogspot.com/* for updates and links.

Letter to the Editor

The debate over a minimum wage that would actually lift a worker out of poverty is long overdue and fortunately, Cheri Di Novo, MPP for Parkdale High Park has brought it to the Ontario legislature. Bill 150, the Living Wage Bill calls for a minimum wage of $10.00 an hour.

The minimum wage was developed over time in Canada to ensure that a full-time worker would be able to afford the bare essentials of life: minimal nutrition and housing.

On the face of it, the $8.00 an hour wage, effective February 1, is actually sub-minimal. Earning the current $8.00 relegates a worker to the ranks of the "working poor" and a place in the long line of people forced to access foodbanks and other emergency services to survive.

The minimum wage is adjusted from time to time but it needs to be indexed to inflation and regularly maintained. $8.00 is not enough. Over the last 30 years, the minimum wage has steadily lost earning power.

Had it in fact been adjusted to keep pace with inflation, it would currently be $12.44, a full 70% higher than the current $8.00 and 2.44 higher than what labour activists are calling for.

It was in fact frozen from 1995 to 2003, We have major catching up to do.

Ontario ministers recently remedied their own comparative disadvantage by voting for a 25% raise for themselves, but held minimum wage workers to a mere 25 cent hike. Shame.

Critics of the $10.00 minimum wage cite small businesses as potential victims of the wage. Actually, only 29% of minimum wage workers are found in small businesses: most work in the fast food and retail industry.

Advocates of the living wage have no quarrel with small business: In fact, many feel governments should do more to assist them as they are squeezed beyond profitability and even out of existence by corporations that enjoy competitive advantages created by the chaos of rapid globalization and one-sided free trade deals.

Employers and workers are in this together. Let's remember that wages are an investment in the economic health of the community, because that's where minimum wages are spent: in local stores and businesses.

Ordinary working people and small businesses are disadvantaged and exploited by an economy that divorces profit from local prosperity or worker security.

In the name of global competition, workers are losing both and our communities are suffering as a result. In fact, not only are Ontario workers ill-served by a minimum wage of only $8.00 an hour, they are all too often denied the opportunity to string enough hours at $8.00 to get by. Not only are entry level wages inadequate, they are usually tied to part-time jobs, with 28 hours being the norm.

The time for a living minimum wage has come. In a province as rich as Ontario, we can't afford the grinding poverty of an $8.00 an hour wage,

Elaine MacDonald

President of the Cornwall and District Labour Council

Register Now!

Our Kindergarten teachers are dedicated to creating a friendly and safe learning environment which provides opportunities for all children to achieve and succeed. In partnership with the home and community, we strive to develop self-confidence, creativity and a love of learning. We believe in the pursuit of learning while building a strong sense of caring and respect for all.

Junior and Senior Kindergarten



French language instruction is offered in all Kindergarten classes. In addition, an Early Immersion Program is offered in several locations.

Daycare and Before/After School Programs are available at many school sites.

Visit our Web site at www.ucdsb.on.ca for details.

Registration for Junior and Senior Kindergarten takes place directly in all Upper Canada District School Board elementary schools.

- Junior Kindergarten students must be 4 years of age by December 31, 2007.
- Senior Kindergarten students must be 5 years of age by December 31, 2007.

Contact your local school for specific registration dates and information, or call 1-800-267-7131.

Benson Public School
4005 James St., Cardinal
613-657-3095
Principal: Sarita Anderson

Centennial '67 Public School (Gr. 4-8)
7 Henderson St., Spencerville
613-658-3114
Principal: Nancy Farley-Holmes

Dixon's Corners Public School (Gr. JK-6)
10951 Cook Rd., RR 2, Brinston
613-652-4922
Principal: Stephen Elliott

Elma Public School (Gr. JK-6)
3880 County Rd. 7
RR2, Chesterville
613-448-3334
Principal: Peter MacGregor

Inkerman Public School (Gr. JK-6)
11451 Cameron Rd., Inkerman
613-989-5739
Principal: Marlene Hunter

Iroquois Public School
66 Lakeview Dr. N., Iroquois
613-652-4580
Principal: Laurie McElheran

Kemptville Public School
215 Reuben Cr., Kemptville
613-258-2206
Principal: Jane Holski

Kinsmen/Vincent Massey School
1520 Cumberland St., Cornwall
613-932-7170
Principal: Anne Presley

Merrickville Public School
306 Drummond St. E., Merrickville
613-269-4951
Principal: Ray Westendorp

Morrisburg Public School (Gr. JK-6)
16 Second St., Morrisburg
613-543-3166
Principal: Jack Shouldice

Maple Ridge Senior Public School (Gr. 7-8)
12820 Hwy. 43, Chesterville
613-448-2817
Acting Principal: Joe Harty

Nationview Public School
3045 County Rd. 1, South Mountain
613-989-2600
Principal: Stephen Elliott

North Edwardsburgh Public School (Gr. JK-3)
903 County Rd. 1, RR 4, Spencerville
613-658-2011
Principal: Nancy Farley-Holmes

Greg Pietersma
Chair

UPPER CANADA DISTRICT SCHOOL BOARD

CREW

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49657

EARTH TALK

Dear EarthTalk: What is an "urban heat island" and does it have anything to do with global warming?

-- Max, via e-mail

An urban heat island is a metropolitan area that is significantly warmer than its surrounding rural areas.

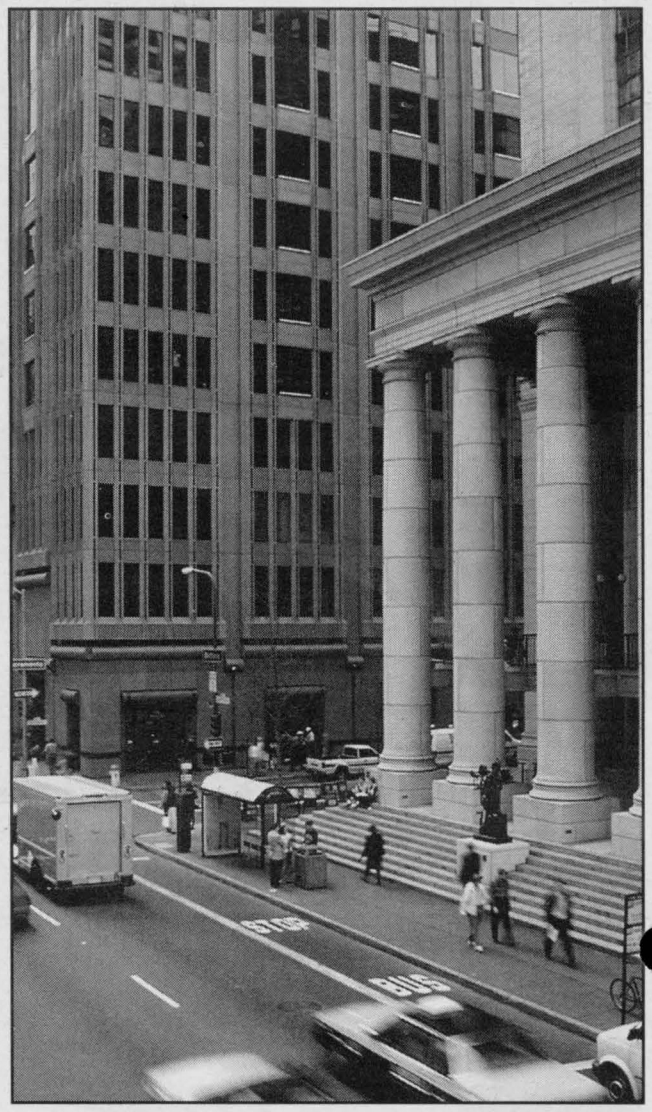
Unlike global warming, which entails a worldwide rise in temperatures, heat islands occur at the local level. According to the U.S. Environmental Protection Agency (EPA), many cities and suburbs have air temperatures up to 10 degrees Fahrenheit warmer than their neighboring areas. Heat islands form as cities replace their natural land cover with pavement, buildings and other infrastructure. These changes contribute to higher urban temperatures in a number of ways. For one, displacing trees and removing soil and vegetation takes away the natural cooling effects that shading and water evaporation from soil and leaves ordinarily provide.

Meanwhile, tall buildings and narrow streets can heat the air trapped between them and reduce airflow. And waste heat from vehicles, factories and air conditioners adds warmth to the surroundings, further exacerbating the heat island effect. The intensity of a heat island will also depend upon its topography, its proximity to water bodies, and local weather and climate.

Urban heat islands can also impact local weather, altering local wind patterns, spurring the development of clouds and fog, increasing the number of lightning strikes, and influencing the rates of precipitation. And although urban heat islands are distinctly different from the phenomenon of climate change, during the summer months they can contribute to global warming. The increased use of air conditioning and refrigeration needed to cool indoor spaces in a heat-island city, for example, results in the release of more of the heat-trapping greenhouse gases that cause global warming. Furthermore, the poor air quality that results from this increased energy usage can affect our health, aggravating asthma and promoting other respiratory illnesses. Costs are impacted, too. The Heat Island Group, a research and advocacy organization that works to educate the public and policy makers about the heat island effect, estimates that the city of Los Angeles spends about $100 million per year in extra energy costs to offset its heat island effect. The heat island effect can be reduced through the use of white and light-colored construction materials (including white roofing materials) in buildings, which will work to reflect the sun's heat skyward rather than absorb it, as dark surfaces tend to do.

Also, preserving or creating pockets of green space and vegetation help to cool areas naturally. A national program called Cool Communities, coordinated by American Forests and supported by the U.S. Department of Energy, encourages building owners and local policy makers to adopt just such practices.

Another useful practice is the creation of "green roofs" or rooftop gardens, in which roofs are partially or completely covered with vegetation and soil, or a growing medium, planted over a waterproofing layer.



"Heat islands form as cities replace their natural land cover with pavement, buildings and other infrastructure. Preserving or creating pockets of green space and vegetation can help beat the heat naturally."

PHOTO COURTESY OF "GETTY IMAGES"

Hang this handy calendar on your refrigerator every week!

MARCH - 2007						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Community Calendar

IROQUOIS AND DISTRICT

A public service provided by the businesses listed here in co-operation with this newspaper

FEBRUARY - 2007						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

February 8 – Diner's Club. Park Lane Seniors Diner's Club at the Iroquois Legion at 12:00 pm. For more information contact Len Roberts at 613-652-4445.

February 9 – Social Dance Club. Come dancing with the Social Dance Club, Prescott Legion Hall, Friday February 9th at 8:00 pm. For info call (613) 345-1073 or (613) 342-3181.

February 10 – Breakfast. There will be a breakfast at the Fraternal Hall, Bay Street in Iroquois from 8:00-10:30 am. Sponsored by the Fraternal Hall Board.

February 13 – Covered Dish Luncheon. Iroquois Good Companions are having a covered dish luncheon at the Iroquois Civic Centre. Dinner at 12:00 pm entertainment and meeting to follow. Call Myrtle Johnston at 613-652-2230 for more information.

February 17 – Darts for Hearts. Iroquois Legion Branch 370 will be hosting their annual Darts for Hearts fundraiser to support the Heart and Stroke Foundation.

February 17 – Surf and Turf. The Iroquois Golf course will be hosting a Surf and Turf dinner and dance. Tickets are $25.00 per person and are available at Mustard's Variety Store.

February 20 - Pancake Breakfast. The Iroquois Civic Centre will be the site of a pancake breakfast on Tuesday February 20. Adults are $5 children are $2.50. Everyone is welcome.

