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New provincial health care plan raises concerns

by Bonnie James
Press staff

WINCHESTER — Many people, including local health care workers and members of North Dundas Township council, are expressing concern over a new plan to regionalize the province's health care delivery system into what are called Local Health Integration Networks (LHINs).

Bill 36 was introduced into the provincial legislature in November and is part of the province's three-year transformation plan for health care. It will see this area become part of the Champlain LHIN (one of 14 in the province), which will stretch from Barry's Bay in the west to Hawkesbury in the east, and from Deep River in the north to the St. Lawrence River in the south. It will encompass more than one million people.

The new structure has been discussed at the local council table, with several members expressing concern over what the change could mean locally, with Winchester only a small community in such a large region.

"There is a big concern," said Mayor Alvin Runnalls. "We have a concern that we have a hospital here and we've raised $15 million for it and we expect the things that are there to be there."

Each LHIN will be run by an appointed nine-person board that will report to the ministry. Michel Lalonde of Ottawa has been selected as the board chair for the Champlain LHIN.

• see HEALTH CARE on next page







Molding minds

Chesterville artist Kathy Moss was at Morewood Public School on Thurs., Jan. 26 teaching the Grade 3 and 4 class what pottery is all about. She gave some tips to Grade 3 students Adam McDougall and Sarah Gern (left). Rachel Pascoe (top, right) giggled with glee while molding her clay, and Nicholas Carruthers (top left) proudly displayed his clay creation.
Press Photos — Duncan

Masks and Mumbo Jumbo

WINCHESTER — This weekend the Winchester Community Centre will be transformed into the streets of New Orleans as hundreds of masked revellers take in the second annual Mardi Gras Masquerade Ball. The ball takes place on Sat., Feb. 4 and is a fundraiser for the Dundas County Hospice.

"We're approaching a sellout," said organizer Larry Michaud.

The Mumbo Jumbo Voodoo Combo will again supply the Cajun music. Max Keeping will be the emcee for the evening. The fundraiser will also feature two Tarot card readers, belly dancers, a Crown and Anchor game, and a live auction conducted by auctioneer Kerry Irven.

Whalesbone Oyster and Catering Company will provide the oysters and crawdads, and South Mountain's The Laughing Wren will serve up jambalaya and po' boy sandwiches.

The money raised will help the hospice care for people in Dundas County who are living with a terminal illness. Last year, most people got into the spirit of New Orleans with costumes and masks, and the event raised $10,000.

• see MARDI GRAS on next page

Snowarama a go, with or without snow

RIVERSIDE HEIGHTS — While there wasn't enough snow for the snowmobile trails as of press time, the Snowarama Pancake Breakfast will still take place this Sat., Feb. 4. The Easter Seal Society fundraiser will be held at the Riverside Heights Recreation Hall between 8 and 11 am.

Organized by Girls on Snow, the female members of clubs within the Nation Valley Snowmobile Association, the event usually includes a pancake breakfast and a 100 kilometre snowmobile ride. The ladies collect pledges for the Dundas County District Easter Seal Society.

"We can't control the weather," said organizer Jean MacDougall of Morrisburg, who noted that she hasn't been out on her sled at all this season. "We urge people with pledge sheets to bring them in and have breakfast with the kids."

Everyone is invited to the pancake breakfast. The cost is $5 for adults and $2.50 for children 12 and under. This year's Snowarama ambassador, Ross Ward of Dunbar, will be at the breakfast.

Ten-year-old Ward is a Harry Potter fan, a good student, and has cerebral palsy. He enjoys reading and playing video games, as well as making new friends.

"They taught me that no matter who you are, you are unique and special," said Ward about the Easter Seal Society.

• see SNOWARAMA on next page



Hurry hard!

Winchester residents Donna Gibson and Lee Bowers had their brooms cooking to bring this rock down the ice in the 40th annual Parmalat Dairy Bonspiel at the Winchester Curling Club on Sat., Jan. 28. See who the winners of the 24-team event were on page 11.
Photo — Barbour

Potential tower in Iroquois causes ratepayer dispute

by Meghan Duncan
Press staff

WILLIAMSBURG — Iroquois residents attended the South Dundas Council meeting on Tues., Jan. 24 to express their concern about the potential construction of a telecommunications tower.

120 residents sign petition

Telus Mobility approached the township in the fall of 2005 wanting to construct a 90-metre tower west of Iroquois.

"For the second time in a year, a cell phone company has approached the township to construct a tower adjacent to an existing tower," said Iroquois resident Robert McInnis, one of over 120 people who signed a petition against the tower. The petition requested that the township apply the provisions of the draft telecommunications policy to the tower applicant and pursue options that do not include the construction of a second tower in the neighborhood.

McInnis and Harry Pietersma were representing the residents who signed the petition, and voiced three major concerns about a second tower: the health and welfare of the community; the declining property value; and the fact that a second tower would be a general eyesore.

McInnis said that he is in favor of improved cell phone service, as are most people who signed the petition, "but the cost of the improved service is being placed on the shoulders of one neighborhood," he said.

Director of planning and enforcement Don Lewis drafted the township's telecom policy, which he brought to the council table in October, seeking input.

The draft policy includes recommendations for tower locations, including the preference to place new towers in non-residential locations. The policy also encourages co-location of towers — telecommunication companies working co-operatively to share tower structures and minimize the number of towers in the municipality.

The proposed policy was drafted after council dealt with the first formal public complaint — a similar petition. As a result of the public uproar against the construction of a tower in a rural area west of Iroquois, council passed a resolution on April 19 requesting that Bell Mobility co-locate with the already existing Rogers Wireless tower, to avoid the construction of a second tower. The resolution also stated that the planning department must develop a policy regarding telecommunications towers to aid in the mediation of future complaints.

"These are ratepayers in the immediate area — the same ratepayers you supported last year," explained Pietersma about the names on the current petition.

Pietersma spoke of the municipality's purpose, which is to think of constituents first.

• see TOWER on next page

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Council notes from North Dundas

Road rage

WINCHESTER — A contingent of about a dozen people made its way to the Jan. 23 North Dundas Township council meeting to see Benjamin Barkley present to council regarding the boundary road between North Dundas and North Stormont.

Barkley explained that this was the second time that residents have appealed to the township about getting the road repaired.

Mayor Alvin Runnalls outlined that resurfacing had been planned for last year, but North Stormont didn't have the money to foot its part of the bill. Because it is a boundary road, both townships are responsible for its upkeep. He noted that North Dundas is budgeting for resurfacing again this year, but pointed out that the road needs a great deal more work.

"It's going to be an expensive road to do," said director of public works Arden Carruthers. The road is low-lying and its drainage issues need to be properly addressed before it is fixed.

Township staff have conducted traffic counts on the road, and Carruthers explained that another count needs to be done.

"It's not one of our most heavily travelled roads," he said.

The mayor didn't promise the road would be repaired this year, pointing out that there are other roads in worse shape.

Official Plan

The township's director of planning, Calvin Pol, brought council up to date on the United Counties Official Plan, which is awaiting provincial approval.

"The latest I've heard is that it won't be (approved) until March — and that's the earliest," said Pol. "It might be April, May, June."

The township planning department has been holding off on greenlighting some severances and projects until the new plan comes into effect.

"It's stalling projects at this point," he said about the delay.

Agriculture building distance rule

Pol reported to council that the province has been tinkering with legislation regarding minimum distance separation for livestock facilities. New draft legislation, dated December 2005, bumps the required distance between a residence and a livestock building from 55 to 70 metres.

This may affect farmers that have severed retirement lots, explained Pol. Though the lot has been severed previously, if it is not far enough away from the livestock buildings to meet the new minimum distance requirements the new legislation could mean they would be unable to build.

The draft states, "Municipalities have the option, but are strongly encouraged to apply Minimum Distance Separation I to buildings proposed for existing lots of record."

It appears that municipalities will have the final say, but will be pushed to abide by the new rules. Councillors raised concerns that landowners could seek compensation from the township if they are unable to build on their lot — compensation the township can't afford.

"They kind of handcuffed us," said councillor Martin Schoones about the province's proposed new minimum distance rules.

Pol explained that the draft still needs a second and third reading in the legislature before it comes into effect, but noted it could become law by this summer.

Council plans for conference

The Rural Ontario Municipal Association (ROMA) conference takes place on Feb. 20 and 21 in Toronto. North Dundas is planning which provincial ministers it wants Mayor Alvin Runnalls and Deputy-Mayor Bill Smirle to lobby and on which issues. Smirle presented an outline of his suggestions and asked for additional input.

Those ministers suggested included: Leona Dombrowsky, the minister of agriculture, food and rural affairs (about the increasing regulations affecting farmers and lack of funds to support the farmers in making the changes to abide by those regulations); Laurel Broten, minister of the environment (about source water protection); and Monte Kwinter, minister of community safety and correctional services (about funding for emergency services). They may also speak with the ministers for municipal affairs and housing (regarding OMERS) and tourism, culture, and recreation (regarding the planned Upper Canada Village expansion).

Tower

• continued from the front page

"You can influence the location of these towers," he said. "[Council] can act in accordance with our petition as well as through Industry Canada."

Though Industry Canada can dispute a municipality's decision on tower placement, Pietersma said there has yet to be a dispute when a legitimate argument has been raised.

"What we're asking is that a policy mandate co-location," he said, also noting that deflectors — to reflect light elsewhere — and minimum distance between towers be discussed and added in the policy.

Pietersma said that up to five carriers can be located on one tower, and therefore a second tower should not be needed.

"Co-location also means more than two," said Lewis, noting he did not know the exact number of companies that can use one tower.

Lewis said that he has not spoken with the Telus since before Christmas.

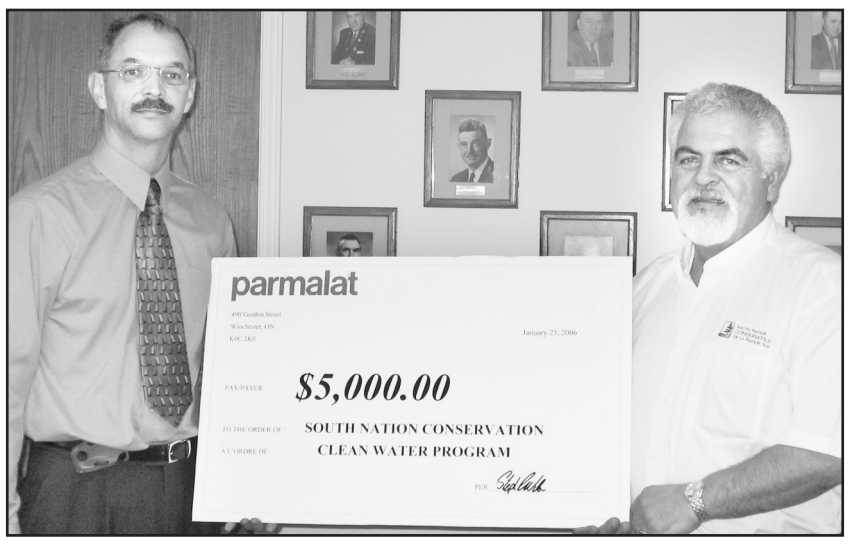
Right now, under the federal Radio Communications Act, Industry Canada has the ultimate authority to approve the location of radio communication facilities. Federally licensed facilities are not subject to municipal zoning regulations.

The policy states that public consultation on future construction of towers will not be requested as the towers' distance from residential area will likely not have a negative affect on township residents.

"I think there should be quite a bit of public consultation before this thing is passed," said councillor Charles Barkley.

The township will seek input from the public. The issue was deferred.

Parmalat donates $5,000 to Clean Water Program



Parmalat Canada's Stephen Wilson (left), Winchester director of plant operations, presents a cheque for $5,000 to South Nation Conservation chair Claude Cousineau on Wed., Jan. 25. The money is earmarked for the Clean Water Program.

BERWICK — Stephen Wilson, director of plant operations at Parmalat Canada in Winchester, presented a $5,000 cheque to South Nation Conservation (SNC) chair Claude Cousineau on Wed., Jan. 25 at the SNC board meeting. The funding will assist with water quality improvement projects.

"This timely donation has allowed us to provide funding to a milkhouse wastewater project completed in 2005," said Ronda Boutz, water quality co-ordinator at SNC. "Prior to Parmalat's donation, only $417 remained in the budget to meet the $5,000 funding request for this milkhouse project."

Parmalat has a long history of contributing to SNC, providing $250,000 to the Clean Water Program between 1998 and 2003. Past donations have helped to fund 80 landowner cost-share grants to implement best management practices.

"Parmalat is pleased to support the Clean Water Program, we strive to support the community and environment," said Wilson.

Since its inception in 1993, the Clean Water Program has provided over $1.7 million in grants to more than 500 projects, valued at $6 million. With annual requests for funding continually exceeding the available budget, the Clean Water Committee is actively seeking more partnerships to contribute to this important initiative.

Continued from the front page...

Health care

Lalonde is familiar with the local community because he once served as joint CEO for Winchester District Memorial and Hawkesbury District General hospitals. Only two other members have been appointed thus far. Names have been submitted from all areas of the LHIN for the other positions.

Health care workers, including many of those at Winchester District Memorial Hospital (WDMH) are worried that the LHIN approach will erode the public health care system.

The Ontario Nurses Association (ONA), the Service Employees International Union Local1.on (SEIULocal1.on), the Canadian Union of Public Employees (CUPE), and the Ontario Public Service Employees Union (OPSEU), which collectively represent nearly 200,000 health service workers, have banded together to campaign against many elements of the LHINs plan.

According to the group's literature, Local Health Integration Networks will "ration service delivery over vast geographic areas, requiring the sick and elderly to travel further for health care," and "threaten job security and put downward pressure on wages and benefits through competitive bidding." More information can be found on the group's website www.stoplhins.ca.

Deputy Mayor Bill Smirle is the chair of the WDMH board and has seen this change coming.

"The ministry has been moving ahead very rapidly with it," said Smirle. "We're one of the last provinces to brings in this regional approach to health care."

Hospital CEO Trudy Reid explained that WDMH has been preparing for the new structure. It has been working with the Eastern Ontario Health Unit to identify the needs of the community, conducting internal reviews of programs, commissioning external reviews of programs, and surveying the community, staff, and volunteers about their priorities.

"We've been at this planning exercise for at least 12 months," she said. The information being collected will be presented to the LHIN board after it is formed.

"There are a heck of a lot of things that Winchester does well," said Smirle. "We're going to look very positive."

Both Reid and Smirle pointed out that change always brings trepidation.

"They may or may not be warranted," she said regarding fears within the community and unions. "There's been no talk about service reduction," she added.

While the LHIN will be charged with integrating services using, if necessary, the merger, amalgamation, or transference of services, it is unclear how that could affect services currently offered at WDMH, such as hemodialysis, and chemotherapy.

"Those services were certainly identified as priorities within the community," said Reid.

According to the ministry of health and long-term care website, "The proposed legislation would, if passed, place significant decision-making power at the community level and focus the local health system on the community's needs, improving health results for patients in every part of the province." Visit www.health.gov.on.ca and look under "Public Information" to find more information on LHINs from the ministry.

The LHINs bill (Bill 36) has passed its second reading. Four days of public hearings are underway, including one today (Wed., Feb. 1) in Ottawa. It is anticipated that it will pass a third reading in March. Implementation would begin immediately, and the LHIN boards would handle funding for their areas beginning in 2007.

Mardi Gras

Tickets are available for $12 each at Lola's Emporium on Main Street in Winchester, where you will also find beads, feathers, masks, and other costume elements. Tickets will be $15 at the door.

NEW ORLEANS NOSTALGIA

Since 1857, Carnival parades have been travelling the streets of New Orleans in February and March. The Carnival season runs from Jan. 6 to Mardi Gras (Fat Tuesday). Mardi Gras always falls 47 days before Easter. The parades take place in the 12 days before Mardi Gras.

While Carnival as a whole doesn't have a specific theme, each parade has its own focus. Each parade is run by a group called a krewe. In general, each krewe has a captain, and a court (king, queen, etcetera). Some krewes are secret societies.

More than 50 parades are held each year in New Orleans. Beads and baubles have been thrown from parade floats since at least 1871, according to neworleansonline.com.

The official colors of Mardi Gras are purple, green and gold.

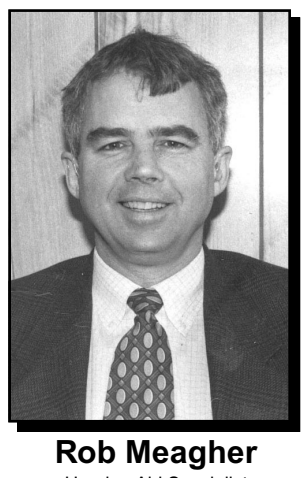
Snowarama

Last year's Snowarama ride had 15 participants and raised about $5,000 for the Easter Seal Society. The ride went from Morrisburg to Apple Hill — approximately 110 kilometres.

Last November, Girls on Snow received a Distinguished Service Award from Ontario Easter Seal Society for their years of dedication.

Easter Seals assists thousands of children and young adults living with physical disabilities, and their families by helping them purchase equipment, offering camp and recreation programs, and providing access to information and research that will improve their quality of life.

HEARING TESTS



Rob Meagher
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(A member of A.H.I.P.)

