The Chesterville Record

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Newsbriefs

Trailers invaded

INGLESIDE — The theft of camping equipment from trailers parked at Ingleside Trailer Sales was reported to Long Sault OPP Jan. 2. Const. Dave Brown said 11 trailers with various owners were broken into. There are no suspects in the thefts.

Snowmobile stolen

WINCHESTER — A red 1992 Polaris snowmobile, registration number 688837, was stolen from the Ontario Hydro yard in Winchester over the Christmas holiday. Winchester OPP Sgt. Jim Irvine asks anyone who sights the machine or has information on the theft to call police.

Thieves target generators

Crime Stoppers this week is asking for the public's assistance in solving a break in at the Seaway Cycle Shop in Morrisburg May 3. Stolen from the shop were five Kawasaki generators with the following serial numbers: GD700A-005158, GER50A-002525, GAH20A-013929, GAT40A-018428 and GAW30A-013309. If you have any information on this or any crime, call Crime Stoppers at 534-TIPS (534-8477) or 1-800-265-TIPS. If your tip leads to an arrest, you may qualify for a cash reward of up to $1,000. You do not have to reveal your identity to help solve a crime.

Group will discuss grieving and seniors

CORNWALL — The Cornwall chapter of Bereaved Families of Ontario, serving SD&G, will hold its monthly support and share meeting on Jan. 14, 1993 in the library of Cornwall Collegiate and Vocational School, 437 Sydney Street, from 7 to 9 p.m. The subject will be how to help the elderly grieve. Anyone who has lost a loved one through death is welcome. For more information, call 936-1455.

Health unit has news on what's cooking

CORNWALL — The new Canada Food Guide is the basis for a new program called What's Cooking, offered by the Eastern Ontario Health Unit. The program will cover a wide variety of topics, from safe preparation and storage of food to the four food groups. The eight-week program begins this month and costs $2 per class. Classes will be given in the five counties (SD&G and Prescott-Russell) one evening a week. For more information or to register, call the health unit at 933-1375 or 1-800-267-7120.

Gun regulations take effect July 1

OTTAWA — Regulations limiting the capacity of cartridge magazines for certain firearms will come into effect on July 1, 1993 instead of the previously announced enforcement date of Jan. 1, 1993, the federal Justice Ministry announced last month. Firearms such as centrefire semi-automatic rifles and shotguns, UZI and Ingram assault pistols will be limited to five-shot magazines while semi-automatic handguns will be limited to 10 cartridges. Cartridge magazines that exceed the legal limits will be classified as prohibited weapons.

This Week

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Designated drivers had busy holiday, police say

Greg Hewitt
Record Staff

LONG SAULT — Holiday motorists are getting the message that drinking and driving is not acceptable.

Local OPP detachments were glad to report few, if any, charges or suspensions resulting from the RIDE (Reduce Impaired Driving Everywhere) program in force over the holiday season.

Long Sault OPP checked more than 1,000 vehicles at random spot checks — and no charges or licence suspensions were given.

Long Sault Const. Dave Brown said people are getting the message that driving under the influence is risky business.

"From what I personally experienced, a lot of people are hiring a taxi, or having a designated driver."

Brown said he has seen a change in attitude toward drinking and driving, especially in young people.

"Finally, between the courts and the insurance companies, it's starting to take hold."

Winchester OPP Sgt. Jim Irvine said designated drivers are becoming popular among party-goers.

Winchester OPP checked 901 vehicles at RIDE spot checks and tested four drivers. One charge of impaired driving was laid and one 12-hour licence suspension was given. Also, 11 warnings for other infractions like seatbelt use were issued.

Please see SPOT CHECKS on page 2



Puddle play

Jamie Pitruniak (left) and Shaun Little found the next best thing to a snowbank on their way home from school Monday - a puddle on a rainy winter day. The friends splashed about, making for soggy socks.

Crysler residents will get communal services

Elizabeth Moreau
Record Staff

BERWICK — After 11 years of planning and study, the 750 residents of Crysler will soon be enjoying piped in water and septic services.

Finch Township cleared a major hurdle this week when the Ontario Ministry of the Environment (MOE) gave its approval to move the water and sewer projects into the final design stage.

The township's consultants, Kostuch Engineering, will finalize the plans and specifications for the projects to prepare for construction.

Eighty-five per cent of the design costs will be funded by the MOE, and the township will pay the balance.

Reeve Floyd Dingwall said Monday the township could call tenders for the projects as early as the end of this year, and begin construction sometime in 1994. For Dingwall, who has been a council member since the project was first conceived, the MOE approval is a major feat.

"It is a relief, it certainly is, to know that it will at least get going," he said Tuesday. "We were expecting it (approval), but we didn't know how soon it would come."

Kostuch Engineering originally applied for an MOE certificate of approval for the projects in April, 1990.

And since then, the township was required to conduct a study on leakage at the lagoon, and convince the Ontario Municipal Board that it is capable of funding the project.

The township's share of the $11-million project will be more than $1.5 million. When construction will actually begin depends on the availability of provincial funding. But Dingwall is confident the MOE is ready to help pay for the projects.

"They won't give you the go-ahead for final design unless they're going to fund it," he said.

St. Andrews baby ushers in 1993

Liz Edwards
Special to The Record



Lauraine MacDonell's newborn baby boy will always have a reason to celebrate the New Year. He was WDMH's first baby of the year, born Jan. 1

WINCHESTER — Lauraine and John MacDonell didn't expect to spend New Year's Eve in the hospital.

But since Lauraine, 36, was nine months pregnant, they weren't completely surprised when her water broke about 8:30 on New Year's Eve — just after she put on a dress to go out.

They missed their party but they still marked the New Year in a most significant way. The MacDonells had the Winchester District Memorial Hospital's first baby of 1993 when their seven-pound, 15.5-ounce boy was born at 4:27 p.m. on New Year's Day. He was scheduled to appear Jan. 8.

The New Year's honor wasn't much on the minds of the first-time parents at the time.

"We didn't pay attention to what day it was as much as 'Oh God, it's happening'," says Lauraine.

The first baby of 1993 in Stormont, Dundas and Glengarry, Bryan Richard Belanger, was born to parents Ghislaine and Deborah Belanger at 2:26 p.m. at Hotel Dieu Hospital in Cornwall.

The MacDonells live near St. Andrews but came to Winchester instead of the closer Hotel Dieu partly because John works in Osgoode.

"You never know when you're going into labor and it was closer for him if he happened to be at work," Lauraine says, holding her newborn son clad in the tuxedo sleeper given by the hospital to mark the occasion.

"The obstetrician I really wanted works at Winchester and they have an excellent reputation for labor and delivery— that really meant a lot to us."

Baby New Year is yet unnamed. The parents are still searching for the perfect choice.

"Isn't that embarrassing? We've pondered a few," Lauraine says, laughing. "I've known a few people who've gone two, three weeks. You're allowed 30 days before you have to register for the birth certificate."

While Christmas babies may have their birthdays overshadowed by a bigger celebration, New Year's may not be a big problem for the MacDonells' boy.

"I don't know how much it affects their lives overall," says Lauraine. "But there will always be a party for him somewhere. He won't have to worry about that."

Morewood fire victims grateful for community support

Elizabeth Moreau
Record Staff

June Dillabough had never heard of a Morewood group called CARE (Caring and Reaching Everyone). But when a fire destroyed her 80-year-old home last month, it was CARE volunteers who helped Dillabough and her family through the holidays and into a new apartment.

When they heard of the fire, CARE members began calling neighbors in and around Morewood asking for donations to help the Dillaboughs. Group secretary Sharon Donaldson said they were able to provide small household items, clothing, linens, blankets, and furniture.

"If we need something in a hurry, all we have to do is make a few phone calls," Donaldson said of CARE's network of volunteers. Local residents even donated bottles of perfume, jewelry, and a man's watch. And Dillabough said Donaldson has contacted her several times since the fire to see how the family was keeping.

"I'm very pleased with what the community did," Dillabough said Monday. Without the help, "I would have been in an awful bad way."

Dillabough, her husband Lloyd, daughter Pauline and grandson Adam were left homeless when a fire caused $100,000 worth of damage to the family's two-storey stone house outside Morewood. Winchester Township firefighters took one to extinguish the blaze, which started in the chimney.

Lloyd Dillabough was working on the family's dairy farm and no one was home when the fire broke out on the afternoon of Dec. 20.

When he returned to the burning house, he only had time to rescue most of the family's Christmas presents. Most everything else either burned or was damaged by smoke or water.

The Dillaboughs had lived in the ten-room house since they were married 33 years ago. Lloyd Dillabough was born in the house, which was built by his father.

The family stayed with relatives in Chesterville during the holidays and moved into a two-bedroom apartment in Morewood last weekend. June Dillabough said it will take some time for the family members, especially six-year-old Adam, to adjust to their new home.

"I don't honestly think he realized that he didn't have a home until the school bus picked him up at the apartment this morning," she said.

Other area residents have also helped the family through the ordeal. Adam's Grade 1 classmates at Morewood Public School bought him Christmas presents, and the secondhand shop in Chesterville's Anglican Church opened its doors to the family last week.

"They told me that whatever was there was mine," said June, adding that the shop helped provide school clothes for her grandson.

The Dillaboughs hope to build another house on the same site. June said the house will be torn down as soon as the insurance company is finished its work estimating the damage. Until then, Lloyd will continue to run the dairy farm, commuting from the apartment.

Despite her losses, Dillabough is grateful no one was in the house at the time of the blaze.

"Knowing my grandson as I do, he would have been upstairs trying to save things," she said.

Rural residents can expect to have homes numbered in '93

Elizabeth Moreau
Record Staff

CORNWALL — Most rural residents of Stormont, Dundas and Glengarry can expect to have addresses posted outside their homes sometime this year.

And although the rural numbering project is being co-ordinated by the United Counties to maintain uniformity throughout SD&G, it may not result in identical signs in each township.

A majority of the 11 township reeves recently agreed to accept a proposal by Dave's Reliable Signs of Cornwall to make the signs, reflective numbers on a post, for $28.50 each. There are more than 10,000 homes in the counties to be numbered.

But Winchester Township, for one, may decide to give the work to a local dealer, which will make comparable signs at a lower cost.

"They (counties) wanted to make it uniform, but I don't see that much difference," said Reeve Claude Cousineau, "as long as it's pleasing to the eye and to the ratepayer."

He said regardless of what other municipalities decide, Winchester can opt not to use the Cornwall company, which is owned by Charlottenburgh Reeve Dave MacDonald.

The townships are not obligated to implement a rural numbering system.

But most council members agree the signs will help speed response times for emergency workers like firefighters and ambulance drivers.

Each township will pay the cost of the signs and installation. In Winchester Township, 981 homes are to be numbered. Cousineau said he hopes to have the signs erected in the spring, and expects the township's road department will install them.

Finch, Osnabruck and Williamsburg townships also plan to number their rural homes this year.

Osnabruck Township Reeve Gordon Ross said houses in the hamlets of Lunenburg and Osnabruck Centre will also be numbered at the same time.

Spot checks net few impaired drivers

Continued from page 1

"I think the results are pretty good. People were using designated drivers considerably. Most people are going out in groups and one person is staying sober," he said.

Morrisburg OPP checked 294 vehicles. They issued two 12-hour licence suspensions and charged one person with impaired driving.

Const. Morgan Hill said the results show that people are beginning to realize the consequences of impaired driving.

"It's just not worth it, by the time the insurance company catches up with you. And the fine you get in court is just the beginning."

Hill noted that losing a licence is a major inconvenience that can affect someone's job and family.

And he said young people seem to be responsible about drinking and driving, opting for a designated driver as a safe way to end a night out.

"And parents are wiser, too. They're saying they'd rather go out and get (their children) than visit them at a hospital, jail or funeral home."

Correction

A newsbrief in last week's Record incorrectly stated that a vehicle driven by Elbert McCooeye lost control and struck a vehicle driven by Kevin Edgerton. It was in fact Edgerton's vehicle that lost control. No charges were laid in the accident. The Record apologizes for the error.



New Brownies: A Winter Wonderland was the scene for the Chesterville Brownies enrolment earlier this month. New to the group are (front, from left): Rebecca Milne, Jacqueline Foster, Jennifer Foster, Stacy Kelly, Shannon Cossette, Emily Vingerhoeds, Martina Bols, (back) Kristy Nicol, Alisha Baldwin, Trista Thompson, Megan Pelletier, Ashley Gyde, Madeline Dingwall and Kaitlin Prest.

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St. Joseph's Secondary School has prepared a selection of courses that will allow both parents and students to be able to make an informed decision with respect to the educational path of the student. Information has been compiled which contains the latest directives issued by the Ministry of Education for the Intermediate and Senior Division Programs leading to diplomas, student workplace apprenticeship programs, post-secondary education or directly to the world-of-work.

Students and parents are invited to contact the school if further information is required. The staff of St. Joseph's Secondary School will be pleased to answer your questions.

Transitions
Transition is a new teaching methodology using a holistic approach to educate students entering Grade 9 in September of 1993. This new approach is being implemented by the Ministry of Education and local school boards. Students entering Grade 9 in September will be organized according to core learning outcomes. Grade 9 students will no longer be organized according to levels of difficulty and there will be no credits awarded in Grade 9. This program allows students to be exposed to a larger selection of core subjects and realize the need of certain subjects at the senior level of their education to successfully obtain future career goals.

Academic Courses
St. Joseph's offers an excellent selection of specific courses to meet the needs of our students. These courses are designed to meet the Ministry of Education guidelines and to enable students to pursue career goals while recognizing individual differences. A quality education can be your best investment for a promising future.

Co-operative Education
Students have the opportunity to go out in the work force to explore a future career and at the same time receive educational credits. Inquire about this new and exciting program and how it can meet the needs of your daughter or son.

Apprenticeship Programs
Students can become full-time apprentices and remain full-time students in order to complete their Grade 12 education. There are over 600 regulated and non-regulated trades to choose from. Ask about our STUDENT WORKPLACE APPRENTICESHIP PROGRAMS.

Technology
We have modernized our shops with high-tech equipment, allowing students to receive hands-on experience and explore careers in design technology, manufacturing and computer-assisted technology.

Extra-Curricular Activities
Students have the opportunity to become involved in a number of various activities such as students' council, sports council, art club, band, guitar club, choir, intramural, or league sports teams, yearbook or newspaper club.

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In order to create a warm and inviting atmosphere, the school population is organized into four houses. Each house consists of approximately 240 students and 14 teachers. In structuring our school this way, we hope to make a large school smaller and more personal. The house system creates:
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50/50 French Immersion
We offer a 50/50 French Immersion Program for students who have been enrolled in such a program at the elementary level and wish to continue studies in the French language. Ask about our selection of French course offerings in our 50/50 French program.

Guidance
Comprehensive information on career opportunities, post-secondary education and education requirements have been compiled so students will have the opportunity to develop the knowledge, skills and attitudes which will help them to relate effectively with others and develop appropriate educational and career plans.

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Water-test fee hikes will trickle down to users

Michelle Valiquet
Special to the Record

WINCHESTER — A Ministry of the Environment decision to charge Ontario municipalities for routine water tests means local residents will be hit with higher costs when they turn on their taps in 1993.

Beginning Jan. 1, municipalities across the province started picking up the cost of all bacterial and chemical water tests conducted at MOE regional laboratories.

The policy change, expected to generate close to $500,000 in eastern Ontario alone, was proposed by the MOE's financial services department, according to Stanley Macbeth, chief of laboratory services at MOE Kingston regional office.

"Every branch of the government has been charged with coming up with cost recovery initiatives. Every avenue has to be explored," said Macbeth. "The revenue accumulated by our lab will be turned over to the Treasurer of Ontario, not the ministry coffers."

As well, in areas where the MOE operates water and sewer control plants on behalf of individual municipalities, local governments are being levied with a 5.7-per-cent surcharge on their respective plants' actual annual operating budgets, effective Jan. 1.

The surcharge, which will affect communities such as Winchester, Chesterville, Prescott and Merrickville, is meant to allow the ministry to recover hidden overhead expenses such as engineering expertise, monthly reports, bulk purchasing and safety training which the MOE currently provides free of charge.

Special testing required by municipalities, such as in the case of organic contamination of ground water, will still be conducted free of charge.

"Any tests needed due to possible spills or problems are free," said Macbeth, whose regional laboratories test water for approximately 120 municipalities running east of Belleville to the Ottawa River.

The effects of ministry-fueled increased water production costs are already beginning to trickle down to local residents.