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Advertising Consultant
Iroquois Chieftain
Runge Newspapers
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Tracey Stewart, Bsc Phm
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Iroquois
Ph: 613-652-4379
Fax: 613-652-1768
Advice for Life

EOJBHL
MORRISBURG
Friday, Feb 9: Kemptville @ Morrisburg 8:30pm
Sunday, Feb 11: Morriburg @ Alexandria 1:30pm
Friday, Feb 16: Morrisburg @ Winchester 8:15pm
Sunday, Feb 18: Char-Lan @ Morriburg 2:30pm
SOUTH GRENVILLE
Saturday, Feb 10: Westport @ SG 7:15pm
Sunday, Feb 11: SG @ Athens SG 7:45pm
Saturday, Jan 27: SG @ Brockville 7:45pm

HEART AND STROKE FOUNDATION
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Noami's Family Resource Centre to hold self-esteem workshop

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

Naomi's Family Resource Centre will be holding a positive self-esteem workshop over a ten week period starting on February 28.

The participants will meet every Wednesday from 1 pm until 2:30 pm and the program will be run by experienced facilitators. The workshop, which is funded by the Ministry of Community and Social Services, is the second one being offered by Naomi's on this theme. "Our first workshop ended November 29, and it was very successful. We are offering it a second time because the community has asked for it," explained Naomi's Director, Verna Leger.

Poor self-esteem can contribute to depression, anxiety and stress, and sometimes leads to hostility, anger, and distrust of others. Some other symptoms include social difficulties, and participation in abusive and unhealthy relationships. People with positive self-esteem, on the other hand, demonstrate overall life satisfaction and engage in healthy relationships.

The workshop will have a maximum of ten participants in order to ensure that all the women taking part have an opportunity to voice their opinions and share their concerns.

The participants will be offered a number of tools and strategies to help them build on positive and practical ways to improve their outlook on life, as well as gaining insight into understanding how feelings and thoughts influence daily living.

The workshop is offered free of charge, as are all of the Naomi's Family Resource Centre's services. In order to assist women wanting to take part in the workshop, Naomi's will help with transportation and childcare costs.

Naomi's Family Resource Centre has been operating for 20 years and has served 1367 families during that time. The centre offers a number of services such as a residential program, a children's program, and a transitional and housing support program.

The residential program offers confidential, safe and secure emergency housing for women 16 years and over who have been physically, emotionally, verbally, or sexually assaulted, threatened or harassed.

There is also a 24 hour crisis line along with counseling and support services.

The children's program is aimed at children growing up in violent homes who are affected by the abuse they hear and see.

The children's program offers a nonviolent, safe environment and opportunities for children to appropriately and creatively express their feelings.

A support worker assists women establishing themselves to live a violence free life by helping with housing and investigating community resources as well as opportunities to undertake further education.

Naomi's Family Centre is funded by the Ministry of Community and Social Services and was created when a need was identified by residents of Dundas County.

Ontario urged to ban smoking in vehicles carrying children

Ontario's doctors are urging the provincial government to follow in the footsteps of the recent decision in Bangor, Maine to ban smoking in vehicles transporting children. The 2004 OMA report entitled "Exposure to second-hand smoke: are we protecting our kids?" revealed that children continue to be at risk as a result of exposure to second-hand smoke (SHS) in homes and vehicles. "A lot has been done to protect the public and workers from second-hand smoke in Ontario, but children continue to be exposed to the dangers of adult tobacco use," said Dr. David Bach, President of the Ontario Medical Association. "If other jurisdictions are willing to legislate this kind of health protection, so should we."

Numerous studies show that the impact of SHS on child health is significant. Among the risks are respiratory illnesses including asthma, bronchitis and pneumonia, as well as sudden infant death syndrome (SIDS) and increased incidences of cancer and heart disease in adulthood.

Research shows that vehicles can be a potent source of SHS, where levels of SHS can be 23 times more toxic than in a house because circulation is restricted within a small space. Children experience higher internal exposure to SHS because of their high respiratory rates. Ontario doctors applaud the provincial government's leadership in implementing a province-wide smoking ban; doctors feel that more must be done to increase awareness that adult tobacco use is also a child health problem.

"The longer we wait to take measures to protect Ontario children from second-hand smoke, the longer they will suffer from preventable illnesses," said Dr. Bach.

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District School Board

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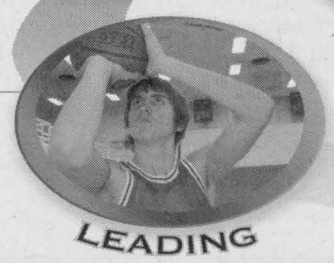

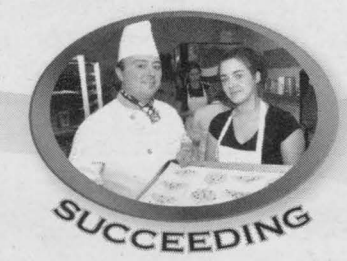

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12835 County Rd. 43, Chesterville
613-448-2328
Principal: Brenda Ramsay
Grade 8 Parent Information Night
Tues., Feb. 20, 6:30 p.m. – 7:30 p.m.
Grade 9 – 12 Parent Information Night
for Course Selections
Tues., Feb. 20, 7:30 p.m. – 8:30 p.m.

Seaway District High School
2 Beach St., Iroquois
613-652-4878
Principal: Roy Lalonde
Parent Information Evening
Thurs., Feb. 15, 7:00 p.m.

T.R. Leger School of Adult, Alternative and Continuing Education
Morrisburg Campus
Hwy. #2, Morrisburg
613-543-2375
Principal: Frank Hummell



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1-877-875-3437 toll free 613-937-0120 Cornwall and area
613-342-1127 Brockville and area 613-283-5418 Smiths Falls and area

Greg Pietersma
Chair

Learning Together

David K. Thomas
Director of Education

Township of South Dundas
4296 County Road 31, P.O. Box 160, Williamsburg, Ontario K0C 2H0
Tel: 613-535-2673 Fax: 613-535-2099 email: mail@southdundas.com

South Dundas Economic Matters

Anne Marie Waddell, a local resident for over forty years, is the economic development officer for the Township of South Dundas. edo@southdundas.com

Community Improvement Plans

Ontario's economy continues to be shaped by global economic trends. Over the past several decades there have been shifts from traditional manufacturing to knowledge, service and creative-based economies. Where manufacturing continues, reinvestment is needed to adapt, retrofit or construct new buildings to make them suitable for employment uses typical to new economies. In other places, municipalities need to move from single industry and resource dependency to a more diversified economic base.

From south to north, Ontario has evolved into an urbanized province composed of small, medium and large centres. Within this context, there is a great deal of diversity in population profiles. Southern Ontario is experiencing relatively high growth pressures and accompanying demands for housing, social and cultural services, improved transportation networks, and other public services. Northern Ontario is experiencing rural to urban migration, outward migration and population stagnation. Faced with these challenges, northern municipalities must find ways to adequately service their population in order to retain and attract residents and business investment.

Fiscal, economic and population-based pressures differ from south to north, region-to- region and municipality to municipality. Common to all is the need to build, reinforce or reshape their engines of growth to achieve well-planned and economically sound communities over the long term.

From a land use and planning perspective, many believe that more can be done to ensure that development contributes to improving the live-ability of communities. Strategies involving car-dependent, single-use, low-density development spreading far from core areas are being reassessed as these patterns of growth and development and their negative impacts are not socially, economically or environmentally sustainable.

To increase the benefits from development, municipalities are using community improvement planning as one means of planning and financing development activities that effectively use, reuse and restore lands, buildings and infrastructure. The objective is to continually invigorate communities through the realization of environmental, social, cultural and economic benefits achieved from more sustainable growth management and development practices. It is this self-rejuvenating foundation that allows municipalities to decide how they wish to position themselves within a fluid and highly competitive global marketplace.

Reasons for Community Improvement Planning

Community improvement planning and activities are shaped by local needs, priorities and circumstances. Municipal council may determine that improvement within a designated community improvement project area may be desirable because of "age, dilapidation, overcrowding, faulty arrangement, unsuitability of buildings or for any other environmental, social or community economic development reason", as set out in subsection 28(1) of the Planning Act.

Whether the reasons are physical, social, economic or environmental, a community improvement approach is a flexible, comprehensive, coordinated and strategic framework for dealing with lands and buildings. Through community improvement plans municipalities can:

- focus public attention on local priorities and municipal initiatives
- target areas in transition or in need of repair,
- rehabilitation and redevelopment
- facilitate and encourage community change in a coordinated manner
- stimulate private sector investment through municipal
- incentive-based programs

Community Improvement Plan Objectives

Over the years, community improvement plans have been used for a broad array of priorities aimed at rehabilitating and revitalizing targeted areas. Project areas range from specific properties to streets, neighbourhoods and entire communities, while program coverage can span a wide spectrum of municipal objectives including, but not limited to:

Municipally Driven Programs

- infrastructure works
- municipal property acquisition, land assembly and sale of lands
- municipal facilities construction and rehabilitation
- public space, parks and recreation works
- signage, streetscape and landscaping improvements

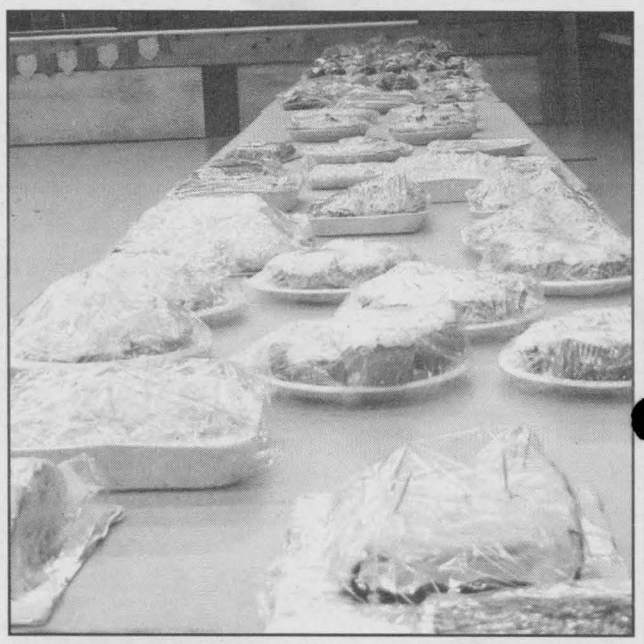
Incentive-Based Programs
(grant, loan and property tax assistance)

- preservation and adaptive reuse of heritage and industrial buildings
- brownfields environmental assessment, remediation and redevelopment
- commercial building façade improvements
- downtown/core area and waterfront revitalization
- project feasibility studies
- space conversion for residential and commercial uses
- structural improvements to buildings (e.g., building code upgrades)
- property tax assistance for remediation purposes

Many of these programs support sustainable planning principles relating to more compact land uses, intensification, mixed uses, proximity of residential uses to employment areas, restoration and reuse of vacant or underused buildings, reclamation of contaminated lands, and strategies that integrate and link built form with open spaces.

Common to all these programs is the alteration of the physical landscape of communities so that, in the medium and long term, public benefits can be achieved that result in more socially cohesive, environmentally friendly and economically sound communities. In short, municipalities are finding ways of becoming more sustainable through the use of community improvement plans. *Source: www.mah.gov.on.ca*





The Iroquois Legion Branch 370 held their annual Valentine Tea and Bake Sale on the weekend. In the above photo these ladies take a moment to have some brunch. Left to right are Phyllis Connell, Marjorie Gray, Hope Stevenson and Myrtle Wingeat. In the photo on the right are some of the goodies at the bake table.

CHIEFTAIN PHOTO - J. MORIN

House of Lazarus update

The Food Bank will be open on Tuesday Evenings from 5:30pm to 7:30pm beginning February 6, 2007. The House of Lazarus along with other local food banks is experiencing an increase in the number of "working poor" families being served. With the increase in heating and other costs during the winter months combined with minimum wage jobs many families who manage to make it through the warmer seasons find they need help to put food on the table. To accommodate our working poor families, and others who cannot make the day time hours of operation, beginning Tuesday, February 13, 2007, the House of Lazarus Food Bank, located at 2245 Simms St in Mountain, will be open every Tuesday between the hours of 5:30pm and 7:30pm.