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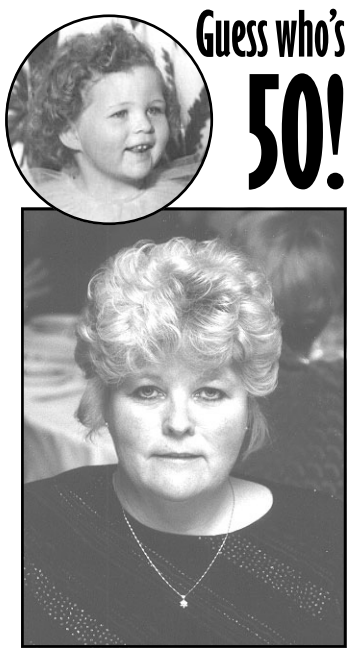

February 7, 2006
Happy Birthday Doreen
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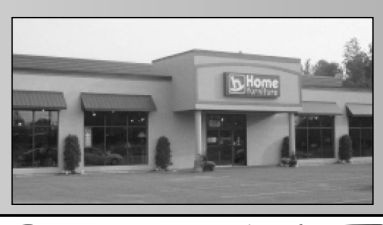

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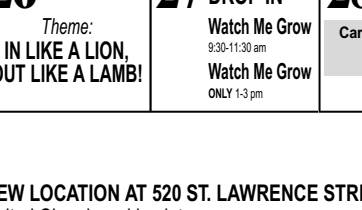

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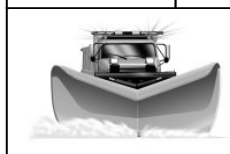
DROP-IN HOURS: 9:00 am-12:00 pm, Mon., Tues., Thurs., Fri.
EVENING HOURS: 6:00 pm to 7:30 pm the 1st and 3rd Tues. of the month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REMINDER! The centre is closed when the school buses are cancelled. Thanks!		1 NO DROP IN! L.L.L. Enrichment Mtg. 7:30 pm	2 AM DROP IN Lullabies to Literacy* (4 of 8) - 10:30-11:30 am at the Public Library	3 DROP IN Stroller Fitness 10 am	ONGOING ACTIVITIES DURING DROP IN INCLUDE: TOY LENDING LIBRARY, SNACK ATTACK, WATCH ME GROW, FUN WITH BOOKS/ J'AIME LIRE, RESOURCE LIBRARY FOR PARENTS/CAREGIVERS & STROLLER FITNESS
5 Theme: VALENTINE'S DAY	6 DROP IN Watch Me Grow 9:30-11:30 am Watch Me Grow ONLY 1-3 pm	7 FR/ENG DROP IN Valentine's Craft Afternoon* 'Make and take' fun foam hearts at Evening Drop In 6-7:30 pm	8 NO DROP IN!	9 AM DROP IN Lullabies to Literacy* (5 of 8) - 10:30-11:30 am at the Public Library	10 DROP IN Stroller Fitness 10 am	
12	13 DROP IN Watch Me Grow 9:30-11:30 am Watch Me Grow ONLY 1-3 pm	14 FR/ENG DROP IN Happy Valentine's Day	15 NO DROP IN!	16 AM DROP IN Lynne's Literacy Day! Lullabies to Literacy* (6 of 8) - 10:30-11:30 am at the Public Library La Leche League 7:30 pm	17 DROP IN Stroller Fitness 10 am	
19 	20 DROP IN Watch Me Grow 9:30-11:30 am Watch Me Grow ONLY 1-3 pm	21 FR/ENG DROP IN Evening Drop In 6-7:30 pm	22 NO DROP IN!	23 AM DROP IN Lullabies to Literacy* (7 of 8) - 10:30-11:30 am at the Public Library	24 DROP IN Stroller Fitness 10 am	
26 Theme: IN LIKE A LION, OUT LIKE A LAMB!	27 DROP IN Watch Me Grow 9:30-11:30 am Watch Me Grow ONLY 1-3 pm	28 AM DROP IN Caregiver Training* Session 2 of 4 7 pm	DROP-IN HOURS 9:00 am-12:00 noon Monday, Tuesday, Thursday & Friday EVENING HOURS 6:00 pm-7:30 pm First and third Tuesday of the month			

SPECIAL EVENTS

NEW LOCATION AT 520 ST. LAWRENCE STREET, parking in the United Church parking lot.

***VALENTINE CRAFTS!:** Feb. 2 from 1-3 pm. Children 3-6 yrs. Come and join us for a Valentine story, songs, a game, craft and a 'lovely' snack. Two parent volunteers will be needed.

***CAREGIVER TRAINING:** Started Jan. 24. The first of a series of four sessions. This certificate course has been developed by the Child Care Federation and is free to Caregivers. Call to learn more.

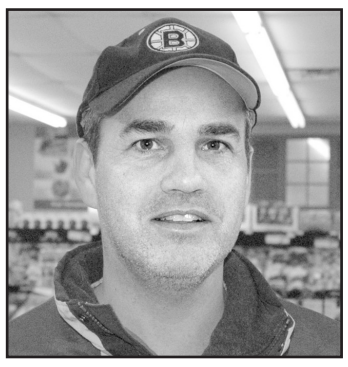
***LULLABIES TO LITERACY:** An 8-session program for parents/caregivers and their children every Thursday, 10:30-11:30 am, Jan. 12 to March 2. Help young children to succeed at learning to read and write at school. Must pre-register. Held at the Winchester Public Library.

FAMILY LITERACY DAY:

What are your neighbors reading?



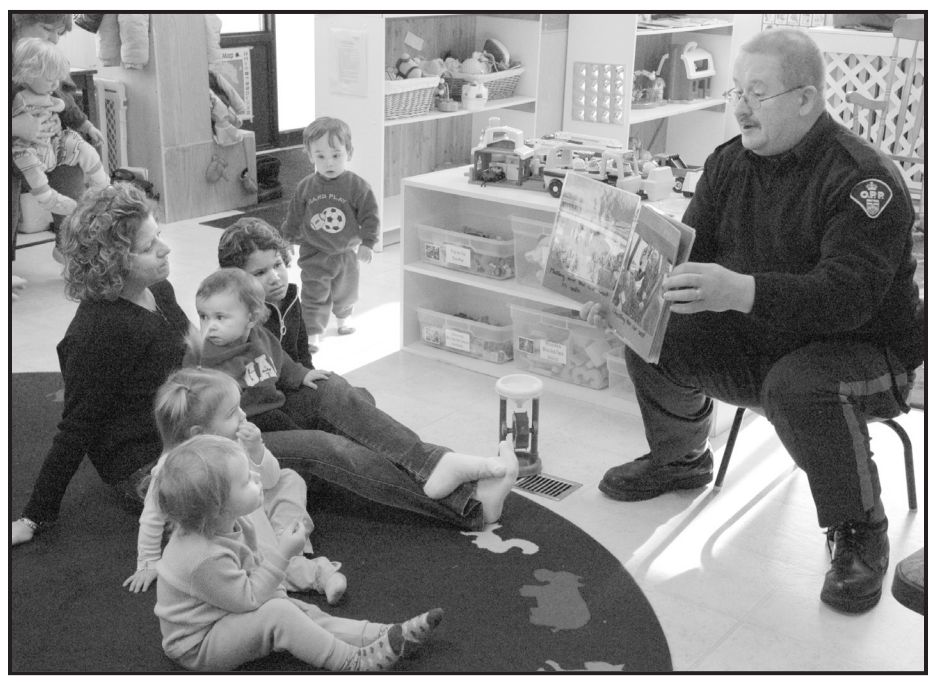
Dede Vogel, Metcalfe
She has started in on a mystery novel at home. Between appointments at her shop, Village Hairworks, Vogel peruses magazines such as *Country Living* and *People*, and said that customers love reading the *Winchester Press*.



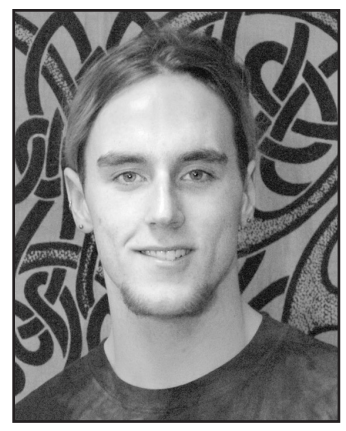
Mark Wallace, Winchester
He last read *Entertainment Weekly* magazine, which is something he reads regularly.



Olga Maganas, Ottawa
The owner of The Music Room in Metcalfe is in the process of reading *Beethoven's Hair*, a tale about one lock of hair from the famous classical composer, written by Russell Martin. "Apparently, it was customary to take some hair from the head of a deceased person as a keepsake and the book tells how Beethoven was almost bald when he was buried," she said.



OPP Senior Const. Al Lummiss was a guest reader at the Winchester Ontario Early Years Centre on Fri., Jan. 27, which was ABC Canada Family Literacy Day. *Press Photo — James*



Scott Baird (16), Vernon
He just finished reading *Cancer as a Social Activity* by Mike M. Williams. Baird explained that the book has nothing to do with cancer, but is a collection of short stories and poetry. "It's not commonly available, but I would recommend it to those who are prepared to go into it with an open mind and are ready to think," he said.



Emily Loughlin, Hallville
She recently completed *Autobiography of a Tibetan Monk*, written by Palden Gyatso, translated by Tsering Shakya, a book about the Tibetan civil war.



Rebecca Hunt (12), Chesterville
She is reading *Anne of Green Gables.*



Barb Stevenson, South Mountain
Barb, who works at Dr. Carlin's dental clinic in Winchester, most recently read *Murder on the Orient Express* by Agatha Christie.



Melissa Eyre, Marionville
This Andy's Foodland employee just finished *Mrs. Dalloway* by Virginia Wolfe. It was for school, but she did enjoy it.



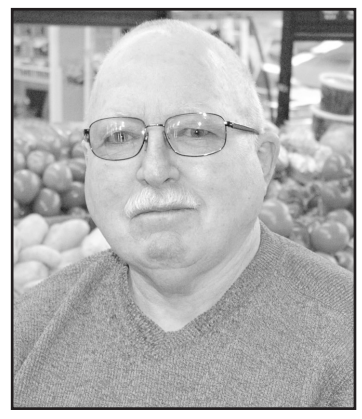
Tessa Di Iorio, Ottawa
This hydrogeologist at South Nation Conservation in Berwick is currently reading *Odd Thomas* by Dean Koontz.



Jane Ewing, Iroquois
The owner of Pokey's Place in Morrisburg is reading *Natural Cures* by Kevin Trudeau. "I love to read," she said. "I prefer mysteries."



Andrea McDonell, Winchester
This NDDHS teacher is currently reading *The Constant Princess* by Philippa Gregory.



Bill Traynor, Winchester
This Knights of Columbus member is reading *Shake Hands with the Devil* by Roméo Dallaire, a non-fiction account of the Rwanda genocide.

Astronomers star gazing at sanctuary

MORRISBURG — The Friends of the Sanctuary will host an evening of night sky gazing with the SD&G Backyard Astronomers at the Upper Canada Migratory Bird Sanctuary on Fri., Feb. 3 starting at 7:30 pm.

Winter skies can be the most beautiful to watch, but be sure to dress warmly.

Admission is free to all. Inside there will be a slide show and then participants will head outside with the telescopes.

There will be plenty of hot chocolate available.

If the night is too cloudy, this event will be held the following night, on Sat., Feb. 4 starting at 7:30 p.m.

Please call Dan at 932-2720 with any questions. The sanctuary is located on County Road 2 between the villages of Ingleside and Morrisburg.

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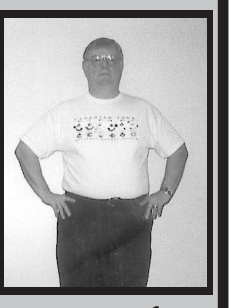
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Weakness - Sudden weakness, numbness or tingling in the face, arm or leg.

Trouble Speaking - Sudden temporary loss of speech or trouble understanding speech.

Vision Problems - Sudden loss of vision, particularly in one eye, or double vision.

Headache - Sudden severe and unusual headache.

Dizziness - Sudden loss of balance, especially with any of the above signs.

Call 911 immediately

Maintain a Healthy Weight - Get out of the danger zone!

It's a big problem and getting bigger. Excess weight has grown into a full-fledged major health threat that rivals smoking. In fact, says the Heart and Stroke Foundation, fat is the new tobacco. Almost 50% of adult Canadians are either overweight or obese – a hefty two-fold increase in the last 20 to 30 years.

In fact, being overweight has become so commonplace that retail and service industries are rushing to make us feel more comfortable in our new bodies by installing larger movie and airplane seats and manufacturing super-sized furniture.

Sadly, our children are also under threat. One-third of Canadian children 7 to 13 are either overweight or obese. The health implications of this are sobering, with some experts predicting that if we don't lighten up, and soon, our children could be the first generation to have a shorter life expectancy than their parents. Find out how to steer you and your family clear of the danger.

RISK FACTORS

Smog is a serious heart disease risk: New research shows air pollution is a serious heart disease risk.

Cholesterol is a soft waxy substance manufactured by human and animal bodies.

Diabetes is when the body can't process sugar properly.

Obesity: People who are overweight or obese are at risk of developing high blood pressure, high blood lipids and diabetes - all of which put them at high risk of cardiovascular or heart disease.

Smoking is a dangerous health hazard for teenagers. It is the single most important cause of preventable illness and premature death for Canadians.

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Elvis lives through artwork of local painter

by Bonnie James
Press staff

CHESTERVILLE — Barbara McLean has been an Elvis fan for a long time. She has a unique way of expressing her love for the man who helped bring us rock 'n' roll — she paints him. McLean is one of a handful of Elvis artists licensed by Elvis Presley Enterprises.

"I saw his face on screen when I was 11 and decided that if I couldn't have him, my life was over," the Chesterville resident said about her life-long love of the King.

While she has always listened to his music, and served as the president of an Elvis fan club for many years, it wasn't until later in life that she took up painting Elvis.

McLean explained that her first paintings were the result of sudden inspiration. She was shopping at Mike Dean's buying Tide deterent when the urge struck.

"I just had to get home and paint Elvis," she recalled, noting that she completed her first two Elvis paintings that afternoon.

Though she had taken art in school — "Like everybody else," she said — her only training is a couple of oil painting classes she took locally as an adult.

"I don't have an artistic background," she said.



Barbara McLean of Chesterville loves to paint Elvis. Her portraits of the King are sold at Graceland and she is an official licensee of Elvis Presley Enterprises.

Every August, the Elvis Art Contest is held in Memphis as part of Elvis Week. McLean learned about the contest as she was planning her first trip to Graceland in 1991 and submitted some of her work. She won third prize. Over the years, she has entered the contest about seven times, winning several first prizes and also garnering an Award of Excellence and an Award of Outstanding Achievement.

Her Elvis paintings have been sold at Graceland since 1994. She makes the trip several times a year in a van loaded with her work.

"It depends how fast they sell them," she said.

As an official licensee, she has permission to reproduce pictures of Elvis and sell them as limited edition prints. She explained that she has never been asked to pay a percentage to Elvis Presley Enterprises because she donates 25 per cent of her earnings to Memphis charities such as the Memphis Make a Wish foundation and the Memphis Humane Society.

"If he was alive, he would be giving to these charities," McLean explained about her reasoning for the donations. "He was an incredibly talented man and incredibly generous."

Though she has painted other things, and does other portraits from time to time, she loves to paint Elvis the most.

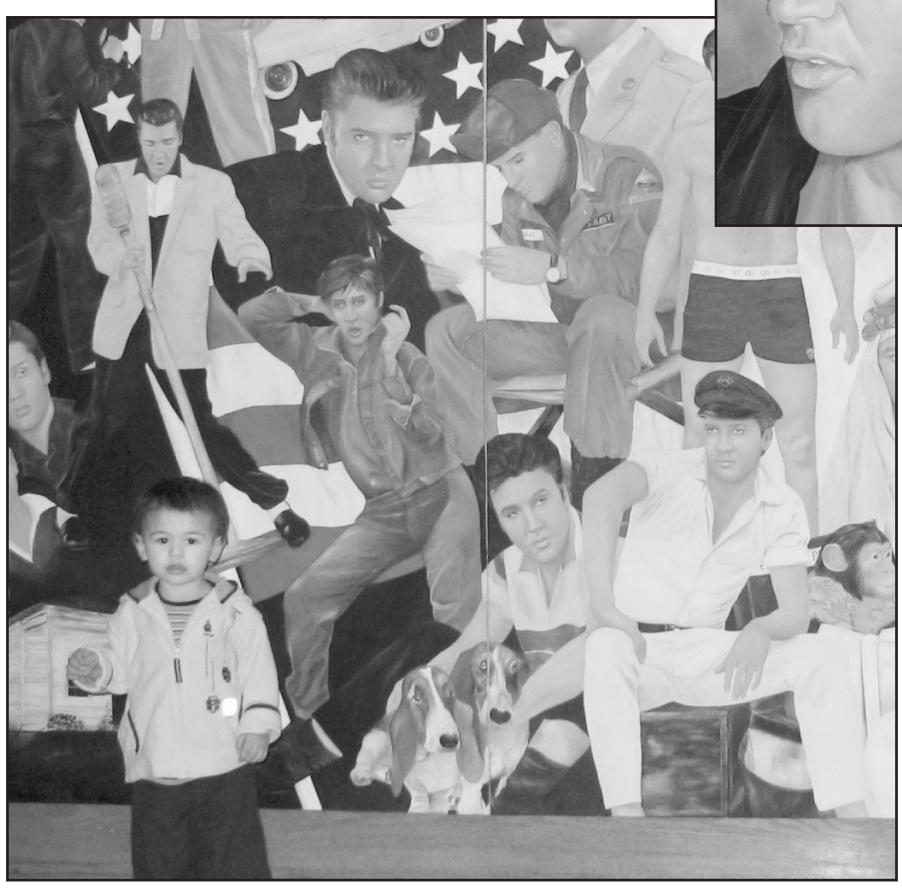
"I'm not an artist who just happens to paint Elvis," she is quoted as saying in the artist's profile that appears on the back of her licensed work. "I paint because of Elvis. He is my inspiration."

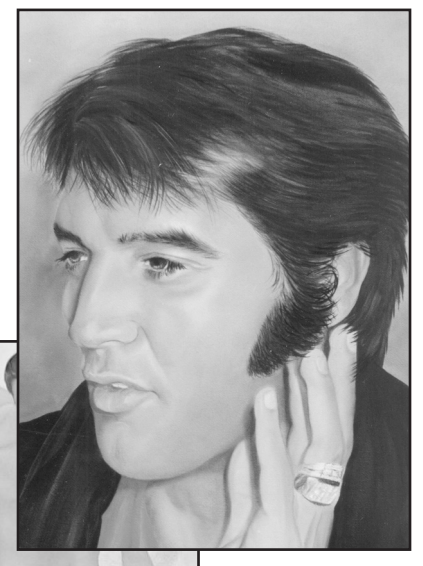
She estimates that she has done about 75 Elvis paintings and drawings over the years. Most are oil on canvas and some are pencil drawings. She currently dedicates a couple of days each month to painting Elvis. She said she has improved over time, and has gained a little insight into the life of her idol.

"Through the artwork I have met at least half a dozen people who were good friends of his — that's been kind of interesting," she said. She added that she's also made many friends among the staff at Graceland.

McLean has passed on her love of Elvis to her children and now to her young grandson, who prefers to listen to Elvis music. She has even incorporated Elvis into her cake decorating business, with Elvis-themed cakes. She said she made about a dozen different Elvis cakes last year. *(See more about McLean's cake business in next week's bridal supplement.)*

"If half the singers today had the heart that he did, the world would be a better place," she summed up.





Above: *This Elvis portrait is oil on canvas and 11 by 14 inches. It is one of about 75 that McLean has completed.*

At left: *McLean's young grandson, Dylan, is almost two and looks small against this portion of an Elvis wall mural she was commissioned by Graceland to paint for the 25th anniversary of Elvis's death. The mural now resides in McLean's living room.*

Press Photos — James

Police blotter

Anti-compliance

CHESTERVILLE — During the early morning hours of Jan. 25, police were called to assist at a family related incident in the Chesterville area. As a result of this investigation, a 15-year-old male was arrested on charges of failing to comply with the conditions of an undertaking (two counts), failing to comply with a court disposition, and mischief under $5,000. The youth remained in custody awaiting a show cause hearing, which was scheduled for the same day in Cornwall.

Breach of probation

WINCHESTER — A 40-year-old North Dundas man was taken into custody on Jan. 25 on charges of breach of probation (two counts) and failing to comply with the conditions of an undertaking or recognizance in connection with an investigation the previous day (Jan. 24) in Winchester. A show cause hearing was scheduled for the same day in Cornwall.