Winchester Village unanimously approved an 11.06-per-cent hike in water service rates and a 9.33-per-cent hike in sewer rates at its Monday council meeting.

In 1993, residential users will pay an annual rate of $147 for water service, commercial users $183, with metered service $1.25 per 1,000 gallons.

Users will pay an annual $164 residential rate and a $241 commercial rate for sewer services.

The rates, which took effect Jan. 1, 1993, reflect a number of outside influences, according to Reeve Bruce Kerr.

"We are estimating a $7,000 bill for water quality testing which wasn't there last year...plus the levied surcharge," said Kerr. "These are substantial MOE costs that we have no choice but to pass on to the taxpayers."

"It's another case of the provincial government shifting costs onto the heads of municipalities."

Chesterville Reeve Jim Cook said his village's residents won't be unduly affected by the MOE increases for the moment.

"We are in the enviable position of having overcharged last year. We have a surplus which should cover our expenses without a rate increase in 1993 ... or at the most we could be looking at a small increase in the sewer rates."

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Barrier gates to be installed at Hwy. 138 rail crossing

Record Staff

OTTAWA — Barrier gates will soon be erected at a level crossing on Hwy. 138 in Roxborough Township, where two women were killed when the van they were in collided with a train last August.

Since 1981, six people have died in accidents at the railway crossing north of Monkland. After the August crash, Stormont-Dundas MP Bob Kilger asked federal Transport Minister Jean Corbeil to look into the situation.

And in a letter to Kilger last month, Corbeil said he will contact Canadian National and the Ontario Ministry of Transportation to have the gates installed.

Barrier gates are rarely installed at single-track crossings such as the one on Hwy. 138.



Between homes

Lucky is a male, black and white, adult Lhasa Apso who was left at the SD&G branch of the Ontario Humane Society last week. He would be a good pet with children, but not with other animals. Lucky is pictured with Bonnie Bishop of the humane society. If you can provide a good home for Lucky or any of the other animals at the shelter, call 936-0072 or visit them at 550 Boundary Road.

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VILLAGE OF CHESTERVILLE



No motor vehicle shall be parked on any street in the Village of Chesterville, between the hours of **1:01 a.m. and 7 o'clock** the following morning, during the months of November, December, January, February, March, and April.

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

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

John B. Smith
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EDITORIAL & OPINION

Editorial

A matter of choice

On Tuesday morning a noose was slipped around 31-year-old Westley Allan Dodd's neck, a trapdoor opened underneath him, and he hanged to his death. It's a horrible way for any human being to die — especially a child.

Two years ago, Dodd hanged a four-year-old boy after repeatedly raping him. Dodd also stabbed two other small boys to death, and had a long history of sex offences against children.

Executed in Washington state, one of only three of the United States which still allows hanging, Dodd had the option of dying by lethal injection. He chose to hang because he had used that method of killing himself. And he told the court that he would kill again, and enjoy it, were he released.

Dodd underwent just about every form of traditional treatment available to sex offenders in the state of Washington. And all failed. He could never have been released from prison without endangering the safety of the children he would have come in contact with.

Before Dodd was hanged, the American Civil Liberties Union launched a lawsuit challenging the hanging as unconstitutionally cruel and unusual. Stopping the hanging would have presumably been a prelude to stopping the execution entirely.

The ACLU should continue to work against state-sanctioned killing. But in the case of Westley Allan Dodd, they should have stayed away. Dodd was a confessed child-killer — there was no danger of executing an innocent man. He admitted he would never be rehabilitated, and the state certainly tried to help him. He said he knew what he was doing when he killed the children, and that he would do it again. He was aware. And he wanted to die.

Had they been successful in their lawsuit, the ACLU would have effectively denied Dodd's right to choose his method of death. They would have imposed their collective morals on an individual whose morals, undoubtedly, were questionable.

In our 20th-century world, there is great emphasis placed on the right of the individual. But it seems that often a collective body decides what is right for that individual.

Some right-to-life advocates destroy abortion clinics and try to physically stop women from having abortions, all in the name of the individual right of the unborn child, but violating the individual right of the pregnant woman. Censors want to dictate what books, films, and music should not be part of our culture.

In a democratic society, the collective good must be first and foremost, as long as achieving that good does not interfere with the most basic rights of the individual.

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Off the Record

Serving just desserts in the desert

by Robin Morris
Peacekeeping Editor

Few people, their hearts bursting with goodness, would argue with the efforts to bring peace to some of the world's less fortunate latitudes and longitudes.

But there is a limit. And my own pity limit is roaring towards me like a drunken teenager in a Z28.

I know, I know, I know. I've seen the gut-wrenching videos on the evening news as big-eyed Somali infants expire as their fly-specked sink-hole of a country lurches toward certain death from the world's greatest case of self-induced stupidity.

You have to feel sorry for the kids. At least somebody has to feel sorry for the kids. It's obvious that most Somali adults don't feel the square root of zippity-doo-dah-day for them or they'd lay down their AK-47s long enough to haul them over a meal, instead of shooting each other in the back as they argue over who gets to steal a 100-lb. sack of sorghum from UNESCO, cross-stitching the odd foreign aid worker with 9mm slugs in the process.

And we're sending Canadian peace keepers to this backward patch that God never got around to finishing. Wny? (Other than to feed the kids. But if that were our major concern, why not send in Family and Children's Services? No Somali banditti would be an even match for a social worker armed with high dudgeon and a court order to take the kids and move them into some nice welfare housing, like, say, Berkina-Fasso.)

Imagine. Somalis are dropping like sprayed spruce budworms, we send in the UN, the U.S. sends in the Marines, the French send in the Foreign Legion, every aid agency in the world grabs every available minute of air time to beg for money to buy food and medicine, rock megastars get together and record "Do They Know It's Groundhog Day".

And what happens? The secretary general of the United Nations has to flee for safety from an angry Mogadishu mob incited by one of their idiotic clan leaders, some neolithic clown who'd still be wandering around in the desert if the Horn of Africa were not, by one of those freaks of geography, strategically important.

And what was this bozo's beef? It seems this self-styled Somali general felt that he had been treated unfairly while Boutros Boutros-Ghali (no relation to Darryl Darryl-Ghali) was Egypt's deputy minister of foreign affairs.

I mean, like I'd incite my followers to riot if I'd been snubbed by a bureaucrat from a country that couldn't collectively get a cash advance on its Visa card. Sure.

And while the Mogadishu crowds are rioting and armed gangs, none with the street smarts of the Crips and Bloods, are back to looting relief supplies, the west has got some pretty nifty hardware sitting out in the desert and we've got the lads who know how to use it. And if you doubt me, just ask Saddam Hussein's Republican Guard how long it takes an A10 Warthog to broil a T-60 full of kebab chefs.

You want to put peace and order back into the Horn of Africa and feed the hundreds of thousands in imminent danger of death by starvation? There's one way, and only one way to do it. Speak the only words understood there: rat-a-tat-tat.

Don't waste time on conferences with the local hoods who control the factional clans. Asking them to lay down their arms and begin governing the country is like putting the cat in charge of the pigeon coop. Would you ask Michael Milken to handle your investments? Would AL Capone make a good chairman of the LCBO? (Actually, that's not such bad idea. It couldn't be any less of a criminal organization.)

So for what it's worth, here's my solution. During these talks of "national reconciliation" western commanders give the local hoods this lowdown: "Boys, you've one week (seven days, 168 hours) to build us a stack of Khalashnikov assault rifles so high the sun won't rise over it. You turn in every rocket-propelled grenade launcher you've ever put your filthy paws on. Better yet, if it makes a noise louder than two sticks being banged together, we want it laid down right in front of us. We want to see a five-mile-long row of your armed vehicles parked on the runway of Mogadishu International.

"And if you don't, we'll turn our boys loose in a Pier Sixer that'll turn this wretched patch of sand into the world's largest cut-glass bowl and carbonize you clowns in the process.

"And in the meantime we're going to take you for some rides in our Apache attack 'copters and if our demands haven't been met in precisely one week (seven days, 168 hours) you're going to get a chance to fly without feathers.

"Now get at it, lads."

Problem solved.

Next week, we solve the riddle of the Balkans.



THE FARMER'S WIFE

By Wyn Thompson

Under my Christmas tree, I found, after considerable shaking of parcels, what I knew to be my special present, a big bag of almonds. Now I love almonds, I love the bitter sweet taste of them, I like cookies chock-a-block full of them, I like rich cakes spread with almond paste, and...I surely do love almonds.

Where has this passion for almonds come from? I haven't a clue. I know that the special meaning of January's flower, the Almond, was Hope. So since I always have Hope, perhaps my love for the almond sprung from the thought. "Live in Hope or Die in despair", an old mentor used to caution.

I decided to do a bit of research on the almond and found that it is a shrub native to the Eastern countries, particularly China. It flowers early before its leaves appear, and its blossoms are pink or white. It was found in old-fashioned gardens of New England, and still blooms beside doorways of many colonial houses.

Here is a charming verse dedicated to the almond,

"The hope in dreams of a happier hour,
Which alights on misery's brow,
Springs out of the silvery almond flower,
That blooms on a leafless bough."
- Sarah Josepha Hale

Today, my bird feeders are alive with my favorite gay, little birds who brighten our Eastern Ontario winters with their cheerful "chickadee-dee-dee" calls as they dart in and out of bird feeders, spruce trees, and shrubs, like some tiny acrobats of some Ringling circus.

Like some people, he seems to feel a big responsibility in spreading good cheer during the winter, for he is at his cheeriest during the stormiest days.

I was amazed to find out that his life span is almost nine years, which seems a long time for such a wee creature. He is one of the most useful birds, as he consumes great quantities of cankerworms, moths, and their eggs, and weed seeds as well.

Whereas my passion is for almonds, his is for sunflower seeds. With great skill, he grasps a seed on his bill, flies off to a nearby perch, holds the seed firmly on the perch with one claw and hammers with his bill until the shell is broken. His wings in flight remind me so much of a hummingbird.

My neighbor Amanda tells me that a chickadee could be a good example to humans if we would but follow his behavior. His manners are exemplary. He eats daintily and is patient with other birds.

He is cheerful on bright days, and just as cheerful and happy when the weather is grey and stormy. He takes what ever we wish to give him in the way of shelter and food in the winter, repaying us with a melody of thankfulness and a wonderfully happy disposition.

In the spring, he minds his own business and goes off into the cedar woods to enjoy the quiet and the responsibilities of homemaking without making any demands on anyone.

The earth is covered in silver and deep silence for January is a month of quiet. The garden is asleep in its featherbed of snow, buds of apple blossoms and lilac and rose are tight and show no indication to swell in the brief winter light.

The amaryllis on my window sill shows promise of bursting forth with a magnificent bloom to brighten the winter landscape. The countryside is asleep, only the yard lights shine forth.

No owl hoots in the moonlight; no dog barks; no train is heard; no car scoots by in the keen night. Everything is tranquil. January is tranquil in an Eastern Ontario countryside. Except...

Except on a snowy night when the bitter, blowing gasps of northwest wind howl in the chimney and whistle around the eaves. Snow drifts through any crack from the windswept dooryard, it piles against the spruce hedge. Lady yawns as the snowplough goes roaring past in the raging storm. January's quiet is broken momentarily.

In the family room we build a crackling fire. The lawn shrubs scratch insistently with icy fingers at the windowpanes in the family room. Books are piled on the tables, in the corners, and on bookshelves, awaiting such January nights.

There are books on many aspects of nature, of history and adventure; books of mystery; books on gardening; which we dream over and hope to make use of some day. There are new seed catalogues; and previously read books gathered from odd corners of Eastern Ontario book shops. There are back numbers of magazines for which there never seemed to be enough time during the busy days of preceding months. They are all stacked, waiting.

Is it any wonder we are never bored? Life is never long enough to read all one wants to, see all one wants to, hear all one wants to...By the way, did you catch Margaret Lawrence's "The Diviners" on CBC?

In January, too, I make plans, wonderful plans for housecleaning, gardening, and the like. My January plan this year will certainly include a special corner for herbs, perhaps even an eighteenth- century version of a kitchen herb garden.

This would be nice for the fragrance of herbs is particularly delightful in early morning and evening, or on a damp day. I like to have a pot of rose geranium or lemon verbena heliotrope near the back door, too, so I can touch it as I pass by, just for the pleasure of the fragrance.

So, we get on with life in this month which the Indians called the moon of hunger. May you have an interesting new year!

Thought for the week: "Laugh and the whole world laughs with you, snore and you sleep alone."
- Anthony Burgess.

Letters

Resident claims township is harassing him

To the Editor:

Recently the Standard Freeholder ran an article on the village of Moose Creek, in which Roxborough Reeve Carson Payne stated - quote "CANADA: Learn from Moose Creek" - "The idea that you respect your neighbor is strongly entrenched in Moose Creek" unquote. Let me set the records straight at this time, because Canada has nothing positive to learn from Moose Creek.

I have lived for the past 26 years in Moose Creek and run a farm operation and my life has been made a living hell by the township elders.

During the past four years, I have been continuously harassed, threatened to be burned out and plowed under and just recently had a search warrant placed by the township to have the property standards officer enter my property.

They had previously requested that I erect a fence around my sheds and machinery and at great expense I did this. However, they are still not satisfied because now my fence hides my sheds and machinery and they cannot see them from the road. Apparently my fence is doing the job it was erected to do, but council continues to harass me and cause great distress to my family.

At an unnecessary expense to the township taxpayers, a search warrant was issued and they attempted to enter my property but was stopped by incorrect information on the warrant.

At this time, the OPP said they'd come back to see me on Monday, December 14, 1992 at a mutually convenient time for both parties. However, on December 11, 1992, while I was at my doctor's, two officers, the fire chief and the property standards officer showed up. My 14-year-old daughter, who was home ill from school, answered the door. They produced a paper which, she was told, entitled them to enter and inspect my property. When she called to see if I could be reached, she was told that I didn't need to be home for them to come on my property.

She is an innocent child, intimidated by the police officers and was taken advantage of by this group of people. This was a very shameful act perpetrated by the township on my family. My minor daughter does not own the property, I do, and I'll not let my family be put through this again. Enough is enough.

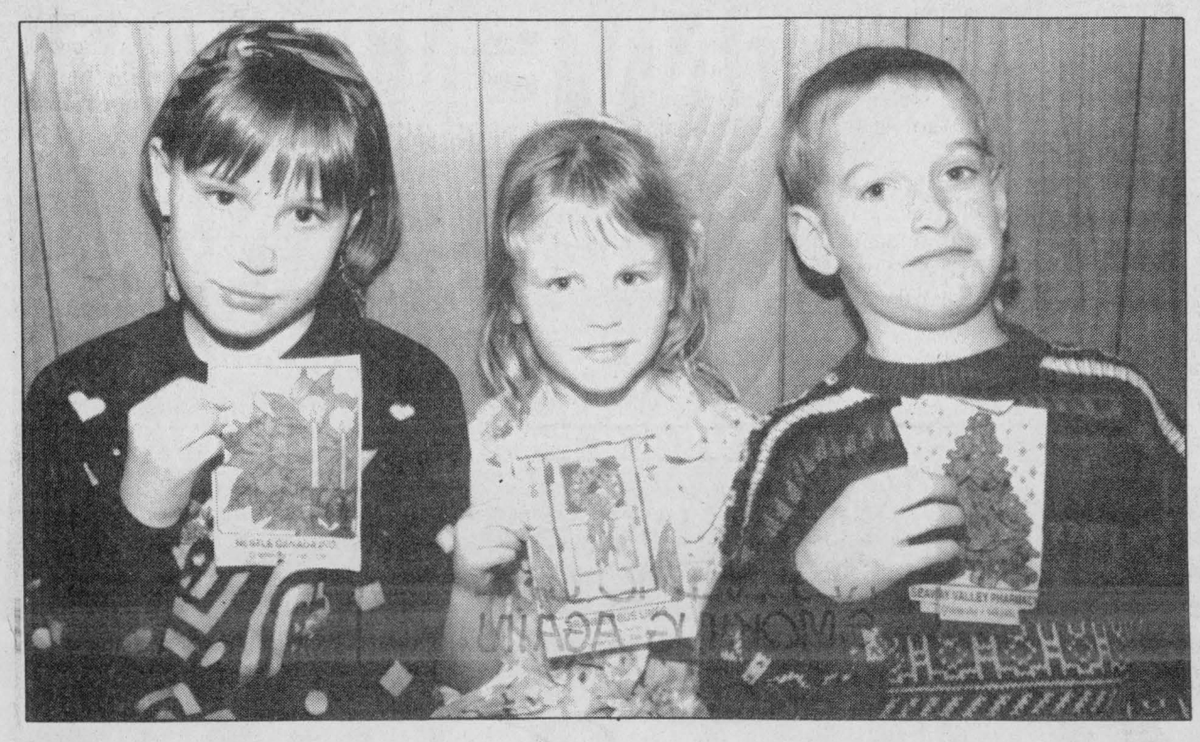
To illustrate the depths of unfairness shown by the township, the property standards officer wrote me a notice of violation on December 24, 1992 (Christmas Eve) and it was received at the Moose Creek post office on December 30, 1992. I picked up my letter at 5 p.m. December 30, 1992 and called the property standards officer December 31, 1992 to be told that he wasn't in the office and would only return January 5, 1993.