The Thrift and Household Goods shops will not be open at this time. "We are averaging 5-7 new clients and we are concerned that we are not reaching other working poor families and those who may only have a ride in the evenings." says Kim Merkley Food Bank Coordinator. Food donations tend to drop off after Christmas when our reserves get very low. At this time we are in need of canned pasta, spaghetti sauces, canned tomatoes, lunch items: juice boxes, jam, cookies, peanut butter, cheese spread & canned juice.

Sue Matthies, our new Thrift Shop Manager is planning a "50% OFF Winter Wear & Sports Equipment" Sale from February 5th –10th. Come in and check out our wide selection of coats, boots, skates and skis. "Everyone is invited to come and shop" said Sue "and remember the funds raised through your purchases at the Thrift shop helps to support our food bank operation and programs" We are also planning a "Sweetheart Sale" & $5. Bag Sale February 14th – 17th. As a special treat the Household Goods Shop will be opened on February 14th for a special 1 day event of great shopping.

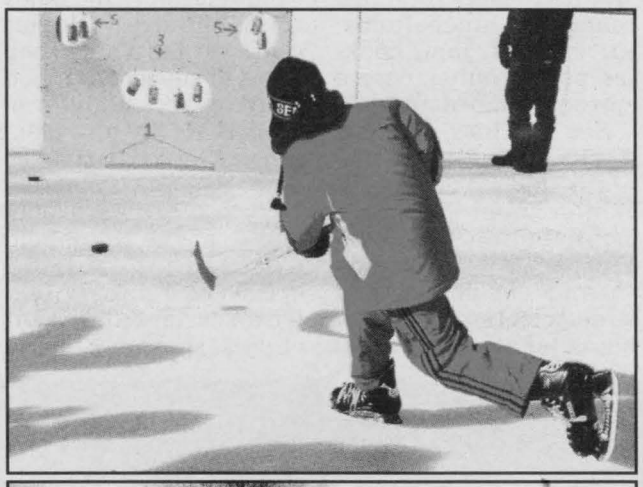
Once again we are looking for volunteers to help out at the House of Lazarus. If you have just 3 hours a week and are looking for a meaningful volunteer experience where you can make a difference for those who live in poverty. Contact Pauline Pratt, Executive Director at 613-989-3830.

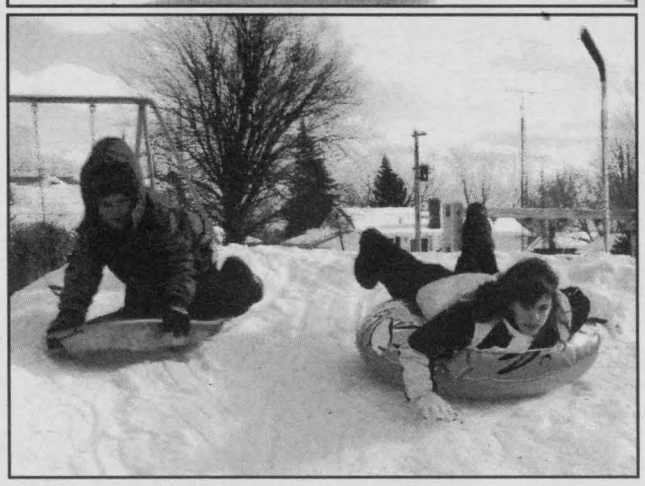
Be sure to visit our web site www.houseoflazarus.org for other updates.



Shiverfest 2007 in Iroquois

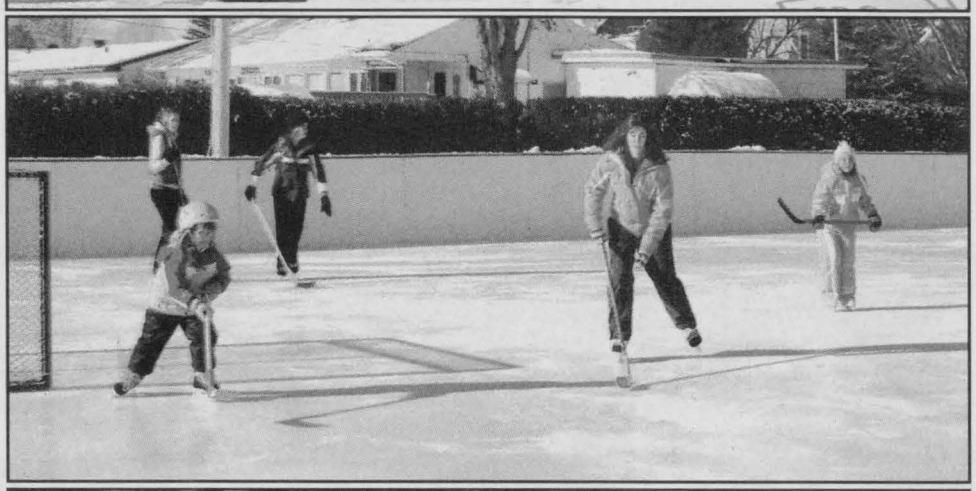
A gentle snowfall brought an end to the first Annual Iroquois Shiverfest on Saturday. After the day's events Shiverfest participants in the photo on the far right, top, enjoyed an outdoor fire by the rink, left to right: moms Angie Barkley and Tanya Fetterly along with thier daughters Mackenzie Barkley and Alyna Fetterly. Photo by C. Barkley. In the photo second from the top on the right are the volunteers who manned the rink canteen. Front centre is Stephanie Prevost. Back row, left to right are: Lou Hutchinson, Vicki Tettley and Connie Shearer. In the two bottom photos, girls play some hockey and the boys have a race. In the photos at the top left, a young man blasts the puck at the target during the puck accuracy competition and Joshua Casselman and Katie McCurdy go down Bill's Hill.

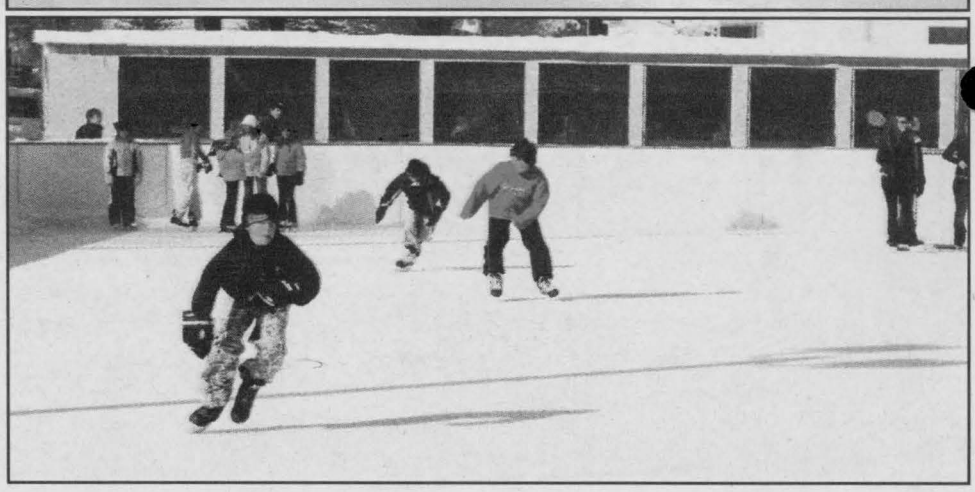












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SHIVERFEST FROM THE FRONT

"Connie and I think the same way," he added.

The Iroquois Shiverfest concept was first discussed on January 28. There was not a great deal of time to put it together.

One of the first things that the organizers did was get the word out to potential volunteers and sponsors.

A second sheet of ice was prepared in anticipation of the event and a date was picked, Saturday, February 3, to hold the winter festival.

"It was a community effort that just blossomed," said Clayton. Shiverfest more than blossomed.

Some parents who came to the rink along with their children commented that the festival was exactly what they needed at this time of year.

In the changing hut at the rink the canteen was busy as children and parents ordered hot chocolate and food to keep them going.

There was a steady flow of people coming in to put on skates, or to get warm. There was even a group of young people taking part in a ping pong tournament inside the hut.

Outside there was hockey of course, on the main rink, but on the second ice sheet there was a series of events as well.

Children took part in an obstacle course and enjoyed some ice racing. Around both rinks there were children building igloos and in some places simply playing in the snow.

Clayton and Connie had nailed up signs pointing to all of the areas at the rink where fun could be had. There was hockey central, the main rink, Bill's Hill where children could slide, Paradise Pond, which was the extra sheet of ice and a fourth spot called Kiddies Corner.

Putting on an event this quickly and this successfully took co-operation and community participation.

Bill Ewing, the new Chair of the Iroquois Recreation committee arranged for the South Dundas Township to come by earlier in the week and build a snow hill to slide on. Clayton brought a huge metal container to the rink to be used for a giant bonfire at the end of the day.



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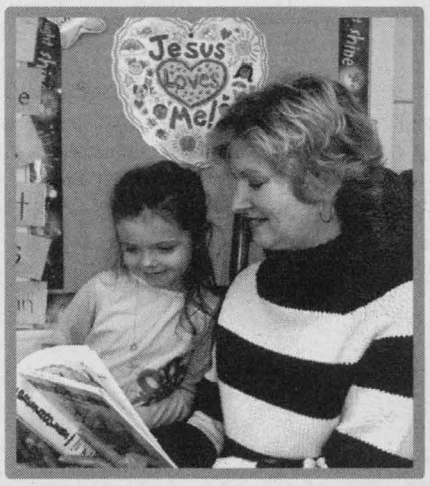
Kindergarten Registration Begins February 2007



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50657

Lions split games

With the playoffs just around the corner the Morrisburg Lions were able to keep four points ahead of the Kemptville 73's for third place in the St. Lawrence division. The Lions still hold one game in hand and will be facing the 73's this weekend.

On Friday night the Lions were on the road to face the second place Winchester Hawks. It what was a spirited affair between the long time rivals with the Lions caming out on the short end of 6-3 Hawks victory. Winchester was the only team to score in the first as Ben Collins scored on the power-play at the 13:39 mark. Morrisburg tied the score at one at 5:17 in the second as Ryne Gove scored from Justin Elliott and Kalvin O'Brien. Ben Collins scored his second of the game to put the Hawks up 2-1. Once again the Lions were able to tie the score as Cory Gove scored his 40 goal of the year on the power-play. Justin Elliott and Ryne Gove engineered the play. The Hawks finished the period off strong scoring three more goals to give them a 5-2 lead heading into the third. The teams exchanged goals giving the Hawks a 6-3 win. Jesse Labrecque started the game but was pulled after letting in five goals.

On Sunday the Lions were in Akwesasne to face the fifth place Wolves. The Lions got out of the gate quick and never looked back as they pasted the Wolves 12-1. The Lions got goals from Christopher Ayotte (2), Justin Elliott (2), Cory Gove (2), Kyle Lagace (2), Ryne Gove, Cody Casselman, Chad Galipeau and Josh Leque. Andrew Pearson was in nets and earned the win.

The Lions have three games this week. They played host to the Winchester Hawks last night and will have two more key games this coming weekend. They will host the Kemptville 73's Friday night with game time set for 8:30 pm. They are then on the road Sunday to face the first place Alexnadria Glens.

Chubbs Tournament celebrates adult hockey

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

18 teams took part in last weekend's 29th annual Chubbs tournament with a team from Brockville, Coneen Construction, winning the open division. The final game was played on Sunday evening with the Brockville team, which had 5 players over 50 years of age, defeating Pizza Hut by a score of 5 to 3.

Cameron MacLennan, one of the organizers of the event, was pleased with the weekend of adult hockey. "There was some very good hockey and great participation. The tournament went very smoothly."