Man charged with murder

LANCASTER — At approximately 4:20 pm on Thurs., Jan. 26, OPP officers arrested and charged a man with second degree murder in the death of 47-year-old Robert Nicholson. Charged is Sebastien Bouchard, 30, of Lancaster. Bouchard was held in custody pending a bail hearing, which was scheduled for Fri., Jan. 27 in Cornwall.

SD&G OPP and the Eastern Region Crime Unit began an investigation into Nicholson's death on Dec. 5. Nicholson's body was found on the side of South Service Road in South Glengarry Township. Due to the integrity of the investigation, Nicholson's post mortem results will not be released.

Teacher charged with sexual assault

INGLESIDE — SD&G OPP arrested and charged a 40-year-old female teacher for assaulting a 13-year-old male student on Wed., Jan. 25.

The OPP launched an investigation into a complaint that occurred in September 2004. Jennifer Dorland, a teacher with the Upper Canada District School Board at Rothwell-Osnabruck School, was charged with one count of sexual assault, invitation for sexual touching, and sexual interference. Dorland teaches Grade 7-8 Science, Grade 7 Math, Grade 8 Core Visual Arts, History, and Geography. She has been released from custody and is scheduled to appear in Cornwall court on Mon., Feb. 6.

Assault investigation

FINCH — SD&G OPP officers began an investigation into a domestic situation on Jan. 29. The incident occurred at a residence on Main Street in Finch. As a result of the investigation, a 23-year-old male from Finch was arrested and faces a charge of assault level one, contrary to the Criminal Code of Canada. The man was to appear in Cornwall court on Jan. 30 to answer to the charge.

Kemptville Hospital campaign concludes

KEMPTVILLE — Guests attending the North Grenville Community Sweetheart Brunch in Kemptville on Feb. 12 can look forward to an extra treat: the final total raised in the Kemptville District Hospital Lean on Me expansion campaign will be officially announced.

The announcement will take place at 1 pm at the conclusion of the community brunch, which is being hosted by Knights of Columbus Council 5333 in the auditorium of St. Michael's Catholic High School on County Road 43.

Brunch will be served from 8 am to 1 pm. The cost for the all-you-can-eat buffet is $8 for adults, while children under seven eat free.

The success of the Lean on Me campaign will see 12,000 square feet of new construction and extensive renovations to 15,000 square feet of existing space at Kemptville District Hospital. The total cost of the project is $10 million. Minister of Health and Long-Term Care George Smitherman announced Jan. 20 that the province has committed $5.1 million toward the redevelopment.

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Can ice cream change the world?

Buying ice cream made in Ontario with Ontario milk and cream is a way to support the province's dairy farmers. It's also a small step toward the kind of local and national activism we should all strive for when shopping.

Andy's Foodland in Winchester is now carrying Kawartha Dairy brand ice cream in response to a request from some customers. You may have heard of Kawartha ice cream. It's got quite a following around Toronto, especially in cottage country.

Over the last year it has been making the farm press in Eastern Ontario as Norma Winters, a dairy farmer from near Cornwall, began taking bulk orders and getting the ice cream shipped here.

Why is everyone in the agricultural community, dairy farmers in particular, so interested in this ice cream? Read on.

According to various sources, Canadian farmers have lost 50 per cent of the ice cream market since 1995. One of the main reasons behind this is that butteroil imports have increased dramatically –- by 145 per cent since 1998. The butteroil is blended with a higher percentage of sugar, meaning that it ceases to qualify as a milk fat product and therefore is not protected by the same tariffs as true dairy products. These butteroil and sugar blends are imported and used in the manufacturing of ice cream in Canada. While the product may say "Made in Canada," the dairy ingredients are imported. This has Canadian dairy producers upset. And considering that Winchester is the dairy capital of Ontario, it should concern everyone in this area.

Based in Bobcaygeon, Ont., the Kawartha Dairy was started by Jack and Ila Crowe 68 years ago. The dairy began making ice cream in 1955. Many years later, it is still a family-owned Canadian business.

Onto the ice cream itself. Is it good? Yes, it is. And the first two ingredients listed are fresh milk and fresh cream. There are 21 flavors in the 1.5 litre size, including Death by Chocolate, Blueberry Ripple, and Sugar Shack (maple syrup and maple sugar). Andy's Foodland is also selling four-litre tubs.

Speaking as someone that has tried the Chocolate Peanut Butter flavor, I can say that this qualifies as good ice cream. And ice cream is something where quality makes a difference.

Kawartha Dairy ice cream is more expensive than the other brands, but ice cream is a luxury to start with. Shelling out a couple of extra dollars to treat yourself and support Ontario dairy farmers should be an easy decision.

As consumers, we make decisions every day that affect the community around us. We can choose to buy apples grown at a local orchard (Smyth's) and eggs laid by chickens right here in North Dundas Township (Wouters). We have the option to buy milk that is processed by Parmalat, a company employing our neighbors. If we have a freezer at home, we can stock it with Canadian beef bought right from a local farm.

These are the sorts of things we should pay attention to when we shop. A trip through the produce department at the grocery store can also be a trip around the world — with plums from Chili, bananas from Brazil, and oranges from Florida. Much of the other food items on store shelves are imported as well. When we can buy local food products, we should step up and do so. It supports our community and our country.

Is buying Ontario ice cream going to save the world? No. But it's a good place to start. If we do not support our food producers, we will lose the capacity to feed ourselves as a nation.

B.J.



Lovely weather on Sun., Jan. 29 made sleigh rides at the annual Greely Winter Carnvial a popular activity. Giddy up, let's go... *Photo – Barbour*

Superbowl: everything that's right and wrong

From the Other Side
by Jeffrey Morris



I write about sports in this column from time to time, not to talk about the game or how good someone played or to throw some clichés around. Sports, to me, provides a mirror for our society.

In the United States, there is no greater reflection on everything that is American than the Super Bowl. It's everything that is right with America, and it is everything that is wrong with America.

Football was a big part of our family life growing up. It was a big part of my childhood with the kids in our neighborhood. I've been thinking about those days a lot this week as my buddies André and Ivo — twins — are obsessed with their favorite NFL teams. André has pretty much devoted his life to the Seattle Seahawks while Ivo has done the same for the Pittsburgh Steelers. Both named sons after players on their favorite teams. I'm hoping their relationship as twins survives into next week, and I am sure they are plotting their trip to Detroit as you read this.

While living in the U.S., I spent five years working at the corporate level as a business partner with the NFL. My dream as a football fan was to go to a Super Bowl, and I was lucky enough to have gone to four Super Bowls. One was enough.

To a pure fan, the Super Bowl is about sport. It is about winning and striving to achieve and teamwork -– everything that is good about sport. However, that gets steamrolled during the two weeks of Super Bowl celebrations.

The trip to a Super Bowl gets ugly quickly. You get on a plane, and you realize right away that you are trapped on a flying metal winged sausage with people you hope you never see again. If you've ever been on a bad flight to Vegas, it's like that but times 10.

The cross-section of America's rude, ugly, and drunk stagger onto the plane. Many started their Super Bowl party in the airport lounge. On a flight I was on from Dallas to Miami in January 1999, a prominent NFL running back was in first class. He was in worse shape than the fans. There's nothing as pathetic as a multi-millionaire vomiting in front of people that idolize him.

There are very few real football fans at the Super Bowl. The people that are into the Super Bowl are gamblers. Most are not degenerate gamblers -– they go to Vegas for the Super Bowl -– but to the "fans" at the Super Bowl, it is all about the numerous bets they have placed. Real fans have a hard time getting tickets, but there is an endless sea of people who got their tickets through corporate connections.

The Super Bowl party and corporate culture is also hallow. In Miami, for example, our company had to sponsor a "Beach Party With the Players" in a big tent on Miami Beach. We dropped $30,000 in our compulsory sponsorship. Fans would buy expensive tickets and get to party with the players. Unfortunately, there was a restricted area where only players were allowed. They didn't want to meet the fans.

I grew up a Denver fan and was working in Denver at the time, so it was a thrill to see John Elway win his last game. Overshadowing that memory, though, is Atlanta's Eugene Robinson. He was presented the NFL's Man of the Year award during the week for his charity and community work and his outstanding citizenship. The night before the game, 24 hours after getting his award, while his wife and kids were in their hotel room, he went out and got busted soliciting a hooker.

The following year in Atlanta, an ice storm shut down the city for the week. I kept seeing this black stretch limo Lincoln Navigator driving around. Ray Lewis had rented it out for he and his friends. Lewis, arguably the best defensive player in the NFL, was arrested, but later acquitted after being involved in a murder at a club.

The parties are another story. I spent a day in Houston two years ago with an agent, who spent his entire day on his cell phone trying to hook up players (both on the field and at the corporate level) with tickets and invites to big parties. It means a lot to these people to be seen at the right party. You go in, look at people, you can't talk because the hip hop music is deafening, and drop a few hundred bucks for, what you later realize was, no apparent reason.

Of course, there are wonderful memories. We had a trade show at the NFL Experience fan fest and I loved working at those, meeting fans and talking about the game. I got to meet a lot of really great people — I chatted with the late Tom Landry over jumbo shrimp at a Super Bowl party; I had lunch with Peyton Manning; dinner with Joe Montana; and I sat on the goal line where Kevin Dyson was stopped on the last play of the St. Louis-Tennessee Super Bowl, which I think was the best ever. Those are wonderful memories I will cherish forever and I am so thankful for.

We lived in Seattle for almost four years before coming back to Eastern Ontario — a year ago this week. We talk to our friends back there a lot, and they are so excited. Imagine the Senators in the Stanley Cup finals -– it's the same level of frenzy.

But when they ask why don't I go, because Detroit is so close to us, I tell them it's the last place in the world I would want to be this weekend. I want to watch the game, but I want to enjoy what is good about the Super Bowl rather than immerse myself in its ugliness.

An American would never understand this, but I enjoyed coming home for the Grey Cup in 2004 more than all of those Super Bowls combined.

Jeff Morris is the publisher of the Manotick Messenger, *a sister paper to the* Winchester Press.

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2003 BLUE RIBBON



Pamela Roberts (left), and Brooke Sharkey, both four years old, consult with one another before heading down the runway during a fashion show at the Morrisburg Bridal Preview this week in 1996.

This week in...
by Meghan Duncan



1946

A public meeting was held to discuss plans concerning the proposed Winchester District Memorial Hospital. Results of a recent survey, completed by volunteers canvassing door to door, showed that 95 per cent of local residents were in favor of the project and $15,000 could be raised through voluntary donations. Roughly $12,000 had already been pledged.

1956

A notice told local readers that $20 a week in receipts from hockey games was not enough to keep the Winchester and District Arena running. Local residents were warned that they would have to come out and show their support at hockey games, otherwise, free skating for children and low ice-rental rates would be lost.

Also, The Metcalfe Agricultural Society began planning the Metcalfe Fair Centennial at it's first board meeting of the year.

1966

A group of dancers from Winchester were to make their television debut on a Saturday morning children's show, *Miss Helen and Friends*, which aired on stations in Montreal, Ottawa, and Toronto. The dancers were students of Marilyn Ennis, who taught lessons on Saturday mornings at the Winchester Town Hall. They included Susan Helmer, Diana Yeager, Donna Coughler, Susan Bjergso, Sandra and Sharon Hutchinson, Colleen, Janine, and Arlene Ennis, Marlene Stewart, Nancy Lee and Mary Ellen Taylor, Kathy and Richard Suffel, Dorothy Holmes, Julie Fawcett, Patricia Curtis, Diane Topolinsky, Dawn Fetterly, Noreen Byers, and Donna McRoberts.

1976

There were two derailments in the area on the Canadian Pacific line that cut through Winchester. The first accident took place near Chesterville when a 40-foot wood pulp car left the tracks and spilled over on its side in the eastbound track. Two days later, 12 freight cars and a caboose derailed near Avonmore. In both cases, a broken axle was to blame.

1986

Local businessman Ken Reid had planned to renovate the former Royal Bank building on St. Lawrence Street and make it into apartment units. His plans were stalled until a building permit could be issued — Reeve Larry Gray said council needed more information before making a decision whether to allow the project. It was a Catch 22 situation — Reid had received a funding grant from the Ontario Housing Corporation to renovate the building, but council said they would not issue a building permit until more detailed plans were drawn up. Detailed plans could not be made until the building was gutted — which required a building permit.

1996

Management at Winchester Cheese told employees their jobs were as good as gone — the packaging division would move its operations to Black Diamond in Belleville. The plant had about 145 employees, 111 of which were unionized. The official outcome would be known by the end of February, but corporate affairs maintained that the company was looking to keep the plant open in some capacity. Employees were still considering the worst case scenario. Some said the mood was bitter among plant workers, who were being strung along waiting for news.

In & around Osgoode Ward 20
by Doug Thompson



Troubled waters

OTTAWA — Although the decision to build a "footbridge" over the Rideau Canal was made nearly a year ago, it still is an irritant to many people. The council decision in a 12-10 vote in favor (I certainly voted against this waste-of-money project) was in my opinion a terrible mistake. The money spent on this "bridge" could certainly have been better spent on our roads that need lots of repair.

GAS SURVEY

The Enbridge Inc. gas company will be surveying the communities of Vernon and Kenmore in the near future to determine if there is enough interest to bring gas to the two villages.

MAS – CITY AGREEMENT

After 17 years of negotiations, the Metcalfe Agricultural Society and the City of Ottawa have signed an agreement of a minor land exchange and for facility use during the Metcalfe Fair. Special thanks to Lynda McQuaig, Bill Buckland, and Mike Chinkiwsky for their hard work and dedication to these negotiations. Also thanks to the Rural Council, the Rural Summit, and City manager Kent Kirkpatrick for helping us reach an excellent agreement.

EXCELLENT CARNIVAL

Chair Monique Vandewint, vice chair Steve McDonnell and community organizer Wayne Murphy did a truly magnificent job in organizing one of Greely's most successful carnivals. I am really please to see how the carnival co-ordinators are able to recruit so many volunteers to help out. Greely residents are very, very excited about the great variety of events for all ages of our residents. There was a huge crowd at the Teeny Bopper Dance. And the Lobster Dinner, the great Firefighters Pancake Breakfast, and the Lions Brunch were sure to put a few pounds on a lot of people. Again, a huge thank you from all our residents for a job well done.

ICE STORM HEROES

I was very pleased on Sunday night as over 125 residents joined us at the Greely Community Centre to Remember the Ice Storm heroes of '98. It was a tremendous evening even though we had snow, high winds, and some ice rain to make our night a little more realistic. To all who came out to reminisce, a huge thank you. Events like this show why our community is so great.

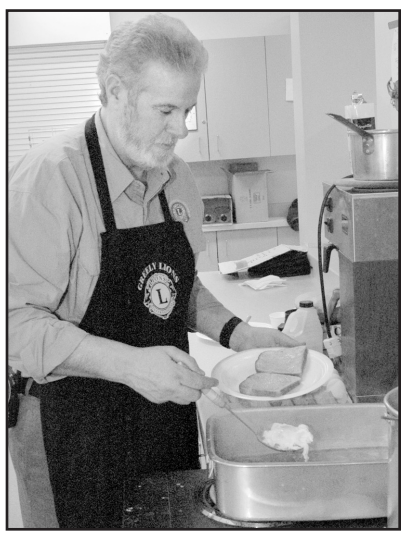
SEWING CLASSES

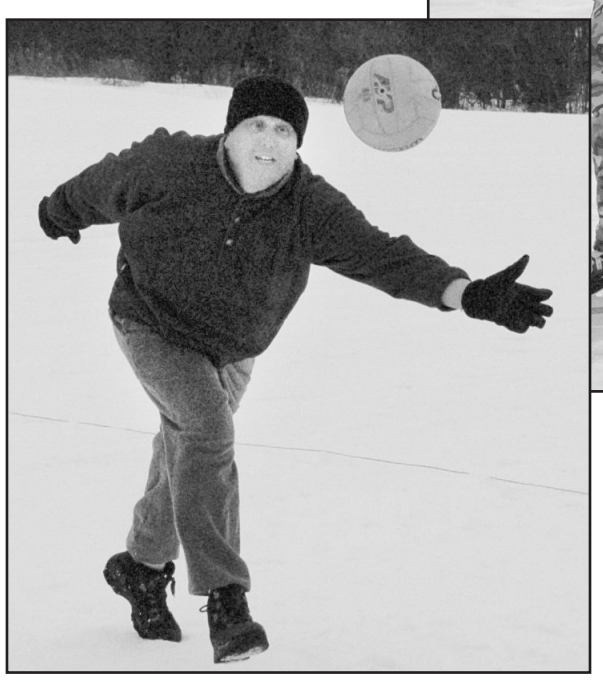
In Introduction to Sewing for ages eight to 14, students will learn the parts of the sewing machine, safety, how to control machine speed, and smoothness. Through a series of activities the student will develop sewing confidence and have fun improving their sewing skills. Adult assistance or supervision will be required for homework assignments. Contact Linda Laframboise at 826-0906 (Email okcone@magma.ca).

ARTS WORKSHOP

There will be an arts workshop on Feb. 4, from 9 to 11 am at the Osgoode Community Centre for children ages six to nine. There will be tons of arts/crafts projects and lots to do to keep your creativity flowing, in this exciting program. You must register in advance. For more information or to register, contact Amy Morris at 580-2424, extension 30264.

For more events visit "Notes from Doug" at www.dougthompson.ca.







Carnival capers at Greely

The Lions Club offered up eggs in six different ways during their Family Brunch at the Greely Winter Carnival on Sun., Jan. 29. Bill Barnes, top left, took his turn at the poaching pan. Above: Five-year-old John Hindriksen is just learning to skate, and at the carnival he had some assistance from three 10-year-old girls, Nicole Domingo (left), Jennifer Chudzik, and Samantha Holmes. At left: Many dedicated players showed up for the Outdoor Volleyball Tournament on Sunday, a regular feature at the Greely Winter Carnival. *Photos — Barbour*

LETTERS TO THE EDITOR

Follow the truckers

The Editor:

My mom, my brother, and I were travelling home from a hockey game in Brockville, via the 401 on Wednesday night (Jan. 25). If anyone else was travelling that night, I think you will agree that it was nothing pretty. The weather was bad, the roads slippery, and because of an accident, they were detouring everyone off the 401 into Prescott.

That was when it first happened: the tractor trailer in front of us pulled out into the passing lane blocking the traffic that was flying by our left side. My brother and I didn't know what was going on, but my mom, who is a school bus driver and has been married to an ex-trucker for almost 20 years, was able to guess. She explained that they were trying to force the drivers in the passing lane to merge with our lane because they must be merging up ahead and causing a big mess. Sure enough, as I looked back I saw a bunch of trucks in the passing lane, going slowly, forcing the cars into the right-hand lane. And as we finally made it on to the off-ramp, a pair of friendly flashing lights met us at the top. Standing in the middle of the intersection you could see the policeman directing us on our way, freezing his butt off.

