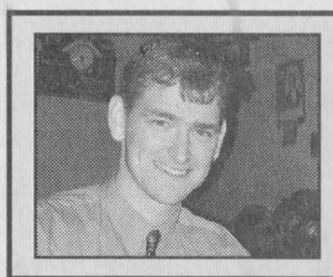
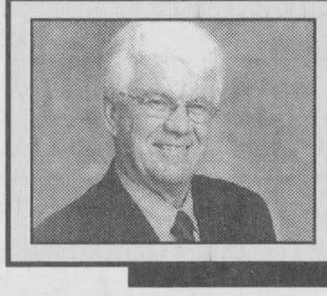


Ready to quit smoking? Help is available. See page 3.



January is Alzheimer Awareness Month. See page 5.



Local vet heads provincial organization. See page 9.

HAWKS

Shawn Smail sets up five goals in Hawks win. See page 11.

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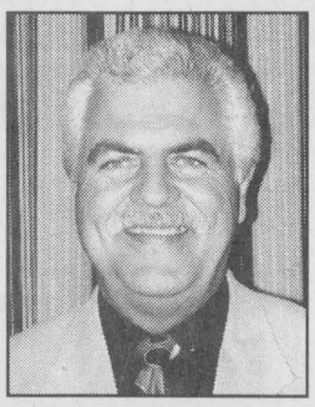
Looking ahead to 2001

Council unity mayor's goal

by Lori Gillespie
Press staff

WINCHESTER — Taking a look back at 2000 and the end of the first term of the council of North Dundas Township, mayor Claude Cousineau sees a relatively smooth year, despite some continuing dissension among the members.



Claude Cousineau

"But that's the nature of the beast, and I have to accept it," Cousineau says. "In all the years I've been involved in politics, I've never seen (such dissension). The problem is that certain councillors can't take no for an answer — they won't quit, even after a decision has been made."

Such conflicts are a part of municipal politics, however, Cousineau says. And despite conflicts and dissension at the council table, the committee of nine has accomplished a number of items in the past year.

The mayor points to a "decent surplus" as one of the highlights of 2000. "The administration and department heads do a good job keeping things in line," he praises. "What we as a council should be doing is setting policy and letting the staff do their jobs. I hope that we can try to instill in our members that we can't tell the staff what to do on a day-to-day basis. Stuff that comes to the council table, we will deal with."

A major coup for the township, Cousineau says, is the high speed internet announcement that was made just before Christmas. The township entered into a partnership with Regional Cablesystems and Storm Internet to bring high speed internet to most of the township — with no cost to taxpayers for the high speed infrastructure.

"I'm really happy about this — we will be getting into a high profile marketing campaign soon. We have a lot to offer here — quality of life, a hospital, no traffic jams. We're south of the border of the new city of Ottawa, and we have to be aggressive in marketing ourselves."

Critical comparisons have been made in the local media recently between the venture by North Dundas and the $500,000 fibre-optic investment made by neighboring South Dundas Township.

"We will go as far as we have to (for high speed internet) but we won't spend tax dollars foolishly," Cousineau says, pointing out that while South Dundas has installed fibre-optic cable throughout the township, it has been placed only where needed in North Dundas for now. "If we get a high-tech company interested in coming here and they want fibre — we'll put it in within 30 days."

He shrugs. "They (South Dundas) are going one way; we're going another. It's the same with hydro — we think differently." South Dundas opted to maintain its hydro utility and join a partnership when the province privatized the service, while North Dundas decided to sell its utility to Hydro One.

• please see COUSINEAU on page 2



Better late than never

The Winchester District Memorial Hospital had to wait until Fri., Jan. 5 for its New Year's Baby of 2001. Zane Mark made his entrance three weeks early at 2:10 am on Friday. His parents Rosie and Todd Mark of Williamsburg were surprised to find out that Zane was the first baby born this year at the hospital. Weighing in at six pounds, 12 ounces, Zane has two big brothers waiting at home for him: Zackhary, age seven, and 14-month-old Zander.
Press Photo — Gillespie

New city discusses rural issues

by Nevil Hunt

OTTAWA — It's a long way from Metcalfe to Laurier Street in downtown Ottawa, but councillors Doug Thompson and Glenn Brooks didn't look out of place at the City of Ottawa's first council meeting on Monday afternoon (Jan. 8).

The 21 councillors introduced themselves, with Thompson happy to bring his message to the council table. He called the new Osgoode ward, "the jewel of the new City of Ottawa" during the introductions.