On the notice of violation, the property standards officer proposed a meeting between ourselves on January 6, 1993 at 4 p.m. at the Roxborough Township Office, leaving me one day to prepare myself.

I am not a criminal and refuse to be treated as one. The people of Roxborough should be aware of what is going on in the township. Today it's me being attacked - tomorrow it could be them. Surely our wonderful country has some laws protecting individuals against these tactics.

In closing, I pray to God that Canada doesn't learn from Moose Creek. We'll be another Romania and we know what happened there.

Nevada Jacques Theoret
Moose Creek, Ont.



Budding artists

The Record's Christmas coloring contest drew an overwhelming number of colorful entries. Our judge had a difficult time, but was able to choose three winners. Dawn Crump, 9, on the left, placed second, Stephanie Pelletier, 4, in the middle, placed third and first place honors went to Jonathan McMahon, 7, on the right.

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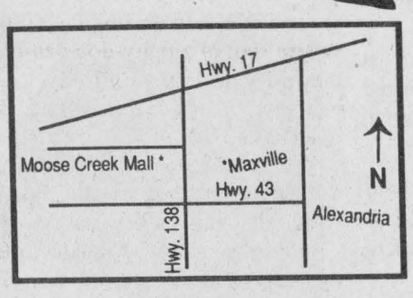

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Obituaries

Gladys Barkley

Gladys B. Barkley of Morrisburg died in hospital in Ottawa Dec. 23, 1992 after a six-month illness. She was 84.

Mrs. Barkley, formerly of Chesterville, was predeceased by her husband Orlen J. Barkley, who died in 1960. They were married May 11, 1931 in Chesterville.

Mrs. Barkley was born May 8, 1908 in Dunbar, the daughter of the late George Weegar and the late Bertha Marcellus.

She was the mother of Eleanor (late husband Garnet Smith) and Paul (Lois) of Morrisburg, sister of Lila Weegar of Chesterville. Mrs. Barkley is also survived by grandchildren Danny Keyes, Donna Riddell, Kevin Keyes, Kent Smith, Debbie Houle, Bonnie Barkley, Bobby Barkley, and 10 great-grandchildren.

Mrs. Barkley attended Chesterville High School and Galling Business College in Ottawa. She was a member of Lakeshore Drive United Church.

A funeral was held Dec. 26 at Fairbairn Funeral Home, officiated by Rev. Donald Smith. Interment at Maple Ridge Cemetery.

Pallbearers were Edward Kelly, Bobby Barkley, Danny Keyes, John Riddell, Kevin Keyes and Kent Smith.

Lindsay Hutt

Francis Lindsay Hutt of Finch died Dec. 26, 1992 at the 100-year-old home in which he was born. He was 87.

Mr. Hutt, a retired farmer and store keeper, was born July 31, 1905, the son of the late Lawrence Hutt and the late Euphemia Riddell. He is survived by his wife Margaret Paul, whom he married Sept. 12, 1936 at St. Luke's Presbyterian Manse in Finch.

Mr. Hutt is also survived by daughter Lois (Mrs, Charles MacNeil) of Finch, son Ken (Diana) of Osgoode, grandchildren Mary and Paul MacNeil of Finch and Michael, Derek and Maegan Hutt of Osgoode, sister-in-law Ida Paul of Crysler and many cousins, nieces and nephews.

Mr. Hutt was a former member of Finch village council, and past master of the Masonic Lodge No. 557 in Finch. He was a member and honorary elder of Chalmers United Church, where he held many other offices. He was also past president of the Finch Friendly Circle.

A funeral was held Dec. 29 at Brownlee Funeral Home, officiated by Rev. P. Gaudine. Interment at Maple Ridge Cemetery.

Pallbearers were William Paul, Howard Paul, Gordon Riddell, Don Kenny, Harry Castle and Dick Linnen.

Hubert Merkley

Hubert Francis Merkley died at his Spencerville home Dec. 31. He was 65.

Mr. Merkley was born in Chesterville May 11, 1927, the son of Harold Merkley and Nina Kettle. He worked as a truck driver and was a member of the Edwardsburgh Lions Club.

Mr. Merkley is survived by his wife, Muriel; sons Gary, Gregg and Philip; daughter Gaye (Mrs. Aurel Panciuk); brothers Elmer of Durham, Ont., Earl and Dwayne of Chesterville, and sisters Jean (Mrs. Lee Merkley) of Cornwall, Verna (Mrs. Harry McRoberts) of Winchester, Carol (Mrs. Gary Barkley) of Chesterville and Helen (Mrs. Gary Swerdfeger) of Morewood.

He was also a loving stepfather to Brenda (Mrs. John Van Essen) and Cindy and Randy St. John and grandfather to 12 children.

Mr. Merkley was predeceased by his first wife, Irene (Johnstone), and by sister Hazel.

Funeral services were held Jan. 4 from Spencerville United Church. Rev. John Reynolds officiated. Interment was at Maple Ridge Cemetery, Chesterville.

Pallbearers were Sam Young, Don Blaedow, Frank Ruhmland, Eric Clark, Bill Hutton and Bernie Blair. Honorary pallbearers were Doug McIntosh, Harold Merkley, Ray Gilmer, Harold McBryde, Ralph Sayeau and Allan Scharfe.

W. Donald Chapman

Archdeacon W. Donald Chapman died peacefully in hospital Dec. 31, 1992. He was 67.

Mr. Chapman was the beloved husband of Jean, dear father of David (Mary), John (Catherine), and Elizabeth (Stephen). He was the loving grandpa of Tonya, Geoff, Simon, Christine, Sarah, Michael and Daniel, brother of Lorna Wakeham and Essie Mueller, and brother-in-law of Irene Arthur.

A funeral was held at St. Martin's Anglican Church. Interment at Pinecrest Cemetery. Memorial donations to the Canadian Cancer Society or the Primates World Relief and Development Fund would be appreciated by the family.

Madge Hall (nee Barkley)

Olive Madge Hall of Long Sault died Dec. 22, 1992 at Winchester District Memorial Hospital after a brief illness. She was 70.

Formerly of Williamsburg, Hamilton and Montreal, Mrs. Hall is survived by her husband Edgerton P. (Ted) Hall, who she married in Dunbar on Aug. 25, 1941. She was born Mar. 28, 1922 in Dunbar, the daughter of the late Annabel Hill and the late Athaden Barkley.

Mrs. Hall is survived by nieces Aileen (Mrs. Lyal Kehoe) of Williamsburg and Mrs. Ena Harmon of Massena, N.Y., and nephews Wayne Barkley of Williamsburg, Bob Barclay of Madrid, N.Y., Lorne Cunningham of Brampton and Lyle Cunningham of Geraldton.

Mrs. Hall was a member of St. Luke's Lutheran Church in Dunbar. At her request, there was no funeral and no vistitation. Cremation to follow with interment of remains in Capital Memorial Gardens, Nepean.

Ronald McLean

Ronald McLean of RR 2 Williamsburg died Dec. 30, 1992 at Winchester District Memorial Hospital. He was 64.

Mr. McLean, a park ranger, was formerly of Morrisburg. He was born Aug. 31, 1928 in Morrisburg, the son of the late Hector McLean and the late Mary Eva Hanes.

He is survived by his wife Muriel, whom he married in 1955.

Mr. McLean was the father of Mary (Mrs. Terry Spratt) of Mountain, Marilyn (Mrs. Lenny Young) of Burnaby, B.C., Roxanne (Mrs. Fouad Alaouze) of Vancouver and Nancy (Mrs. Tom Beatson) of Morrisburg.

He is also survived by seven grandchildren, brother Peterjon McLean (Kirsten) of Townsville, Australia, sisters Bonnie of Pender Island, B.C., Myrna (Mrs. Brian McNea) of St. Thomas, Moyra (Mrs. Zvonko Orsolic) of St. Thomas, stepbrother Bill Wilson (Doris) of Massena, N.Y., stepsisters Sadie Abel of Brockville, Pearl Easton of Winchester Springs, Jean (Mrs. Elmer McLean) of Massena, Verna (Mrs. Alex McNea) of Port Credit, and Emily Brydges of Haleys Station.

Mr. McLean was named Morrisburg Citizen of the Year for 1980-81. He was educated at Morrisburg High School, Montreal and Toronto navigation schools and Ontario Provincial Police College.

He was a member of the Canadian Legion, Scouts Canada, the Crohns and Colitis Foundation of Canada, and Knox Presbyterian Church in Morrisburg.

A funeral was held Jan. 2, 1993 at Fairbairn Funeral Home in Morrisburg, officiated by Rev. Blatch. Interment at Mount Pleasant Cemetery in Mariatown.

Pallbearers were Loyal Brunt, Wayne Johnston, Gordon McGregor, Kenald Scott, Bill Sheldrick, and Tom Cassell.

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Shelter staff face facts of a throw-away society

Greg Hewitt
Record Staff

Most people don't think about what happens to unwanted animals in SD&G.

But at the Ontario Society for the prevention of Cruelty to Animals (OSPCA) shelter in Cornwall, they deal with abandoned, neglected and unwanted animals every day.

"We see a lot of the positive in here — the people that really care," shelter supervisor Debbie Boulerice says.

"But we have to face facts. We see a lot of the negative. The people that don't care. We live in a throw-away society and we see a lot of the throw- away."

Of the 1,166 animals brought to the shelter between May and September, 184 were adopted by the public. The rest, mostly cats, were euthanized by injection. It's not a statistic Boulerice is proud of.

"The reality is that not all of them get homes. If people think every animal that comes in the door gets adopted out, that's not true," says Boulerice, a humane society member for 24 years and supervisor of the shelter since it opened in February, 1989.

She says some animals arrive at the shelter for legitimate reasons but most are there because a pet buyer didn't realize the animal wouldn't stay young and cuddly forever.

A widespread misconception, Boulerice says, is that the shelter only has abandoned, stray or unhealthy animals.

"Not every animal in the shelter is a rangy little mutt."

Stray cats brought to the shelter are kept for three days to allow time for its owner to find it if the cat is lost. Dogs are kept for four days.

After the waiting period, the animal becomes shelter property. If the animal is healthy and "adoptable," it is vaccinated and put up for adoption. Sick or injured animals are euthanized.



Cornwall shelter supervisor Debbie Boulerice takes shelter resident Cass out for some sunshine. Boulerice says many people have misconceptions about the role the shelter plays.

Boulerice says another common misconception is that animals are kept for a certain number of days, and if unadopted, are killed. If the animal is not reacting badly to being caged, and space is not limited, animals will be kept.

"We've had dogs in here for eight months, and they've done well," Boulerice says. "We get attached to certain ones and we want to keep them longer. It all boils down to space, what's coming in the door, how the animal is coping, and its health."

Boulerice says she has probably euthanized about 5,000 animals in the last four years. But she says if she hadn't, there might be another 20,000 out there.

Most animals brought to the shelter by their owners are eventually adopted. Strays are less adoptable because it is more difficult to determine their health.

The shelter has room for about 80 cats and 45 dogs. But the greater the occupancy, the greater the threat of health problems for the animals and the less time for cleaning cages and care. There are currently about 14 dogs and 28 cats in the shelter.

Working at the shelter can be stressful, Boulerice says. After a major seizure of neglected animals by OSPCA agents, staff must work day and night dealing with the animals. That's when the shelter will lose staff members,

The reality of the shelter can also be difficult for volunteers. Boulerice says they can get attached to animals at the shelter only to find them gone a week later.

"They hope the animal has gone out the front door but that's not always the case."

Boulerice says she wishes more people were aware of the shelter as a means of obtaining a pet. But she says the shelter doesn't have the resources for a public relations campaign. There are information pamphlets available at the shelter, and staff will speak to school groups and other organizations when asked.

"We're putting down hundreds of animals and meanwhile hundreds of animals are being brought into the country through puppy mills," says Boulerice.

People who visit the shelter to adopt an animal are asked to fill out a pre-adoption form. It gives the shelter an idea of what kind of home and care will be provided for the animal, something Boulerice says is important.

If shelter staff suspect the applicant may not be a responsible pet owner because of their working schedule or reason they want to adopt a pet, for example, the staff might try to talk the person out of adoption.

Some people have been refused outright, Boulerice says.

"Not every animal adopted out of here I've felt 100-per-cent good about, but at least it's getting a chance," she says.

The cost of adoption is $55 for a dog, and $30 for a cat. The fee includes one or two vaccinations, deworming and a microchip identification implant. And animals are bathed and de-flead before being turned over to their new family.

The shelter refunds $25 to the owner upon proof that the animal has been spayed or neutered within six months.

But Boulerice says the fees don't cover the shelter's cost. The shelter, which relies solely on donations and fund raisers, ran a $63,000 deficit last year.

That's why, she says, members of the society are important. Members organize the fund raisers, provide ideas for the shelter and "keep the shelter open."

To boost the OSPCA's profile and attract new members, Boulerice is considering holding some of the society's meetings in different communities in SD&G. A membership costs $10.

Despite the negative aspects she sees every day, Boulerice says she is optimistic about the service the shelter provides.

"Sure some days you feel like there's no end to the animals and then you adopt an animal out to somebody you feel really good about. It makes it seem all worthwhile."

If you would like to adopt a cat or dog or become a humane society member, visit the shelter at 550 Boundary Road in Cornwall or call 936- 0072.

Adopter pleased with pet, shelter

Greg Hewitt
Record Staff

When Colin Abbott's 16-year-old dog had to be put to sleep this summer, he wanted to make sure he found the right pet to replace it.

And when Abbott saw Lassie featured in the Record, he took immediate interest.

Lassie is a young male collie and was a resident of the OSPCA shelter in Cornwall. He was featured Dec. 16 in the Record as a pet of the week.

"I happened to see a dog in the paper. I called right away, jumped in the van right away and went down there," Abbott said.

Abbott, of Chesterville, adopted Lassie for $55 and renamed him Laser.

"It's a beautiful dog, there's nothing wrong with him. I thought it was even better than the picture."

Abbott said he never liked to buy pets from pet shops because there are many others that need homes. But he had never been to the shelter before.

"I was pleasantly surprised. It was a nicer place than I thought it would be," he said.

The staff gave Abbott a bag of dog food and offered to wash the animal before releasing it to him.

"They treated me very, very well. It's well- run," Abbott said of his experience with the shelter.

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A literacy-numeracy program for developmentally challenged adults.
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An introductory course in conversation, reading and writing of the French language. $65, no GST. Course begins mid-January. Second level follows.

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774-0222 or 774-5063
Enrol now; we can help choose the program for you!