My mom knew that somewhere around there was a back way that would take us to the 416 and back on track to home. But a couple of wrong turns and one argument later, we decided to head back to Prescott to ask for directions. All of a sudden as we turned around, a line of tractor trailers emerged from the right and headed down a road to the left. We decided to follow them, trusting their knowledge of the roads to get us back home. Sure enough, after a crazy drive, we parted ways. We made it home — an hour late — happy and safe.

But even though we made it home safe, I know that not everybody might have. So, I would like to say something to the chosen few who believe that getting somewhere themselves is more important than the lives of others.

If you ever get the arrogant urge to pass those trucks, who are only looking out for everyone else, think twice. Going off-road through a ditch while the snow is blowing everywhere is not a good idea. The police, the truckers, and my mom got me home safe, and as far as I'm concerned, heroes like that should be respected and thanked, not snubbed for caring about other people.

Laurena Matthies
15
Winchester

Shepherd Talk

by Rev. Thurland Brown

Going back – to the place where God lives

WINCHESTER — In the "old days" (that means when I was a boy) the church in which I grew up made a big deal of the altar. Whenever someone wanted to "do business with God," the obvious place was to go to the altar, where the old-timers would gather around and pray with you. One favorite piece of advice given when the prayer time was done was, "Drive a stake, boy. Drive a stake." With that phrase, they were reminding us that there would be times of wonderful progression in the Christian life, but there would also be times of temptation and regression. We were encouraged to "drive a stake," so that when the regression (backsliding) occurred, we would be able to grab hold of the figurative stake, hold on for dear life, and not be swept away.

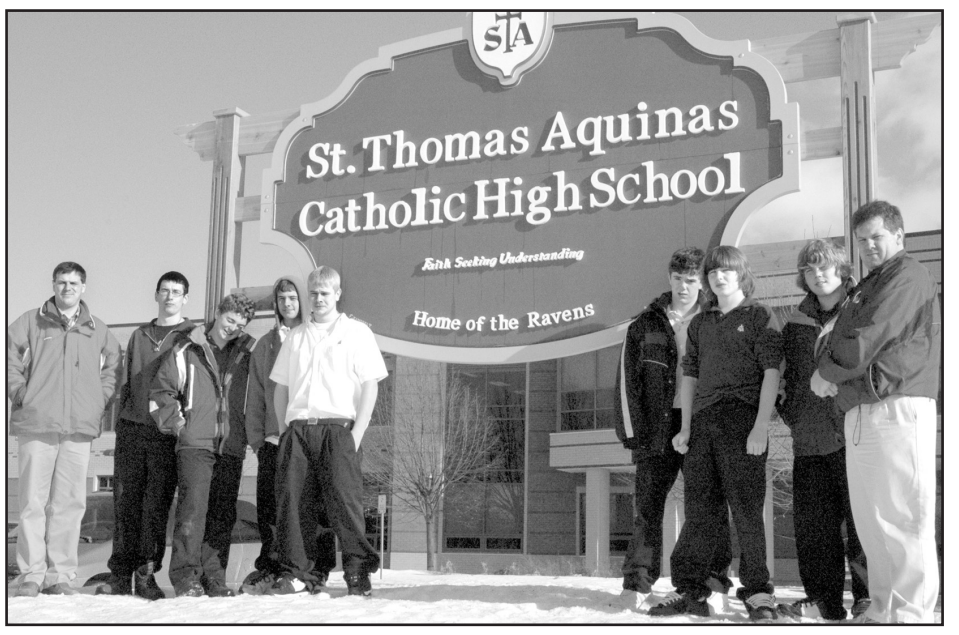
At Winchester Wesleyan we are reading "through the Bible in a year." One of the recent stories in Genesis tells of Jacob going back to Bethel. In Genesis 28 he had "driven a stake" there when he had his first major encounter with God. At that point he had declared that "God is in this place." Several years later, God sent him back to visit Bethel and this time he built an altar, a place of worship. In relating this to my childhood days, I think this visit was to reinforce in his mind the memories of that first encounter with God.

There's something powerful about those first encounters we have with God. A child at camp, in a Sunday School class, at the altar after a Sunday night service… wherever it was, there is something powerful and lasting about that first remembered encounter.

There are many reasons to revisit the place of that first encounter. We may simply want to strengthen the effects of that experience, or it may be that we have drifted back past the stake. My encouragement today is to go back to the beginning. Set your mind free to go back to where you first met God, and see if you don't find him again.

See you at church on Sunday.

This column is provided courtesy of the North Dundas Ministerial Association

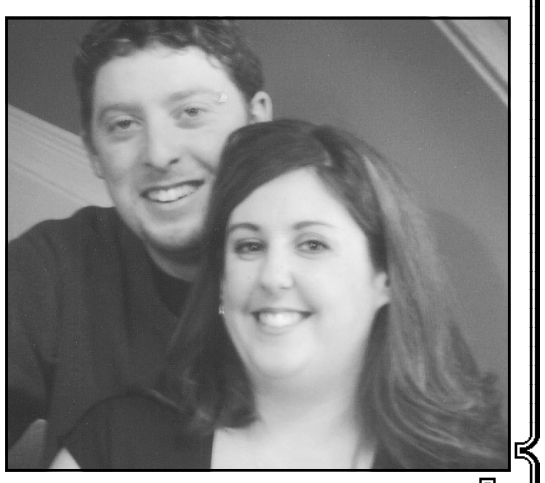


Pictured are: teacher Francis Zandbelt (left), Grade 10 student Ross Aird, Grade 9 student Trevor Shane, Grade 10 student Dave Dynka, Grade 10 student Rob Porter, Grade 9 student Dustin Smith, Grade 10 student Kyle Thomlinson, Grade 9 student Evan Hammond, and teacher Allen Furlotte. *Press Photo — Duncan*

Sign of the times

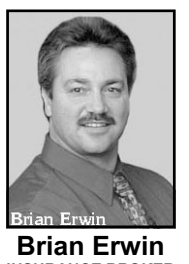
Staff and students in the construction and small engines department at St. Thomas Aquinas High School in Russell designed and built a sign for the school, which was placed on the front lawn just before Christmas. The large sign includes hand cut, painted lettering. Grade 9 and 10 students helped with the sign, and teachers Allen Furlotte and Francis Zandbelt put in about 100 hours of work outside classroom time. "There were a lot of meticulous bits — details — that the kids helped out with," said Furlotte. The school offers construction classes to Grade 7 and 8 students, as well.

Allen–Turcotte



Kevin and Patricia Allen are pleased to announce the engagement of their son Christopher Allen to Sara Turcotte, daughter of Jim and Mary Ann Turcotte. The wedding will take place on June 3, 2006.

Congratulations from your families



Brian Erwin
INSURANCE BROKER
FINANCIAL ADVISOR

Erwin Financial Solutions

The confusion at RRSP time is that not all investment funds or advisors are created equally. Take a look below at the returns of Empire Financial Group, one of the leaders in our office. Please call or e-mail me to receive your complete brochure showing returns for all 27 funds as of December 31, 2005.

Empire Financial Group Fund Performance - December 31, 2005

	Fund Name	Average Annual Compound Returns							Annual Returns					Morningstar Rating™*
		1 Yr.	3 Yr.	5 Yr.	10 Yr.	15 Yr.	20 Yr.	Since Inception	2005	2004	2003	2002	2001	
GROWTH	Dividend Growth	15.1%	16.1%	10.5%				9.9%	15.1%	15.3%	17.7%	-1.5%	6.8%	★★★★
GROWTH	Small Cap Equity	14.5%	22.3%	15.6%				10.5%	14.5%	15.7%	38.2%	1.2%	21.9%	★★★★★

Past performance is not indicative of future returns.

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Everyone wins

Cruickshank Construction Limited donated $6,000 towards equipment and technology at Winchester District Memorial Hospital on Mon., Jan. 30. With an office in Morrisburg, as well as one near Alexandria, and another in Kingston, the construction company donates to local hospitals in lieu of Christmas gifts to its employees. Pictured are: Hospital chief of staff Dr. Gerry Rosenquist (left), hospital board chair Bill Smirle, hospital foundation director Lynne Wilson, Cruickshank board chair Les Cruickshank, Morrisburg office contracts manager Dan Byvelds, and Morrisburg office administration manager Marty Rowan.

Press Photo — Duncan

Is it normal memory loss or is it Alzheimer's?

CORNWALL — As we get older, we begin to lose more brain cells, which in turn, affects our memory. The normal aging of the brain is very different from what happens in Alzheimer Disease.

Alzheimer Disease is the leading cause of dementia –- a set of symptoms that includes loss of memory, judgement and reasoning. It is a progressive, degenerative and irreversible disease. To help you identify warning signs, the Alzheimer Society has developed this checklist of common symptoms.

1. Memory loss that affects day-to-day function: It is normal to occasionally forget appointments or a friend's name and remember them later. A person with Alzheimer Disease may forget things often and not remember them later, especially things that have happened more recently.

2. Difficulty performing familiar tasks: Busy people can be so distracted from time to time that they may, for example, leave the carrots on the stove. A person with Alzheimer Disease may be unable to prepare any part of a meal or forget they ate it.

3. Problems with language: Everyone has trouble finding the right word sometimes, but a person with Alzheimer Disease may forget simple words or substitute inappropriate words, making his or her sentences difficult to understand.

4. Disorientation of time and place: It is normal to forget the day of the week. A person with Alzheimer Disease can become lost on their own street, not knowing how they got there or how to get home.

5. Poor or decreased judgement: People may sometimes put off going to a doctor if they have an infection, but eventually seek medical attention. A person with Alzheimer Disease may not recognize an infection as a problem or go to the doctor at all.

6. Problems with abstract thinking: From time to time, people may find balancing a cheque-book difficult. Someone with Alzheimer Disease could forget completely what the numbers are and what needs to be done with them.

7. Misplacing things: Anyone can temporarily misplace a wallet or keys. A person with Alzheimer Disease may put things in inappropriate places such as an iron in the freezer.

8. Changes in mood and behavior: Everyone becomes sad or moody from time to time. Someone with Alzheimer Disease can exhibit varied mood swings-from calm to tears to anger — for no apparent reason.

9. Changes in personality: People's personalities can change somewhat with age. But a person with Alzheimer Disease can change dramatically, becoming extremely confused, suspicious, or withdrawn.

10. Loss of initiative: It is normal to tire of housework, business activities, or social obligations, but most people regain their initiative. A person with Alzheimer Disease may become very passive, and require prompting to become involved.

If you notice several symptoms, it is important to see your doctor as they may be due to other treatable conditions. Due to the many research studies and clinical trials, there are currently treatment options for Alzheimer Disease and related dementias. If you need further information, please contact Alzheimer Society of Cornwall and District at 613-932-4914.

Farm safety issues discussed at Williamsburg WI meeting

by Virgie Kurschinski,
Public relations officer

WILLIAMSBURG — After singing the "Institute Ode," accompanied by Lynn Gilmour on the piano, and the reading of the "Mary Stewart Collect," president Isobel Williams called the January meeting of the Williamsburg Women's Institute to order.

Secretary Marjorie Thom started the meeting on a humorous note as she read the motto "The highways of life are full of flat squirrels that couldn't make up their minds."

"Red sky at night is a sailor's delight, red sky in the morning is a sailor's warning" or a similar rendition seemed to be most popular of the old weather predictions used for the roll call. Others included "When the wind is in the east tis neither good for man nor beast" — local farmers have noted that when calves are expected, they tend to be born in bad weather.

Williams was pleased to announce that through the monetary white gifts and the sale of items at the Christmas meeting, $200 was raised. Members decided to donate the amount equally to the Dundas County Food Bank and the Christmas exchange.

The convener of the meeting, Hilda Garlough, introduced the guests — her son, Bruce Garlough, and Burrill Harriman, two local farmers who are greatly involved in helping to educate our community on farm safety. The information they gave was appropriate to everyone. Examples given included protecting ourselves from the sun, the dangers of heat stress, and sharing the road with huge farm machinery which we often see in our area. On that topic, one of the members asked that the operators of those machines adjust their lights before coming on to the roads from the fields at night.

Material contained in packages given out to the members revealed the variety of topics covered. For adults, there is an excellent booklet containing rules and regulations regarding the movement of farm machinery on roads. Children, whether living on a farm or just visiting, will have fun as they learn by using the activity books, the colorful story book of hazards on the farm and the card game with "Bernie and the Cat."

The evening came to a close when all enjoyed lunch prepared by Lynn Gilmour and Doreen Henderson.

The February meeting should be of interest to all, as speaker Lynne Wilson will bring the members up to date on the campaign for Winchester District Memorial Hospital. The roll call fits the topic: "What have you done to improve your health today?"

See you on Valentine's Day at the Park Lane Seniors Support Centre.

Council notes from South Dundas

Fees reduced

WILLIAMSBURG — The Township of South Dundas, under a consolidated bylaw, was charging taxi and limousine services $100 for their initial owner's licence and $75 for each additional vehicle, with an annual licence renewal fee of $50. At the regular council meet in on Tues., Jan. 24, council amended the bylaw.

Based on the township's demographics, manager of planning and enforcement Don Lewis said that a reduction in certain fees should be implemented immediately. "I was embarrassed that we couldn't substantiate those costs originally," said Lewis.

Council passed that the bylaw be changed and fees reduced to $50 for the initial vehicle and $25 for each subsequent vehicle.

Expert tyranny

Council carried a resolution to support the Town of Niagara-On-The-Lake's disapproval of the Report of the Expert Panel on Water and Wastewater Strategy, which recommends giving regional municipalities exclusive jurisdiction over all elements of the water sector.

"They just don't want the upper tier to take over water and sewer," said CAO Steve McDonald.

COMRIF quarrel

"I feel it's appropriate to look ahead and put out for a proper RFT (request for tender) process far as the sewer plant is concerned," said councillor Sandra Bailey. "All I'm interested in is making sure it goes to a proper tendering process. The water [plant] didn't, and that's my concern."

Mayor Lyle Van Allen said he felt that council was not yet at the stage to look at the sewage plants in Iroquois and Morrisburg, when the township's water plant has not yet been completed.

CAO Steve McDonald said that intake two for COMRIF (Canada Ontario Municipal Rural Infrastructure Funding) will occur anytime in the winter of 2006. "I don't know whether the change in government will have an impact on the dates or not," he said.

COMRIF funding is split three ways between the three levels of government, and was initiated to help municipalities meet more stringent water regulations. McDonald said that council has yet to decide whether it will go ahead with the sewer plant with or without funding.

"Do we have a choice?" asked Bailey.

"I beg to differ," responded councillor Charles Barkley. "Until we see the money, I'm sorry boys, we're not building one [a sewer plant]. I'm sick of being dictated to — they've already shoved enough down our throats. We've got enough on our plate with the water right now."

Councillor Johnny Whitteker said that the municipality will face consequences if it doesn't go ahead with the plant. "You start to drag your feet and they'll throw the book at you," he warned.

Councillor Bill Ewing said that it's up to the municipality to lobby for their share of the COMRIF funding.

McDonald said that there are probably outlines in the purchasing policy regarding a bidding process. The issue was deferred.

Golden Years welcomes new president

by Roberta Giberson

WINCHESTER — President Betty Cooke welcomed 55 members and three guests to the January meeting of the Golden Years Society. "O Canada" was sung, followed by the Lord's Prayer.

A minute of silence was observed for member Don Keiver, who sadly passed away in December. Betty read a poem entitled "Don't Quit." Birthdays and anniversaries were acknowledged for January. Monthly reports were given by euchre, bridge, card committee, choral group, and bus trip representatives.

Betty Cooke thanked everyone who had helped her during her two years as president. Orma Earl presided over the installation of the new officers for 2006. Betty Cooke passed the gavel to new president Dick Giberson, who then presented a past president's pin to Betty Cooke.

Pastor Thurland Brown said grace before lunch was enjoyed.

Isabel Baker introduced, and later thanked Dawn and Roy Campbell, who entertained the members with song and verse.

The Golden Years Society welcomes anyone 55 and over who would like to join. For information call Roberta Giberson at 774-4273. Anyone interested in playing euchre can call Ray Robinson at 774-2134.

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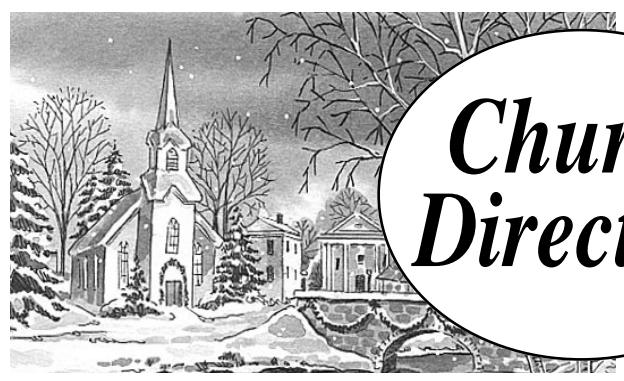

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UNITED CHURCHES
Rev. Bob Williams
Office: 774-2512 • Manse: 774-7077
www.winchesterunitedchurch.org
WINCHESTER SPRINGS
9:30 am - Worship Service
Sunday School
WINCHESTER
11:00 am - Worship Service
Sunday School
41tfc

COMMUNITY CHRISTIAN REFORMED CHURCH
Dixons Corners
Pastor:
Rev. Clarence Witten
613-652-2400 (Church)
Sunday
10:00 am - Morning Worship
6:30 pm - Evening Service
28tfc

WINCHESTER BAPTIST CHURCH
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Sunday
11:00 am - Worship Service
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Mollie McKibbon
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7:00 pm - Prayer Service
Sunday, February 5
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Web: www.harmony-church.org
46c

KNOX PRESBYTERIAN CHURCH
Mountain
Interim Minister
Rev. Dr. Floyd McPhee
Sunday
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41tfc

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thurland@gmail.com
Children's Pastor: Sarah Brown
thesarahbrown@gmail.com
774-3137 - 537 Main St., Winchester
46c

CHRISTIAN REFORMED CHURCH
Williamsburg, Ont.
Church 535-2227
Office 535-1882
Pastor: Rev. John Noordhof
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7:30 pm - Worship Service with Rev. Darren May, Guest Minister
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46c

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RURAL ROOTS
WEDNESDAY, FEBRUARY 1, 2006 PAGE 9

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Metcalfe fairboard on track for 150th anniversary

METCALFE — Celebration of Metcalfe Fair's "150 Years of Rural Roots" began with the Agricultural Society's annual general meeting on Sat., Jan. 28. Although this meeting marks the official start of the year, planning for the 150th anniversary began last March.

A "Memory Lane" exhibit will be a special feature of the 150th Fair (Sept. 28 to Oct. 1). Anyone who has Metcalfe Fair artifacts or memorabilia is invited to loan the items for display in the community centre at fair time.

Also, a commemorative wall will be erected, where families and businesses will have the opportunity to buy plaques, at various levels of sponsorship, to be displayed as a permanent tribute to the fair's 150 years in the community.

A dinner theatre show is planned for April 1 at the Metcalfe Community Centre. Tickets for the roast beef dinner are $25 per person, and the entertainment will feature Scene Around Players presenting a one-act comedy, Consolation. For tickets or more information call Andrea Taylor at 826-1381.