Most of the first meeting was spent approving or amending procedural issues originally set by the Ottawa Transition Board, and there was discussion of housekeeping issues such as whether or not all motions needed to be photocopied and distributed before being discussed at the council table.

Councillor Diane Deans (Gloucester Southgate) brought up the proposed rural affairs committee, asking city staff to clarify what will constitute a "rural issue".

"That's one of the issues we'll have to struggle with as this unfolds," said city manager Bruce Thom. He added that councillors would need to be comfortable with setting the responsibilities of the rural affairs committee if council chooses to establish such a committee at all. Deans tried to pin down Thom, asking if a planning issue in the rural part of her ward would be sent to the rural affairs committee or to some other committee. Thom said city staff would try and make that call on a case-by-case basis.

When Deans asked why her ward wasn't considered a rural ward, it was discovered that a city staff oversight had left Gloucester Southgate off the list of rural wards. Deans' request to have her ward added to the list will be dealt with during the nominating committee process. At that time, councillors will take their places on what are expected to be eight committees.

Thompson suggested that Ottawa could follow the example set by Kingston. He said Kingston sends issues which may be rural in nature to a rural affairs committee. That committee then forwards issues to other committees whenever necessary.

Councillor Jacques Legendre (Rideau Rockcliffe) put forward a motion calling for the rural committee to "review its own objectives and responsibilities and seek council's approval of any amendments in those areas". He said such a review would allow enough time to make sure the rural committee has a clear direction. The motion was passed.

Future council meetings will start at 1:30 pm, following a motion by councillor Alex (Bay).

Lions plan winter weekend

WINCHESTER — There is a great deal in the works for what is being tentatively called the Winchester Winter Weekend, scheduled for Feb. 2-4. There will be a meeting at the Winchester Arena on Sunday (Jan. 14) at 2 pm to firm up an itinerary for what will hopefully continue as an annual event in the village.

The idea began with the Winchester Lions Club. "Everyone thought we should have something taking place in the winter. We would like to try to get all of the groups together," said Lion Dwayne Holmes, who is working on organizing the weekend.

People can expect the special winter events to begin during the afternoon on Fri., Feb. 2. This is a professional development day at public schools, so young people may be looking for things to do. The Winchester Lions and Leos are considering events at the Winchester Arena.

• please see WEEKEND on page 2

Winchester pastor returns from fact-finding mission



Winchester Anglican Church pastor Robert Assaly (right) talks with an Israeli IOF soldier at a road block. Jewish settlers in Israel have been blocking Palestinian roads, forcing travellers to drive through fields to reach their destinations. A one-time 45-minute drive for Assaly to visit friends ended up taking three hours due to road blocks. Courtesy Photo

by Lori Gillespie
Press staff

WINCHESTER — His trip to war-torn Israel for the Churches of Canada before Christmas proved very successful, said Father Robert Assaly of the Winchester Anglican Church. However, there has been some upheaval within the Canadian Council of Churches (CCC) since his return on Dec. 20.

Saturday morning's (Jan. 6) *Ottawa Citizen* featured an article entitled, "Churches water down Mideast policy: Changes made after heated debate". The article dealt with a statement released by the CCC that had reportedly been diluted from the original draft.

Assaly said that the original statement was supposed to have been sent to him once he was in Jerusalem. The plan had been for him to bring this statement of solidarity to the beleaguered churches in Israel. The statement never arrived. Last week, as the *Citizen* article stated, a "watered down" statement of solidarity was released by the CCC.

Assaly pointed to the Canadian Jewish Congress (CJC) and Canadian Christian-Jewish Consultation (CCJC), members of the CCC, as being behind the change in the churches' statement. He said that the CCJC saw the original statement as anti-Israel and it was changed to balance the needs of Israelis and Palestinians.

"What are the needs of the Israelis in the Occupied Territories?" Assaly wondered. "The only Israelis there are illegal settlers and members of the occupation forces who violate the IV Geneva Convention in their actions."

He added that the CJC and the CCJC have supported policies for oppression and violence in the Mideast. "That's because they are ideologically committed to the view that Israel's existence depends upon the oppression of others," he said. "The rest of us are committed to the view that Israel's existence depends on peace with others."

As the Middle East expert for the CCC, Assaly was sent to Jerusalem on a fact-finding mission from Dec. 5 to 19. His undergraduate major was in Mideast and Islamic history and he lived on the West Bank outside of Jerusalem for three years with his family, from 1992 to 1995. At that time, Assaly was the CCC liaison to the Middle East Council for Churches, which represents 99 per cent of churches in the Mideast.