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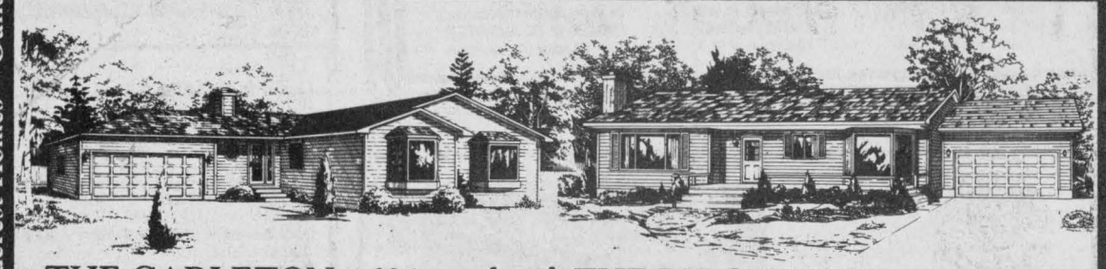
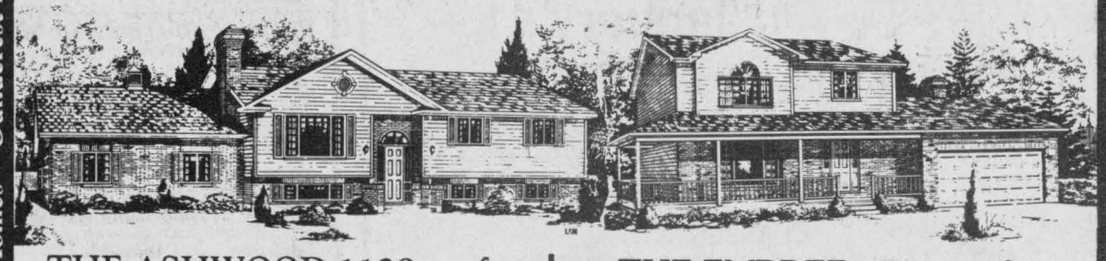
GUILDCREST HOMES

LOWEST PRICES OF THE YEAR



THE CARLETON 1620 sq. ft.
REGULAR $ 107,640
NOW 99,640
SAVE!! $ 8,000

THE BIRCHWOOD 1118 sq. ft.
REGULAR $ 79,900
NOW 73,900
SAVE!! $ 6,000



THE ASHWOOD 1129 sq. ft.
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THE EMBREE 1791 sq. ft.
REGULAR $ 126,400
NOW Garage Included 117,400
SAVE!! $ 9,000

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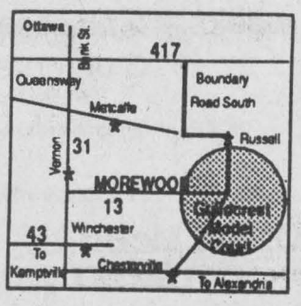

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January showers

Sarrah (left) and Alicia Hunt stroll through the rain Monday on their way home from Chesterville Public School. Above-normal temperatures made for wet weather on the first day back from school after Christmas vacation.

From Chesterville's Past

January 9, 1947

The inaugural meeting of Winchester Township council was held in the town hall, Winchester, on Monday, with Mr. John A. Bogart, reeve, Mr. H.E. Durant, deputy-reeve, and Mr. Wm. Brown, Mr. E.B. McMillan and Mr. Basil Dawley, councillors, present and subscribing to the necessary oath of office. The council, having met for the first time since the death of W.J. McConnell, who for many years was a valued member of this board, passed a resolution of condolence to be forwarded to the family of the deceased.

In the voting for village trustees in the police village of Morewood Monday, H.R. Faulkner headed the pole with 45 votes. James Cheney was second with 38 and W.J. Stewart third with 37. Allan Swerdfeger, the fourth candidate, received 24 votes.

Township of Finch
APPLICATIONS FOR
DOG CONTROL OFFICER

Applications will be received by the undersigned until 12:00 noon, Monday, January 18th, 1993, for a part-time Dog Control Officer to commence on March 1st, 1993.

Duties to consist of the following:

1. Collect Dog Tax;
2. By-law Enforcement Officer concerning dogs;
3. Pick-up of stray dogs.

Further particulars can be obtained at the office of the undersigned.

Arnott Empey, Clerk
Township of Finch
Box 99
Berwick, Ont. K0C 1G0
Phone: 984-2821

January Sale

Take Advantage Of Our Inventory Month As We Pass On Huge Savings To You!
Help us to reduce our merchandise so as to make room for our spring line while you stock up on winter wear at incredible prices.
ALL WINTER STOCK MUST GO!!
Reductions From
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Come in and make your choice while the Selection is at its Best.
You Will Be Happy You Did!
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COMPUTER STUDIES
at the T.R. LEGER SCHOOL, WINCHESTER
(The former Hydro office - 594 St. Lawrence St., Winchester)

1. Intro to Computers
A basic intro to computer terminology, making software decisions, shareware and a quick look at WordPerfect and Lotus. 15 hours, $65. EVENING, Tues./Thurs., Jan. 19-Feb. 4

2. Intro WordPerfect 5.1
Prepare all forms of letters, reports or manuscripts using WordPerfect. Set margins, work with tabs, and search, block, and edit text. 20 hours,$75. EVENING, Tues./Thurs., Feb. 16-March 11

3. Intermediate WordPerfect
Review intro skills. Begin merging and sorting. Learn how to work with columns and tables and how to enhance text. Begin macros and graphics. 20 hours, $75. EVENING, Tues./Thurs., March 23-April 16

4. Intro Spreadsheets
Learn the basics of Lotus 1-2-3. You create and work with 35 business-oriented spreadsheets. 20 hours, $75. EVENING, Mon./Wed., Feb. 15-March 10

5. Intermediate Spreadsheets
Continue to develop Lotus features. Customize printed reports using margins, headers, footer, etc. 20 hours, $75. EVENING, Mon./Wed., March 22-April 14.

6. Bedford Accounting
Enter data using the General Ledger, Accounts Payable, Accounts Receivable, Payroll, Inventory, Job Costing, and System. Work through sample applications. 20 hours, $75. EVENING, Mon./Wed., April 19-May 12

7. DOS
Learn DOS commands, hard disk management, directories, batch files, file erasures and viruses. Use DOS 5.0. 20 hours, $75. FRIDAY MORNING, 9:00-11:30, Jan. 22-March 12

8. Computer Communications, Modems, Bulletin Boards and Viruses
Access and use a bulletin board. Review guidelines for buying modems. Detect and destroy viruses. Use and take home a copy of McAfee's Viruscan System, the latest version. 5 hours, $30. SATURDAY, FEB. 13, 10am-3pm

All Evening Courses
7:00 - 9:30 p.m.
To register contact
EUNICE JOHNSTON
774-0222 or 774-5063
GST will be added to all course fees. Fees must be paid one week before course begins.

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Most courses start next week, January 11.

REGISTRATION IS ON NOW!
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Call 937-1502

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10am Step	10am Low Impact		10am Step	10am Saturday Sizzler Low Impact
	5:15pm Step			
6:30pm Low Impact	6:30pm Toning	6:30pm Step	6:30pm Toning	
7:45pm Men at Work!	7:30pm Low Impact	7:45pm Step	7:30pm Step	

*Subject to change to accommodate members

9 weeks - 2 classes per week, **$70**
3 or more classes, **$90**
Student and family rates
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FREE CAREER GUIDE to home-study correspondence Diploma courses. Accounting, Air conditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton, (5A)-263 Adelaide West, Toronto. 1-800-950-1972.

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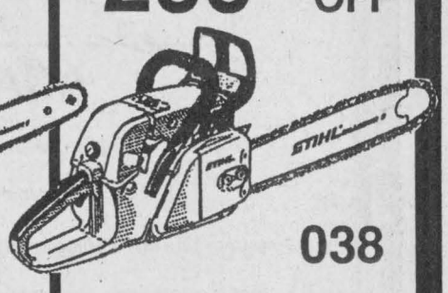
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record classifieds

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

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19stf

FOR SALE - 1985 Oldsmobile Cutlass, 4 dr., V6, air, cruise, $3,000. 774-2169.
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20

FOR SALE - 1988 Ski-Doo Stratos snowmobile with independent suspension, good condition. Only 1325 km. Asking $2800. Call 448-2856.
20

FOR SALE - Used GE automatic washer in good working condition. Priced for quick sale $135. Also 21" used gas stove, only $75. John Witteveen T.V.-Appliances Sales and Service. 448- 2766. RR2 Chesterville (Dunbar).
20-1

FOR SALE - Ground feed, shelled corn, barley, oats, wheat mixed. $7/100 lbs. Your bags. 9am-5pm. Closed Sundays. George Crites 527-5393.
21

LOT FOR SALE - Casselman, lot 85'x200', beautiful view, $24,900. Phone 987-2198, 764-5577 or 764-3635.
33tf

FOR SALE - Men's Bauer Pro skates, size 7-1/2. Only used once. $50. Call 448-2881.
22stf

HOUSE FOR SALE - Crysler, luxurious 4 bedroom, 2-1/2 baths, lot 150'x150', double garage, family, living and dining rooms, finished basement, many extras. $159,900. Phone 987-2198, 764-5577 or 764-3535.
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FOR SALE - Shelled corn, whole or rolled. Call 448-3316.
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FOR SALE - Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, standby power supply, new & used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991.
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FOR SALE - Woods freezers large and small we've got them all. Upright and chest freezers built by Woods, Canada's oldest and most reliable freezer manufacturer! Prices starting as low as $279. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
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21

FOR SALE - Cracked chicken and cattle feed, cracked corn, cleaned rolled oats. $8/88 lb. bags. Please call ahead for pick-up. Phone 984-2427, 984-2849 or 984-2258.
21-1

FOR SALE - Automatic roller mill, model 600, double roll with upright auger and motor. G. & J. Yelle (613)987-5336.
23-3

FOR SALE - 8' logs for firewood, mostly hard maple, beech and red oak. Available in loads of 7, 8 or 15 cords. Delivered $80/cord. Phone 821-1930.
21, 23

FOR SALE - Crossbred beef cows, bred for Spring calving. Phone 448-2239.
22

NOTICE TO THE PUBLIC - Inventory liquidation! Ceramic tile 100,000 ft. in stock, 6x6: .49 ft.; 12x12: 1.19 ft. Vinyl floor: 2.69 sq. yd. Masonite door: 10.57; Colonial: 16.97; Steel 34": 47.95, with frame: 77.90. Non-insulated garage door Stanley: 99.00; Insulated: 195.00. Paneling: 4.47. Ceiling tile 2x4: 1.89. Melamine almond, grey, black: 14.50. Shelving 1x8: 1.95. Oak flooring 2-1/4": .59. Select 1.09. Pre- varnished: 1.89. Pre-varnished rustic maple: 2.25; Pre-varnished select birch: 2.49. Parquet flooring: 1.29 ft. Paint 4 L: 9.95. 1x3x12: .54; 2x3x8: .69; 2x4x8: 1.19; 2x6x8: 1.69; 2x8x12: 3.95; 2x10x14: 6.60. Aspenite 7/16: 6.99; 5/8: 9.95. Asphalt shingles Manoir 20 yrs.: 4.49. White styrofoam 4x8 7/8": 3.69; 1-1/2": 6.19; Blue 2x8 1": 4.79; 1-1/2": 7.19; 2": 9.54. Cash only, on presentation of this ad, GET a reduction of $50 on $500 purchase or more and $100 on $1000 purchase or more. Discount of 12% on purchase of $1500 or more. 1 reduction maximum by customer, by purchase until Jan. 16, 1993. Masson 819-986-5720.
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CUSTOM SHIRTS - By one of America's leading custom shirt companies. Many choices: collars, cuffs, sleeves, bottoms, monogramming, 300 fabrics. Clara's, 493 Main St., Winchester. 774-3252.
21-1

NOTICES

Bruce R. Kerr
Insurance & Investments

GICs
1 year 6.875%
3 years 7.0%
5 years 7.75%
30 days 6.25%
Some minimums may apply. Rates subject to change.
456 Main St. E., Winchester
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NOTICE

PENSION, LIMITED INCOME, BANKRUPT, REQUIRE A CAR? - Why not lease? Call your area leasing headquarters. Car-O-Line Autos, Chesterville. 448-2488 for details.
21-1

$SAVE$ - Why pay taxes on old buildings when you can have them demolished for a nominal fee? Call 543-2426 between 5pm and 9pm.
22

FRANK'S JUKEBOX - For your next coming event 489-3405. Whether a wedding, anniversary, mixed stag, tournament or "let's get together and have a party" the Jukebox can supply your music.
21, 23, 25, 27

BRENDA'S HAIR STUDIO - 9 Bergin St., Finch is open Tues. to Sat. Thursday evening by appointment only. Phone 984-2932.
21, 23, 25, 27

SMYTH'S
APPLES
Cider and Apple Products
Smyth's Apple Orchards
Dundela 652-2477
3 miles west of Williamsburg
Open 7 days a week 8-5

FRANK'S JUKEBOX - For your next coming event 489-3405. Whether a wedding, anniversary, mixed stag, tournament or "let's get together and have a party" the Jukebox can supply your music.
17, 19, 21, 23

Karen's Hair Studio

Is making big waves come true all this month
Call for prices for Perms 4 U
Prop. Karen Parker
57 Hummel St.
Chesterville -448-2152

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

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

ELECTROLUX SALES & REPAIRS
Central Vacuum Systems & Canisters
We repair any vacuum system
Display at McHaffie Flea Market
Mitch Cassell
48 Kyle Dr., Morrisburg, Ont.
543-2140
18tfc

MONUMENTS
Eastern Ontario Cemetery Memorials
RR2, Mountain, 258-2927
Monuments and markers in granite or bronze. Cemetery lettering and monument restoration.
Bruce Campbell
463 York St., Box 275
Winchester, 774-2493
14tfc


Look Who's 18!
Guess Who

NOTICES

Lorilea's Clip Salon & Kennels
Since 1975
Boarding & Grooming of all Dogs & Cats
Chesterville
448-3507

"NOTICE"
PHYLLIS'S
Fabrics & Gifts
Will be *re-opening* at her *winter location*
1/2 mile south on County Road 125 (The Avonmore Road) on January 15th
346-5442


For The New Year Give Yourself A Lift.
A New Look Could Be Just What You Need.
Come See *JULIE* At
The Chesterville Hair Studio
448-3674

WANTED

WANTED - Every Tuesday, healthy Holstein bull calves from 90-140 lbs. Calf station will be open from 10am-2pm. Location: Delft Blue Veal Farm, Lightning St., Williamsburg. For information call Walt at 543-2796 after 8pm.
45tfc

Wanted
PART TIME SALES CLERK
Flexible hours, mainly weekends
Computer knowledge an asset.
Apply to:
Box 368D
Chesterville Record

FOR RENT

FOR RENT - Office or store space, 1000 sq. ft., lots of parking. 38 King St., Chesterville (formerly LaBelle's Beauty Salon). Available immediately. Phone 448-2611 or 1-931-1786.
8tfc

FOR RENT - 2 bedroom GROUND FLOOR apartment in NEW ADULT BUILDING in Chesterville. Wall-to-wall carpet, patio, washer & dryer hook-up in apartment, security system entrance. Call 448- 2643 or 448-3621.
15tfc

WANTING TO RENT - Couple with children seeking house to rent with garage. Please phone any time 989-3370 and leave message.
21

FOR RENT - 2 bedroom apartment in Chesterville. Available Feb. 1. Call 448-2832.
20tfc

FOR RENT - Commercial space available immediately, approx. 600 sq. ft. Heat and hydro included, parking available, downtown Chesterville. Phone days 448-3300.
22tfc

INMEMORIAM

VERSPEEK - In memory of Gerard, cherished husband, father and grandfather who left us so suddenly Jan. 8, 1992.
It's lonely here without you,
We miss you more each day,
For life is not the same for us
Since you were taken away.
You worked so hard for many years
With just one thought in mind,
To help your family as they grew,
The best of life to find.
We often said we'd miss you,
These words have proven true,
For now when worries trouble us,
We cannot turn to you.
Always remembered and loved,
Wife Henrica,
children and grandchildren

CARD OF THANKS

Thank you to all my friends for your support, visits, calls and cards. I am really lucky to have all of you in my corner.
Sincerely,
Kay Helmer
21

The family of the late Richard Pethke would like to express their thanks to friends, neighbors and relatives for cards, flowers, charitable donations and moral support during our recent loss. We wish to extend special thanks to Dr. Slowey, VON nurses and Sharon Manley for the care they gave Richard during his long illness. We would also like to take this opportunity to thank the Brownlee Funeral Home and Pastor Lottgen-Tangermann for his comforting words. These many acts of kindness will never be forgotten.
The Pethke Family
21

I would like to thank friends and relatives for their cards, gifts, calls and visits following my hockey injury. Special thanks to the Hawks Jr. B Hockey Club - a great group of guys on and off the ice. Also a very special thanks to Maggie.
Andrew Holmes

The family of the late Lindsay Hutt wishes to express sincere thanks to friends, relatives and neighbors for their many expressions of sympathy, cards, flowers and donations during our recent bereavement. We wish to express special thanks to Dr. MacMillan, Brownlee Funeral Home, and Rev. Gaudine for his words of comfort. Also many thanks to the bearers, to all who sent food to our homes, and to the Finch Friendly Circle for organizing and serving lunch after the service. These many acts of kindness will never be forgotten.

LOST

LOST - In Chesterville cream Lab, female, answers to Lady. Please call 448-1947.