Two fundraising events, a One-Stop Christmas Shopping night in November, and a mixed curling bonspiel on Jan. 21, were so well-received that the fair board is considering making them annual events.

Special exhibit will take fairgoers down memory lane

Several other special events will be held throughout the year.

"Stay tuned," said 150th anniversary committee chair Betty Eastman. "This is going to be a busy, exciting year for us, and we hope everyone will come out and help us celebrate."

DEAL REACHED WITH CITY OF OTTAWA

Negotiations — which began long before City of Ottawa amalgamation — came to a successful conclusion this week, when the Metcalfe Agricultural Society and the City of Ottawa finalized an agreement for an exchange of land, and for use of the Metcalfe Community Centre.

"This deal has been a long time coming", said fair president John Lackey, "Thanks to the hard work and determination of our fair volunteers and City staff, we now have an agreement that's good for everyone."

When Metcalfe was still in the Township of Osgoode, a committee of agricultural society directors met with township council to renegotiate the arrangements for use of the community centre, a township facility, at fair-time and at other times during the year. The faces around the table have changed since then, but the common goal stayed the same, and now the agricultural society is assured of the terms of use of this facility through 2012.

In addition, a tract of land bordering the fairgrounds on two sides, owned by the City, is being transferred to the agricultural society in exchange for the land that the arena's Zamboni room sits on.

"Both parties are getting what they want out of the land exchange," said Lackey. "It's a win-win deal -– a great way to kick off our 150th anniversary celebrations."



Excellent executive

The Metcalfe Agricultural Society executive remained the same for 2006. The group's annual meeting was held Jan. 28 at the Metcalfe Community Centre. Pictured are secretary Sue Brousseau (front, left), family division president Betty Magee, treasurer Kay Stanley, family division vice-president, Andrea Taylor, past president Bill Buckland (back, left), second vice-president Ron Stanley, president John Lackey, and first vice-president Christopher Reaney. *Photo — Barbour*

New website takes surfers on farm tours

GUELPH — The Ontario Farm Animal Council's (OFAC) Virtual Farm Tour initiative is a new tool that enables anyone to visit a farm and get the facts on food production without leaving their own home.

Visitors to the www.farmissues.com website can now tour five virtual farms — two beef cattle farms, a sheep farm, a deer farm, and an elk farm. Tours for pig, veal, goat, and emu farms will be added in the months to come, with more to follow.

The project's premise is based on the concept long used by real estate firms to allow would-be home owners to remotely tour potential properties. When arriving at the site, virtual tourists can click on various locations of an aerial photograph of the farm to view close up, panoramic views of the fields or barns and to meet the farmers who live and work there. Once inside the barns, pop-up screens explain what's happening and answer common questions like "What do those markings on the sheep mean?" or "What are those cattle eating?"

Video clips are an added feature of the tours and show farmers working with their cattle, sheep being sheared, elk being fed, a lamb being born, deer grazing in their fields, and much more.

"We believe these [virtual tours] are the first of their kind in Canadian agriculture," said Paul Mistele, OFAC's vice chair. "Most Canadians don't know any farmers and have never visited a real farm. Our virtual farm tours are an important way of making agriculture more interesting and accessible to our customers — the consumer."

Funding for this project was approved by seven of Ontario's livestock organizations and comes, in part, through contributions by Canada and the Province of Ontario under the Canada-Ontario Research and Development (CORD) Program, an initiative of the federal-provincial-territorial Agricultural Policy Framework designed to position Canada's agri-food sector as a world leader. The Agricultural Adaptation Council administers the CORD Program on behalf of the province.

The Ontario Farm Animal Council is the voice for animal agriculture, representing over 40,000 livestock and poultry farmers, associations and businesses on issues in animal agriculture such as animal care, food safety, biotechnology, and the environment.



Hi, ho, the Dairy-o

Kawartha Dairy old-fashioned ice cream, which is made with 100 per cent Ontario milk and cream rather than imported butteroil products, is now available at Andy's Foodland in Winchester. Dairy farmer and Dundas Federation of Agriculture member Jackie Pemberton picked some up on Jan. 27. "Have you tasted it? It's so good," she said. Store owner Andy Hamel said the ice cream is selling well — especially to the agricultural community. *Press Photo — James*

Agri-business directory

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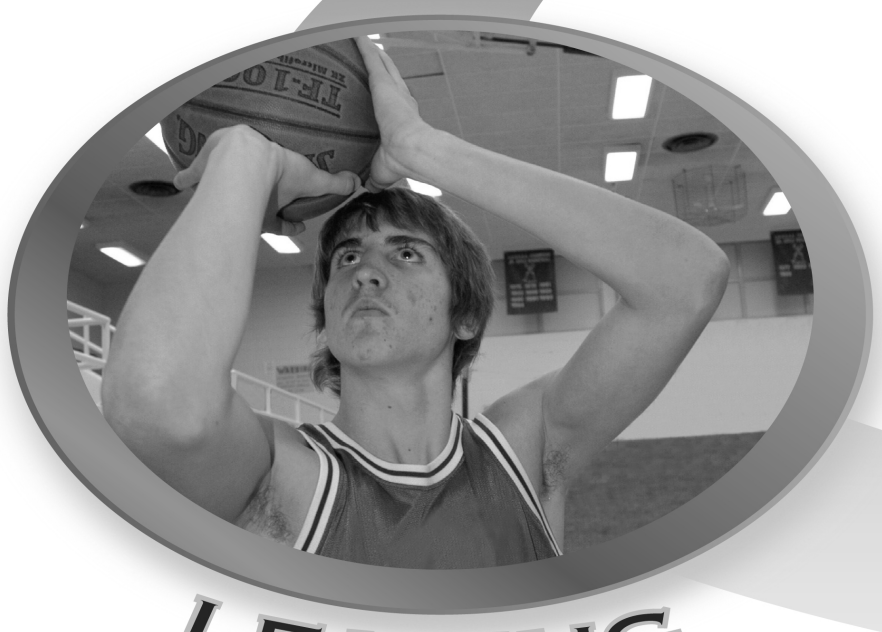
LEARNING



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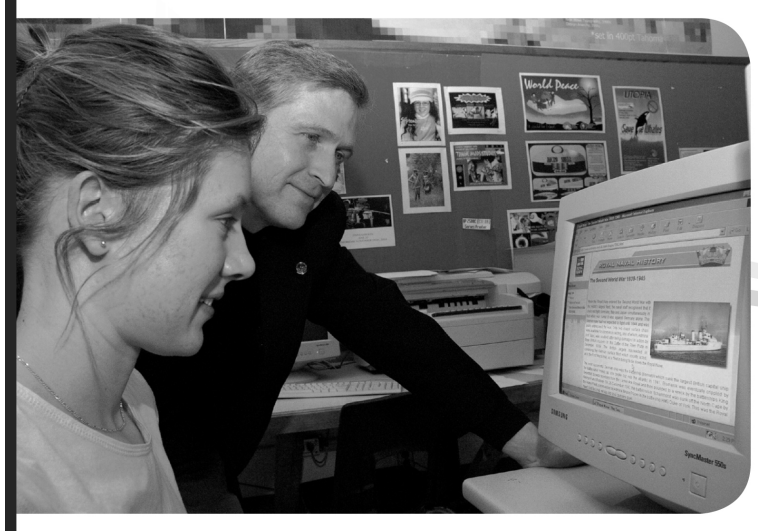

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652-4878
Principal: Roy Lalonde
Parents Information Evening:
Tues., Feb. 7, 7 p.m.

Tagwi Secondary School
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346-2122
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WINCHESTER PRESS
SPORTS
WEDNESDAY, FEBRUARY 1, 2006 PAGE 11

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Trenholm bags three, Thornton solid in net

Hawks defeat Kemptville 6-1

KEMPTVILLE — Veteran Darren Trenholm scored three times and picked up an assist on one of two goals Steve Cameron bagged as the visiting Winchester Hawks waxed the home town Kemptville 73s 6-1.

"We were all over them (73s)," commented Hawks GM Craig Smith following Sunday's (Jan. 29) St. Lawrence Jr. "B" Division victory. "Everyone played well. The "D" was solid and Thornton (Jon) had a strong game in the cage."

Smith worked the Winchester bench for both wins filling in for head coach Todd Marcellus who was serving a two-game suspension.

"Those were two big wins," said Smith, also referring to Friday's (Jan. 27) 2-1 home-ice victory over the Akwesasne Wolves. "Char-Lan split their games so we are even with them in games played (39) and are four points up on them."

Winchester and Char-Lan each have six games remaining on their regular schedules as they race for the fourth and final St. Lawrence Division play-off berth. Winchester improved to 17-17-4-1 as they stretched their current win sting to three games. They have 39 points, four more than Char-Lan (15-19-2-3).

Tonight (Wed., Feb. 1) the Hawks travel to Cornwall Island to play the Wolves in a game postponed on Jan. 14. This weekend the Hawks play Saturday (Feb. 4) night when they host the first-place Alexandria Glens at 8:15 pm. The following weekend (Feb. 10 and 11) the Hawks and Rebels will clash in a crucial home-and-home set, a series that could determine which team moves on to post-season play.





Left: Akwesasne goaltender Evan Morris and his defencemen Mike Phillips (#2) and Corey Hamblett (#10) tried to hold Hawks Denis Gauthier (left) and Matt Walsh (#15) at bay during the second period of Friday's (Jan. 27) St. Lawrence Division match. Winchester posted a 2-1 victory on goals by Gauthier and Nik Paas. Above: Winchester's rookie netminder Kyle Neville has composed a 7-7-3 record and owns a GAA of 3.82, second best in the St. Lawrence Division. His latest win was a 2-1 victory over the Akwesasne Wolves.
Press Photos — Van Bridger

THREE FOR TRENHOLM

Winchester's special teams were deadly in Kemptville scoring four times on the powerplay and one short-handed goal in their 6-1 victory.

Veteran Jon Thornton posted the victory and moved to within a game of the 500 mark at 10-11-1 (4.73 GAA). Kemptville captain Tyler Raza shattered Thornton's goose egg when he netted the lone Kemptville goal completing a powerplay started by Mike Moher and Dennis Beaulac at 17:29 of period two.

Steve Cameron opened the game netting a powerplay pass provided by Nick Enright and Geoff Winchester at 17:27 of period one. Trenholm finished another extra-man strength chance at 14:44 making it 2-0 with help from Winchester. Trenholm went to work again at 7:26 and opened up a 3-0 lead burying the biscuit after taking a pass from Nik Paas. Back on the powerplay the Hawks connected for a 4-0 lead when Cameron cashed in his 35th of the season and second of the game at 5:31. Trenholm and Winchester engineered the play.

Kemptville closed the gap to 4-1 registering their lone goal at 17:29 of the second session, but the Hawks quickly responded with a pair of markers. Nick Enright rang up his eighth finishing a powerplay started by Bobby Little and Denis Gauthier at 15:33 and Trenholm struck for a short-handed marker at 12:31. Trent McBain drew the assist on Trenholm's third of the game and 14th of the season.

In 15 games, Trenholm has moved into third place on the Hawks scoring list recording 14 goals, 18 assists and 32 points.

Period three was scoreless. Winchester faced two Kemptville 'tenders. Andrew Beveridge allowed five goals on 10 shots, while Nick Martin stopped 24 of 25 Winchester drives. Thornton blocked 29 of 30 (including a penalty shot) shots to get the win.

NEVILLE WINS SEVENTH

Rookie backstop Kyle Neville posted his seventh win (7-7-3, 3.82 GAA) holding the Akwesasne Wolves to one goal in Friday's 2-1 victory.

Both Neville and Akwesasne goaltender Evan Morris were unbeatable in the first and third periods.

All of the scoring was done in the middle session as the Wolves opened it up with a powerplay goal by J.P. Sorel at 15:16. Winchester didn't manage to find the back of the Wolves' cage until Gauthier dented the twine with an extra-man shot set up by Shawn Prince and Little 2:19 before the end of the frame. Paas broke the tie when he snapped in a 10-foot drive with 37 seconds to play in the period. Little and Gauthier earned helper points creating the rebound.

TRIP WINNERS

The two latest winners in the Hawks Holiday Happiness Draw are Nick Zrymiak of Hallville ticket #327 and Larry Styles of Kemptville #311.

Winchester skaters to "Rock This Town"

WINCHESTER — The Winchester Arena will be rocking when the curtain goes up on Winchester Skating Club's 2006 ice show.

This year's production entitled "Rock This Town", will be presented on Sat., Feb. 11 at 1 pm at the Winchester Arena.

Admission to the two-hour production is free, but donations will be accepted at the door. There will also be a raffle for Stars on Ice tickets.

Cameron Keicks of Morrisburg is the guest soloist and he will skate to music called "Only One".

This year's show has 31 numbers and the cast is composed of 80 skaters from the Tiny Tots and Pre-CanPower levels up to and including the WSC Seniors.

Defeat Morrisburg teams

Embury backs Atom "C" House in back-to-back wins over Lions

WINCHESTER — Ryan Embury and the North Dundas Atom House "C" Demons faced both South Dundas teams and were able to register back-to-back wins.

Embury and his teammates threw a solid defensive blanket over the No. Two Lions on Jan. 23 in Winchester and registered a 1-0 victory. The day before (Jan. 22) in Morrisburg, Embury and the Demons gave up just one goal in a 3-1 win over the No. One Lions.

North Dundas coach Gary Embury reported following the 1-0 win that his team has just three games left to play in the regular season and was still in the battle for a spot in the playoffs.

The Demons have put together a 5-0-1 record in 2006 and hold an overall mark of 8-9-4.

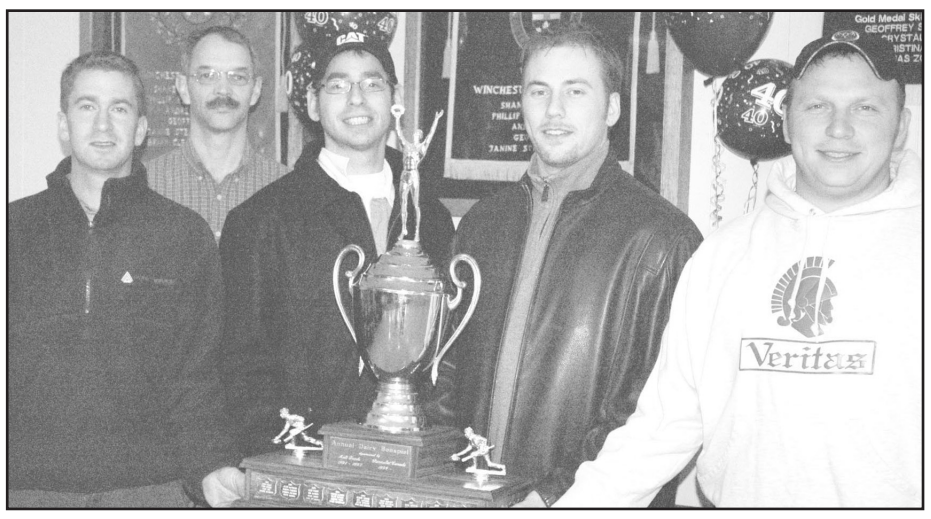
"The kids are now realizing hard work and doing the basics are paying off. I believe the major factor for their motivation is they want to get into the playoffs," said the coach.

There was just 2:30 left on the clock when Braydon Drouin took a feed from Brittany Cooper and fired in the winning goal of the game as North Dundas edged the No. 2 Lions 1-0 on home ice. The Demons played a penalty-free game.

The Demons and home-town No. One Lions played through a scoreless first period before trading goals in the second session. Sawyer Gillard counted the South Dundas marker, which was answered by Spencer Carruthers who capped a play started by Joshua Beach late in the frame.

Beau Baldwin cracked the 1-1 tie when he scored after accepting a pass from Jed Vanderlaan. A marker by Brandon Dudley 2:01 before the final buzzer pushed the final tally to 3-1 for North Dundas. Jenna Warren picked up the assist on the play.

The game was played penalty free.



Lead Tim Freeland (left), second Kevin Williams, vice Terry Wagner and skip Jason Wagner were joined by Parmalat director of plant operations, Steve Wilson (back, left) as they showed off the Dairy Bonspiel Cup. Team Wagner edged runner-up Ken Alcock by a half point to win the prestigious bonspiel on its 40th anniversary. Press Photo — Van Bridger

Team Wagner milks competition

40th annual Dairy Bonspiel

WINCHESTER — Team Wagner, skipped by Jason Wagner, churned out two victories and a winning total of 29 points to capture the 2006 Dairy Bonspiel Cup.

Originally introduced and hosted by Ault Foods the Dairy Bonspiel is now 40 years old and supported by Parmalat. The 40th annual competition, which attracted a full slate of 24 teams to the Winchester Curling Club, was won by skip Wagner, vice Terry Wagner, second Kevin Williams and lead Tim Freeland.

"That's two years in a row we have had 96 curlers. Before last year we hadn't had that many since 1988," noted Gary Munro, 'spiel host and chief statistician. "It's great to see so many come out. We had some very good teams curling on the weekend."

Munro also noted that the field of participants in the two-day (Jan. 27 - 28) event included bantam, junior, regular and WCC seniors. "We sure have some excellent young curlers in our club," he added.

The champions opened the Dairy skimming off a 6-5 win over George Ennis, which was good for five ends and 13 points. Saturday evening Wagner creamed Doug Blaine 10-4 winning six ends and adding 16 points to bring his total to 29.

Ken Alcock skipped Wade Hetherington, Laurie Wicher-Schreur and Taylor Ace into second place. Alcock collected 28 1/2 points defeating Percy Armstrong 7-4 and Keith Wagner 12-4.

Gary Price and his rink of Marion Carkner, Jack Mackler and Ann Cook settled into third place with 27 1/2 points. A half point back in fourth were skip Gary Munro, Cheryl Lowe, John Phillips and Jim McLean.

Skip Greg Chamberlain, Leeanne Chamberlain, Brad Mayhew and Helen Hyndman claimed the one-game high prize earning 13 1/2 points in a 7-6 second-round victory over Al LaPierre.

Doug Blaine, Pat Wagner, Jon Thompson and Gregory Morris were the consolation winners.

Munro thanked the curlers for their participation, Parmalat for its support, his wife Eunice, their daughters and the WCC volunteers for making number 40 a special bonspiel.

Three for Jones, Bantam "B" Demons beat Braves

MAXVILLE — It was a three-goal night for Tyler Jones as the North Dundas Bantam "B" Demons skated to a 7-4 victory over the NGS Braves in Maxville.

Jones scored twice in the final frame of the Jan. 28 contest as the Demons inflated their UCMHL record to 13-5-2. Dale Murdoch's squad also improved to 6-3-0 in its last nine games to remain in the hunt for a top three finish in the East Division standings.

Philip Duncan (PPG), Jones and Cam Armstrong cracked in first-period shots for the Demons, who led 3-1 after one period. Michael Cross scored in the second to give North Dundas a 4-3 lead after two. Jones (winner at 6:44), Duncan (3:07) and Jones (2:34) notched the third-period markers.