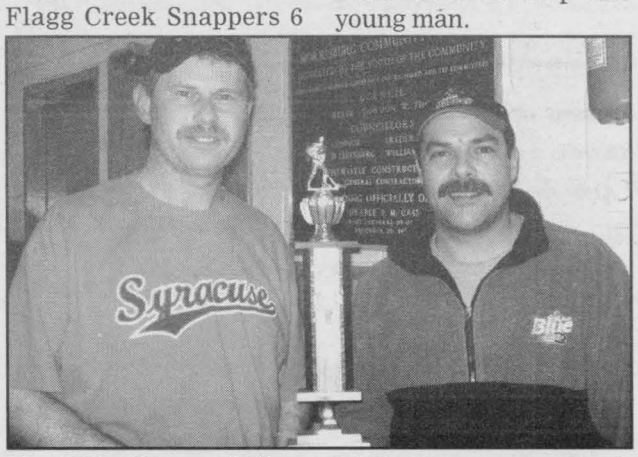
There were four divisions in the tournament with players coming from as far away as Toronto and New York to make up the teams. The Bud Light division consisted of Cooeyes Crew, Firebirds, Happy's Has-Beens, Kevin Markell, Loan Sharks, and Sweet Lou Crew. The final in this division was played between Kevin Markell and Sweet Lou Crew. Kevin Markell won 5 to 4 in overtime.

The Bud Light division had four teams: Seelers, Blue Flavo, Whites, and Western Wonders. The Whites defeated the Western Wonders 4 to 2. The Budweiser division consisted of Flagg Creek Snappers, Les Boys, Oc Rebels, and the Wolves. The Wolves defeated Flagg Creek Snappers 6 to 3 to win the division.

All division winners were presented with coats from CARHA, the Canadian Adult Recreational Hockey Association.

Three special trophies were awarded at the end of the tournament. The Cam MacLennan Memorial Trophy was awarded to the tournament MVP, Craig Holmes of the Chesterville Wolves. Terry McCann from the Coneen team won the Joe Billings Memorial Trophy for his outstanding goaltending, and Doug Thorpe was awarded the Mike Steward Memorial Trophy for being the Most Valuable Defenseman in the tourney.

Every year the organizers of the tournament donate some of the money they raise at the tournament to good causes. Last year money was given to Volley for Cancer and to an educational fund for Mike Steward's daughter. This year the organizers collected money for the Caylen Laberge Trust Fund. $600 was generously given for this cause by people attending the tournament. This money will be donated through the Morrisburg Lions Club to assist with medical expenses for the little boy who was severely damaged in an accident last summer. The Morrisburg Lions have already donated $2000 to this cause and are working on raising more funds to help this young man.



The Mike Steward Memorial Trophy was presented to Doug Thorpe for his outstanding defensive play. He is pictured here with Doug Cassel (right)
CHIEFTAIN PHOTO - A. CARTIER

Bantam House Lions defeat Kemptville

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

For a second Sunday in a row the South Dundas Bantam House Lions travelled to Kemptville to play hockey against the Panthers, with the Lions winning the game by a score of 9 to 4.

After being defeated 11 to 1 a week earlier, the Kemptville team came out skating hard and they managed to score the first goal of the game at 2:55 of the first period. The Lions seemed to wake up after that goal, and Jared Gibson scored with help from Nick Tupper and Robert Zandbergen just a minute later.

The Lions went into the lead with a goal by Robert Zandbergen from Kyle Saunders and Phil German early in the second, followed by another South Dundas goal a minute later scored by Donovan Hogan from Kyle Saunders and Robert Zandbergen. The Panthers came back with a goal of their own to make the score 3 to 2, but the Lions Nick Tupper scored from Jared Gibson and Stephen Gellner to put the South Dundas team up by 2 at 6:01 of the second. Derek Hutt scored from David Baird, and Nick Tupper scored from Dustin Blok before the Kemptville team could get another goal past Lions goaltender, Tyler Kelly.

In the third period, the Lions scored three more goals. Stephen Gellner scored an unassisted goal, as did Sam Plamondon and Kyle Saunders. The Panthers scored one more goal in the third, with the final score being 9 to 4.

The Bantam House Lions are fighting for first place in their division with a team from NGS. The two teams will meet up on Saturday, February 10 in a game to be played in Morrisburg at 1 pm.

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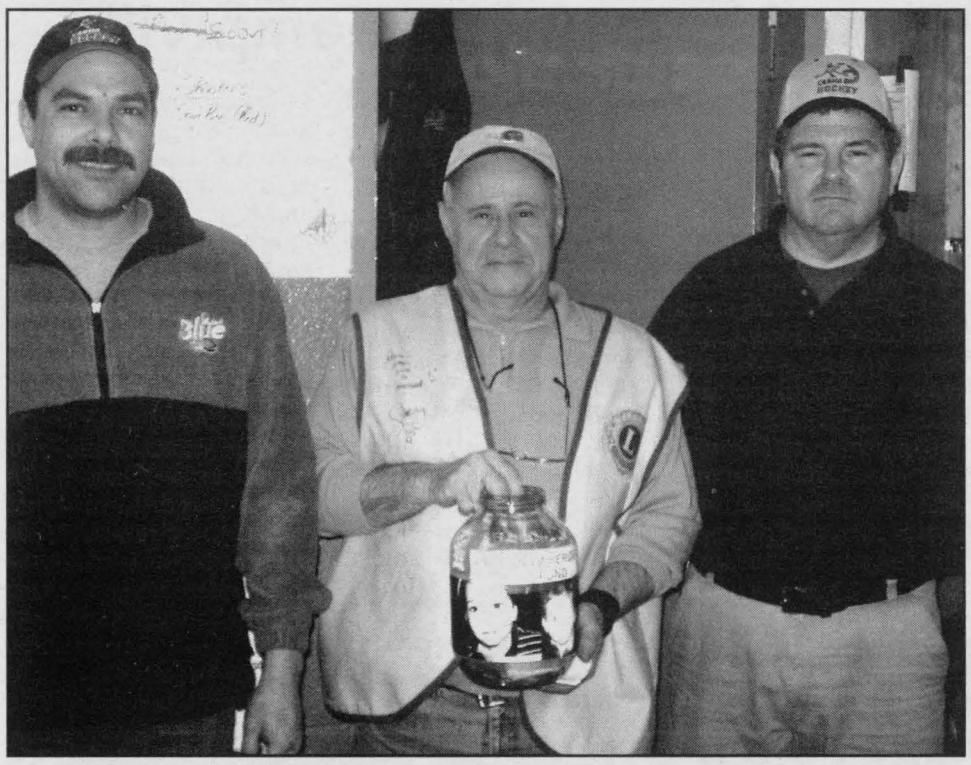


Donations for the Caylen Laberge Trust Fund were collected at the Chubbs tournament. $600 was raised for the fund. Pictured here are Doug Cassel, Carl Robinson, and Cameron MacLennan.

CHIEFTAIN PHOTO - A. CARTIER

Fish for free on Family Fishing Weekend

Feb. 24-25 events will promote safety on ice

The Ontario government and the Ontario Federation of Anglers and Hunters are encouraging anyone looking for some winter fun to get outdoors and drop a line during the first winter Ontario Family Fishing Weekend, says Natural Resources Minister David Ramsay.

"Many Ontarians enjoy winter fishing as a sport and social activity, and parents and others across the province can take this opportunity to introduce children and young adults to the fun of fishing," said Ramsay. "The winter family fishing weekend is a great time to learn from experienced anglers about fishing, safety and conservation."

Canadian residents can fish licence-free in any public waters across Ontario on Saturday, Feb. 24, and Sunday, Feb. 25. Events offering free instruction on ice fishing and safety on ice will be held where ice conditions permit safe fishing opportunities – mostly in Northern Ontario.

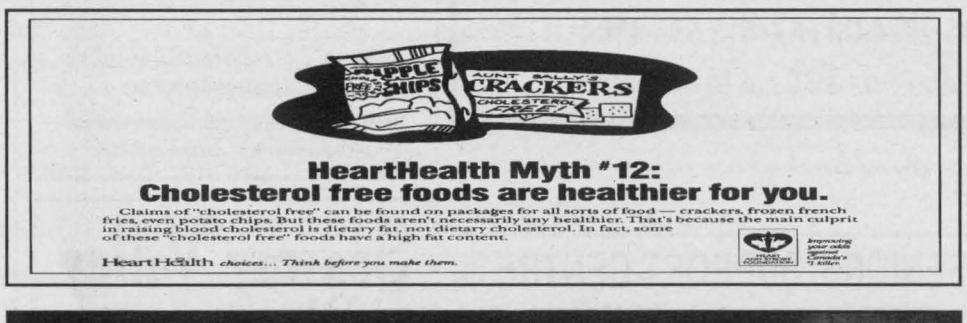
Through a new partnership arrangement with the ministry, the Ontario Federation of Anglers and Hunters (OFAH) will be taking on more responsibility for organizing Ontario Family Fishing weekends.

"Ontario Family Fishing Weekend is the province's flagship outdoors event that works to promote recreational fishing. The original concept for Ontario Family Fishing Weekend was presented by the OFAH and we are pleased that the Ministry of Natural Resources has increased opportunities to participate in this outstanding program," said OFAH president John Ford. "Ice fishing is good family fun, and the OFAH is proud to expand our partnership with the ministry and the outdoor industry to help introduce the new winter edition of Ontario Family Fishing Weekend."

During the family fishing weekend, anglers must follow the conservation licence limits set out in the 2005-2006 Recreational Fishing Regulations Summary, which is in effect until future notice. Information on these limits will be available at each participating site.

"Taking part in outdoor activities such as fishing raises people's awareness of the environment," said Ramsay. "We look forward to working with the federation in the future on more fishing events to promote a conservation-based approach to recreational fishing."

For more information on the Ontario Family Fishing Weekend, or if your organization would like to host an event, visit www.familyfishingweekend.com.



HeartHealth Myth #12:
Cholesterol free foods are healthier for you.

Claims of "cholesterol free" can be found on packages for all sorts of food — crackers, frozen french fries, even potato chips. But these foods aren't necessarily any healthier. That's because the main culprit in raising blood cholesterol is dietary fat, not dietary cholesterol. In fact, some of these "cholesterol free" foods have a high fat content.