Aside from the political matter within the CCC, Assaly said that his trip was "tremendously successful". "I've already received letters from church leaders expressing solidarity," he said.

His was a fact-finding mission. Some of the facts that Assaly has reported to the CCC include the following:

— "The oppression of the territories that are occupied by the Israelis affects the lives of all Palestinians. Everyone wants to talk about it, because everyone has been affected by it."

• please see ASSALY on page 2

Continued from the front page...

Cousineau

Cousineau admits he has learned a lot about fibre-optics and the internet in the past several months. "We lucked out on this one," he says. "We got people interested and they came to us, I think because of what happened in South Dundas. It was no major feat on our part."

The mayor says that there are simply some businesses that council should be involved in, and some that it should stay away from, including owning fibre-optics — and hydro utilities. "When we found out hydro's regulations, the only way to go was to sell," he says. "And we bought the hydro building — not an anonymous decision, but it was a good business decision."

Cousineau is confident that the hydro building will soon be put to good use. A pharmaceutical company called Pharmacon is now in negotiations with council and the SD&G Economic Development Corporation to move to Winchester, with an eye on the vacant half of the hydro building. Hydro One occupies the other half. He says there is another company also interested in moving to North Dundas, but isn't able to discuss that yet.

With six subdivisions in the works in the township — two in construction and four or five in the process of getting subdivision agreements — development is looking good for North Dundas, the mayor says. He adds that a 23,000-foot seniors' complex is also being considered, with two different locations being looked at. The complex is to be similar to the Hartford in Morrisburg, with apartments accompanied by extra care.

Other development in the township includes the new Mike Dean's Superfood Store to complete construction in Winchester in the spring. "Andy's Foodland did a good job with its store expansion also," Cousineau says. "And Mike Dean's will bring even more business. Business brings business."

Amid all this good news, Cousineau is concerned with recreation in the township. He says the committee will have to make some decisions about programming and certain buildings that have become a burden. For example, the former Chesterville Town Hall is reserved for recreation in the upstairs portion of the building, but it is rarely used because of the new Chesterville Legion. Cousineau says it may be time to put that building up for sale, although he anticipates arguments from council on the issue.

As for programming, he says the recreation committee must decide to offer programs throughout the township. "If not, maybe we'll have to downsize recreation staff, or pool the staff with the works department," he suggests. "If we're going to have a program director, there should be programs throughout the township, not just in the two villages."

He says that the committee has been relying on volunteers in the hamlets to do maintenance work such as flooding the ice and clearing it of snow. But, he points out, in places such as Brinston, an employee is paid to do these things.

BRIDGES

A big decision looming over council this year is roads infrastructure. A program called Superbuild is being offered by the federal and provincial governments, with approximately $2 million to repair bridges. However, the municipality must pay a third of the cost. "We have to decide," Cousineau says. "I don't know if we can afford it."

Another decision to be made soon is to designate land within Winchester and Chesterville for sale to big businesses that the township is hoping to attract with its high speed internet capabilities. But these businesses will have to stay within the villages because of the infrastructure and services needed by the companies.

DOWNSIZING COUNCIL

But despite all this, downsizing council is priority number-one, Cousineau says. "It should have been done last year, but that fell on deaf ears," he says. "Now it's at the top of everyone's agenda — I don't know why now."

Looking back, Cousineau sees that if council had been proactive and looked at the issue in the first year of the last term, it would have been completed easily. The mayor says the public will be invited to comment on the issue at several public meetings.

"A lot of people have told me that this is a big issue," Cousineau says. "But nobody came out to run for council. I can't believe the apathy out there. I thought that because council turned this down last year, people would come out and do something about it."

Hand-in-hand with downsizing council is eliminating the ward system. Presently there are four wards in the township and members of council are elected by wards. "I know ward is a dirty word, but it won't change until people start thinking differently," the mayor says. "I think that with the elimination of wards, we would get the best possible person for the job."

He adds that the fact that a councillor in Chesterville, for example, can make decisions for a person in the Mountain ward, but that person in the Mountain ward cannot vote for or against the Chesterville councillor at election time, does not sit well with many taxpayers.

"The sooner we get rid of the wards, the faster we will become a united township," he reasons. "But I don't see that happening in my lifetime."

Cousineau adds, "I keep trying to make (the township) a unified body. We've been successful in making a unified staff and the fire departments work together well. We need to get council working together — it can be accomplished, but we need to have patience. I'm determined to make that my legacy, as it were."

And it's time to begin working on his legacy. Cousineau has made a commitment to his family that this is definitely his final term in politics. "I've dedicated 28 years of my life to this, including 30 years with the fire department and 25 years with recreation," he says.