Ryan McRae assisted on three goals, while Chris Embury, Karl Henike and Mike VanGurp picked up two helper points. Armstrong earned one assist. Kyle Greer registered the win. North Dundas was whistled for six infractions, the Braves three. Each team scored a powerplay goal.

Fawcett nets three goals, in 8-6 win over Glens

WINCHESTER — Captain Dylan Fawcett scored three times and led the North Dundas Pee Wee "B" Demons to an 8-6 victory over the visiting Alexandria Glens. His third goal of the contest was set up by Matt Simms and Jordan Cooper 2:17 before the final buzzer and proved to be the deciding shot fired in Monday (Jan. 30) night's high-scoring contest.

North Dundas led the Upper Canada Minor Hockey League contest 2-1 after a period and 3-2 after two periods. The Glens pulled into a 4-3 lead on goals by Chris Menard and Issac Meldrum by the 11:53 mark of the final frame but the Demons rallied with goals by Dylan Giberson (11:26), Peter Klein-Swormink (9:48), Fawcett (3:27 and 2:17) and Ryan Byers (empty net 0:10) to pull off an 8-6 victory.

With the win, North Dundas improved its record in January to 4-1-0. The Demons will close out their regular season home schedule hosting the Akwesasne Wolves on Mon., Feb. 6 (7 pm).

Fawcett (3), Byers (2), Klein-Swormink (2) and Giberson pegged the North Dundas goals. Brent Simms (2), Matt Jarvis (2), Brandon Cousineau, Derek Simms, Ryan Switzer, Paul Gibson, Joshua Freake, Cooper, Fawcett, Byers and winning goaltender Chase Beaudry all collected assists.

Menard paced the Alexandria attack scoring three times.

The Glens drew three and the Demons five minor penalties.

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The Russell Major Atom "B" River Rats met former River Rat Trevor Hendrikx while they were competing in the 2006 Liftlock Tournament in Peterborough. Hendrikx is now a member of the OHL Peterborough Jr. "A" Petes.

Atom River Rats blank Goulbourn Rams 1-0

RUSSELL — Travis Smith posted the shutout and Wade Kropp bagged the only goal of the game as Russell's Atom "B" River Rats blanked the Goulbourn Rams 1-0. Eamon Colvin assisted Kropp on his goal in the Jan. 19 contest.

According to ODMHA standings released on Jan. 17, the River Rats record was 11 wins, eight losses, three ties and 25 points — good enough for fifth place. Since then Russell has gone undefeated and has climbed (unofficially) into third place.

TOURNEY TALES

The Rats took part in the 2006 Liftlock Tournament in Peterborough (Jan. 20 - 22) where they played four games and finished as the event's consolation game finalists.

Russell faced Petawawa in the opening game at the Douro Arena and dropped a 1-0 decision.

Next up was a match at the Ennismore Arena where the River Rats faced the Peterborough "A" Nats. Connor Letts netted his team's only goal in a 1-1 tie after taking a feed from Eric Smith and Chance McTiernan.

Owen Stewart, Letts and Kropp fired in the goals as the Rats finished the round robin with a 3-1 victory over the Pickering Major "A" squad. Smith, McTiernan, Colvin and Dylan Arnone provided the passes.

While they were at the Peterborough Memorial Centre, the team was able to meet Trevor Hendrikx, a former Russell River Rat, who is now playing with the OHL's Peterborough Jr. "A" Petes.

Russell faced Fort Erie in the consolation game but came up short in a 2-1 loss. Fort Eric scrambled into a 2-0 lead in the final frame before Nathan Avery scored from Arnine to put the Rats on the board.

Dagenais goal lifts Classics into first place

WINCHESTER — Isabel Dagenais took a pass provided by Nancy Beavers and Cathy Lee Shaw and used it to snap a 1-1 tie with Andy's Foodland Maroons. Dagenais' marker was registered with 15:55 left in the game and stood up for the Classics who went on to post a 2-1 victory.

Beavers scored on a play started by Dagenais and Classic captain Amy Fraser 8:05 before the intermission to open the scoring in Sunday's (Jan. 29) Winchester and District Ladies Hockey League contest. The Maroons tied it up 1-1 when Dianne Downey buried a shot behind Carrie Nolan after taking a feed from Amy Darling with 42 seconds left in the first half. That set the stage for Dagenais' winning tally.

Nolan posted the win and Sylvie Renaud suffered the one-goal setback.

The decision moved the Classics (8-3-3) into sole possession of first place, two points ahead of the Maroons (7-4-3).

RED HOT

Sandy Roy and the number-three ranked Winchester Reds (7-5-2) were red hot in the 9 am contest cruising to a 7-0 victory over the Double Beauty Stylists (2-10-2).

Sherri Palmer and Roy teamed up and got the puck to Tara Verney for the game-winning marker at 19:11 of the first half. Roy then turned scorer and netted five consecutive goals, three in the first half as the Reds carried a 4-0 lead into the second session. Verney finished the scoring making it 7-0 with help provided by Roy.

Roy (5-2-7), Verney (2-3-5), Jackie Boulanger (0-3-3), Shealyn Summers (0-3-3) and Palmer (0-1-1) collected points while goalie Kristie Wade played perfect hockey behind them.

COUNTRYGIRL 3 - BLUES 1

Barb Wigney had a shutout going until Christina Rombough fired a Kelly Zeron pass into her cage 3:20 before the final buzzer. But that was all the Annable's Jewellery Blues managed in a 3-1 loss to the CountryGirl Gold Diggers.

Karla Marshall's unassisted goal got the Diggers going with 5:38 left in the first half. Judy Littau scored what would be the winning goal after taking a pass from Kelly Bradshaw at 15:30 of the second stanza. Tanya Katsoulis insured the win making it 3-1 with help provided by Cheryl Hamilton and Marshall 7:24 before the final buzzer.

Tween "B" Hornets rally for 6-5 victory over Arnprior

METCALFE — Melissa Nyenkamp provided the pass and Lauren Brown whipped the ring home with 2:43 left on the clock. Brown's shot snapped a 5-5 tie and lifted the Metcalfe Hornets to a 6-5 National Capital Region Ringette League victory over the Arnprior Devils.

Brown opened Saturday's (Jan. 28) match at the Larry Robinson Arena marking an unassisted goal. The Devils answered a minute later and tied it up 1-1. Jessica Facette responded for Metcalfe, snapping in a pair of goals two minutes apart only to have Arnprior tie it up 3-3 before the half.

Heather MacKenzie fired in a forehand shot, after taking a pass from Emilie Brenning to give the Hornets a 4-3 lead. But once again the Devils jumped back into the game, this time with a pair of goals to take a 5-4 lead.

Meghan Kelly finished off a play created by Megan Vriend to knot the count at five and Brown (from Nyenkamp) won it making it 6-5 with 2:43 left on the clock. Goalie Elizabeth Stevens tended the Hornet nets and posted the win.

Sports Scoreboard

Eastern Ontario Junior "B" Hockey League

Rideau - St. Lawrence Division

RECENT RESULTS:
Jan. 25: Brockville 5 - Athens 2
Jan. 27: Winchester 2 - Akwesasne 1
Kemptville 4 - Alexandria 3 OT
Char-Lan 9 - Morrisburg 8 OT
Westport 13 - Gananoque 3
Jan. 28: Morrisburg 7 - Akwesasne 4
Alexandria 5 - Char-Lan 2
South Grenville 8 - Westport 4
Jan. 22: Winchester 6 - Kemptville 1
Gananoque 6 - Brockville 1
S. Grenville 10 - Athens 3

STANDINGS:

Rideau:	W	L	T	GF	GA	PTS
Westport	30	5	0	277	135	61
S. Grenville	27	8	0	221	118	55
Brockville	17	16	2	177	137	37
Gananoque	12	19	2	179	186	29
Athens	7	25	2	146	240	17
St. Lawrence:	**W**	**L**	**T**	**GF**	**GA**	**PTS**
Alexandria	25	9	3	194	135	54
Kemptville	24	12	0	214	176	49
Morrisburg	23	13	2	237	187	49
Winchester	17	17	4	152	172	39
Char-Lan	15	19	2	184	220	35
Akwesasne	1	36	1	113	288	3

**Teams losing in OT receive one point*

TOP SCORERS: Rideau Division:	G	A	PTS
Scott Leppard, West.	40	65	105
Matt Steele, West.	41	51	92
Bill Donaldson, West.	41	50	91
Steve Biscaro, West.	24	37	61
Julien Francis, SG	24	31	55
Abby Donaldson, West.	24	30	54
St. Lawrence Division:	**G**	**A**	**PTS**
Steve Jarvo, C-L	55	40	95
Dylan Graveley, Morris.	29	58	87
Cory Gove, Morris.	45	41	86
Tyler Rasa, Kempt.	36	43	81
Peter Barnett, Morris.	28	51	79
Mike Moher, Kempt.	32	41	73
Steve Cameron, Win.	35	34	69
Nik Paas, Win.	24	44	68
J.F. Fournier, Alex.	28	29	57
Brandon Byrd, Kempt.	27	28	55

EOJBHL

Metro Division

RECENT RESULTS:
Jan. 24: Clarence Creek 5 - South Ottawa 2
Jan. 26: Clarence Creek 0 - Ottawa West 0
Jan. 27: Clarence Creek 5 - Metcalfe Jets 4
Ottawa West 8 - Gatineau 7 OT
Jan. 28: Metcalfe Jets 11 - Stittsville 4
Ottawa West 7 - Gatineau 0
Jan. 29: South Ottawa 5 - Clarence Creek 1

STANDINGS:	W	L	T	GF	GA	PTS
Clarence Creek	30	5	2	205	111	62
Ottawa West	26	9	3	185	123	56
Metcalfe Jets	19	14	2	169	165	42
South Ottawa	17	16	0	167	169	39
Gatineau	9	24	1	147	212	22

**Teams losing in OT receive one point*

METRO TOP SCORERS:	G	A	PTS
Sammy Majic, OW	28	42	70
Mike Wallace, OW	36	33	69
Cory Thibaudeau, SC	23	39	62
Martin Paquette, CC	22	39	61
Kevin Sousa, Gat.	32	24	56
Brent Quinn, Perth	16	36	52
Dan Sauve, CC	12	40	52
Ryan Carisse, Met.	25	24	49
Carl Blanchard, CC	22	27	49

Winchester Town Hockey League

RECENT RESULTS:
Jan. 24: Flyers 8 - Rangers 5
Cyclones 3 - Rams 2

STANDINGS:	W	L	T	GF	GA	PTS
Bud's Cyclones	11	1	3	94	59	25
Currie's Rams	9	2	4	79	65	22
Willy's Flyers	3	10	2	65	89	8
Blake's Rangers	2	12	1	52	81	5

TOP SCORERS:	G	A	PTS
Craig Holmes, Cyclones	29	21	50
Robyn Sadler, Cyclones	26	21	47
Scott Baldwin, Rams	18	11	29
John Guy, Cyclones	15	14	29
Mike Deighton, Cyclones	7	21	28
Francis Dagenais, Rams	11	16	27
John Drew, Flyers	7	20	27
Stef Gravelle, Rams	15	11	26
Will McLean, Flyers	10	13	23
Darrel Moore, Flyers	16	6	22
Tory Baldwin, Rangers	7	14	21
Josh McLean, Rams	7	13	20
Spencer Dawson, Rams	7	12	19
Al Christophersen, Rangers	12	6	18

Winchester & District Ladies Hockey League

RECENT RESULTS:
Jan. 29: CountryGirl 3 - Blues 1
Reds 7 - DB Stylists 0
Classics 2 - Maroons 1

STANDINGS:	W	L	T	GF	GA	PTS
Classics	8	3	3	29	14	19
Andy's Maroons	7	4	3	29	17	17
Reds	7	5	2	24	18	16
Blues	7	6	1	21	21	15
CountryGirl	5	8	1	24	27	11
DB Stylists	2	10	2	16	47	6

TOP SCORERS:	G	A	PTS
Sandra Clouthier, Maroons	10	5	15
Dianne Downey, Maroons	5	9	14
Edith Dagenais, Classics	9	4	13
Sandy Roy, Reds	9	4	13
Cheryl Hamilton, CG	6	6	12
Amy Fraser, Classics	8	3	11
Amy Darling, Maroons	3	8	11
Kelly Zeron, Blues	6	4	10
Christina Rombough, Blues	2	8	10
Karla Marshall, CG	5	4	9
Carrie Gilmour, DB	6	2	8
Shannon Thompson, DB	4	4	8
Nancy Beavers, Classics	2	6	8
Sheri Richer, Blues	1	7	8
Shealyn Summers, Red	1	7	8
Kathy Kerr Moore, Blues	4	3	7
Karla Marshall, CG	4	3	7

EOJBHL

Rideau-St. Lawrence Division
Winchester Jr. "B" Hawks

Home Games
Sat., Feb. 4
Alexandria Glens vs Hawks
8:15 pm

Fri., Feb. 10
Char-Lan Rebels vs Hawks
8:15 pm

Final Home Game of Regular Season
Fri., Feb. 17
Kemptville 73s vs Hawks
8:15 pm



Junior competitors

Winchester Skating Club was represented by four of its junior members at the Brockville Skating Club's Precious Edges competition held on Sat., Jan. 21. The junior contingent included, from left: Séan-David Arel (silver - Introductory Men's A freeskate, bronze - Stage 5&6 elements), Alyson Summers, Alyssa Cooper (bronze - Stage 5&6 elements, fourth - Stage 5 freeskate) and Emma Brooks (gold - 5&6 elements).



Great skates

Intermediate skaters from the Winchester Skating Club won a total of six medals at Brockville's 10th annual invitational on Sat., Jan. 21. Competing for WSC were, front row, from left: Josie Vanderlaan (fourth - Preliminary "B" freeskate), Katey Churchill (silver - Introductory Ladies "A" freeskate), Jannah Vanderlaan (bronze - Pre-Preliminary Ladies elements, bronze - Pre-Preliminary II Ladies "B" freeskate). Back row, from left: Alicia Angus (gold - Preliminary Ladies "B" freeskate, bronze - Preliminary Ladies elements), Blythe Armstrong (bronze - Preliminary Ladies "A" freeskate, fourth - Preliminary Ladies elements) and Julia Smith. WSC members are busy preparing for this weekend's Prescott Invitational and the WSC Ice Show scheduled for Sat., Feb. 11. *Press photos – Johnston*

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Kings' Froats named MVP at Limestone City tourney

KINGSTON — Winchester's Derek Froats collected 10 points in five games, including three in the "A" final as the Rideau St. Lawrence Minor Bantam "AA" Kings powered their way to the Limestone City Cup Tournament championship.

The Kings nipped the host Kingston Predators 3-2 in "A" final on Jan. 22 with Froats cracking in a pair of goals and picking up an assist on a goal by Nick Quinn. The former North Dundas Demon and Kings' captain was named the tournament's Most Valuable Player for his efforts.

Rideau St. Lawrence put together a 5-0-0 record and outscored the opposition by a 21-6 margin in their march to the tourney title. Michael Lalande and Curtis Van Allen provided solid goaltending for the Kings.

Froats and Ryan Vincent combined for four points leading the Kings to a 3-2 win over the North York Rangers in their opening game. Josh Pitt drew an assist in the wining cause.

Quinn (2), Froats, Mitchel Chartrand, and Michael McGahey did the scoring in game two as the Kings stopped the Ottawa Sting 5-1. Colin Halladay, Jason Harmer, Alex O'Neil, Shayne Morden, Ryan Vincent and Froats picked up assists.

Quinn, Harmer, Froats and Casey Crooke counted the goals in game three, a 4-1 victory over the St. Lawrence Thunder. Alex O'Neil and Quinn earned assists.

Crooke put together a two-goal, three-assist effort as the Kings blasted the Eastern Ontario Cobras 6-0 in the semi-final game. Froats (2), Chartrand and O'Neil completed the scoring with Chartand (2) and Cameron Symington also collecting helper points.



Powered by captain Derek Froats of Winchester, the Rideau St. Lawrence Minor Bantam "AA" Kings posted five victories and outscored the opposition 21-6 to capture the 2006 Limestone City Cup (Jan. 20 - 22) in Kingston. Front (left) - Michael Lalande, Jason Harmer, Josh Pitt, Michael McGahey, captain Derek Froats, Ryan Vincent, Mitchel Chartrand, Cody Johnson, Curtis Van Allen. Back (left) - ass't coach Ritchie Pitt - Alex O'Neil, Nick Quinn, Jacobs Hayes, Colin Halladay, Shayne Morden, Casey Crooke, Lance Hodgson, trainer Blair Hodgson, coach Mike Vincent. Missing - Cameron Symington, manager Kim O'Neil.

McLean scores short handed, sparks Flyers' late surge

Cyclones nip Currie's Rams 3-2

WINCHESTER — Will McLean snapped a 5-5 tie by scoring while his team was playing a man short. Teammate Kelly "Rubber" Beckstead duplicated the play when the Flyers were killing the same penalty and Adam Schofield iced the cake by pumping in a power play goal two minutes later. The three special-team goals came in the final 7:20 of the game and lifted Willy's Flyers to an 8-5 victory over Blake's Rangers.

The opening half of the Tuesday (Jan. 24) night twin bill saw the Winchester Town Hockey League-leading Cyclones nip the number-two ranked Currie's Rams 3-2 to strengthen their hold on first place.

With three weeks remaining in the regular season the Cyclones (11-1-3) top the rankings with 25 points. Currie's Rams (9-2-4) are next with 22 points, which means the Rams, mathematically at least, have the opportunity to rise to the top and claim the Royal Bank Trophy. At the other end of the spectrum the fourth-place Willy's Flyers (3-10-2) opened up a three point lead over the offensively-challenged Rangers (2-12-1) in the battle to vacate the basement.

Schofield and Darrel Moore scored early in the first half to give the Flyers a 2-0 lead on the Rangers, who responded with markers by Jeff Holmes at 18:06 and Al Christophersen at 16:34 to tie it up. Rangers Justin Heuff and Tory Baldwin cashed in markers before the intermission and the Flyers added a goal by Trevor Morozuk as the Rangers carried a 4-3 lead into the second half. Baldwin netted his second of the game at 26:11 to open up a 5-3 lead for the Rangers, but they didn't enjoy the prosperity for long. The Flyers knotted the count at 5-5 on shots fired by Eric Toonders and Aaron Kelly.

With the count tied at five, the wheels began to come off the Rangers' wagon. Flyer Moore took a tripping penalty at 7:32 but two seconds later his teammate, McLean, netted a short-handed goal to dissolve the stalemate. Beckstead cashed in another SHG at 6:41. But it got even worst for the Rangers when Schofield iced the 8-5 win on a power play 2:41 before the final buzzer.

Colin Ion posted the win for the Flyers. Devon Kelly (2), John Drew (2), Beckstead (2), Aaron Kelly (2), Moore, Schofield, McLean and Morozuk drew the assists.