HeartHealth *choices... Think before you make them.*

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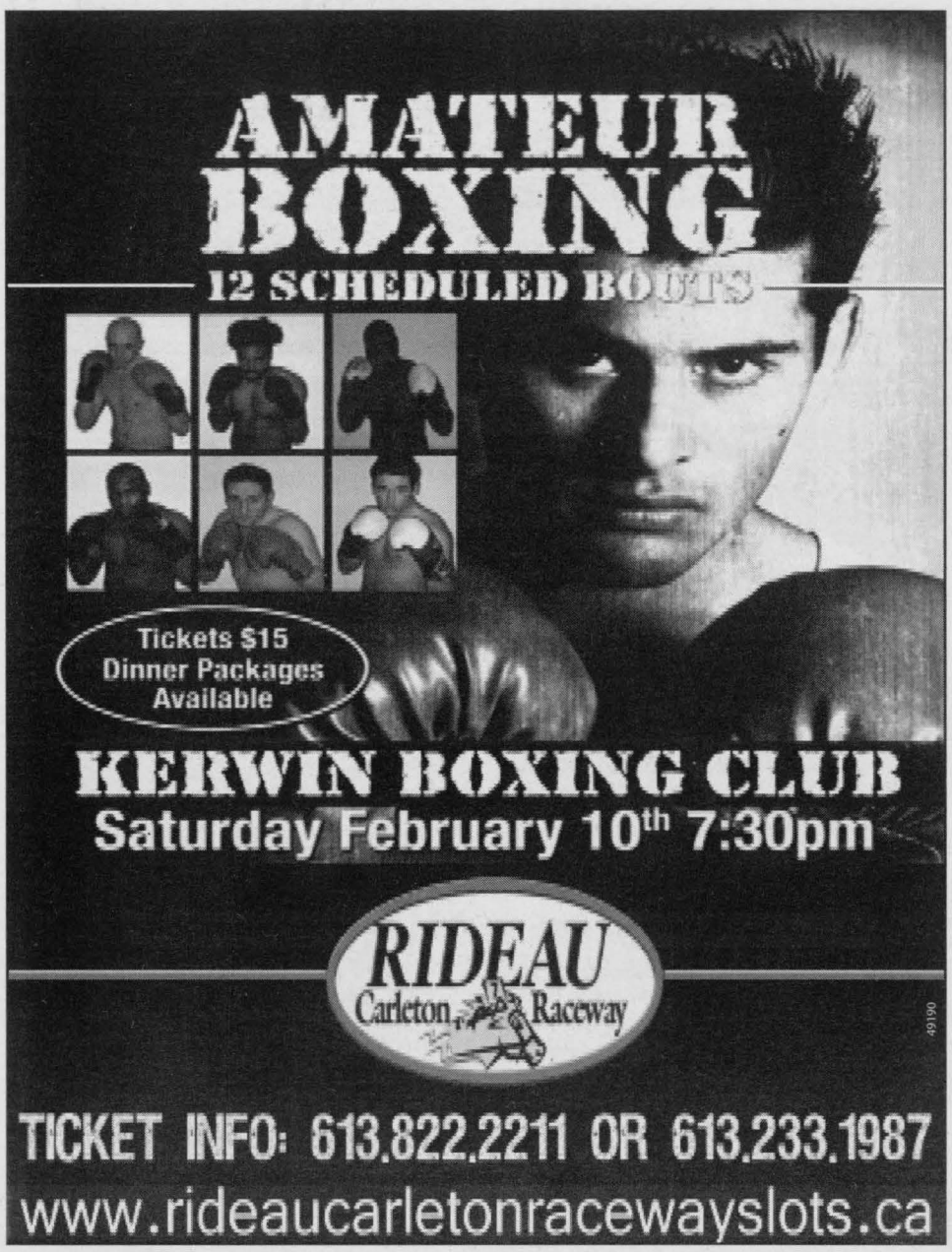

CELEBRATE SAFER INTERNET DAY

Here are five SMART tips that offer your kids a fun, informative and safer internet experience!

Secure your identity. Never give out your name, age, address, phone number or other personal information to strangers or websites unless your parent or caregiver has given you permission to do so.

Make arrangements to meet with friends, but never strangers over the Internet. Cyberspace can be full of creepy people claiming to be your friend. Never take risks when it comes to your safety!

Accept e-mails, files and instant messages ONLY from people you know. Always delete anything you get from a stranger as it may contain viruses or other nasty attachments.

Remember, not everyone tells the truth online. Someone claiming to be 12 years old might actually be a full grown adult! Never trust strangers, no matter how persuasive they are.

Tell your parent or caregiver if someone or something makes you feel uncomfortable or threatened.

Source: Childnet International

Help your kids create a SURF SMART mascot for a chance to win a Crayola prize pack worth $100!



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Just visit **www.popmagazine.com** for details on how to enter.
For more information on the Kids' Internet Safety Alliance, visit **www.kinsa.net**

Contest Deadline: February 28, 2007.

For complete rules and regulations, visit www.popmagazine.com

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50895-06-07

Morrisburg Curling Club News

Saturday found two of our Little Rocks teams in a bonspiel at Brockville. Brett Weegar, Haley Van Allen and Kelsey Craig played three games, winning one, tying one, and losing their third. Our other team, made up of Alice Cameron, Carly Smith, Nicole Toonders and Laura Taunton had the same result and ended up in the middle of the pack. It was a good result in a big competition.

On Sunday, Morrisburg hosted the Junior Big Four competition, competing with Russell, Metcalfe and Winchester. Bob Robichaud, Luke Whitteker, Connar Woodmass and Mitchell Collins lost a close first match against Russell, but bounced back to win their second against Metcalfe to make it to the "B" final. There they triumphed, winning the first five ends of the match and cruising to a win for the "B" championship.

Our other team, Cameron McIntosh, Emily and Ken Nishibori and Liam Barkley, won their first game against Metcalfe, and took a strong Winchester foursome to an extra end before losing their chance to go to the "A" final on the last rock of the match.

A call that had those behind the glass gasping was a takeout by our team on the fourth shot of the extra end. As curlers know, a guard cannot be removed from play until after the fourth rock has been played. But this guard was perfectly placed in front of a buried shot stone. Our skip made the call, and his lead threw a perfect tap-back, removing the shot stone, but leaving the guard still in play. Winchester, however, was just too strong, and went on to win the "A" final title with a lopsided win over their competition. Our club was well represented with our two fine young teams, and thanks are due to the coaches and volunteers who helped in the hosting of this successful bonspiel.

Three of our men's teams were in Prescott for a three-game competition last week. Robert Houze, Craig Harriman, Larry Cooper, and Mahlon Locke won two of their games. John Wilson, Jack Barkley, Dave King and Doug Jarvis were winners in one game, while Bob Bergland, Sam and Josh Laurin, and Al Black won all three of their matches, two of them on Bob Bergland's draws to the button. This is the second undefeated year for this team. Well done, fellows!

The men's Merkley playdowns, Metcalfe, Winchester, Russell and Morrisburg, are on next. Again, two teams represent us. The four challengers for the two positions competed last Monday night. Robert Houze, Bob Bergland, and Sam and Josh Laurin, as well as Alan Black, Craig Harriman, Mahlon Locke and Matt Laurin were victorious. Morrisburg will host the battle for the trophy next Saturday.

For the senior men, playdowns for the Sullivan competition are scheduled this week in preparation for the annual four-club showdown next Wednesday.

Last week, our day ladies traveled to Prescott for a friendly bonspiel. Their habit is to meld teams from the two clubs so that neither club triumphs over the other; all curlers just make new friends. On this occasion, Jeannine Beaupre, Susan McIntosh, Sharon Van Allen, Alice Thompson, Betty Locke and Dorothy Culkin traveled to our neighbouring club. After the games, the ladies retired to the dining room for treats and liquid refreshment before heading for home. The Prescott curlers will be making a return visit on some Tuesday afternoon in the near future. We look forward to their visit.

A number of teams in several divisions are involved in out-of-club competitions in the next little while, and we'll have the results to you as soon as possible.

Until next week good curling to all!

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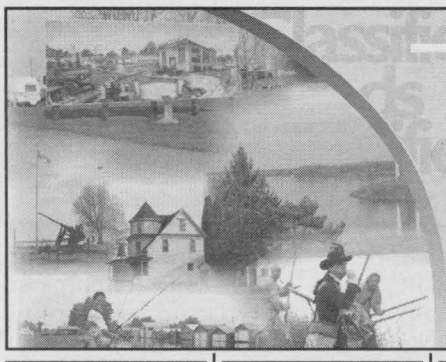

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OBITUARIES

PAP, ELIZABETH

Passed away peacefully at the Winchester District Memorial Hospital on Thursday, February 1, 2007 at the age of 77. Beloved wife of Leslie for 58 years. Cherished mother of Leslie Jr. (Paulette). Predeceased by son Joe, who passed away in February 1988. She will be sadly missed by many neighbours and friends.

At Elizabeth's request, there will be no services. Arrangements entrusted to Byers Funeral Home, South Mountain (613)989-3836.

For those wishing, donations to either the Canadian Cancer Society or to The University of Ottawa Heart Institute would be gratefully acknowledged by the family.

The family would like to express their sincere thanks to the staff at the Winchester District Memorial Hospital.

FORTHCOMING MARRIAGE

COME CELEBRATE the happy marriage of Percy Markell and Marilyn Byers on February 10, 2007 at 8:30pm at the Morrisburg Golf Club. Everyone welcome.

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HUNTER SAFETY CANADIAN FIREARMS COURSE; Stittsville: March 9, 10, 11; Almonte: March 23, 24, 25. Wenda Cochran, 613-256-2409.

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THREE BEDROOM HOME, country kitchen with attached garage, plus utilities. Available April 1st, $800. per month. Phone 613-989-5263.

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FARM HOUSE or farm apartment with pasture for 2 horses, don't need barn, non-smoker, have 2 cats, references available, can help with chores. 613-258-6239, jyoung1@ripnet.com

APARTMENTS FOR RENT

BURRITTS RAPIDS AREA. Spacious one-bedroom apartment, $550/month plus utilities, available March 1. Large bachelor apartment, $630/month, utilities included. Available immediately. References, no dogs. 613-258-4219 or 613-258-2607.

FRESHLY RENOVATED 3 bedroom apartment for rent in Kemptville, available Feb. 1st, $900/month. References required. 613-234-3769.

KEMPTVILLE, 2 bedroom duplex, $675. per month plus utilities. First, last, references required. Phone 613-258-5104.

Office Space HOMES apartments
Add a property listing 613-258-3451

APARTMENTS FOR RENT

KEMPTVILLE, 2 bedroom ground floor apartment on Prescott St., $675./month, includes heat. Hydro extra. No pets. www.rentalinfo.ca or 613-296-3455.

ONE BEDROOM apartment $600/month, two bedroom $700/month, available immediately, heat and water included, Prescott Street, Kemptville. Call 613-266-1150 or 613-282-8177.

ONE BEDROOM bachelor apartment, $625. per month, first and last. Includes heat, hydro, water, non-smoker, no pets. References required. Available immediately, 613-258-1570.

TWO BEDROOM apartment in clean, quiet building in Kemptville. Phone 613-229-1653.

TWO BEDROOM APARTMENT, Kemptville, available immediately. References required. 613-258-4677.

ROOM FOR RENT

ROOM FOR RENT in country home on the river. Phone 613-258-2625.

SHARED ACCOMMODATIONS

ROOMMATE WANTED to share 3 bedroom house, fully furnished, $475/month plus utilities (shared), 204 Clothier Street East, Kemptville. (613)258-0717, mature, clean person.

STORAGE SPACE

10 LARGE DRY STORAGE UNITS, located centrally in Kemptville. Units available immediately. Large units for low prices! Please call 613-258-0695.

416 MINI STORAGE, secured, fenced property, 24 hour key pad access. Various compartment sizes. 613-258-1146.

KEMPTVILLE MINI-STORAGES: individual units, various sizes, residential or commercial. 613-258-6464.

VEHICLES

1999 CHRYSLER INTREPID, $6,800., excellent condition, 83,000km, new tires, clean interior. Reason for selling: require van. Interested? Call 613-331-5949 (day) or 613-658-2550 (evening).

CREDIT PROBLEM! In house finance is easy, just apply on-line and become pre-approved. For clean, low mileage vehicles www.car-o-line.com or call Car-o-line Auto's at 1-877-820-5598 or 613-448-2488.

PHOTOGRAPHY

VALLEY PHOTO RESTORATION
Restore - Protect - Share
your family's photographic memories. Restore discoloured, damaged photos, remove dust and mold, add or remove people and things from photos, change backgrounds, protect and share memories on CD's, DVD's and archival prints.
613-296-4854
amarak@sympatico.ca

CHILDCARE AVAILABLE

"SHELLEY'S HOME DAYCARE" Fun, energetic, loving mother of 2 has spots available. CPR, First Aid, lots of outdoor time, crafts, and story time. 613-258-0382.

HONEST, RELIABLE daycare available starting March 15, 2007, Kemptville. Several years experience. Receipts and references available. Donna 613-229-3280.

BUSINESS OPPORTUNITIES

JOB AT HOME. $487.68 Weekly. Assemble Products, Mail or Computer Work. Free Details www.TopJobReview.com write CHRJobs: 372 Rideau St, #916, Ottawa, ON, K1N 1G7 Ref#A15.