COMING EVENTS

FAMILY STYLE ENTERTAINMENT
Winchester
Fri., Jan. 8 Sat., Jan. 9
Starting at 7:30pm
A River Runs Through It
(P.G.)
Starring Craig Sheffer and Emily Lloyd. A beautiful picture filmed in Montana's fishing country.

NORTH DUNDAS DIST. HIGH SCHOOL COMMITTEE MEETING - Wed., Jan. 6 at 8pm. Agenda 1) De-streaming. 2) Vision 2000.
21-2

BINGOS - At Chesterville Legion Hall, Sat., Jan. 2 and Sat., Jan. 16, 1993 at 1pm. Sponsored by Chesterville Legion Auxiliary Branch 434.
22-3

BINGOS - Every second and fourth Saturday, October to March 1993 inclusive at the Winchester Twp. Community Centre. Beginning at 1pm sharp. Sponsored by the Morewood Volunteer Fire Fighters Association.
33tf

BINGO - Sponsored by Dunbar Recreation held in the Dunbar Recreation Centre every Sunday night starting Sept. 13, 1992. Doors open at 5:30pm. Bingo starts at 7pm. Jackpot given every week. No one under 16 years of age permitted.
3tfc

ROUND & SQUARE DANCE - Tri-County Country Dance Sat., Jan. 9, Chesterville Legion, 8:30pm-12:30am. Musicians and everyone welcome.
21-1

ATTENTION ALL 1993-1994 BRIDES & GROOMS - Winchester Bridal Showcase Tues., Feb. 2, 1993. Winchester Community Centre Hall, 7-9pm. For all your wedding needs. By invitation only, yourself & 2 guests. Door prize. For your free invitation call 774-2102; 774-2205 or 774-2201.
24-4

STORMONT AGRICULTURAL SOCIETY ANNUAL MEETING POT LUCK DINNER - Sat., Jan. 16, 1993 at the OMAF Board Room, Centennial Dr., Avonmore at 7pm. Everyone Welcome.
22-2

EUCHRE PARTY - Tues., Jan. 12, 1993 at 7:30pm at St. Mary's Parish Hall, Chesterville. Sponsored by C.W.L.
21

DANCE - I.O.O.F. Hall, Williamsburg, Sat., Jan. 30, 1993. 9pm-1am. Music by Art and the Drifters. Admission $5/person. Lunch Served. Proceeds going to CHEO. Tickets 448-3471 or 535- 2265.
24-4

BROOMBALL TOURNAMENT & DANCE - Finch Arena, Sat., Jan. 9, 1993. Everyone Welcome. For information call Marvin Waldroff 346-2636.
21-1

Have You Received Your Invitation To THE BRIDAL FAIR
Sunday, January 18
at N.D.D.H.S. from
1 p.m. - 4 p.m.
Make sure your there for the
FASHION SHOW
starting at **3:15**
Our selection of
BRIDAL GOWNS
and
FORMAL WEAR
will astound you
For your personal invitation call
AL-MOR LADIES WEAR
Chesterville - 448-3370

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

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594 Main Street **WINCHESTER** Ontario. K0C 2K0

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Barristers, Solicitors, Notaries

J. DOUGLAS GRENKIE, Q.C.
PETER J. REMILLARD, B.C.L., LL.B.
(Also of the Quebec Bar)

RICK T. LEROY, L.L.B.
BRAD F. COMEAU, B.Sc.,B.Ed., L.L.B.

OFFICES AT:

13 Ralph Street , P.O. Box 700
CHESTERVILLE - 448-2735

P.O. Box 820
WINCHESTER - 774-2004

(All files and documents of the former legal firms known as Cass & Cass and Cass & Workman are now located with the Cass, Grenkie law firm.)

OPENING SOON - NEAR MORRISBURG

SKYWAYS 750 TRUCK STOP

(Former Exxon Station)

HWY. 31 AT HWY. 401 NORTH OF MORRISBURG

Now hiring experienced cooks, fuel bar attendants, waitresses. Must be willing to work shift work. Open 24 hours, 7 days a week.

APPLY IN PERSON

MacEWEN PETROLEUM INC.

MacEwen Petroleum Inc. is seeking a dynamic individual to operate our Full Serve Gasoline Station & Convenience Store in the Chesterville area. Successful candidates will possess:

- a strong desire to be a leader in customer service
- strong managerial skills
- a solid financial position

If you believe you have the competitive spirit & wish to pursue this unique opportunity, please forward your resume to:

MacEwen Petroleum Inc.
P.O. Box 100
Maxville, Ont.
K0C 1T0
Attn: Ian McLean

RIDEAU AUCTIONS INC.

Winchester, Ontario

Household, Estate, Farm, Industrial, Real Estate Auctions

Hunter McCaig, Auctioneer

Days: 774-2735; Evenings: 258-5095

BDO DUNWOODY WARD MALLETTE **Chartered Accountants**

Ward Mallette's Winchester office offers a full range of services in areas of:

475 Main St.
WINCHESTER, Ont.
K0C 2K0
Tel.: (613) 774-2854
1-800-268-0019

- **Financial Statement Preparation**
- **Personal Tax Returns and Planning**
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Employment Opportunity

Full-time position for an accounting technician in a public accounting practice.

Send resumé to:

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Box 549, Prescott, Ontario K0E 1T0

POSITION AVAILABLE

for

Cook or **Short Order Cook**

at **Sutton's Restaurant**

500 Main Street, Winchester

CALL MIKE 774-2809

CHURCH DIRECTORY

NATIONSIDE PENTECOSTAL CHURCH
"A friendly Church with an eternal message"
13 Albert St.
CHESTERVILLE
Pastor: Interim
448-2084
SUNDAY, Jan. 10, 1993
10 A.M.- Sunday School
11A.M. - Morning Worship
9:30 A.M.- Tuesday - Ladies Prayer
Affiliated with the Pentecostal Assemblies of Canada
May 1993

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
774-5170
SUNDAY, Jan. 10, 1993
10:30 A.M. - Morning Celebration
10:30 A.M. - Sunday School
7:30 P.M. - Evening Fellowship
Wed. 7:30 P.M. - Study in James
Dec. 1992

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, Jan. 10, 1993
Morewood
11:00 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 3:30 P.M. Bible Fun Club in M.P.S. Gr. 4&5
Fri. 7:00 P.M. Morewood Christian Youth in Presbyterian Hall
Chesterville
9:25 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 9:30 A.M. - Coffee Break
Nursery & Story Hour
6:30 P.M. - Junior Bible Clubs: Gr. K-Gr.4
7:30 P.M. - Life in the Spirit Praise & Bible Study
Thurs. 6:30 P.M. - Senior Bible Clubs: Gr. 5&6
Fri. 7:00 P.M. Chesterville Christian Youth

COME EXPECTING LEAVE REJOICING
May 1993

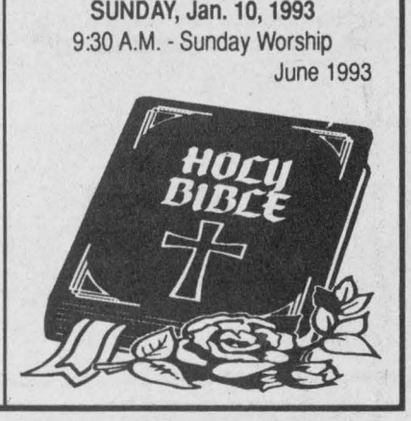
ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, Jan. 10, 1993
HOLY MASS
7:30 P.M. - Sat. Night Mass
9:00 A.M. & 11:00 A.M. - Sunday Morning Mass
Jan. 1993

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
9:30 A.M. - Sunday Service
Everyone Welcome!
May 1993

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, Jan. 10, 1993
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1993

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, Jan. 10, 1993
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1993

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, Jan. 10, 1993
9:30 A.M. - Sunday Worship
June 1993



Village of Chesterville Recreation Department

Aerobics Registration

Monday, January 18

Monday & Wednesdays
7:30 - 8:30

8 Week Session For $38.00

Registration Monday January 18

Chesterville Community Hall

para • med HEALTH SERVICES

PARA MED HEALTH SERVICES REQUIRES REGISTERED NURSES

PART TIME

We are expanding our visiting nurse program and are looking for a dedicated professional to make home visits in **DUNDAS COUNTY.**

Interested applicants may contact.

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P.O. Box 640
Winchester, Ont. 774-5544
1-800-461-9916

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- *Group rates*

Call now to register • Space is limited
Contact Ann Baker, 774-5544 or 1-800-461-9916

WINTER CLASSES

Heartsaver Plus: Jan. 16, 9:00am-4:00pm
Jan. 18 & 20, 6:30pm-10:00pm
Jan. 27 & 28, 6:30pm-10:00pm
March 3 & 4, 6:30pm-10:00pm
March 22 & 24, 6:30pm-10:00pm
March 30 & 31, 6:30pm-10:00pm

Basic Rescuer, Infant & Child or Heartsaver classes can be arranged for groups or individuals.

TOWNSHIP OF OSNABRUCK

TENDER FOR OFFICE CLEANING

The Township is presently accepting tenders for the cleaning and maintenance of their office building at Osnabruck Centre. Area of the building is approximately 2000 square feet.

Specifications are available at the Township Office. Please note tender must be submitted on supplied forms.

Tenders should be clearly marked "Cleaning Tender" and addressed to the undersigned.

CLOSING DATE: January 8, 1993, at 4:30 P.M.

Bonnie Dingwall, AMCT, CMM
Clerk,
Township of Osnabruck
Box 340
INGLESIDE, Ontario
K0C 1M0

Looking back at 1992



People across the region were shocked to learn that two small boys seriously vandalized St. John's Anglican Church in Crysler in late August. Church member Barry Armstrong surveys the damage.

May 6

The United Counties aren't exactly crowded, but they are growing. The 1991 census results recently released by Statistics Canada show modest population increases both locally and overall in SD&G. The census, taken every five years across Canada, pegged Chesterville's population at 1,559, a 4.1-per-cent increase over the 1986 census.

May 13

The Stormont, Dundas and Glengarry Catholic School Board will cut 88 jobs by September and carry its $898,000 deficit until 1994 in one of the toughest budgets ever faced by the board. To keep the average mill rate increase across SD&G to what the board calls a "significantly low" 3.2 per cent, the board's $82.8-million budget includes a four-per-cent reduction in English section teachers and a seven-per-cent reduction in French section teachers, totalling 79 jobs.

May 20

One hundred and fifty years ago, John Hough settled on the Payne River in what is now Stormont County. And Friday night, more than 300 people gathered to reflect, enjoy and celebrate 150 years of tradition in Avonmore. People from as far away as Montreal and Toronto gathered at the Avonmore Community Centre to wish the hamlet a happy 150th birthday in style.

June 3

Winchester Township council is divided over what is seen by municipal employees as a lack of trust. Councillors Jack Durant, Ed Gibson and Gord Johnson call their request for monthly reports from municipal employees a question of management. But angry employees, two of whom are threatening to quit over the motion, and Reeve Claude Cousineau see it as a question of council not trusting employees. (Council recinded the controversial request later in June, opting to require a less detailed time sheet from employees.)

June 10

The Ontario Ministry of the Environment has turned down Winchester Township's request for funding repair of Morewood's private septic systems. Council was informed that the sewer situation in Morewood was not judged serious enough to be given priority for funding.

June 24

It wasn't the welcome wagon that greeted Randy Fenney in Stormont County. But it was a wagon, or pickup truck, more likely, that stole $6,000 worth of lumber from property he owns between Finch and Avonmore on Hwy. 43...Fenney posted a plywood sign on the fence of his property offering a $500 reward for information leading to the conviction of the thieves.

July 15

When Chesterville native Mervyn Beckstead starts his new job on Aug. 17, he'll supervise a staff of 4,000 and an annual budget of about $1 billion. He was appointed last week as Ottawa-Carleton's chief administrative officer, the region's top bureaucrat. Beckstead was one of 135 applicants for the position. It's a long way from his first job — delivering the Ottawa Journal to village subscribers when he was 11. But Beckstead, who now lives in Nepean with his wife and 21-year-old son, has 35 years of experience behind him, and 22 of those are in municipal government.

July 22

Are they just being kids or are they showing a lack of respect for their hometown? That was the question council members were asking last Wednesday when discussing recent complaints about youths who congregate around benches in downtown Chesterville. Council members want village youths to take pride in Chesterville and help keep it clean, but they can't quite figure out how. Since the beginning of the summer, some residents have called the clerk's office to complain about garbage left around benches on King Street and Main Street, and about some youths leaving their bikes across sidewalks, making it difficult for pedestrians to get by.

July 29

Sexual assault centres, commonplace in most larger cities, have not been available to women in Stormont, Dundas and Glengarry without the means to travel to Ottawa, Brockville or Montreal. And even there they may face long waiting lists. But with the help of a $42,000 grant from the Ministry of the Solicitor General, work is now underway to create such a centre in Cornwall. The area was chosen for funding, said project co-ordinator Carolyn Seabrook, because it has long been under-serviced. Although there are various agencies like shelters which offer counselling and other services to women, some are stretching their mandate by doing so.

August 5

Clarence Cross and Robert Whitteker are reconstructing the history of Chesterville, one building at a time. It's a slow and detailed process, and the pair can often be found standing outside village buildings for hours. But it's a project that both believe is essential in understanding the past and preparing for the future. Their work is part of the Canadian Inventory of Historic Buildings, a Parks Canada project that is compiling architectural data on buildings across the country for planners, researchers, historians and architects. The project involves detailing more than 70 aspects of each building, from the type of trim around the windows to the style of the roof.

A violent wind storm blew across eastern Ontario in mid-November. The Winchester Air Park was heavily damaged as the main hangar was torn apart and one plane was flipped on top of another.

August 19

With no provincial funds available for a storm sewer project this year, Chesterville is going ahead with a $275,000 upgrade on its sewage pumping station. The bulk of the work involves adding a third pump to help handle peak periods of water flow, especially during rainy spring weather.

August 26

Bob Ray was in town last week and he left Chesterville a very rich man. It wasn't Ontario Premier Bob Rae collecting taxes, but a travelling salesman from London, Ont. who scratched his way to a $1-million windfall after buying an Ontario Instant Millions lottery ticket at Mike Dean's grocery store.

September 2

There won't be any Sunday services at St. John's Anglican Church in Crysler this week. And the 15 families in the congregation may never worship there again. Last Thursday afternoon two small children, armed with a hammer and a makeshift baton, destroyed 10 of the church's 18 stained glass windows, every white key on the electric organ, and the spirits of many people in this Stormont County hamlet. The children, aged seven and eight, broke in through the front door. They tore pages from hymn books, prayer books and a hundred-year-old bible and littered them in front of the aisle and in front of the altar. In the vestry, they pounded the plaster on the wall until the red brick underneath was exposed.