"It's time for me and my family."



Road block

Palestinians check out a road block set up by the IOF in Israel. Road blocks have made travelling extremely dangerous for Palestinians, with impassable roads and a high risk of stonings and attacks by Jewish settlers. Courtesy Photo

Assaly

— The level of violence the Israelis are using and the weaponry they're using against the Palestinian population is unlike anything in the past. It's like anything you've imagined in your worst nightmare."

— The consequence of the violence is that more than 300 Palestinians have been killed and 12,000 have been injured, 10 per cent of them permanently crippled.

With the Holocaust in mind, Assaly said, one has to wonder how those of Jewish beliefs can cause such violence and oppression.

"But you can't crush their (Palestinians') spirit," he said. "Their hospitality is unchanged from when I lived there."

He said that the head of a church organization insisted that Assaly stay at his house. This man did not celebrate Christmas because his son could not return to Palestine from London, England and his three daughters who live in the West Bank were not allowed to come to Gaza — and he can't go to see them.

"The distance is from here to Ottawa," Assaly explained. "He hasn't seen his grandkids in two years. But I could travel between these places because I'm not a Palestinian."

While this trip could have been a risk to Assaly's health or even his life, he doesn't see it that way. "Better for me than a Palestinian. I don't have to live with that every day."

Assaly tells the story of a trip to visit friends in a Christian village, one of his favorite places on earth. In this village, parts of a church date back to the first century. Normally, the drive to this village from Jerusalem would take one hour. On this day, it took three hours, thanks to blocked roads by the IOF.

In a "servis", an eight-seat taxi, Assaly's trip took him through fields and around road blocks. Assaly explained that the Israelis have blocked roads and created a new road system for Jewish settlers.

This excerpt from his trip report tells the story of his visit with friends: "A daughter and friend returned from work covered in glass and streaming tears. After cleaning up, they explained that settlers at Halmish settlement along the road had stoned their car, injuring one passenger. The brother came in the next servis and reported that they had also been stoned, although only the metal had been hit. A half hour later, the father returned from work telling of the dozen Palestinian cars by the side of the road, damaged from stoning, becoming visibly upset upon finding that his daughter had been attacked...

"Returning from the village by servis was impossible, as none of the drivers dared to venture out. A relative of the family was persuaded to take me back in his servis. The IOF were out on the road at Halmish, having sent the settlers inside. Palestinian vehicles were being stopped and harassed by the IOF. My driver, relieved after passing these settlements explained to me that we were going to take a 'new road'. He had asked his passengers to get out of the servis earlier in the day to move boulders, allowing them to enter a field in order to circumvent a blockade. We found the IOF had been there already to plug it. We got out and opened another entrance, proceeding at a snail's pace through the muddy field. He dropped me at another village, persuading another driver to go the rest of the way, as he was too terrified to get back after dark."

Assaly said that he found out as he was leaving the village that settlers had taken an 18-year-old boy to the olive groves and executed him. As his servis passed through the entrance to the village, he saw settlers hiding with their guns aimed at those passing through.

"This is life in the occupied territories," he said sadly.

Since his last visit to Jerusalem, things have become much worse, Assaly said. "All the peace process has brought is a deeper entrenched form of occupation," he said. "The peace process was supposed to undo the occupation, but in fact it has entrenched the occupation in the form that it gives the forces more control over the lives of the Palestinians."

Assaly said he was shocked by the number of expanded settlements, as the Jewish settlers have taken more land from the Palestinians and demolished their infrastructure. The village he visited in the story above no longer has any drinking water. The huge reservoir for the village has been tapped into by a nearby Jewish settlement. This settlement, Assaly said, has two swimming pools and the settlers can wash their cars and water their lawns. But in the village, there is not even drinking water for the residents, and there are no longer any lawns to be watered.

What is the solution? "It's not rocket science," Assaly said. "Israel should comply with the UN Security Council and get out of the occupied territories. Maybe this will happen sometime down the road. As one senior politician there said, in 20 years there will only be Palestinians living there or there will only be settlers living there."

Weekend

For the evening of Fri., Feb. 2, several seniors' groups are looking at organizing a dance at the Winchester Lions Hall. There may be a separate dance for teenagers as well. And the Winchester Hawks may organize something special for young people at their game that night.

The Winchester Fire Department is considering hosting a breakfast on the morning of Sat., Feb. 3. A figure skating show is a possibility for Saturday afternoon. And there is a card party being planned for seniors that day.