Barret Brundige took the loss while Mike Thompson (2), Chris Sylvester (2), Holmes (2), Vic Blake and Chris Van Bridger picked up assists.

CYCLONES 3 - RAMS 2

Captain Craig "Bud" Holmes scored twice in the second half of the opening game to help his Cyclones pull off a 3-2 win over the Rams in a battle for first place.

Scott Baldwin counted both Ram markers scoring at 18:39 of the first half and again at 12:08 of the second session. John Nadobny and Chris Hart assisted on the first while Wes McLeod and Derek Vingerhoeds engineered the second.

John Chambers contributed the Cyclones first-half tally. Holmes then pumped in the deuce in the second session. Mike Deighton (2), Robyn Sadler, Robert Davies-Lyon, Chambers and Holmes collected helper points.

The goaltending decision went to Gregg Griffith who outlasted Chris Currie and posted the victory.

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Remarks

by Mark Guy, Director of Recreation & Culture



Gym night cancelled

WINCHESTER — Due to the lack of volunteers, the open gym night at Nationview Public School that was to start this Friday night from 7 to 9 pm has been cancelled. If anyone would like to volunteer their time to supervise this program, please call Ashley at 774-2105, extension 236.

The adult "yeast bread" workshop is this Sunday (Feb. 5) from 10 am to 4 pm at Winchelsea Farms. Participants will learn to mix and knead bread, as well as be introduced to a wide variety of flours while making their own loaf. Lunch is provided and the cost is $90.

Drama Works I and II, as well as the Teen Improv program start Feb. 18. Registration is low right now, so if you're thinking of participating, register now. These programs are for youth ages eight to 16 and are offered on Saturdays at the Old Town Hall in Winchester. Call the township office for more information.

The North Dundas Fitness Centre opened this week. The hours of operation are 5 to 9 pm, Monday to Friday. An aerobics instructor has been secured for a Thursday night class from 7 to 8 pm. The first class is on Feb. 9. The cost is $5 as a walk-in fee or you can purchase a monthly membership at the township office.

The Hawks have a home game this Saturday (Feb. 4) against Alexandria Glens. Game time is 8:15 pm.

Have a great week!

Meet the HAWKS



Chad Vriend
No. 17, Forward

Chad Vriend, 18, is in his rookie season with the Winchester Junior "B" Hawks. The Greely-area resident attends St. Mark Catholic High School and finished his career in the Osgoode-Rideau minor hockey system with the Midget "A" Senators. The 185-pound forward was one of the first-year Winchester players named to the St. Lawrence Division's 2005-06 All-Star Prospects team. Vriend, who wears jersey No. 17, has appeared in 34 games and has collected seven goals, nine assists, 16 points and 83 minutes in penalties. The left-hand shot has netted one game-winning and one power-play goal.

Competitors needed for senior games

CORNWALL — Come and join the fun. You don't have to be an athlete, or an expert and can be physically challenged and still participate and be a winner in the Ontario Senior Games.

If you are 55 and over you can take part in the Ontario Senior Games, SD&G/Prescott-Russell and Akwesasne District 8 competitions. There are nine sports to choose from including alpine skiing, nordic skiing, badminton, curling, duplicate bridge, ice skating, 10-pin bowling and volleyball.

Trials for cross country skiing will take place on Feb. 7 and 8 at Guindon Park, weather permitting. The alternate dates will be Feb. 14 and 15.

Gold medal winners will be entered to compete in Winterfest 2007.

The contacts are: Cathy Riviere 938-6614; Stanley Fraser 525-3777: or secretary Barbara Fraser 938-1841.

Sandy Row men play Hawaii course

SOUTH MOUNTAIN — The most recent stop on the Sandy Row Men's Indoor Golf 'O' Max Night was the Mauna Kea course in Hawaii.

Dave Tremblay claimed the closest to the pin prize on Jan. 25.

Steve Tupper, Willy Wyman and Brian Pemberton carded the low gross scores while Don Stephen and Ron Derraugh turned in the best low net numbers.

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FOR RENT – 1-bedroom bachelor apartment on Main St. in Winchester. Fridge, stove and all utilities included in rent. Call 774-2577.
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FOR RENT – 3-bedroom semi-detached house. Main St., Winchester, $700 plus heat/hydro/water. First/last. March 1. More information 482-1790.
45tfc

FOR RENT – 2-bedroom, quiet rural Winchester, ground floor, level entrance, ideal for independent seniors, unfurnished, parking, coin laundry. First and last, $562 per month, utilities extra. Call 796-5977.
46-47

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FOR RENT – Winchester area, spacious 4-bedroom bungalow. 3 baths, large family room, office, close to schools. Non-smokers. No pets. Feb. 1. Call 448-3243 or 769-8012.
46

FOR RENT – 1-bedroom apartment in Chesterville. Main level with study. Parking included. Ideal for seniors. utilities extra. Small pets accepted. $395 per month. Call Martha, days 9 am - 4 pm at 448-2826.
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FOR SALE – Strollers: single, $35; 3-wheel, $65; double, $90. Call after 6 pm, 774-3006.
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Automotive

FOR SALE – 2000 Chrysler Concord LXI. Fully loaded, sunroof, leather interior, 164,000 km, mint condition $6,900 or best offer. Call 774-6893.
44-47c

FOR SALE – 1988 Silverado, 350 engine, 80,000 km, 6 tires, box liner. Good for parts truck. Call 774-5663 after 4 pm.
45-46

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43-46

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FOR SALE – White Amana 18 cu. fridge, immaculate and in perfect condition, $400 firm. Phone 448-2598.
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FOR SALE – 1998 Ski-Doo Grand Touring SE Deluxe, 700 Triple. All options, cover. Like new, only 1,900 km. Lots of season left. Price reduced. Call 448-3243.
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Birth Notice

IT'S A BOY!
ROBINSON – Doug, Jill and big brother Dougie are pleased to announce the safe arrival of Robert James Graham Robinson, "Bobby", 8 lb., 6 oz. born at Winchester Hospital on Friday, January 20, 2006. Proud grandparents are Richard and Jane Hess of Williamsburg; Dr. Bruce Robinson of Ottawa and Dorothy Robinson of Gloucester. Proud great-grandparents are Graham Hess of Williamsburg and Isabell MacKenzie of Morrisburg.
46

Card of Thanks

CARD OF THANKS – Thank you to all our family, friends and neighbors for the support shown during George's illness and during our time of bereavement.
– The Baker Family
46

CARD OF THANKS – I want to thank everyone for their cards, phone calls and gifts I received after my knee surgery. All the good wishes and prayers from friends and family have helped to lead to a speedy recovery.
– Bill McNaughton
46

CARD OF THANKS – Many thanks to all my family, friends and neighbors for gifts, cards and fruit baskets while I was in the hospital and since coming home.
– Thank you, Phyllis Scott
46

IN APPRECIATION
First, we would like to thank God for having had Don in our lives, as a twin brother, brother-in-law and uncle and to everyone who touched our lives during this sad time. Thank you to Rev. Dr. Floyd McPhee for his message and prayer; to Stephen MacDonald for a look back into Don's life; to Jennifer Nelson of Winchester Funeral Home, who was very attentive; to the pallbearers; and to the Ladies of St. Paul's for the lovely lunch they put on after the funeral. Thank you so much to our friends and neighbors for coming; "Lorna, you were there by our side, I thank you". Last but not least, our immediate family who are always there for us, Rhonda, John, Joshua, Jacob; Vicky and Heather and Neil.
– May God bless one and all
– Doug and Myrna Wilson
46

CARD OF THANKS – Bobby and I would like to extend our sincere thanks to Dr. Marilyn Crabtree, and the staff of the maternity ward at Winchester District Memorial Hospital, for the excellent care we received during our brief stay. Your kindness and consideration was very much appreciated.
– Jill and Bobby Robinson
46

In Memoriam

SCHARF – In loving memory of a dear sister and sister-in-law, Joan (nee Geymonat), who passed away 30 years ago on February 5, 1976.
– Forever remembered and deeply loved by Shirley and Norman
46

MCINNES, William
A year has passed since that sad day
When one we loved was called away.
God took him home it was His will
Within our hearts he liveth still.
– Scott, Kiel, Jessica
46

HODGSON, Charles Roy
Dear father and grandfather, who passed away on February 7, 2001.
Our lives go on without you,
And nothing is the same.
We miss you always Poppy,
The years can't heal the pain.
– Sadly missed by Lyall, Debbie, Kaitlyn and Lindsay
46c

THOMAS – In fond and loving memory of a dear mother, Della P., who passed away January 31, 2005.
Sadly missed along life's way,
Quietly remembered every day.
No longer in our lives to share,
But in our hearts your are always there.
– Remembered always by son Cecil and daughters Geraldine Knapp (Arthur) and Ethel Kube
46c

Coming Events

WINCHESTER LIONS CLUB
515 Albert St. 774-2630
BINGO
Every Monday
HALL RENTAL
THRIFT STORE
OPEN: 9 am-3 pm, Tuesday to Saturday
3tfc

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Read the top local stories even when you're away from home.
www.winchesterpress.on.ca

CLASSIFIEDS

Read the Classified Advertising listings on-line at www.winchesterpress.on.ca

Coming Events

INTERNATIONAL DANCE EXPO
HEART AND STROKE FOUNDATION
Sun., Feb. 5, 1:30 pm at the Morrisburg Legion. Participate and learn five dance styles. A fun way to improve heart health. Call Claudette 543-3684 for ticket information.
45-46c

YE OLDE BARGAIN SHOPPE
A great place to shop! Open Wednesdays from 1-3 pm and Thursdays from 1-3 pm and 6-8 pm. Holy Trinity Anglican Church Hall basement, Queen Street, Chesterville. Come in and browse!
46c

VALENTINE'S DANCE
Tri-County Country Music Association, Sat., Feb. 4 at 8 pm, Morewood Rec. Centre. $5 at the door.
46

GYS EUCHRE
Welcome everybody to the Seniors' Euchre, Thursday, Feb. 9, 7:30 pm, Lions Hall, Winchester. Lunch and Prizes. Info: 774-2134
46

ANNUAL GENERAL MEETING
Osgoode Township Historical Society will hold its Annual General Meeting on Tues., Feb. 7 at 7:30 pm in the museum in Vernon. Come for elections of officers and reports. Refreshments. Everyone welcome.
46c

ST. PAUL'S VALENTINE
STRAWBERRY LUNCHEON
Come and enjoy the taste of summer. Sat., Feb. 11 from 11 am-2 pm, St. Paul's Presbyterian Church, 517 Main St. Winchester. Menu: Beef barley or pepper pot soup, sandwiches, strawberries and ice cream, tea, coffee, juice, and chocolate treat. Adults; $5; children $3; under 5 years, free. All welcome.
46-47c

RETIREMENT SALE
All stock 1/2 price. Shop early for best selection of prom dresses. Classique Bridals. By appointment only. Please call 774-5543.
46c

VALENTINE LUNCHEON
Winchelsea Farms, Sun., Feb. 12 from 12:30-1 pm - coffee/punch; 1 pm lunch and special program. Cost: $15 adults; $7 children under 12. For reservations call Harmony Church at 774-5170 by Feb. 5.
46c

IT'S A BEACH PARTY!
Chesterville Legion, Sat., Feb. 18 from 9 pm-1 am. Music by Ricks Mobile DJ. Buy a square to win cash - on sale now, to be drawn at the Beach Party. Beach entrees served throughout the night. Games and prizes. Wear your beach attire. Tickets $7, available at the Legion.
46-48c

SCRAPBOOKING
MAKE AND TAKE!
Register all day, $25 or $5 per project. Sat., Feb. 11 from 10 am-4 pm at Russell Catholic Church. Tearing, embossing, chalking, ribbons, eyelets, brades, matting and more! Call Beth for details, 443-7603.
46-47

Auction Sales

REMINDER
AUCTION SALE
ANTIQUES AND COLLECTIBLES
To be held at our Auction Hall, Civic #15093 County Road 18. From Highway 401 Ingleside Exit #770, travel straight north 1.5 km to Osnabruck Centre, turn east, travel 1/4 km.
SATURDAY, FEBRUARY 4
commencing at 9:30 am
Owner and Auctioneer not responsible for loss or accident.
Expect many surprises!
TERMS: Cash or Cheque with Proper ID
AUCTIONEER
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Ingleside, Ontario
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Now Booking Spring Sales
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Township of South Dundas

PUBLIC NOTICE

On February 23, 2006 the Council of the Township of South Dundas will consider a policy to regulate telecommunication towers. Copies of the policy are available for public input. Please submit comments/concerns before February 17, 2006.

Brenda M. Brunt, AMCT
Clerk
Township of South Dundas
4296 County Rd. 31/Bank St.
Williamsburg, Ont., K0C 2H0

Auction Sales

ESTATE AUCTION SALE
QUALITY FURNITURE, ANTIQUES, GLASSWARE, COLLECTIBLES, TOOLS AND MISCELLANEOUS ARTICLES
In the Vernon Recreational Centre, Vernon. Turn east on Lawrence St. 1/2 mile, just off Bank Street (formerly Highway 31), approximately 20 miles south of Ottawa.
SATURDAY, FEBRUARY 11
commencing at 10 am
viewing from 8:30 am
The following will be sold on behalf of Nelson and the late Violet Bellinger of Winchester, plus other very exciting inclusions.
Antique oak combination bookcase/drop front desk with bow-front glass door, all original, very nice; large wooden armoire; leather fainting couch with oak legs and trim; old drop leaf harvest table; settee and 2 matching chairs; 2 china cabinets, mahogany and maple; fancy oak dresser; dressers with mirrors; chest of drawers; oak highboy dresser; sideboard; fancy pedestal occasional table; parlor tables; large cedar chest; pressback rocker; child's pressback rocker; bottom of V-joint cupboard; pine jam cupboard; large clothes rack; church pew; piano stool; liquor cabinet; 2 what-not corner shelves; half moon and magazine tables; Duncan Phyfe table.
Assorted Contemporary Furniture: Dining table and 6 chairs; French Provincial chesterfield and chair; 5-piece bedroom set with queen-size bed; 2 double beds with oak headboards; large living room mirror; modern roll-top desk; Frigidaire refrigerator; Admiral stove; sewing machine.
Glassware: Royal Doulton figurines including The Last Waltz, Rhapsody, Winsome, Coralie, Fair Lady-Red Dress and Paisley Shawl; Beswick figurines; nice assortment of green and pink depression glass; 2 Victorian satin glass vases; crystal vases; cranberry glass; berry bowls; china floral arrangements; Lord Nelson 2 handled vase; miniature dog figurines; pink Limoges footed egg vase; Flow Blue bowl.
Collectibles: Pequegnat school house clock; IH peddle tractor; oil lamps; bull's eye lamp; Beaver sealer; wooden decoys; milk bottles; lantern; counter scales; antique light fixtures; cash register, nickel from '20 or 30's; old store scales; brakeman's railroad lamps; cistern pump; small grinding mill; cast iron seat; dairy cans; candlestick telephone with box; crocks; bean crock with lid; brown stoneware mixing bowl; needlepoint pictures; selection of costume jewelry; large quantity of linens; 3 handmade quilts; 10 wool blankets.
Tools: Generac 13 hp 6500 XL generator, like new; new engine hoist, up to 2-ton capacity; Craftsman professional air compressor, 6 hp; Delta radial arm saw with stand; Blue Point air sander; MTD 4.5 hp lawn mower; rakes, shovels and hoes; tool chest and assorted tools; small antique Beaver lathe; Rockwell/Beaver band saw; 6" jointer, many other assorted items.
Note: We are very excited to sell this great offering of antiques, collectibles and glassware.
Auctioneers not responsible for accidents
Refreshments Available
TERMS: Cash or Cheque With Proper ID
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James and Hill Auction Service Ltd.
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613-445-3269
Carson Hill
613-821-2946
Now Booking Spring Auctions!
46-47c

Auction Sales

COMMERCIAL AND HOUSEHOLD AUCTION
McHaffie Flea Market, Morrisburg
THURSDAY, FEBRUARY 2
commencing at 6 pm
Hall opens 5 pm
Upright cooler; Sentry safe; coffee maker; Sharp cash register; video alarm system; microwave; frost-free fridge; stove; washer; dryer; 3-piece bedroom set, complete; triple dresser; antique vanity, excellent; couch and chair; exercise bike; numerous dressers; plant stand; pictures; chrome table; girl's bicycle; color TV; dishes; ornaments; glassware; collectibles; children's games; many unlisted items.
TERMS: Master Card, Visa, Interac
Photo ID required to register
AUCTIONEER
Sheila McHaffie
46c

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St. Andrew's West
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Cell: 613-362-0487

Discovery Bible Fellowship hosts
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Come and enjoy a
FREE SPAGHETTI DINNER
Friday, Feb. 10
6-8 pm
at the Winchester Lions Hall
Everyone welcome -- Bring a friend!

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Ray 189 King St. W., Prescott

It's a Beach Party!!
CHESTERVILLE LEGION
Saturday, February 18
9 pm-1 am
*Music by **Rick's Mobile DJ***
- Buy a square to win cash!! On sale now! To be drawn at beach party
- Beach entrées served throughout the night
- Games and prizes
- Wear your beach attire


TICKETS $7 EACH
Available at the Legion

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The Packet is now published twice per month!
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Liberal
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I wish to thank all of my supporters and volunteers for helping in my campaign. I really enjoyed working with the volunteers and meeting the residents of Stormont, Dundas and South Glengarry!
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Employment Opportunity

A local insurance firm in the area is looking for a

Data Processor

in their Winchester office

Full-time Position

Please submit resumes to:
Box BR932 c/o Winchester Press
P.O. Box 399, 545 St. Lawrence Street
Winchester, Ontario, K0C 2K0

Card of Thanks

The family of Donald Wilson would like to thank all those whose thoughts and prayers have been with us at the death of our dear husband, father and grandfather. Our gratitude goes out for the food, babysitting, floral, memorial and card tributes. Special thank you to ambulance drivers, staff in Emergency at WDMH, as well as those at the Heart Clinic of the Civic Hospital for their talent and compassion. The church family continues to strengthen our faith in Christ through their ministry; therefore to Rev. Dr. Floyd McPhee, our gratitude for his kind words and Bible message of comfort, and to the choir under the leadership of organist Arlene Nesbitt for their anthem. The tribute by Stephen MacDonald was a gift of love to us all. The willing pallbearers, Bill Sherwood, Jorris Zubatuk, Neil Gardiner, George Edwardson, John Dumoulin and Bob Geggie will always be appreciated.

Donna Wilson
Karen, Stephen, Adam, Aaron, Kathryn & Kaleb MacDonald
Alayne, Tom, Tommy & Rebecca Hicks

ENCORE SENIORS - EDUCATION CENTRE
invites you to an
INFORMATION DAY
Wednesday, Feb. 8 at 1:30 pm
Park Lane Seniors' Support Centre
4324 Villa Drive, Williamsburg 613-535-2924

"ENCORE"- an award winning program developed specifically for older adults is expanding to ***Dundas County!***

We offer a unique learning experience with **no** term papers, **no** exams and **no** grades! There are **no** educational prerequisites; classes are taught in a relaxed, friendly classroom environment.