September 9

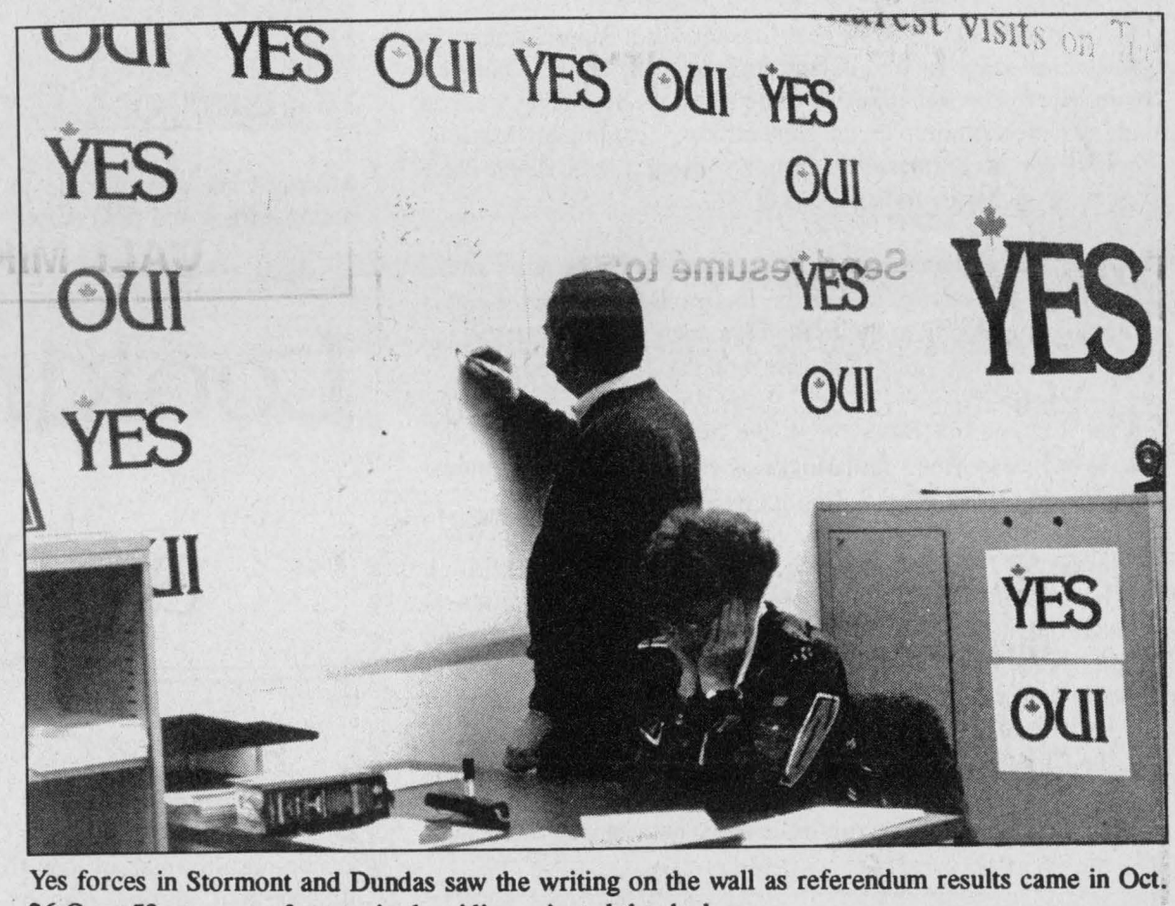
They're on their way to one of the most war-torn countries in the world, but Chesterville corporals Dave de Bruijn and Ian MacLeod are living a childhood dream. The two 18-year-olds, reservists with the SD&G Highlanders, left Sunday for Victoria, B.C., where they will join the infantry unit they will travel overseas with at the beginning of October. Along with fellow Highlander Lindsay Cameron of Glen Norman, they are among 200 Canadian reservists who will join the United Nations peacekeeping units in the former Yugoslavia.

October 7

Nicole Robinson never meant to be a hero. She just happened to be in the right place at the right time. But the nine-year-old's quick reaction may have saved a life. No one is speculating as to what might have happened had she not seen Gary Winters lying underneath a roll of tile drainage. Winters, who works with Big O Inc., was unloading three 590-kilogram (1,300-pound) rolls off a flatbed truck when on a job site near Avonmore Sept. 1 when his boot got caught in the twine around a roll. He fell to the ground, and the tile drainage fell on top of him. Frightened for Winters and thinking he was dead, Nicole ran to alert her father.

October 28

Stormont-Dundas voters rejected the Charlottetown accord Monday, one of only a handful of eastern Ontario ridings to slam the door on the deal. Just over 53 per cent of voters turned down the so-called unity deal, while 46.3 per cent voted Yes. "Obviously it's time to turn the page on the constitutional debate and get on to other matters particularly the economy," said Stormont-Dundas MP Bob Kilger, who led the area's Yes forces.



Yes forces in Stormont and Dundas saw the writing on the wall as referendum results came in Oct. 26 Over 53 per cent of voters in the riding rejected the deal.

November 18

Chesterville's Hydro customers will be digging deeper in their pockets Jan 1. after being zapped with another rate increase. It is not yet known how much the 8.2-per-cent increase will add to the average electrical bill, as the figure has to be divided between commercial and residential subscribers. Councillor Roger Cole is angry at Ontario Hydro, which sells electricity to Chesterville Hydro and sets the rate increase. "Hydro is out of control and the unfortunate part is we have no say as to how they set their rates," Cole said, adding Ontario Hydro is not doing enough to cut costs.

December 2

An ad hoc group including the mayor of Cornwall and officials from the United Counties and Stormont, Dundas and Glengarry school boards will ask the province for $3 million in emergency funding to help students and parents cope with recession-related stress. The money, $1 million over each of the next three years, would be used by the school boards to provide in-school counselling services for children and parents, parenting courses, adolescent support resources for troubled teenagers, and nutrition and clothing programs.

The Record Sports

July

If the regular season ended on a sour note for the North Stormont Express, the post-season was a nightmare. The Finch Junior "C" hockey team announced that it would fold unless a new executive could be found. Nine-year veteran coach Steve McRae, who resurrected the team in 1983 after it took a one-year leave of absence from the league, stepped down from behind the bench. McRae said the job had become too time-consuming and, given the club's financial situation, it was impossible to attract Junior "B" calibre players.

Barry Brownlee, a former member of the now defunct Cornwall Royals executive, offered to assume the role of general manager and president for the EOJCHL's oldest team. McRae reversed his earlier decision and returned as head coach.

Jason Kennedy, Dave Harper and Chris Van Bridger each took home a cash prize of $21 after the trio won the inaugural Chesterville 3-on-3 Basketball Tournament. Mike Singh, Ryan Buske and Dan McLeod finished second in the eight-team event.

Chesterville's Murray Link started a summer season of track meets, winning two gold medals at Canadian Legion Meet in Brantford. Link cruised to first in the 3,000 and 1,500 meter events.

The Pink Ladies edged out Purple Haze for first place in the Winchester-Chesterville Ladies Ball Hockey League. The Ladies claimed the league pennant in the final week of the season with a tie against Kerry's Kiwis for an 8-3-3 record and 19 points. Purple Haze lost its last game and finished with 17.

The Legion 108 Blues secured the Chesterville-Winchester Men's Ball Hockey League pennant with a 6-3 win over the Green Machine in final season game. The Blue edged out the Red Wings for top spot.

August

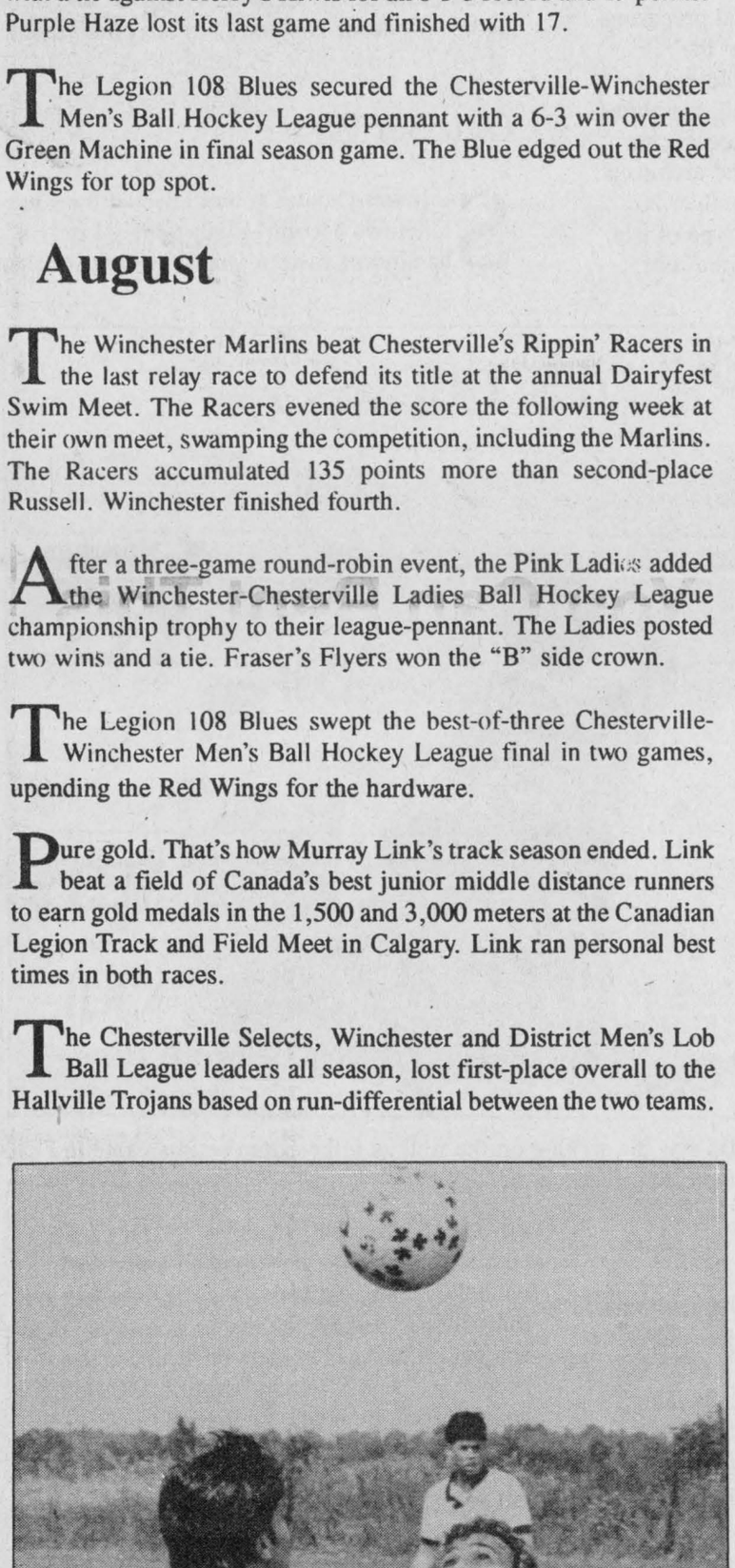
The Winchester Marlins beat Chesterville's Rippin' Racers in the last relay race to defend its title at the annual Dairyfest Swim Meet. The Racers evened the score the following week at their own meet, swamping the competition, including the Marlins. The Racers accumulated 135 points more than second-place Russell. Winchester finished fourth.

After a three-game round-robin event, the Pink Ladies added the Winchester-Chesterville Ladies Ball Hockey League championship trophy to their league-pennant. The Ladies posted two wins and a tie. Fraser's Flyers won the "B" side crown.

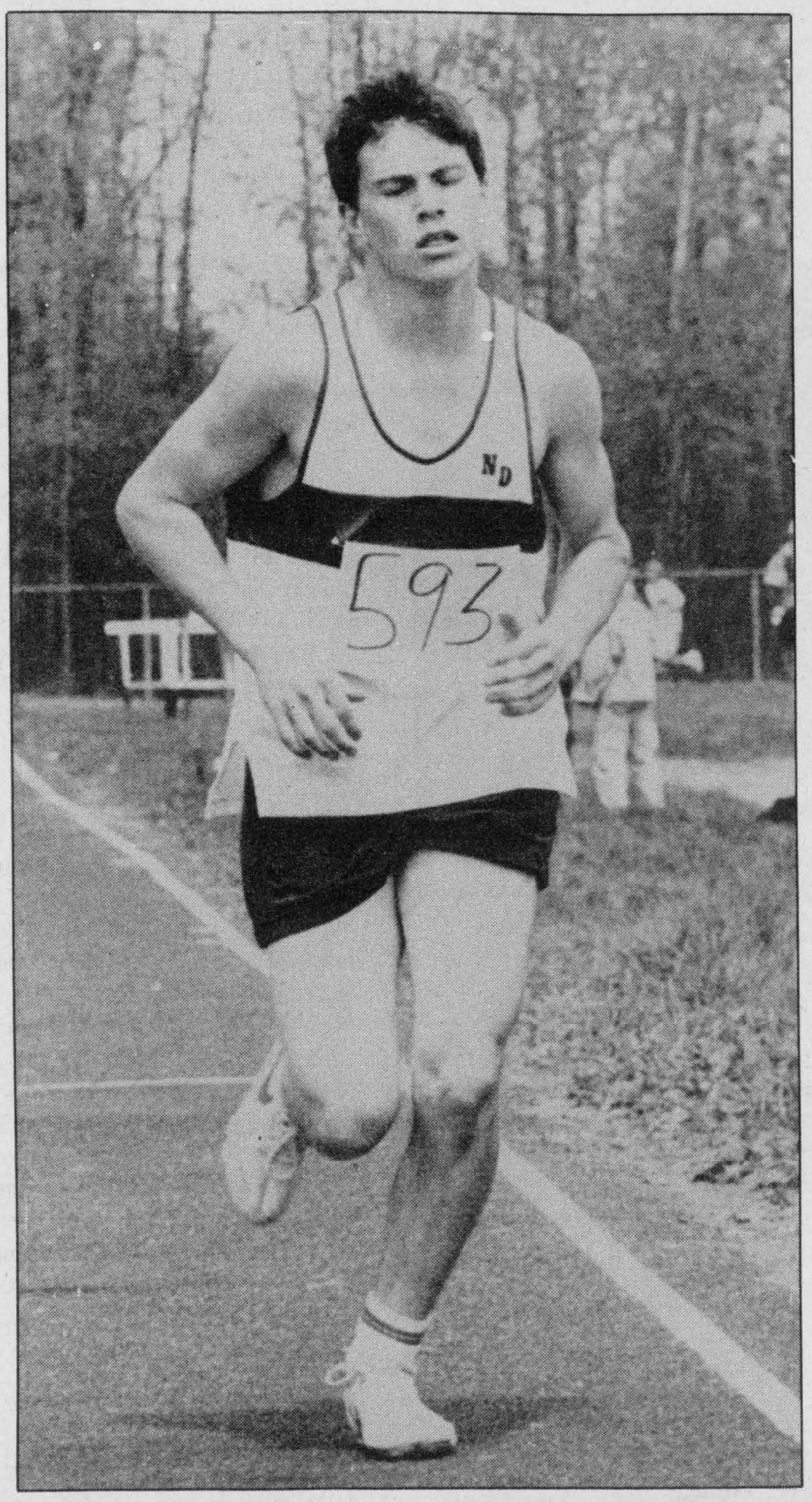
The Legion 108 Blues swept the best-of-three Chesterville-Winchester Men's Ball Hockey League final in two games, upending the Red Wings for the hardware.

Pure gold. That's how Murray Link's track season ended. Link beat a field of Canada's best junior middle distance runners to earn gold medals in the 1,500 and 3,000 meters at the Canadian Legion Track and Field Meet in Calgary. Link ran personal best times in both races.

The Chesterville Selects, Winchester and District Men's Lob Ball League leaders all season, lost first-place overall to the Hallville Trojans based on run-differential between the two teams.



Winchester Sonics' Trent Antille controls a head ball against Cornwall during the Sonics' championship season.



Murray Link won all gold in two events at the Canadian Legion national track and field meet.

Looking back at 1992

Jamie Adams's well-placed penalty kick gave the Winchester Sonics a 7-6 win over the Glengarry Stars in the Division II championship final of the Cornwall District Soccer League. Adam's goal, during a shootout, broke a 6-6 regulation time deadlock.

September

After a 12-3 loss in the opener of the North Stromont Men's Fastball League final, Chesterville's Sunnylodge Farms recorded three straight wins over Ingelside's Heagle Pumping to claim the championship. It was the debute season for the Chesterville team.

North Dundas High School started its cross-country season on the right foot. Lauren Clobridge, a second-year midget, and Murray Link, a first-year junior, both won gold medals at the University of Ottawa Invitational Meet.

Garry Beckstead tagged three home runs to lift the Chesterville Selects to their third straight Winchester Lob Ball League title. Beckstead did the damage in the fourth game of the best-of-five final with Hallville Trojans. The Legion Royals shocked the Morewood Senators in four games to win the "B" side crown.

Todd Marcellus was carded by the University of McGill Redmen. The EOJBHL scoring champion and MVP made the university squad after an intense two- week training camp, leaving a large hole in his former club, the Winchester Hawks.

October

Ryan Buske shot a 76 to lead the North Dundas District High School golf team to second-place at the SD&G championships. Buske topped a field of 25 golfers.

Morewood Public School won its second consecutive Dundas County Elementary Junior Girls Soccer Championship. The team won all three games, downing Winchester 2-1 in the final encounter.

The Maple Ridge "A" team won the Dundas County Senior Girls Soccer Championship after a tie with Nationview in the final. The 'Ridge took the title based on its goal-total during the tournament.

Maple Ridge's boys soccer team recorded three straight victories to win the Dundas County Senior Elementary School crown.

Superb goaltending from Matt Ware helped Rothwell-Osnabruck claim the St. Joseph's Invitational Soccer Tournament title. Ware recorded two shutouts in the event.