On Sun., Feb. 4, Winchester's Junior Curlers are hosting a bonspiel for teenagers. And the following weekend, on Feb. 9 and 10, the Winchester Curling Club will hold a Charity Funspiel. Teams can be registered at the Winchester Curling Club. The winning teams get to select the charities benefiting from the event.

In general, plans for the Winter Weekend are still largely up in the air; however, there is a great deal of enthusiasm in the village for the idea. Holmes said he would be glad to hear from anyone interested in helping to organize an event. He can be reached at 774-6123. The other co-ordinator for the event is Robin Langille, of the North Dundas Recreation Department, who can be reached at 774-2006.

SNC hires five new staff

BERWICK — Ontario conservation authorities will, collectively, submit one of about 14 papers requested by the Walkerton Inquiry. This paper will deal with how watershed management could ensure clean water.

South Nation Conservation, with its expertise in clean water programs, use of computers to predict water quality improvements and phosphorus reduction programs, was asked to help write these sections. SNC will also be part of the small review committee that will produce the final document for the Walkerton Inquiry.

FEDERAL GRANTS

SNC received $73,573 from Human Resources Development Canada's Job Creation Program. The five staff members hired will assist with forest management, maintenance of SNC's 9,000 acres of land, fisheries projects and other watershed improvement projects over the next six months.

PRO FORESTERS REQUIRED

The province passed Bill 110 in December. This bill requires SNC, as well as any municipal or private organization, to use a registered professional forester to do forest management. Since this is new legislation, and because of its expertise in forestry, SNC was asked by the conservation authorities in the province to examine Bill 110 to see what impact it could have on our municipalities and on other conservation authorities.

2001 BUDGET

Staff will present the draft 2001 budget to its board on Jan. 17. Changes will be reviewed at the Feb. 21 board meeting, with final budget approval likely at the March 21 meeting. Municipalities, environmental organizations and community groups should contact SNC if they have ideas for environmental projects.

TREE NURSERY STOCK 2001

In 2001, the five eastern Ontario conservation authorities will order about 334,000 trees from the Ferguson Forest Centre, owned by the Township of North Grenville. In addition, the five conservation authorities will order about 50,000 trees from other nurseries. The board approved this arrangement at its December meeting.

DRAIN CLASSIFICATION WORK FOR FISHERIES

The field work from 2000 is being mapped with the help of grants from the Federal Department of Fisheries and Oceans and the Ontario Ministry of Natural Resources. This information is available now in draft form, and will be finalized next year after one more field season. SNC will also be asking municipal drain superintendents for their 2001 work plans so that any potential fish habitat issues can be resolved long before construction begins.

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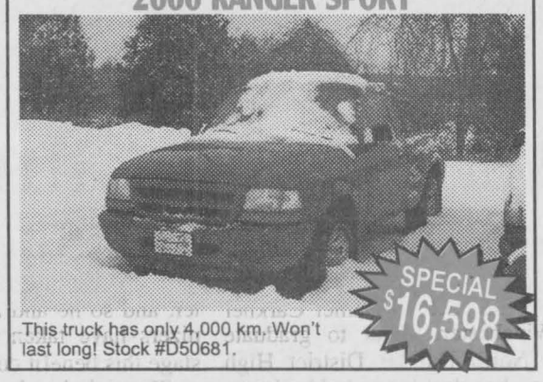
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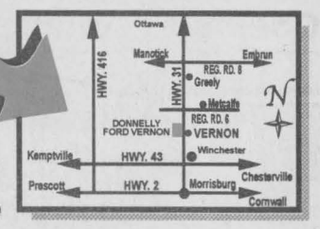

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Help is available for New Year's quitters

by Chris Zabel
Press staff

WINCHESTER — The advantage of holding National Nonsmoking Week in the middle of January is that it might help bolster the resolve of anyone close to backsliding on a New Years resolution to quit smoking. Scheduled for next Monday to Saturday (Jan. 15-20), the highlight of the week will be Weedless Wednesday, when all smokers are encouraged to try a smoke-free lifestyle for at least one day.

The Winchester office of the Eastern Ontario Health Unit will be co-ordinating several events around Dundas County to publicize Nonsmoking Week. Public and high school students will hear announcements on the topic.

And the EOHU will be advertising a series of smoking cessation seminars to be held in February. People who are ready to quit or who are in the midst of quitting are invited to register for five weekly sessions.

"It's not meant to preach and it's not heavy duty," said Denis Boileau, the EOHU Health Education Promoter organizing the seminars. He said that the main focus is to give participants a chance to discuss their experiences with quitting, and to share their tips and support.