HOUSE CLEANING

A TOUCH OF HEAVEN Residential Cleaning Services; Who really loves to clean house? WE DO! Let us take housework out of your busy schedule. We provide a superior service at a competitive rate. Times and schedules based on your needs. References available. Call for a free in-home estimate. Ask for Dave at: 613-851-6762.

PUBLIC NOTICES

$$MONEY$$ CONSOLIDATE DEBTS, mortgages to 100%, no income, bad credit OK! Ontario-wide Financial Corporation 1-888-307-7799.

COMPANIONS

TIRED OF INVESTING in relationships that never seem to go anywhere? Misty River Introductions has people interested in finding partners for life. Ontario's traditional matchmaker. 613-257-3531.

PERSONALS

AL-ANON FAMILY GROUPS: Are you troubled by someone's drinking? For information call Al-anon, 613-258-3049 - Al-ateen 613-860-3431.

ALCOHOLICS ANONYMOUS: Do you want to stop drinking? There are no dues or fees for A.A. Membership. The only requirement is a desire to stop drinking. Phone 613-258-3811 or 613-826-2202.

IN THANKS for favours received, repeat this prayer 9 times a day for 9 days with the promise to publish. Most sacred heart of Jesus, May thou be most revered, Adored and glorified throughout the world, forever and ever. Amen L.C.

ANNOUNCEMENT

Say ....

"I Love You"

Place your personal Valentine's Day greeting in our newspaper's special "Messages of Love" section in the classifieds. Your ad will run on or prior to Valentine's Day in the newspaper of your choice.

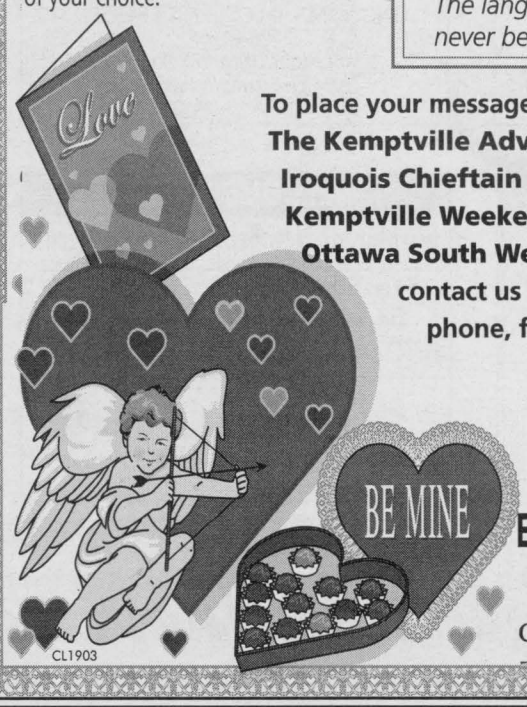
Place your personal greeting here for only

$15.00*

(plus GST)

*pre-paid

The language of love has never been easier!



To place your message in
The Kemptville Advance (Feb. 14 edition)
Iroquois Chieftain (Feb. 14 edition)
Kemptville Weekender (Feb. 9 edition) or
Ottawa South Weekender (Feb. 9 edition)
contact us by phone, fax or email

Phone: 613-258-3451
Fax: 613-258-0617
Email: cseguin@runge.net

Classified Deadlines Apply

THE CLASSIFIEDS Made Easy

Just follow these simple guidelines to say "good-bye" to your old item and "hello" to quick cash, 1-2-3!

1. **Call our Classified advertising department for assistance in the wording and placement of the ad.**
2. **Describe unique characteristics of the item, in order of importance.**
3. **Be sure to mention the best times to call, along with phone numbers.**

CLASSIFIED DEADLINE

KEMPTVILLE ADVANCE
IROQUOIS CHIEFTAIN
FRIDAY AT 4 PM

KEMPTVILLE WEEKENDER
OTTAWA SOUTH WEEKENDER
MONDAY AT 5 PM

PHONE/FAX/EMAIL

PH: 613-258-3451
FAX: 613-258-0617
cseguin@runge.net

COMING EVENTS

END NEGATIVE THINKING and see your true value while building your self-esteem! Free women's support group will be offered at Naomi's Family Resource Centre for 10 weeks on Wednesdays 1pm-2:30pm beginning February 28th. Naomi's will help with transportation and child care costs where necessary. To register call Naomi's at 613-774-2838.

SATURDAY, FEBRUARY 17 we are holding a Surf & Turf Dinner & Dance, 7pm, Iroquois Golf Club, $25/ticket. Tickets available at Mustard's and Iroquois Golf Club.

WORK WANTED

BOOKKEEPER for small business, payroll, government remittances, accounts payable and receivable. Call me to reduce your workload, reasonable rates. Paula 613-795-9716.

LICENSED CARPENTER, 30 years experience in all aspects of home construction. Available for all size jobs, 613-989-2147 or 613-290-3995.

HELP WANTED

JOB AT HOME
$375.75 weekly
Coupon Processors required immediately for this area. EASY work, at your leisure. Get details at www.couponcollector.net
CL1819

HOMEWORKERS NEEDED!! To assemble products, stuffing envelopes, mailing/processing circulars, on-line computer work available. Up to $1,500/week, no experience needed! Free information at www.Jobs-WorkConnection.com Reference 3-100.

LOOKING FOR LICENSED nurses, auxiliaries and lab technicians. Must own a vehicle. Duties include obtaining blood, urine and or saliva samples and filling out medical questionnaires. Remuneration by case, including mileage. Send your cv to asigouin@hoope-rholmes.ca or fax at 1-877-356-8899.

ONTARIO MARCH OF DIMES-requires attendants in our Outreach Program to assist adults with physical disabilities with non-medical, in-home daily activities such as lifts and transfers, bowel and bladder routines and homemaking in Kemptville and Spencerville areas. Current CPR and First Aid Certification (or obtained within the first 3 months of employment); hourly starting rate of $12.50 ($13.00 CPR/FA certified); mileage and travel time where applicable; and reliable transportation. Mail resume to Sylvia Meeks, Community Support Supervisor, 6 Glenwood Place, Unit 6, Brockville, Ontario K6V 2T3, fax (613)342-7636 or e-mail smeeks@dimes.on.ca

REQUIRED IMMEDIATELY, oil burner and gas service technician with experience, full time employment. Apply to Workman Heating 613-258-3356.

HELP WANTED

SECURITY OFFICERS REQUIRED IMMEDIATELY!!! Top pay & benefits. Call 613-829-5555.
www.securityinstitute.ca

THERAPEUTIC WORKER: Chamomile's licensed treatment residence in South Ottawa, Full time staff position available. High-need, dual-diagnosed youth are served in a strictly non-smoking environment. Diploma/Degree in related field, i.e. psychology, ABA, sociology, DSW, Class G driver's license. Attributes: creativity, intellectual curiosity and healthy lifestyle. Fax 613-258-2167.

TIRED OF Getting laid off? Always wanted to start your own house cleaning business but don't have the money or know how? Clean Living Specialists Inc. can help. Work to own your cleaning franchise - 100% financing available. Check our website at www.cleanliving.net or call 613-860-0436 for more information.

HELP WANTED

AZ DRIVER REQUIRED for Auto Transport Company. Must have clean abstract and ability for long haul work. Please fax resume to 613-652-2020.

HOUSE CLEANING Company presently seeking supervisor-manager, full-time. Must have car. $11.00/hour + $250/month car allowances. 613-860-0436. Career and franchise opportunities available.

CAREERS

EXEL CONTRACTING INC.
Established Ottawa Commercial Landscape Construction Maintenance and Snow Removal Company
Requires for year round employment:
- Forepersons
- Lead Hands
- Labourers
- Equipment Operators
- Truck Drivers

Fax resume to 613-831-2794
Email: exel@sympatico.ca
CL2048

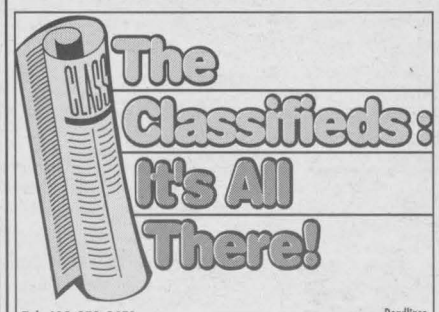
CAREERS

New Homes Sales Professional
Licensed and Experienced in Residential Real Estate
For an Exciting New Home Community in Merrickville
Be part of a professional sales team

Please apply in confidence to:
doreenl@pmabrethour.com
Fax: 613-747-6190



CL2226



Tel: 613-258-3451
Fax: 613-258-0617
Email: cseguin@runge.net

Deadlines
Kemptville Advance Friday at 4 pm
Iroquois Chieftain Friday at 4 pm
Kemptville Weekender Monday at 4 pm
Ottawa South Weekender Monday at 4 pm

CAREERS



www.bmo.com/careers

We offer a variety of career opportunities!

Join our team in one of the following roles:

- **Branch Manager**
- **Assistant Branch Manager**
- **Financial Services Manager**
- **Customer Service Representative (full-time & part-time)**
- **Financial Services Coordinator**
- **Financial Planner**

We invite you to come and meet with us, CV in hand, at our **OPEN HOUSE**, on **Tuesday, February 13, between 4:00 and 8:00 p.m.**, at: **Capital Centre branch, 269 Laurier Avenue West, 2nd Floor, Ottawa.**

For more information on available positions, please visit our website at **www.bmo.com/careers**

At BMO Financial Group, we are committed to diversity and equitable opportunity for all individuals.

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FRANCHISES

Pizza Delight
SINCE/DEPUIS 1968

FRESH OUT OF THE OVEN

...A NEW FRANCHISE OPPORTUNITY.

Pizza Delight is a Canadian-owned chain with over 100 family-style restaurants and almost 40 years of experience serving great-tasting food in a relaxing and friendly environment. We've made our proven franchise recipe even better. We're expanding in Ontario with a fresh new look and a contemporary Italian-inspired menu that features wood-fired oven pizza plus pasta, salads and more.

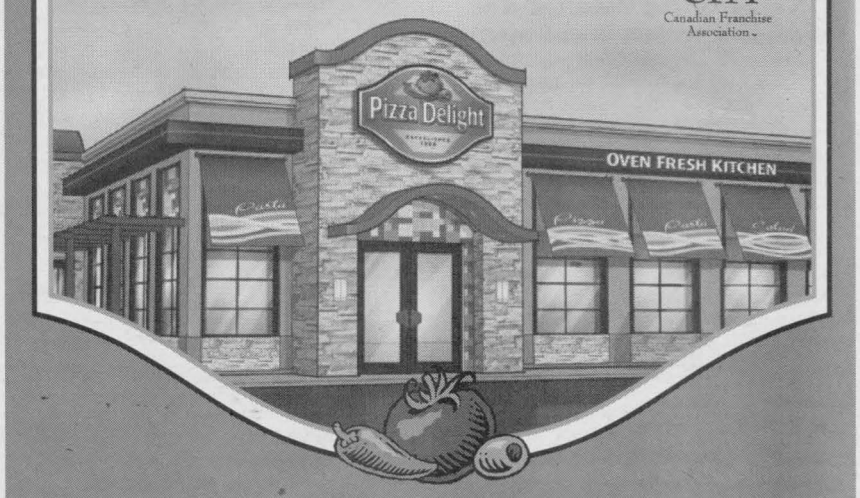
Pizza Delight franchises come with all the right ingredients, including the strength and resources of one of Canada's most successful restaurant chains. We'll help you get your operation started smoothly by offering site selection assistance, financial consultation, comprehensive training, ongoing marketing support and much more. Ontario franchises are available for single or multiple locations. To reserve your place at the table, contact us today!