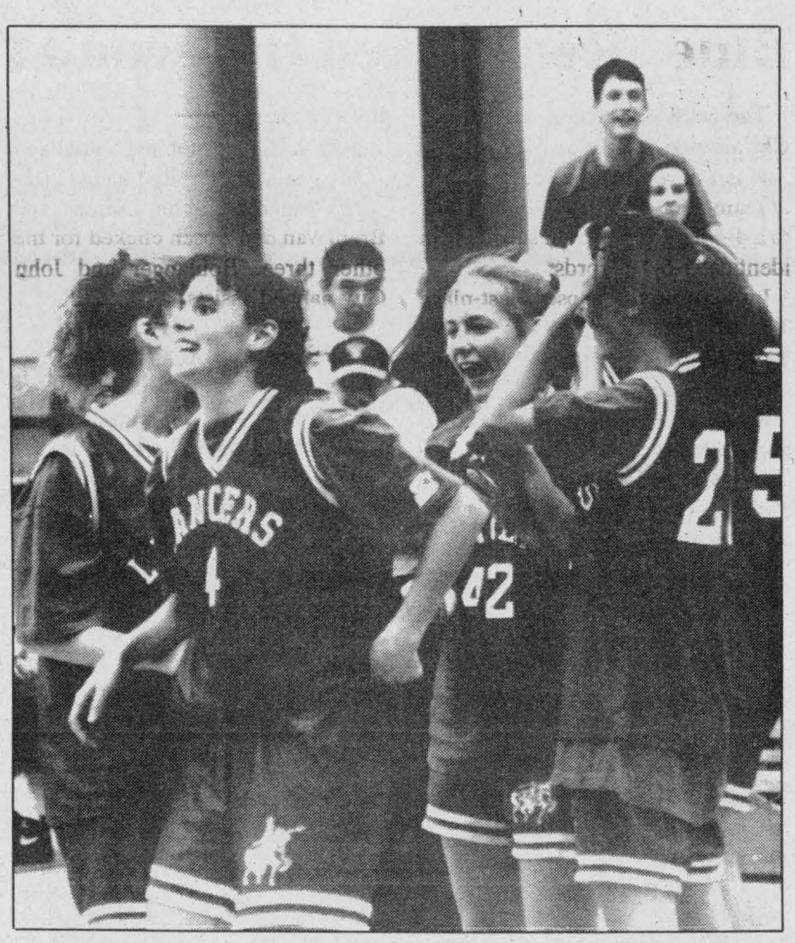
North Dundas won the midget girls and junior boys divisions of the SD&G cross-country championships on the Long Sault Parkway. Lauren Clobridge and Murray Link both won their respective races to lead the school. Megan Filon and Marie Linton placed second and third in the junior girls class. Tamara Bond, Jasmin Pribil and Stephanie VanGilst took third, fourth and fifth in the senior girls race and Cory Dignard nabbed third in the senior boys event. They all qualified for EOSSAA.

November

Iroquois intercepted a Chesterville pass on the final play of the game to record a 7-6 win and the Dundas County Elementary School junior flag football title. Chesterville was attempting to convert a touchdown at the time which would have tied the game at 7-7, forcing overtime.

Lauren Clobridge, Murray Link and Dennis Mocigemba qualified for the OFSAA cross-county meet in Brampton. Clobridge and Link won their respective divisons while Mocigemba placed third in the junior boys race. Link finished seventh at the provincial championships while Clobridge came in 10th.

Chesterville's Troy Elliott scored two touchdowns to lead Maple Ridge to the Dundas County Elementary School senior flag football title over Nationview.



Rothwell-Osnabruck junior girls' basketball team celebrates after winning the SD&G title.

Both Tagwi Secondary's junior and senior volleyball teams won SD&G titles in victories over the Seaway Spartans. For the junior Warriors, it was their second straight crown. The team lost the EOSSAA final to Gananoque while the senior Warriors bowed out in round-robin play.

Keeper Alexia Campoli recorded four consecutive shutouts to help Rothwell-Osnabruck win the Stormont County Elementary School intermediate girls soccer championship.

The Rothwell-Osnabruck junior girls' basketball team stunned themselves and rookie head coach Krista Simonett, winnng the SD&G crown over Seaway 33-24. The Lancers posted a perfect 8-0 regular season mark. However, the team was stopped at EOSSAA by Shawville.

December

Chris McFarlane scored with 35 seconds left in the second overtime period to give the Midget Demons a 2-1 win over the Char-Lan Rebels in the final of the North Dundas Invitational Hockey Tournament.

1992 did end on a positive note for the North Stormont Express. After the first 19 games of the EOJCHL season, the Express are in good shape to establish a new, albeit dubious, record – winless for the season. However, North Stormont sent four players to the Junior "C" all-star game and all four left their mark. Mike Stewart collected a hat trick to lead all scorers while Derek McElheran and Scott St. Louis picked up assists. Chris Leroux was held off the scoresheet but created some of the best scoring chances.

Eagles soar past Express with four in second period

Chris Thatcher
Record Staff

No more Mr. Nice Guy.

That's Kirk Anderson's New Years' resolution.

"Nice guys finish last," said the North Stormont Express head coach. "I'm sick and tired of losing and I think the guys are too."

However, the new, meaner, nastier (George Bush proved that kinder, gentler doesn't work) Anderson is likely to face the same problem as his predecessor, Anderson pre-Dec. 31, 1992 — finding a way to win.

Despite a five-point effort from Jeff MacLean, two goals and three assists, the Express lost their 20th game of the Eastern Ontario Junior "C" Hockey League season Sunday.

The St. Isidore Eagles scored four times in a listless second period to post a 9-5 win on home ice.

Since he assumed the helm in late November, Anderson has been searching for a way to reverse North Stormont's dismal season. So far, positive results have been virtually non-existent.

The coach wants to develop a better defensive system with the players he has signed, but he won't rule out making some cuts.

Jan. 20 is the deadline for releasing players but Anderson still has four of his 20 player cards blank, giving him some leeway.

"The compassion is over," Anderson said. "I've been trying to rebuild their confidence. But now we've got to make some changes. We're hoping to fill some sweaters with the four cards we've got left."

EAGLES FLYING HIGH

Dave Duprau, with his first of two, MacLean and Ryan Winter staked the Express to a 3-2 lead after the first period. Duprau beat goaltender Patrice Lamarche less than 40 seconds into the game.

Daniel Maisonneuve, the league's leading scorer, counted both for the Eagles.

But the lead fell apart early in the second when Jamie Graham beat Mark Beehler at 17:27. Trevor Clark, Maisonneuve and Christian Charlebois all counted markers before the period was up.

"That period was our downfall," said Anderson. "We missed at least five goals in the first and probably three or four in the third. But we played a terrible second."

St. Isidore extended its lead on goals by Carl Berrier and Bernard Boulerice before the Express struck back.

MacLean capped his hat trick at 8:08 on an unassisted effort and Duprau scored his second with a powerplay marker at 3:51.

The period was marred by two fights and 51 minutes in penalties. Finch's Kevin Villeneuve and Dan MacMillan received game misconducts for fights with Trevor Clark and Sylvio Ranger. Both St. Isidore players were also tossed.

Goalie Martin St. Denis started for the Express but was pulled in favor of Beehler early in the first frame. He returned to the game midway through the third after St. Isidore counted three goals in the first 10 minutes of the period.

EXPRESS NOTES

North Stormont will host its third Pub Night of the season when it plays Vankleek Hill this Friday, Jan. 8, in Finch.

The pub will be open during and after the game and will feature a live band. Game time is 8 p.m.

Rockets steal title with last-minute heroics

Michael Thompson's solo effort with 1:21 remaining helped the North Dundas Rockets steal the North Dundas Intermediate Novice Hockey Tournament championship last Tuesday.

Thompson's goal, a wrist shot to the top left corner after he had wheeled around the defence, capped a spectacular comeback.

The North Dundas Rockets rallied from a 6-3 deficit with less than four minutes to play in the third period to edge the North Dundas Ducks 7-6.

Spencer Dawson sparked the last-minute heroics, burying a Terry Morrow pass at 3:18. Thompon cut the lead to 6-5 at 2:32 and Morrow evened the score 35 seconds later.

The Ducks dominated the final minute of play but could not net the equalizer.

Morrow and Dawson gave the Rockets a 2-0 lead early in the first, only to watch the Ducks strike back with three of their own. Nathan Thompson netted a pair and Robert Lacelle chipped in a single marker.

Michael Thompson, who finished with a hat trick, tied the score two minutes later. But the Ducks ended the period with a 4-3 lead on a Chris Kelly goal.

The Ducks swamped the Rockets in the second stanza. Jason Locke-McIntosh and Ryan Erwin extended their lead to 6-3.

Goaltenders Brian Verhoeven and Ray Clement turned in strong performances in the end-to-end contest.

Thompson received the Hustler Award for the Rockets while Nathan Thompson earned the honors for the Ducks.

The Rockets qualified for the final with a 4-1 win over Kemptville and a surprising 5-0 shutout over Richmond. Verhoeven earned the donut.

The Ducks posted two decisive victories in round- robin play, outclassing Kemptville 6-1 and Casselman 7-2.

The two Kemptville squads meet in the consolation final, with the Green side rallying from a 1-0 first-period deficit to claim a 4-3 win over the Orange team.



Rockets' Tim Gilmer wheels away from the Duck's Chris Kelly.

Blue, Red locked in second

The battle for second place in the Chesterville Town Hockey League was left unresolved Wednesday.

Team Blue and Team Red skated to a 4-4 tie, leaving both squads with identical 5-6-1 records.

In a surprising upset, last-place Team Green stopped top-ranked Team Black's winning streak at six with a 2-0 win.

Kevin Moore scored a pair of goals and added an assist to lead Team Blue. Rob Berkvens and Pete Vankessel also tallied markers while Darrell Shelp, Rodney Casselman, Sandy Johnstone and Chris Berkers drew assists.

Dolton Henry supplied a goal and two helpers for the Red squad. Jerrold Boulanger, John Luimes and Brent Van den Bosch clicked for the other three. Boulanger and John Guy nabbed assists.

GREEN 2, BLACK 0

Kevin Byers set up Ken Byers in the first period and Ray Sherrer buried an unassisted marker in the second as Green shut out Blue for the first time this season.

With the win, Green improved to 4-8 while Black slipped to 9-3.

Lions wing Junior "B" Hawks

The Morrisburg Lions handed the Winchester Hawks their third straight loss with a 9-0 shellacking in Morrisburg Saturday.

The win runs the Lions record to 21-6-1, first overall in the EOJBHL St. Lawrence division with a 10-point lead over second-place Char-Lan. Winchester sits in third place with a 14-14-0 mark. The Kemptville 73s also have 28 points but have played one fewer game.

Rob Casselman scored three times and Mike McAllister notched a pair and two assists to pace the Lions.

Yvan Besner, Andrew McEwan, Derek Holmes and Martin Pancirov also scored. Benser collected three assists.

Earlier in the week, Winchester dropped decisions to Kemptville (6-4) and Char-Lan (8-5). John Hamel and Jason Quesnel scored three goals apiece in the two outings.

Bowling

Winchester Odd Couples - Men's High Single, John Proulx 230; Men's High Triple, John Proulx 648. Ladies' High Single, Sandie Puddephatt 204; Ladies' High Triple, Sandie Puddephatt 507. **Team Standings** - Brenda 40; Sandie 39; Serge 35; David 26.

Defenders League - Men's High Single, Kevin James 252; Men's High Triple, Kevin James 561. Ladies' High Single, Mary Lynn Plummer 293; Ladies' High Triple, Mary Lynn Plummer 706. **Team Standings** - Mary Lynn 52; Dean 49; Debbie 48; Arnie 47; Hilda 43; Oswald 38.

Matilda League - Men's High Single, Brent Fawcett 240; Men's High Triple, Bob Summers and Trent Antilles 524. Ladies' High Single, Madeline Lacoupe 260; Ladies' High Triple, Marilyn Payne 604. **Team Standings** - Marilyn Payne 37504; Barry Cooper 36901; Bill Leclair 36727; Barry Fawcett 36203; Corrine Hansma 36164; Glenn Pashak 35723.

North Stormont Ladies - High Single, Janet Rutley 229; High Triple, Linda Brunet 618. **Team Standings** - Slow Pokes 55; Grannies 51; Blue Birds 48; Boo Hoo Bees 42.

Monday Night Men - High Single, Dave Bird 323; High Triple, Roy Hansma 681; High Average, Gary Scott and Randy Leclair 216. **Team Standings** - Blue Max 69; Stingers 58; Raiders 49; A-Team 47; Seniors 46; Alley Rats 46.

YBC Peewee - Boy's High Single, Matthew Bird 135; Boy's High Double, Adam Sanders 235. Girls' High Single, Kim Fife 112; High Double, Kim Fife 182. **Team Standings** - Adam 48-1/2; Matthew 34-1/2; Kim 33; Shannon 24.

YBC Bantam - Boy's High Single, Scott Fife 183; Boy's High Double, Scott Fife 336. Girls' High Single, Natasha Glaude 187; Girls' High Double, Natasha Glaude 268. **Team Standings** - Tasha 52; Daniel 51-1/2; Michael 51; Lisa 49; Tyler 46-1/2; Sherry 44.

YBC Junior - Boy's High Single, Alex Middleton 200; Boy's High Double, Alex Middleton 343. Girls' High Single, Rachel Robinson 209; Girls' High Double, Rachel Robinson 350. **Team Standings** - Richard 57; Shanna 44; Amanda 39; Kristy 38; Andrea 33.

YBC Senior - Boy's High Single, Marc Robinson 275; Boy's High Double, Marc Robinson 512. Girls' High Single, Cindy McLeod 255; Girls' High Double, Cindy McLeod 402. **Team Standings** - Colin 30; Kevin 28; Tonya 26.

Wednesday Afternoon Ladies - High Single, Pat Monast 247; High Triple, Virley Edwards 629. **Team Standings** - Norma Cass 71; Debbie Hess 69; Elizabeth Brooks 43; Liz Spiller 41.

Busy Matrons - High Single, Debbie Linton 251; High Triple, Marjorie Munro 623. **Team Standings** - Debbie 61; Betty 60; Jean 59; Sharon 56.

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Barkley buries Finch

Terry Barkley scored three second-half goals and one first-frame marker to lift the Berwick 92s past the Finch Merchants 6-5 Sunday night.

In the other game on the North Stormont Intermediate Hockey League doublebill, the Crysler Riders downed the Avonmore Aces 5-2.

Finch took a 3-2 lead into the half but Jeff Johnstone evened the score three minutes into the second on a Barry Smith and Mike Van Delst play.

Barkley then counted two more less than three minutes apart before the Merchants regained their footing.

Barkley netted the winner at 4:52 from Johnstone and Van Delst. Smith also scored for the 92s with a first-period goal.

Guy Ireland, who potted four for Finch, tallied twice in the final 10 minutes, the last with 17 seconds to play.

Terry Gove scored Finch's other goal, a first- period marker from Ed Dewitt and Dwayne Spinks. Herb Seguin finished with two assists on the night.

CRYSLER 5, AVONMORE 2

Denis Landry scored two second-period goals to help the Crysler Riders by the Avonmore Aces.

The win gives the Riders their sixth in a row. Avonmore is now riding a two-game losing streak.

Mike Fetterly, Pierre Landry and Stacey Moore scored first-stanza goals to give Crysler a 3-1 lead. Kevin Poapst scored for the Aces.

Denis Landry increased the Riders' lead at 15:05 of the second, burying a Todd Prieur feed past netminder Kent Pilon.

Jeff Bullock got that back for Avonmore, with Frank Sinfield and Marc Villeneuve assisting, but Landry salted the win away four minutes later, capping a Stephane Boudrias and Dave Mason play.

Holmes nets overtime winner

Defenceman Clinton Holmes hit the mark at 4:03 of overtime to give the North Dundas Midget "A" Demons their second tournament championship in four events.

Holmes' goal snapped a 2-2 tie and lifted Demons by the Alexandria Glens 3-2 in Alexandria Sunday.

"The boys played well. That's two championships, and one finalist in four tournaments for us. That's a pretty good record," said Demons' coach Mike Arnkvarn.

North Dundas opened Sunday's event blasting Osgoode-Rideau 8-0. It skated to a dramatic 1-0 overtime victory over the Ottawa West Golden Knights in game two and captured the ADMHA Midget Tournament silverware by beating the host Alexandria Glens.

The Glens were the first team to find a hole in Denis Desormeaux's goaltending skills, but the two markers weren't enough to net them a championship.

After Sylvan Lavigne staked Alexandria to a 1-0 first-period lead, Craig Halpenny evened the score at 4:54 of the second on a Dave Sears and Phillip Brisebois play.