The dates and location of the seminars will be determined once the EOHU has found out how many people are interested and where they live in the county. Boileau said he hopes to sign up 10 people from Winchester.

WHY QUIT?

Smoking is the most discussed health concern among Canadians, Boileau said, because it's seen as a modifiable behavior; it's a problem that can be solved with an effort of will. "But I'm not saying that it's easy to quit. The nicotine in cigarettes is very addictive," said Boileau.

Most smokers who are contemplating quitting or are preparing to quit have reached such a point because smoking isn't as pleasurable as it once was. People's lungs lose their resilience. The body's nicotine requirements call for nauseating quantities of cigarettes. And people tire of the bold-faced prejudice that forces them out of most buildings when they need to smoke.

For anyone in need of reasons to stay smoke-free, or who is on the verge of being ready to quit, it can't hurt to review some of the benefits of quitting.

Although smoking is reputed to be a relaxing habit, nicotine is in fact a stimulant. The main reason smokers feel relaxed is because the cigarette stops the intense craving caused by nicotine addiction. In fact, nicotine craving will cause the average smoker to be thinking about cigarettes again only 10 minutes after finishing one. After 20 minutes, a smoker wouldn't mind a cigarette, and by 30 minutes is likely to smoke again. The cravings will then become so intense as to produce real discomfort by the 50-minute mark.

It's true that smoking produces a temporary high. However, over the long term, the brain adjusts to the nicotine. Smoking no longer produces a high, rather, nicotine is required for a smoker to feel normal. And a smoker's body begins to adjust to nicotine boosts by reducing its normal energy level. Therefore, people who smoke will often feel fatigued and are more likely to develop depression.

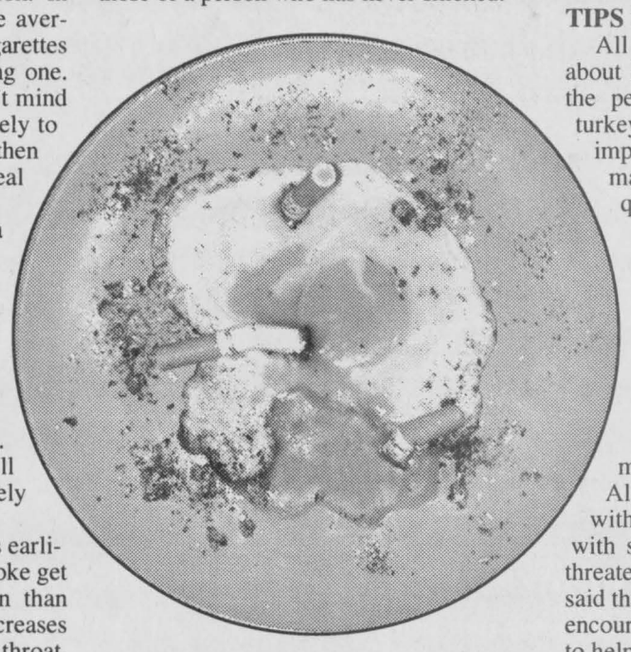
On average, smokers die 15 years earlier than nonsmokers. People who smoke get lung cancer nine times more often than people who don't. Smoking also increases the risk of cancer of the mouth, throat, cervix, kidney, pancreas and bladder.

Smokers are at greater risk of heart attacks. Smokers risk any number of breathing problems. They are more likely to have high blood pressure, especially among women using birth control pills.

Some risks are not life-threatening, but are still convincing. Smokers are likely to notice premature wrinkling. Tooth decay is a problem. Smokers have more colds than nonsmokers. And male smokers may have weaker erections.

On the other hand, once a smoker has quit, the health benefits start almost immediately. After one day, the lungs are working better and a person may feel less out of breath after an activity like climbing stairs. After two days, the ability to smell and taste should be enhanced. Within several days the blood flow to the hands and feet will improve and a person may notice not feeling cold as often.

After one to nine months, coughing, sinus congestion, fatigue and shortness of breath may decrease markedly. After one year, the risk of a heart attack is reduced by half. After 15 years, a person's health risks are similar to those of a person who has never smoked.



Picture this
One strategy to quit smoking is to break the pleasurable associations you have with the habit. If the next time you feel like a smoke you think of cigarettes butted out in a fried egg, the activity may seem less appealing. Alternately, think of tar collecting inside your lungs.
Press Photo — Zabel

Among women in particular, Boileau said that many don't want to quit because they fear a sudden weight gain. It is true that five out of six people who quit do gain weight. However, the average gain is only five or six pounds.