Locations available:

Arnprior	Kemptville	Pembroke	Smiths Falls
Carleton Place	Ottawa	Renfrew	Stittsville

For a fresh new franchise opportunity, please contact:
Monique Godin Deveau – Franchising Coordinator
Pizza Delight Corporation
774 Main Street, 4th Floor, Moncton, New Brunswick E1C 9Y3
tel: 1-888-440-3232 (toll free)
email: franchise@pizzadelight.ca

CFA Canadian Franchise Association



www.pizzadelight.com

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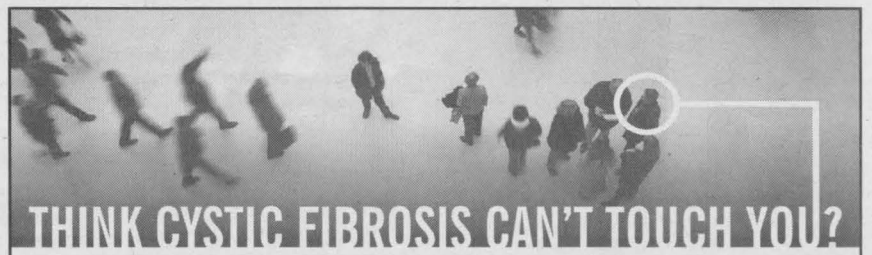

THINK CYSTIC FIBROSIS CAN'T TOUCH YOU?

1.2 million Canadians – 1 in 25 – carry the gene for cystic fibrosis.

Canadian Cystic Fibrosis Foundation

To learn more, please contact:
1-800-378-CCFF
www.cysticfibrosis.ca

HELP WANTED

AVON

District Sales Manager

Cochrane, Muskoka, Ottawa, Renfrew, Simcoe and Timiskaming regions



This could be your opportunity to join the world's leading beauty company.

THIS full-time, entry-level sales management position represents an exciting challenge for those who want a career-enhancing opportunity, and have a winning attitude, the ability to use common sense in every business situation, and a desire to work for a company that cares. Entrepreneurial, dynamic, energetic and autonomous, you have the potential required to prospect and recruit on a daily basis, train and inspire a team of Independent Sales Representatives to accelerate growth in your district.

YOU have at least 2 years of Sales and/or Network Marketing experience, a proven track record of motivating others to achieve targets, and the drive to turn people into top performers. You also hold a valid driver's licence, as this role involves travel. Training and presentation skills, and direct sales experience are definite assets.

Ms. Tiziana Iannone, Avon Canada Inc.
5500 Trans-Canada Hwy.
Pointe-Claire, Québec H9R 1B6
Fax: 514-630-8396
E-mail: tiziana.iannone@avon.com

Only selected candidates will be contacted.

We offer a base salary, benefits, the use of a company car ... plus commissions!

www.avon.ca

Kemptville Advance
Iroquois Chieftan
Kemptville Weekender
Ottawa South Weekender
206 Prescott St.,
Box 1402, Kemptville, ON, K0G 1J0
Phone: 613-258-3451 Fax: 613-258-0617
Email: cseguin@runge.net

CLASSIFIED ADVERTISING
Circulation 28,402

Classified Display
Combo Line Rate $ .90

Kemptville Advance (Tuesday)	$0.46/agate line
Iroquois Chieftan (Tuesday)	$0.41/agate line
Kemptville Weekender	$0.63/agate line
Ottawa South Weekender	$0.63/agate line

Classified Word Rates

25 words or less	$12.50
Per additional word	$0.47
Box replies	$3.00
Word ad with box	$2.00
Bold Heading	$2.00
Found/Reuse/Recycle	FREE
In Memoriams 75 words or less	$12.50
Per additional word	$0.47

Social Announcements
The following are boxed display ads and will appear on the classified pages
Births, Birthdays, Engagements, Graduations, Anniversaries and Weddings
Price includes 75 words, $0.47 per additional word

No Photo	With Photo
1 col.....$17.92	$22.64
2 col..... $33.02	$37.74
3 col..... $46.22	$50.94

Cards of Thanks, Death and Obituary Notices are $33.02 for 300 words (additional $0.47 per word over 300), $4.72 for photo (2 column classified)
Classified Word Ads and Social Announcements Will run in all four (4) papers.

Deadlines
All classified word ads and display ads must be submitted by
MONDAY 4 P.M. for Weekend Editions
FRIDAY 4 P.M. for Tuesday Editions
Cash, Cheque, Visa, Mastercard
ALL RATES SUBJECT TO GST
Classifeds Must Be Pre-Paid before the Deadline

Network Classifieds: Advertise Across Ontario or Across the Country!

For more information contact Your local newspaper

AUTOMOTIVE

MOTOR VEHICLE dealers in Ontario MUST be registered with OMVIC. To verify dealer registration or seek help with a complaint, visit www.omvic.on.ca or 1-800-943-6002. If you're buying a vehicle privately, don't become a curbsider's victim. Curbsiders are imposters who pose as private individuals, but are actually in the business of selling stolen or damaged vehicles.

BUSINESS OPPS.

AMAZING COFFEE BUSINESS OPPORTUNITY. No selling, Turn-key locations. Area Developers for exclusive importer of Italian products. Investment Required. Act Today! CALL TOLL-FREE 1-800-461-6206, www.tangocafe.com.

EXCITING MOBILE TOOL FRANCHISE - Complete Business System: Premium Quality Products, Financing programs, Training & Support Programs. No franchise fees or royalties. Call Matco Tools Toll-Free 1-888-696-2826. www.matcotools.com

HOUSECLEANING BUSINESS available in select Ontario locations. Designed for the Owner/Operator. Initial Training & Clients Included! From $4500 (financing available). Call Mathew at MAID CONVENIENT 519-473-9993.

MONEY MAKER. Local route. No selling on your part. For more info call 1-866-821-2569; www.telecardinfo.com

PET LOVERS join Multi Menu franchisee team. Free home delivery of pet food & 6500 accessories. PT/FT. Investment starting at $3,000. Start-up campaign plus ongoing support & training, no royalties, exclusive territories. Toll-Free 1-877-462-0056 / in Eastern Ontario 613-258-1639 / GTA 905-849-4039, www.multimenu.ca

CAREER OPPS.

RAISE BORE OPERATORS & MECHANIC; THYSSEN MINING is presently looking for qualified Raise Bore Operators to work on underground projects and a Heavy Duty Mechanic/Apprentice. Raise Bore Operators - Responsible for setup, operation, preventative maintenance, teardown equipment, plus a commitment to safety. Raise Bore Mechanic - Maintenance & troubleshooting of machines at site and the Regina Shop, and tracking of inventory. Send resumes to Human Resources Co-ordinator. Fax: (306) 543-5844, Email: cfirlotte@thyssenmining.com. We thank all applicants in advance. Those selected will be contacted.

SERVICES

CLEAR criminal records with the National Pardon Centre. Your peace of mind guaranteed. Remove barriers to employment, travel, more. Free consultations. 1-866-242-2411. Apply online: www.nationalpardon.org. Member: Better Business Bureau.

CLEAR YOUR CRIMINAL RECORD. Free Pardon & U.S. Entry Waiver Assessment. A record affects employment, travelling and other necessities. Apply online www.canadian pardons.ca or Call 1-800-298-5520.

CAREER TRAINING

THERE IS A CRITICAL SHORTAGE of medical transcriptionists. Start your online career training today! At-home and on-site employment opportunities. Contact us today for a free information package! 1-800-466-1535 or www.canscribe.com.

EMPLOYMENT OPPS.

$$$ ATTENTION CHOCOLATE $$$. Here's a great opportunity to make extra income by selling chocolate bars and new products. Managers Wanted. Fundraising services available. Call now: 1-800-383-3589

Executive Director required for non-profit industry association serving community newspapers with offices in Burlington and Toronto. Looking for a leader/strategist who has a proven track record of success. Reporting to a Board of Directors, you must anticipate change and future needs, see opportunities/threats and help create a clear vision for the industry and association. Advertising/marketing, government relations experience, and CAE designation an asset. Deadline February 21. recruit@ocna.org.

FAST TELEPHONE RECONNECT! Switch for Free - limited time offer, call for details! Disconnected? Monthly service only $39.95 and low connection fee! Phone Factory Reconnect 1-877-336-2274; www.phonefactory.ca.

FIELD TECHNICIANS. Tesco Corporation requires several Field Technicians in our Canadian Business Unit to install, operate, service and maintain TESCO Wellsite equipment. Visit our website at www.tescocorp.com for details and to apply online or fax resume to 403-692-5717.

OILRIG EMPLOYMENT / WESTERN CANADA. Atlantic Petroleum Training College. Nova Scotia Dept. Education registered. Entry-level floorhand (roughneck) and Swamper (assistant truck driver/rigger) certification programs. Quality hands-on training on a fully operational oilrig, oilfield trucks and trailers relocated from Alberta. Graduates wanted by Western contractors. All necessary certifications issued. Guaranteed oilfield job placement service on location for graduates. HRDC funding may be available. Phone: 1-888-442-0116; Email: aptc@sstl.com.

PARTS MANAGER required at Cold Lake Ford; incredible wage. Opportunity with great benefits. Customer service/management skills a must. Come join a leading Ford dealership in northern Alberta. Email resume to: humanresources@coldlakeford.com. Fax 780-594-3123. Phone 780-826-9800.

PHONE DISCONNECTED? Super Special: only $13. for first month plus hook up. Everyone welcome. Guaranteed approval. Free long distance package. Call Easy Reconnect now 1-877-446-5877.

SUPERINTENDENT COUPLES REQUIRED IN OTTAWA! Relocation cost covered! Salary+Accommodation +Benefits! Must have maintenance and administrative skills. Forward resume to: parisn@deangroup.ca, Fax: 416-368-6463.

WATERWELL DRILLING COMPANY requires experienced waterwell drillers, supervisors, helpers, pump installers and well testers. Year round work, top wages. Must have Class 3 drivers license. Fax resume to 403-748-2880.

EDUCATIONAL OPPS.

MARITIME DRILLING SCHOOLS entry-level training for land and offshore oilrigs. Excellent wages, benefits and opportunities to travel the world. March 5-24, 2007, April 2-21, 2007. Information contact: 1-866-807-3960, www.mdslimited.ca.

FOR SALE

A FREE TELEPHONE SERVICE - Get Your First Month Free. Bad Credit, Don't Sweat It. No Deposits. No Credit Checks. Call Freedom Phone Lines Today Toll-Free 1-866-884-7464.

NEW LOADED COMPUTER ONLY 99 cents/day! EVERYONE'S APPROVED* Get a loaded MDG Computer with an Intel Core2 Duo only 99 cents/day. Includes everything you need: 1 GB RAM, 250GB HD, 19" LCD Flat Panel, Windows Vista and a FREE* Printer/Scanner/Copier (*Call for conditions) 1-800-236-2504.

QUEEN ORTHOPEDIC MATTRESS SET, never used, still in plastic. Retails $1100, asking $350. Can deliver, 613-276-7504.

RECONNECT YOUR HOME PHONE! NO ONE REFUSED! Lowest Rates Available. Unlimited local calling, Great long distance rates. Transfer for free. Call National Teleconnect 1-866-443-4408, www.nationalteleconnect .com.

SAWMILLS from only $3,495.00 - Convert your LOGS TO VALUABLE LUMBER with your own Norwood portable band sawmill. Log skidders also available. www.norwood industries.com - FREE Information: 1-800-566-6899 Ext:400OT

HELP WANTED

A CAREER TEACHING ENGLISH INTERNATIONALLY begins with professional training. A 5-day certificate course will be offered by the College of Applied Linguistics at University of Ottawa March 28-April 1 (Open House February 14), in Peterborough at Peterborough Collegiate February 14 -18 (Open House January 31) & in Kingston at St. Lawrence College February 28 - March 4 (Open House February 13). To register for an Open House, CALL 1-888-246-6512. www.INTLcollegeoflinguistics.com

DOG LOVERS! Enjoy a healthy & profitable career as a professional dog trainer. Government accredited program-student loans and grants. Ben Kersen & The Wonderdogs. www.wonderdogs.bc.ca, 1-800-961-6616.