*****MEET THE LEADERS*****
Course leaders Bernie Carriere and Gerd Wiencke will be providing information about their upcoming samplers

*****LEARN MORE ABOUT ENCORE*****
Encore representatives will be available to answer questions about Encore

*****ENTER A FREE DRAW*****
Enter a free draw for an Encore sweatshirt

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At Park Lane Senior Support Centre
IMPORTANCE OF THE SECOND HALF OF LIFE!
Wed., Feb. 22, 1:30 pm, FREE
PROFILES IN HISTORY (Winston Churchill and Benjamin Franklin)
Wed., March 1, 1:30 pm, FREE
COMPARISONS OF HEALTH CARE SYSTEMS
Wed., March 8, 1:30 pm, FREE

To find out more about any of the above samplers or about all that Encore has to offer, **please call Encore at 613-937-1525**

Please note that you must pre register for these free samplers

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CONGRATULATIONS CHRIS!

The North Dundas Minor Hockey Association would like to congratulate Chris Currie on being selected to participate in the referee exchange program, giving him the opportunity to travel to Newfoundland.

Chris has also been selected to complete his Level 4 Referee training which is only offered to select few within the Ottawa District Minor Hockey Association. NDMHA is proud of Chris, his accomplishments, and his enthusiasm towards minor hockey.

Let The Holiday Spirit Ring!

CHRISTMAS DRAW

Congratulations Winners!

1st Prize: $100 Gift Certificate **- Roy Hansma**
2nd Prize: $75 Gift Certificate **- Dave Decook**
3rd Prize: $50 Gift Certificate **- Tony Westenbroek**

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Friday, February 10

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Kemptville District Hospital

Caring Is What We Do Best

*KDH has an employment opportunity available for a permanent part-time **Medical & Surgical Registered Nurse.***

Reporting to the Manager of Patient Care Units, this position provides the patient care and teaching in the Medical, Surgical and/or Complex Continuing Care areas. The Registered Nurse is responsible for delivering quality care to patients.

The successful candidate will have the following:

- Current Registration with the College of Nurses of Ontario;
- Current BCLS Certificate;
- Recent Medical, Surgical, Gerontology Experience (3-5 years preferred);
- Basic Arrythmia interpretation course (preferred).

Qualified candidates are invited to submit their applications no later than Thursday, February 10, 2006, to:

Michelle Graham, Human Resources Officer
Kemptville District Hospital
P.O. Box 2007
Kemptville, ON, K0G 1J0
e-mail: mgraham@kdh.on.ca
Fax: 613-258-7853

Please quote file no. 7230-27

We thank all applicants, however, only those selected for an interview will be contacted.

Kemptville District Hospital

Caring Is What We Do Best

*KDH has an employment opportunity available for a permanent part-time (maternity leave replacement) **Medical & Surgical Registered Nurse.***

Reporting to the Manager of Patient Care Units, this position provides the patient care and teaching in the Medical, Surgical and/or Complex Continuing Care areas. The Registered Nurse is responsible for delivering quality care to patients.

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Kemptville District Hospital
P.O. Box 2007
Kemptville, ON, K0G 1J0
e-mail: mgraham@kdh.on.ca
Fax: 613-258-7853

Please quote file no. 7230-29

We thank all applicants, however, only those selected for an interview will be contacted.



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PERSONALS

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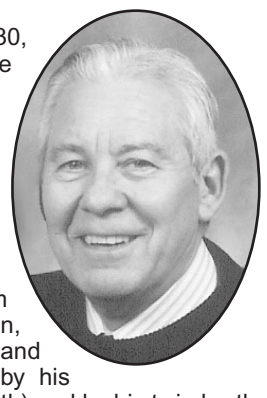
OBITUARIES

Hugh "Donald" Wilson



Don Wilson of Winchester passed away unexpectedly in Ottawa on Jan. 22, 2006. He was 71.

Don was born in Winchester on Dec. 30, 1934, along with his twin brother Doug, to the late Hugh and Violet Wilson (nee McCourtie). Don remained a resident of Winchester all of his life. He worked for over 35 years for the federal government as a cartographer and was a life long member of St. Paul's Presbyterian Church.

Don is survived by his wife Donna Wilson (nee Allison), his two daughters, Karen (Stephen MacDonald) and Alayne (Tom Hicks) and by his grandchildren, Adam, Aaron, Kathryn, and Kaleb MacDonald, and Tommy and Rebecca Hicks. He will be sadly missed by his brother Jack (Evah), his sister Lois (Jack Smith) and by his twin brother Doug (Myrna). He was also dear uncle to many nieces and nephews.

Visitation was held at the Winchester Funeral Home on Jan, 24, 2006. The funeral service was held at St. Paul's Presbyterian Church on Jan. 25 at 11:00 am. Rev. Dr. Floyd McPhee delivered a fitting tribute to a full church remembering Don as a good faithful, generous man. Burial followed at Maple Ridge Cemetery in Chesterville. A reception was held at the church hall and was enjoyed by all.

Pallbearers were Bill Sherwood, Jorris Zubatuk, George Edwardson, Bob Geggie, Neil Gardiner, and John Dumoulin.

Donations in memory of Don may be made to St. Paul's Presbyterian Church.

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Keeping Health In Mind

"Keeping Health in Mind" is a monthly newspaper column made possible with the help of the Lannin Business Centre, The Winchester Press and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall Community Hospital/Hôpital Communautaire de Cornwall.

Relaxation

With the hustle and bustle of the Christmas season behind us, it seems timely to consider how we can better relax throughout the coming year.

Full relaxation, that grounds us to the present and helps us manage the everyday events in our lives, is not as easy as it sounds. Relaxation, to be restorative and energizing, needs to also be soothing and nurturing. In order to look after others and maintain the hectic and busy schedules, deadlines and commitments many of us have, we need to also ensure that we look after ourselves. We all deserve to give ourselves this kind of relaxation -- or contentment with oneself -- to be kind, gentle and forgiving of ourselves.

In looking, then, at what nurtures and soothes us, we can turn to our five senses to develop and learn what is soothing to see, hear, touch, smell and taste. This is an exercise that involves truly observing what is around us at the moment – the comfort of a chair, the colours in the room, the smells from the kitchen, the cars in the street - the music on the radio, the coziness of slippers, the aroma and flavor of tea or coffee, the frost on the trees. In being aware of what is around us, with all of our senses, we ground ourselves to where we actually are and develop an ability to relax. Learning to soothe and nurture ourselves helps us to tolerate and accept pain, stress and distress. By attending to ourselves and focusing on pleasing our senses, we learn to see our environment as it is without putting demands on it to be different; to live with our various feelings without trying to change them. This acceptance does not mean we approve of the situation or environment but that we accept it as it is at that moment. The more moments that we can find to ground ourselves, the more relaxed we can be about events that happen throughout each day. It is in this state of relaxation that we are then more able to develop plans and options for dealing effectively with the stressors and distressing moments. Remaining grounded in the present moment helps; it stops us from forecasting terrible things in the future or from reliving and superimposing past experiences onto the present situation.

Along with nurturing, soothing and grounding ourselves, learning how to play again is also important. Play is relaxing, fun and as necessary as our jobs at work or home, our caring for others, our personal care and the time we spend organizing ourselves and space. Play is relaxing because it provides enjoyment of what you are doing now – socializing, playing games or sports, drawing, playing an instrument, volunteering, building a snowman. It allows us to focus on the task at hand and to fully enjoy it.

So, if we can all stop for two minutes, right now, to sit back, look around you and see all that is actually around you, you are well on your way to learning new ways to achieve relaxation. I hope that you fully enjoy those moments and that you add such moments throughout each day.

Mary Lalonde, O.T. Reg. (Ont.), Tri-County Mental Health Services

For more information or to receive the French version of this article, or to seek professional advice, please call 932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall and Alexandria. Information Sources: National Advisory Council on Aging; The Atlantic Community Promoting Network; Drug Misuse Quiz, Community Outreach Programs in Addictions

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WINCHESTER - Fantastic location across from park, public pool, curling club and hockey arena. This home features 3 bedrooms and 2 baths and a large deck on an oversized lot. Some new windows, a new hot water tank and laminate flooring. Ideal family home. Vacant - immediate possession. **$149,900**.

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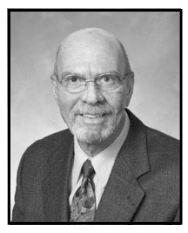

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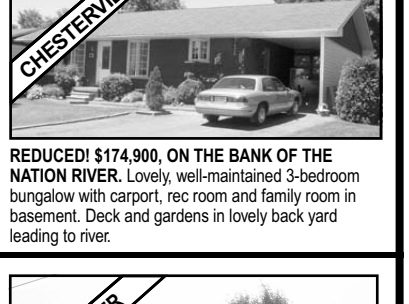
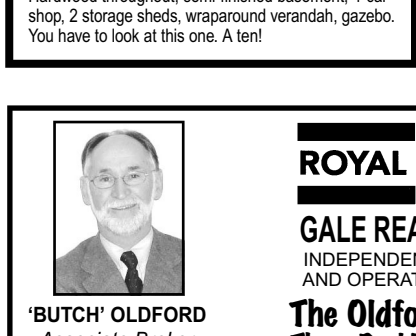
$179,000. LOVELY HI-RANCH 3-bedroom, laminated flooring on main level, finished rec room with gas fireplace. Also gas furnace and hot water. Two-tier deck, paved drive, double garage.



REDUCED! OWNER MOTIVATED TO SELL. $229,000. A ten! 1,900+ sq. ft. completely redone, new kitchen, bathroom, flooring, hardwood and ceramic, family room on main level, 2 full baths. 2-car garage, full unfinished basement. 1.5 acres. Also 50x100 shop-shed extra.



REDUCED! $174,900, ON THE BANK OF THE NATION RIVER. Lovely, well-maintained 3-bedroom bungalow with carport, rec room and family room in basement. Deck and gardens in lovely back yard leading to river.



REDUCED TO SELL! $229,900. 1.83 ACRES, 3 bedrooms, well maintained up-to-date home. Hardwood throughout, semi-finished basement, 4-car shop, 2 storage sheds, wraparound verandah, gazebo. You have to look at this one. A ten!



$199,000, 3+1 BEDROOMS, main level bath and en suite, single garage and 20x40 insulated and heated shop. Laminated floor in living room, dining room, hallway and foyer. 27-foot aboveground pool and large deck.

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THIS WEEK'S PICKS



MORRISBURG WEST, Walk to the St. Lawrence. Shines like a new home, this 4-1/2 year old sidesplit is perfection. Glows from its hardwood floors to the maple kitchen cabinets, eat-in kitchen and formal dining room, plus 2-1/2 bathrooms, extra den/guest bedroom plus an office in the basement and a beautiful rec room with gas mantled fireplace. Superb landscaping, back deck, 2-car garage in sought-after location. **$229,900.**



WINCHESTER, immaculate 3 plus 1 bedroom on large lot, backs on fields, features 1-1/2 baths, formal dining room, eat-in kitchen, new bathroom, new windows, A/C, plus fridge, stove, washer, dryer, dishwasher and 2-year-old JD riding lawn mower. This home shines. Look at the large rec room with cosy gas stove/fireplace. Interlock walk, sun deck, large lot, mature tres. **$189,900.**



WILLIAMSBURG, beautiful place to raise a family and any kind of animal on this 52 acres. A great large single-level barn, 21 acres of tiled crop land, 30 acres of hardwood bush, good fencing, plus a terrific and large 3-bedroom brick bungalow. An exceptional rare find. **$299,900.**



CRYSLER and a best buy for you. This 3-bedroom hi-ranch is almost alll redone, new windows, doors, siding, deck, both bathrooms. Only minor cosmetics remain. In a very nice area of homes, has a large lot and a great garage and a separate shed. Only **$169,900.**



MORRISBURG, Take a look at this affordable 3-bedroom brick bungalow. Huge private hedged back yard for a pool or kids to play, with a large deck.Finished basement with a rec room, a play area and a den area (could be a fourth bedroom). This is a roomy home with a large living room with a fireplace. Come home, only **$145,000.**



INKERMAN, Almost 8-acre hobby farm, 7 box stalls, newer horse barn and 3-bedroom home featuring hardwood floors, original trim, main-floor laundry. **$199,900.**

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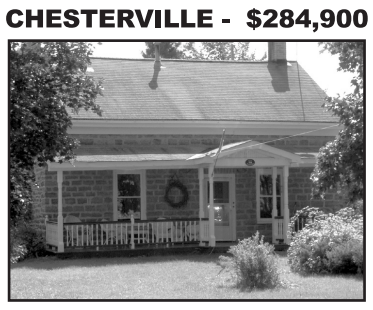

Beautiful Century Stone, 2 storey home on the South Nation River in Chesterville. Gorgeous hand crafted kitchen cabinets and hand crafted ash hardwood flooring, stunning picturesque dining room, warm living room with cozy wood stove and den. 3 Bedrms & 3 baths & htd. pool.

MORRISBURG - $299,900



Gorgeous 2 Storey Home in picturesque village of Morrisburg. Main floor features ceramic and hardwood flooring throughout large kitchen & dining room w/gas fireplace to second level via oak staircase, 3 large bedrooms, full bath and ensuite off Master. Cozy recroom w/gas fireplace.

WINCHESTER - $194,900



WOW!! All Brick 3 bedrm Bungalow backing onto the Cloverdale Golf Course on over a half acre lot. Hardwood and mixed flooring, living room with cozy wd burning fireplace for those chilly nights. Fully finished basement w/lge bright recroom & extra bedroom. Double garage. Call now to view!

WINCHESTER - $114,900



The absolutely perfect home for young couple or family. 3 bedrooms, 1 bath 2 Storey home in family community. Pine floors on lower level, recent windows, huge master bedroom and 20' x 24' detached garage. Close to schools, hospital and recreation facilities. Many recent updates.

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At left: *Meghan Bourbonnais (left), who was shopping for her prom gown got some friendly advice from Cinderella's dress consultant Lorianne Bertrand, while her friend and fellow La Citadelle student Natasha Poitras also had a ball trying on gowns on Fri., Jan. 27.*
Below: *Dress consultant Barbara Renaud (left) and store owner Vivian Théorêt are eager to help out those looking to find the perfect prom dress at Cinderella's in the Moose Creek Mall.*
Press Photos—Duncan

Exclusively prom

Finding the perfect dress at Cinderella's doesn't necessarily require a magic wand

by Meghan Duncan
Press staff

MOOSE CREEK — Salagadoola, mechicka boola, bibbidi-bobbidi-boo. Put 'em together and what have you got? Some very eager fairy godmothers waiting to make every girl's prom dreams come true at Cinderella's Prom Shop in the Moose Creek Mall.

The store, located next to and under the same ownership as Juli Annah's Dress and Bridal, has been open for two weeks, and more than 30 girls have already tried on gowns.

Juli Annah's, which has carried prom attire since it opened in 2004, was running out of room, and owner Vivian Théorêt said that was the first motivation for opening the new store.

"We wanted to give the young ladies their own place," she explained.

The store's selection is unique in Eastern Ontario. The exclusive labels and unique designs help Cinderella's continue with the same philosophy as its bridal sister — to be distinctive and sell gowns that are genuine and original, which is why the store developed the prom registry.

Every girl who purchases a dress at Cinderella's will be entered into the registry. The store will not sell two dresses of the same style — not even in a different color — to make sure that two girls don't show up looking like twins, the worst prom nightmare.

What's hot this season in prom fashion? Bright colors, and lots of tulle, Théorêt said, pointing out an iridescent rainbow organza gown.

"Glitz galore," she said, explaining that not all girls like the big princess skirts, some prefer the straight, slinky dresses. Halter and v-neck are also very popular.

"You name it, it's here for the girls," said Théorêt. "We want to find them the perfect dress that will flatter their figure."

The store even carries dresses that light up — fiber-optic lights have been sewn in and are controlled with an on-off switch.

"It's a bit confusing — there is so much to choose from," said Meghan Bourbonnais, 17, a senior student at École Secondaire La Citadelle in Cornwall. She was at the shop on Fri., Jan. 27 shopping with some girlfriends. "It's exciting, though. Most of the girls at school already have their dresses."

Bourbonnais said that a lot of people she knows have travelled to the Moose Creek Mall to do their prom shopping.

All dresses at the store are available in all sizes, but must be ordered. The consultants will take exact measurements to make sure the dress is the closest size, and the store's dressmaker will then alter the dress to fit perfectly.

"She can do everything," said Théorêt of the store's sewing wizard Zoë Dorvas. "She's highly qualified; we're very lucky."

It takes about three months for an ordered dress to be delivered to the store, and Théorêt said they like to leave about another month for alterations. Each dress gets an hour's worth of steaming and pressing before it is sent home with the customer. The store also rents crinolines, and caters to all budgets, as well, with dresses starting at $150 and going all the way up.

If there is nothing in the prom shop that catches a girl's eye, bridesmaid dresses from Juli Annah's can be ordered in 30 to 40 colors.

The store also carries a variety of accessories, including handbags and shoes, to match the dresses. Cinderella's is currently holding a raffle for a free limo ride — anyone who purchases a dress before March 19 will have their name entered into the draw.

The Oscars are coming

NDDHS Notes
by Nathalie Gillen



MAPLE RIDGE — Hey there. I don't think I'm the only one letting out a huge sigh — our two last exams are today, and then the pressure is off, for another semester at least. It's gonna be a long weekend for North Dundas students and I'm sure everyone will take advantage of that. No homework, no studying for tests or quizzes, no projects due... Is there any other weekend better than this one? No siree, there certainly is not.

According to our mini-election, the Conservative party would have won among the NDDHS students.

Big news coming to you right here — the North Dundas Oscars are in the works! Nomination week will be from Mon., Feb. 6 to Wed., Feb. 8, when the teachers will be asking all the students to vote for their top three nominations for each category. There will be 20 awards this year. While most are divided into senior and junior divisions, some awards are for juniors and/or seniors.

We've added some new awards this year, like the Drive-Thru Award. Guess what that's about? Yeah, that's right, the person who drinks the most Tim Hortons. We also added the Van Gogh Award, the Drama Queen Award, and the 50 Cent Award. Along with the new awards, we are also going to have the classics like Mister and Miss Hottie, the Giv'er Award, Heart of Gold, Seinfeld, Treble Clef, and many, many more.

The Oscars will be held at North Dundas on Fri., Feb. 24. It's going to be a semi-formal event, so here's a chance for students and staff to get out their nice clothes and get all dolled up. The awards will be followed by a dance, so everyone come on out and show off your style and your moves.

Well, that's all the news at North Dundas for this week, but I'm sure there will be tons more going on after exams are out of the way. Here's me wishing everyone luck on report cards and telling everyone to get out this weekend and spend some time outside, whether it's snowmobiling and fourwheeling or snowboarding and skiing. Enjoy your long weekend and I'll see you back at school bright and early Monday morning.

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Cinderella's Prom Shop

at the Moose Creek Mall



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