Some people may not be convinced by the fact that the health risks of a small weight gain are infinitesimal compared to those of smoking. Boileau suggested that weight gains can be minimised if a quitter reaches for celery or carrot sticks to placate the need for oral stimulation instead of potato chips. And, he said a slight increase in a quitter's regular physical activity would be enough to counteract a weight increase.

TIPS FOR QUITTING

All smokers who are able to quit go about it in their own way. "It depends on the person. Some people can quit cold turkey while some people find it nearly impossible," said Boileau. There are many things that can be done to make quitting easier.

A good first step for people planning to quit is to ask their doctor for help. Drugs such as Zyban and Buproprion can make quitting easier. And nicotine replacement therapies such as skin patches or chewing gums can go a long way to reducing cravings for the drug.

A switch to chewing tobacco might be an option for some smokers. All forms of tobacco use are associated with health risks, but the risks associated with smokeless tobacco are far less life-threatening than with cigarettes. Boileau said that if a person wants to quit, he would encourage them to try anything that seems to help.

Chewing tobacco in the form of small teabag-like pouches can be a useful intermediary step to combat severe nicotine withdrawal symptoms. Eventually, a quitter can take the further step of switching to nicotine-free pouches, filled with mint, or any other flavored leaf. These would satisfy the need for oral gratification.

Throwing out not only cigarettes but all lighters and ashtrays is certainly a sound idea for smokers who are quitting. There is no way to completely eliminate the means to smoke. Even if there isn't a match in the house, there will still be the stove, the toaster and the lighter in the car. But it won't be as easy to fall into old patterns.

A useful mindset for quitting is to plan for making efforts to avoid smoking as habitual as smoking was. If drinking coffee triggers a craving for a cigarette, try drinking juice or water. Or, instead of going for a coffee break, go for a short walk. If the urge gets too strong, try doing something that makes it hard to smoke such as taking a shower, brushing your teeth, eating a carrot stick or remaining somewhere where smoking isn't allowed.

Because smoking tends to keep a person's hands active, the sudden absence of activity can create anxiety or discomfort. This symptom of quitting can be easily defeated if it is anticipated and a new activity is supplied. A cigarette can be replaced by a pen and a quitter might make an effort to channel energy into doodling. Other likely activities to be supplied when the urge is strong are playing solitaire, playing video games or working on handiwork or crafts.

A smoker might choose four or five of the most important reason why they decided to quit, then write each one on a separate piece of paper and post them around the house, car, workplace, or any other smoking environment. The notes can be small, or three by four-foot posters.

When the urge to smoke gets right up on top of you, visualization can be useful. See it like this: The urge to smoke is like a bird flying through the sky. You see it getting closer, then flying over your head and then flying away. Don't give the bird a nest to settle in.

Another image is of the ocean. The urge to smoke is like a wave. Watch the wave coming toward you, then wash over you and then fade away. Wait for calm to return.

About half of all quitters start smoking again within two weeks of making a quit attempt. It's not uncommon and should not be interpreted as evidence that quitting is impossible. It just means that quitting smoking is very hard work. The fact that a person got as far as trying to quit is evidence that it's probably within their grasp. If a person can continue for six weeks without smoking, chances are very high that their smoking days are in the past forever.

Benefit to feature eight bands

by Lori Gillespie
Press staff

WINCHESTER — Daniel Carkner of Winchester, about to graduate from North Dundas District High School, has decided to hold a benefit concert this week, featuring eight local bands.

The concert, to be held on Fri., Jan. 12 at the Winchester Community Centre, will benefit Naomi's Family Resource Centre in Winchester, a shelter for women and children.

Carkner said that he decided to organize the concert to provide some entertainment for local youths. He said that it has been some time since such an event was held in Winchester, and so he and a group of organizers have taken the initiative to stage this benefit concert.

The eight bands scheduled for the concert are from a variety of genres. Among the entertainment line-up is grind-core band Fistful from Orleans, skate punk bands Us Against Them from Ottawa and Feeding the Tunnel, which hails from South Mountain. Fat B. is a band made up of North Dundas residents that features ska music. Carkner said he had to turn away five bands who wanted to perform at the concert.

Carkner said that he chose Naomi's Family Resource Centre as the beneficiary of the concert because he'd noticed several fundraisers being held for the centre at his school.

Tickets for the show are $7 and are available at the door. The show starts at 7 pm. Carkner said that he's expecting several hundred tickets to be sold, and pointed out that instead of charging the usual rate for the arena, the township will take 10 per cent of profits made from ticket sales.