FREE 128 PAGE "Career Opportunities" Guide. Earn More!! Get Promoted!! Train at home for a Payrai$e-New Career-Top Paying Job. Call Granton Institute at 1-800-361-1971 Ext. 65 for FREE Guide.

FULL/PART-TIME RESP SALES AGENTS URGENTLY NEEDED! Due to Free Grants from the Federal Government, one of Canada's Leading Registered Education Savings Plan (RESP) providers is experiencing EXPLOSIVE GROWTH. Excellent marketing support. FREE TRAINING. Car a must. Call Toll-Free 1-866-323-RESP (7377), Fax: 1-866-355-RESP, Email: Heritage_Plan @ON.AIBN.COM

PROFESSIONAL HELP WANTED

EARN YOUR CAREER DIPLOMA with affordable at home training with STRATFORD CAREER INSTITUTE. Over 50 programs are available. Call toll free 1-800-363-0058 ext. 7309 or visit www.sci-online.com/OCNA02

COMMUNICATIVE DISORDERS ASSISTANT (CDA) - Currently recruiting QUALIFIED CDA to work with a multidisciplinary team in our Marathon Branch Office. Visit www.tbdhu .com/careers or call 1-888-294-6630.

SKILLED HELP WANTED

2nd POWER ENGINEERS - OLYMEL is a world class Canadian Pork and Poultry Product Producer, with more than 9,000 employees throughout Canada. Our Red Deer location is looking for 2nd CLASS CHIEF ENGINEER. COMPETITIVE WAGES, RELOCATION PROGRAM, EMPLOYEE INCENTIVES, UNIONIZED POSITION, & much more! Send resume to OLYMEL 7550-40th Avenue, Red Deer, Alberta T4N-6R7, Phone 1-866 926-3544, Fax: (403) 309-7547, deanhardman@olymel.com, www. olymel.ca.

OLYMEL is a world class Canadian Pork and Poultry Product Producer, with more than 9,000 employees throughout Canada. Our Red Deer location is now hiring FOOD PROCESSING WORKERS. COMPETITIVE WAGES, RELOCATION PROGRAM, EMPLOYEE INCENTIVES!!! Send resume to OLYMEL 7550-40th Avenue, Red Deer, Alberta T4N-6R7. Phone 1-866-926-3544 Fax: (403) 309-7547 apply@olymel.com, www.olymel.ca.

MORTGAGES

A BELOW BANK RATE, 1st & 2nd Mortgages, 95% to 100% Financing, Debt Consolidation, No Income Verification Plans, Residential, Commercial, Industrial. CALL TODAY 1-800-225-1777, www.homeguard funding.com.

BELOW BANK RATES! $$$ 1st & 2nd & Construction Mortgages, Lines of Credit... 95-100% Financing. Poor credit & bankruptcies OK. No income verification plans. Servicing Eastern & Northern Ontario. Call Jim Potter, Homeguard Funding Ltd. Toll-Free 1-866-403-6639, email: jim.potter@hughes.net

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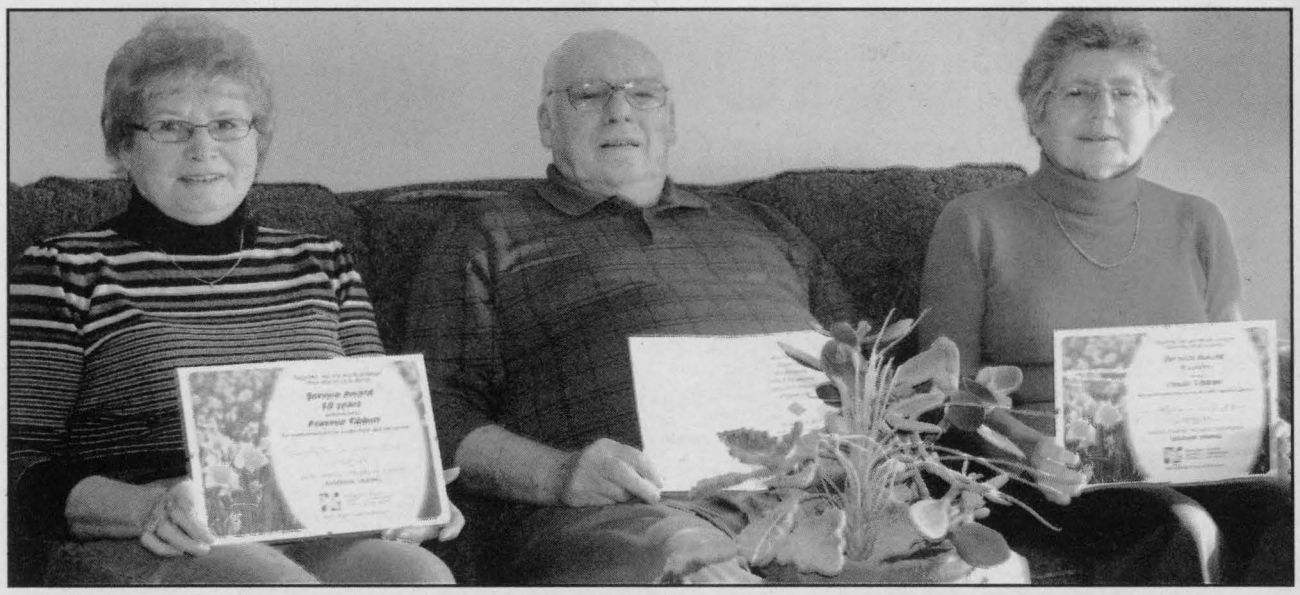

Cancer patients in South Dundas need help to get to where they can have treatment or simply for a checkup. Looking after the transportation woes of patients are a small group of dedicated volunteers who ferry cancer patients to hospitals in Ottawa to Kingston from Iroquois. These particular drivers have achieved several milestones of their own. Femmie Tibben on the left has been driving cancer patients to hospitals for the past ten years. Ron McIntosh has been at the wheel looking after the transportation of those cancer patients in need for the past twenty years and Freda Tibben has been volunteering as a cancer patient driver for the past five years.

CHIEFTAIN PHOTO - J. MORIN



The Dundas County Food bank received a donation last week from the Evangelical Lutheran church's St. Peter and St. Paul in Williamsburg and in Morrisburg. The $1000 cash cheque donation was made to the food bank on behalf of the Mission Committee and the Global Hunger and Development Appeal Fund of the Eastern Synod. Front row, left to right are: Bill and Virgie Kurschinski. Back row, left to right: Laura Harbers, the new food bank co-ordinator, Brenda Millard, the Chair of the Dundas County Foodbank, Russel Garlough, Haley Van Allen, Pastor Norine Gullons and Marilyn Byers, the outgoing food bank co-ordinator.

CHIEFTAIN PHOTO - J. MORIN

"Shiverfest"



From a hot dog eating contest to racing around the rink, children had it all at the 2007 Iroquois Shiverfest.

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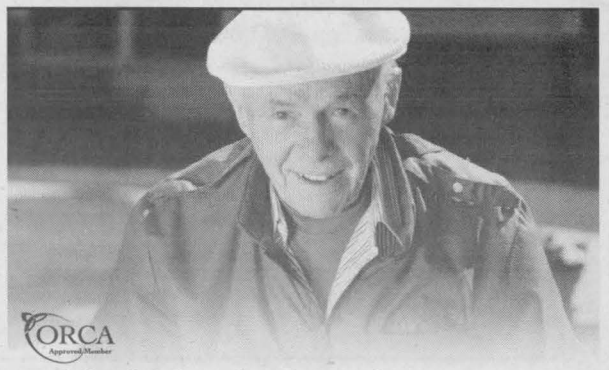

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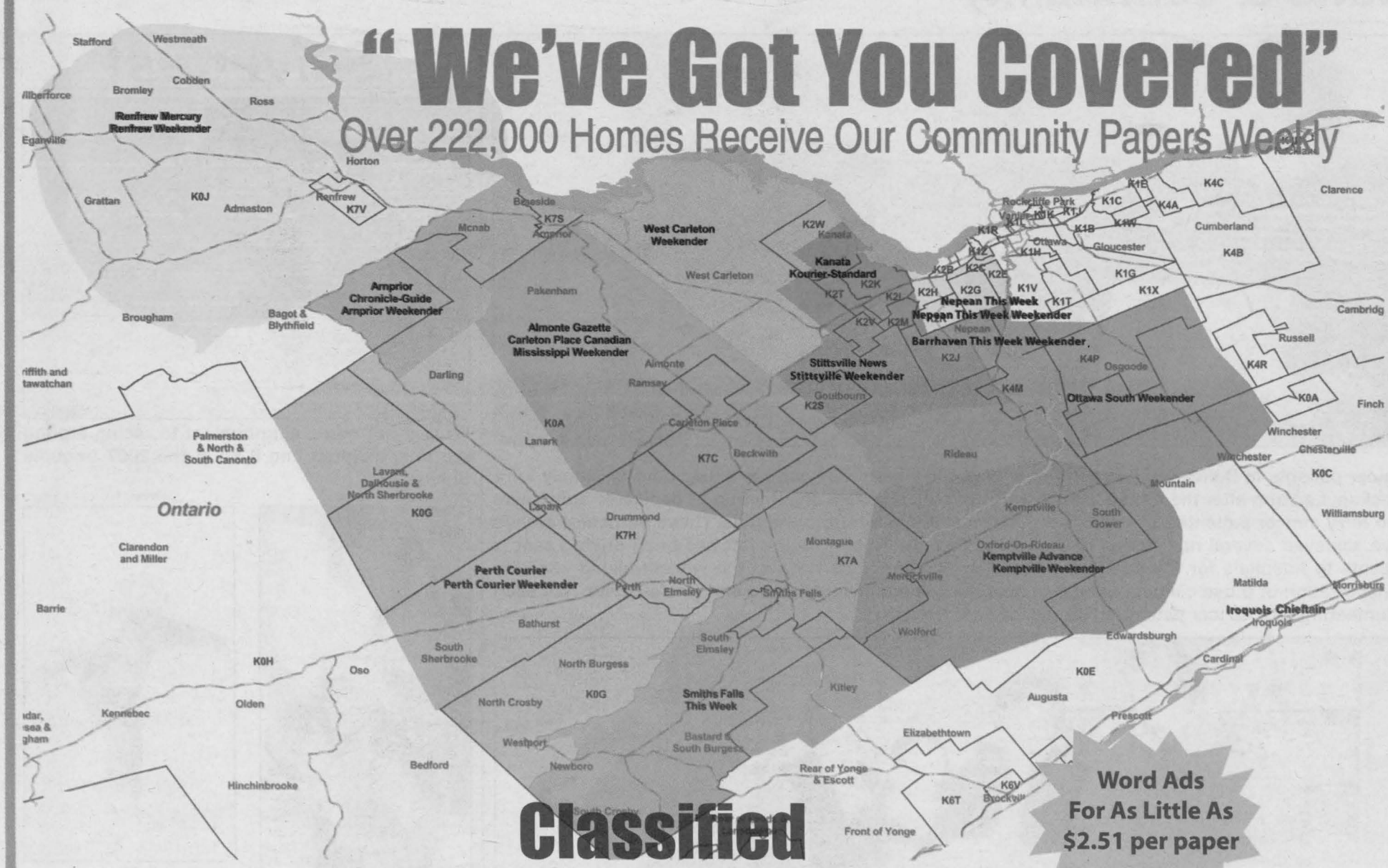

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