Sears put the Demons ahead 2-1 at 5:20 of the third, sliding in a Grant Williams pass. Barry Bell also assisted.

But the Glens sent the game into overtime with 3:14 remaining when Dean Seguin tucked the puck under Desormeaux.

Arnkvarn credited his defence with the team's success and pointed out the goaltending of Desormeaux as the key to the championship victory.

"That 1-0 win was pure goaltending. Denis won that one for us," Arnkvarn said. "It looked as if they (Ottawa West) had scored the winning goal on him but somehow he stopped the puck. It was an amazing save."

Desormeaux had a hot hand in the opener against Osgoode-Rideau as North Dundas bombed the Senators 8-0.

Offensively, the powerplay was the story, clicking once in the second and three times in the third. North Dundas led 2-0 after a period and 5-0 after two frames.

Coligan gives Lions ND tourney title

Goalie Jason Coligan was unbeatable as the Morrisburg Lions blanked the Metcalfe Jets 3-0 to win the North Dundas Minor Hockey Association's Peewee "C" Tournament championship last Monday.

Metcalfe, backed by the netminding tandem of Kristi Hartman and Dave Craig, out-scored its opponents 10-2 in its two games, but could not find the twine in the "A" division showdown.

Eight teams participated in the annual tournament.

Coligan was flawless against the Jets and the Lions made the most of it, taking a 2-0 first- period lead.

Rod Murphy scored unassisted at 9:53 of the first for the winning goal. Jermiah Lemay clicked on a feed from Dave Trude five minutes later and Jamie Fortier hit from Lemay with 3:01 left on the clock.

Morrisburg reached the final with a 4-1 win over the Kemptville No. One Royals in the semis. Murphy scored twice and Paul Osborne and Matt DeJong snapped in singles.

Coligan allowed just one goal in a 3-1 victory over the South Stormont Killer Bunnies in the tournament opener. Trude, Murphy and Jason Hill nabbed markers for the Lions.

Metcalfe couldn't manufacture a goal in the championship game but hit the target 10 times in 5-1 wins over the Kemptville No. Two Royals in the opening round and the South Grenville Rangers in the semi-finals.



The North Dundas Peewee "C" Demons celebrate a goal against the Kemptville Royals.

CONSOLATION

South Stormont took the "B" final with a 4-2 win over the Perth Blue Wings, courtesy of two goals from David Barbeau.

Mark Mason clicked five times in the semi-final contest with North Dundas as the Killer Bunnies jumped all over the host Demons 11-1.

North Dundas bowed out of the tournament after two games following losses to the Killer Bunnies and Kemptville No. One.

Devon Cinnamon and Mike Deighton scored in an 8-2 decision with Kemptville while Todd Levers slipped one past South Stormont.

Fitness Forum

Why bother?



Jennifer Gregoire, Reg. N. N.D., B. Sc. Nu.

In these hard times often the first thing we give up is something that would benefit every aspect of our life...EXERCISE. New Years' Resolutions aside (and weight loss, exercise and self-improvement are always at the top of our list), the reasons to exercise are many, even more so now. For one thing, research has proven that we MUST exercise AT LEAST three times a week just to maintain our immune system, and who doesn't need a good immune system these days?!

Because times are tough, depression, for many reasons, is rampant. We've found that exercise blocks the blues:

Exercise may help treat symptoms of moderate depression, psychiatrists have long said. Now there is evidence that exercise may PREVENT symptoms. Compared to those getting little exercise, those getting at least moderate exercise (enough to lose weight or lower blood pressure) will cut their risk of depressive symptoms by more than 50 per cent, suggests a new study, according to the American Journal of Epidemiology. For women especially, regardless of other risks - household income or employment status, for example - it was found that recreational exercise seemed to provide protection from depressive symptoms.

Exercise increases norepinephrine, serotonin, and dopamine, all neurotransmitters (substances that transmit messages between nerves) that are thought to be low in depressed people. Regular (AT LEAST three times a week) aerobic exercise also boosts endogenous opiates, feel-good drugs produced by our brain. Another theory holds that physical fitness may be beneficial simply by raising self- esteem.

We know that to build healthy bones, we need to get up on our skeleton and move it! Exercise makes bones stronger, just as it makes muscles stronger. For bone health and general fitness, at a minimum we should be moving vigorously for 200 minutes a week: ideally, 400 minutes. That would include warm-ups, toning, muscle building, and flexibility exercises as well as cardiovascular. Also, it's a myth that bone-strengthening exercise should be a high-impact, or bone-jarring program. Remember, too, that it's NEVER too late to invest in strong bones. Even if you're near or past menopause, when bone-thinning is likely to accelerate, increasing calcium intake and exercise levels can make a difference. At any age we can prevent excess calcium loss, and if you're on a comprehensive exercise program and good nutritional plan, it's even possible to restore lost bone.

Also, we mustn't forget that stretching is of utmost importance at any age. Inflexibility, like loss of muscle tone, is not a sign of impending middle age. Some flexibility may be lost in the middle years, but it CAN be conserved to a great extent. Connective tissue has a property of shortening if we don't use it. If we stay active, we'll stay flexible. (More on this later...)

My Silent Achievers this week are all of you who HAVE put exercise on, or near, the top of your New Years' Resolution list. NOW, for the next step...?

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

SPORTS CALENDAR

Eastern Ontario Jr. C Hockey League
Fri., Jan. 8
8 PM
North Stormont vs. Vankleek Hill
Pub Night
Finch Arena

High School Sports
Boys Basketball
St. Lawrence at Rothwell/Osnabruck
Tagwi at North Dundas
Wed., Jan. 6
1 PM
Seaway at Tagwi
Fri., Jan. 8
1 PM

Girls Volleyball
North Dundas at Tagwi
Wed., Jan. 6
1 PM
Tagwi at Seaway
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Morewood - 448-3597

You Can Rent This Space For $5.00

ROGER SALMON MASONRY CONTRACTOR
BLOCKS • STONE • BRICK • CEMENT WORK
TOPSOIL • SAND • GRAVEL
Backhoe • Bulldozer • Dump Trucks
LICENCED SEPTIC SYSTEM INSTALLATION
R.R.1
CHESTERVILLE 448-3683

Tro pro TROPHIES & AWARDS
For All Occasions
• Free Computerized Engraving
• Engravable Gifts • Plastic Signs
• Name Tags • Fax Service
774-3573
504 St. Lawrence St., WINCHESTER

CARPENTRY
Darren Chambers
987-2058
Crysler, Ont.

DENNIS CARKNER
(Proprietor)
COLLISION CENTER
UNIBODY REPAIR EQUIPMENT
EUROPEAN PAINT FINISH
Res: (613)448-2688 P.O.Box 948,DAWLEY DR
Bus: (613)774-2733 Just off Hwy 31 43 ByPass
WINCHESTER,Ont.

WELL DRILLING
Donald Gauthier
Box 143
CRYSLER - 987-2973

Compliments of:
RECREATION DEPARTMENT
VILLAGE OF CHESTERVILLE

Nestlé
DIVISION OF NESTLE ENTERPRISES LTD
CHESTERVILLE

You Can Rent This Space For $5.00

Daniel Wathier Aluminum
Exterior Renovations.
Aluminum - vinyl - siding
Soffit - Fascia
Crysler, Ont. *Free Estimates*
(613) 987-5464

You Can Rent This Space For $5.00

MIKE DEAN'S SUPERFOODSTORE

19 KING ST. CHESTERVILLE

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

OPEN: MON.-FRI. 8AM - 9 PM, SAT. 8 AM - 6 PM

PRICES IN EFFECT UNTIL CLOSING JAN. 12/93



SUNLIGHT 1 LITRE BOTTLE
LIQUID DISH DETERGENT
1.79



SUNLIGHT 12 LITRE BOX
LAUNDRY DETERGENT
6.99

GARDEN FRESH FRUITS & VEGETABLES EVERY DAY OF EVERY WEEK

TROPICAL TREAT
BANANAS
29¢ LB 64¢ KG

PRODUCT U.S.A. FANCY
GRANNY SMITH APPLES
79¢ LB 1.74 KG

PRODUCT OF U.S.A., FANCY
ANJOU PEARS
89¢ LB 1.96 KG

PRODUCT OF U.S.A.
FRESH LEMONS
5/99¢

PRODUCT OF U.S.A.
SEEDLESS ORANGES
1.99 DOZ.

PRODUCT OF U.S.A. #1
ICEBERG LETTUCE
79¢ EACH

PRODUCT OF U.S.A. #1 GREEN SWEET
PEPPERS
89¢ LB 1.96 KG

PRODUCT OF U.S.A. 12 OZ. PKG
BABY CARROTS
69¢ EACH

FLOWER OF THE WEEK

6" POT
TULIPS
HYACINTHS
DAFFODILS
EACH 5.99

BAKERY PRODUCTS OF QUALITY EVERY DAY OF EVERY WEEK

VACHON PKG 6
JOE LOUIS
1.99

DEMPSTERS PKG 8
KAISER BUNS
1.39

DEMPSTERS 675G 6 VARIETIES
CANADIANA BREADS
1.29

DEMPSTERS PKG 6 BLUEBERRY OR BRAN
MUFFINS
1.79

BAMBY PKG 12 HOT DOG OR HAMBURG
BUNS
1.19

DEMPSTERS 675G
KIDS BREAD
89¢

DEMPSTERS 675G 100% OR CRACKED WHEAT
BREAD
89¢

BETTY SPECIAL 675G DEMPSTERS ORIGINAL 675G
WHITE BREAD
69¢

SNACKS AND TREATS

MAPLE LEAF 400G BAG ASSORTED FLAVOURS
POTATO CHIPS
1.99

24X355ML TINS
SOFT DRINKS
6.99

MURPHY'S, LAY'S, OGRADY 180G ASSORTED
POTATO CHIPS
1.19

12X355ML
ORANGE CHILL, 7-UP
1.99

DAIRY PRODUCTS OF QUALITY EVERY DAY OF EVERY WEEK

BEATRICE 250 ML
WHIPPING CREAM
1.39

BEATRICE 500G ASSORTED
COTTAGE CHEESE
1.69

BEATRICE 500G ASSORTED
SOUR CREAM
1.69

BEATRICE 2 LITRE ASSORTED
CHIP DIPS
99¢

BEATRICE 175 TUB ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT
59¢

BEATRICE 500G TUB ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT
1.49

BEATRICE 2 LITRE CTN.
CHOCOLATE MILK
2.89

BEATRICE 2 LITRE JUG ASSORTED
COUNTRY JUICES
2.49

BEATRICE 2 LITRE CTN.
ORANGE JUICE
1.99

BEATRICE 125-175G ASSORTED FLAVOUR DIET, LACREME, LIGHT
YOGURT
59¢

BEATRICE 250G PKG
CREAM CHEESE
1.49

BEATRICE 4 LITRE BAG
2% FRESH MILK
2.89

FRESH MEAT CUT WITH CARE EVERY DAY OF EVERY WEEK

CUT FROM CANADA "A" BEEF
CHUCK BLADE STEAK
1.79 LB 3.95 KG

BONELESS SHORT
RIB ROAST
2.29 LB 5.05 KG

MEDIUM
GROUND BEEF
1.89 LB 4.17 KG

BONELESS
BLADE STEAK
2.49 LB 5.49 KG

BONELESS CROSS RIB
ROAST OR STEAK
2.59 LB 5.71 KG

"FOR THE DIET" LEAN BONELESS SKINLESS
CHICKEN BREAST
4.99 LB 11.00 KG

MAPLE LODGE, 450G
CHICKEN WIENERS
99¢ PKG

OLD WESTERN, 500G
BACON
2.29 PKG

BURN'S, 500G
BOLOGNA
2.29 PKG

FREEZER BUY OF THE WEEK

BURN'S
ECONOMY WIENERS
9.99 11 LB. BOX

CATCH OF THE WEEK

FRESH FLASH FROZEN
RAINBOW TROUT
3.99 LB 8.80 KG

THE BUTCHER'S FRESH SLICED DELI EVERY DAY OF EVERY WEEK

BURN'S SLICED
CHATEAU SMOKED HAM
4.99 LB 11.00 KG

SIMON DE GROOT, SLICED
TURKEY ROLL
5.49 LB 12.10 KG

SIMON DE GROOT, SLICED
ALL BEEF SALAMI
2.99 LB 6.59 KG

BURN'S SLICED
COOKED HAM
1.99 LB 4.39 KG

SCHNEIDER'S SLICED
MOCK CHICKEN
3.69 LB 8.13 KG

SHOPY'S SLICED MONTREAL STYLE
SMOKED MEAT
4.49 LB 9.90 KG

SCHNEIDER'S COARSE
LIVERWURST
2.99 LB 6.59 KG

CHEESE OF THE WEEK

MILD OR SPICED
DUTCH GOUDA
4.99 LB 11.00 KG

PIZZA OF THE WEEK

9"
PEPPERONI & CHEESE
3.99

FROZEN FOODS OF EASY PREPARATION EVERY DAY OF EVERY WEEK

GOOD HUMOUR 2 LITRE ASSORTED FLAVOURS
ICE CREAM
1.99

BEATRICE 2 LITRE ASSORTED FLAVOURS OLD FASHION RECIPE
ICE CREAM
4.49

BEATRICE 2 LITRE ASSORTED FLAVOURS REGULAR OR LIGHT
CLASSIC ICE CREAM
3.99

FUDGESICLE CREAMSICLE FROSTICLE 2.99

GOOD HUMOUR PKG 6 GREAT CANADIAN
CONES
3.69

GOOD HUMOUR PKG 6
ICE CREAM SANDWICHES
2.99

McCAIN 1 KG BAG 13 VARIETIES
VEGETABLES
1.99

McCAIN 1 KG ASSORTED CUTS
FRENCH FRIES
1.29

MINUTE MAID 355ML ASSORTED
ORANGE JUICE
89¢

McCAIN 18 OZ PKG ASSORTED FLAVOURS DEEP & DELICIOUS
CAKES
2.49

McCAIN 660-700G PKG RASPBERRY OR STRAWBERRY
SHORTCAKE
3.39

FIVE ALIVE 355ML ASSORTED FLAVOURS
CITRUS JUICES
99¢

CAVENDISH 750G PKG
HASH BROWNS
69¢

VALLEY FARMS 1KG
FRENCH FRIES
79¢

MINUTE MAID 355 ML ASSORTED FLAVOURS
FRUIT PUNCHES
49¢

DIRECT WAREHOUSE PRICES + PLUS + EXTRA WEEKLY SPECIALS

PAMPERS OR LUVS DIAPERS
CONVENIENCE SIZES 8.99
JUMBO SIZES 16.99

PRONTO 2 ROLL PKG
PAPER TOWELS 49¢

FACETTES PKG 400
FACIAL TISSUES
1.99

ROYALE PKG OF 6, JUMBO
BATHROOM TISSUE
3.99

MITCHELL'S 48OZ TIN
PURE APPLE JUICE 99¢

HUNTS 5½ OZ TIN REGULAR, GARLIC, HERB
TOMATO PASTE
2/1.00

HUNTS 725 ML TIN REGULAR OR ITALIAN
TOMATO SAUCE
1.19

BEEHIVE 1 LITRE
CORN SYRUP
2.69

DOLE 19 OZ TIN ASSORTED CUTS
PINEAPPLE
99¢

CLUB SUPREME 19 OZ TIN
BLUEBERRY OR CHERRY PIE FILLING 1.99

NABOB GOLDRUSH



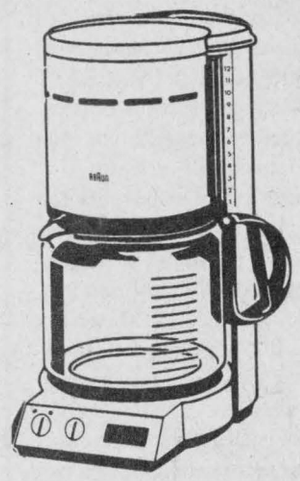


NABOB 200
BASKET OR CONE FILTER
14.99

NABOB 300G
REGULAR, FINE EXTRA FINE
GROUND COFFEE
1.39

Strike Gold
WIN A COFFEE SET
COURTESY NABOB FOODS
(COFFEE MAKER AND MUGS)

(FILL OUT BALLOTS AT COFFEE DISPLAY)
DRAW DATE JAN 30



NABOB 300G
SUMMIT REGULAR OR DECAF
TRADITION DECAF (ASSORTED GRINDS)
1.99