Ryan Williams back to Boston for more surgery

SOUTH MOUNTAIN — Eleven-year-old Ryan Williams of South Mountain left yesterday (Jan. 9) with his mother, Kim, for another round of surgery at the vascular clinic of Children's Hospital Boston.

The surgery will be to remove a tumor caused by the blood vessel disorder Klippel-Trenaunay-Weber, a disorder so rare that Ryan's is only the sixth known case in the world.

This operation will be much less risky than the procedure he underwent last July, where a tumor obstructing his bowel was removed. That operation was dangerous, but turned out to be a complete success and Ryan has enjoyed a more normal lifestyle in the months since.

"There have been a lot of people comment that they've noticed Ryan is more outgoing and is smiling more," said mom, Kim Williams. "I guess we just never realized how much pain he was in."

This next operation should be the last Ryan will require, at least until his early adulthood. "There is a 99 per cent chance of no further bowel problems," said Williams. "But the disease is so rare, no one will tell me anything for certain."

Ryan and his mother expect to be back from Boston in about two weeks.

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Police blotter

Theft of snowmobiles

BOUCKS HILL — On Fri., Jan. 5 police received a report of a theft in the Boucks Hill area. Overnight an entry had been made into a garage at a private residence and a 1996 Formula 3 Bombardier 600 snowmobile was taken. Constable J. Hatch is investigating.

Also on Jan. 5, police began an investigation into a snowmobile theft in North Dundas Township. Overnight a black 1993 Polaris Indy had been taken from a Levere Road residence. Constable M. Tereschuk is investigating this incident.

On Jan. 4 police were called in relation to the theft of a snowmobile trailer in the Chesterville area. Overnight a 1998 NorthTrail, SN9, double snowmobile trailer, silver in color, was taken from a private residence along County Road 7 in the township. Constable K. Brant is investigating.

Snowmobile parts recovered

CHESTERVILLE — On Jan. 5 police responded to a report of snowmobile parts having been abandoned on the CPR tracks west of Chesterville.

Police recovered two stripped down snowmobile frames, one blue and purple in color, made for Polaris, and the second purple in color, make unknown, which had been dumped on the tracks near the Smith Road crossing. Constable K. Brant is investigating this incident.

Truck-train collision

IROQUOIS — On Sat., Jan. 6, shortly before 4 pm, police were called to the scene of a motor vehicle collision which had occurred at the CN crossing on Flagg Road in South Dundas Township.

A 1992 Asuna Sunrunner, driven by Donald Perkins, 19, of South Dundas Township, had been southbound on Flagg Road when the vehicle dropped onto the shoulder while meeting a northbound vehicle on a curve in the highway.

The truck left the roadway, striking the light standard at the crossing and coming to rest facing westbound on the eastbound track of the railway.

The driver was able to exit his vehicle just before the truck was struck by an eastbound Via rail train. The train was reportedly travelling at 180 km/h.

Perkins sustained minor injuries as a result of this incident. Rail traffic was delayed for approximately two hours during the investigation.

Traffic update

WINCHESTER — In the past week police were called to investigate 12 motor vehicle collisions in Dundas County. Other investigations resulted in two charges for drinking and driving offences and in the seizure of one radar warning device during a traffic stop along Highway 401.

Telephone scam

WINCHESTER — In the past week police received a report of a resident receiving a call from a person claiming to represent the provincial government. This person was claiming to be conducting a survey for the government which began quite normally but soon turned to questions relating to bank accounts and investments.

Always be mindful of any information you give out over the phone. Callers may not be who they seem, and there is little way to verify their identities when they call you. If in doubt, hang up.

Snowmobile concerns

WILLIAMSBURG — In the past week there have been a number of complaints received by police in relation to snowmobile operators driving their vehicles on private property, particularly across the yards of village residents in South Dundas. Private property is just that — private. Please be courteous and drive responsibly to help us resolve this problem in our community.

Drug seizure

SOUTH MOUNTAIN — On Jan. 4 members of the OPP Drug Unit Street Team executed a search warrant in the South Mountain area.

Police seized a quantity of drugs, including marijuana, magic mushrooms and cannabis resin, having a street value of approximately $15,000, in addition to a number of drug manufacturing items.

The investigation is continuing, and no charges have been laid at this time.

The Street Team Project is an OPP drug initiative that has been instituted to address the sale and possession of illicit drugs on local streets and in business premises in eastern Ontario.

The team is asking anyone with drug information to contact their local OPP detachment or Crime Stoppers at 1-800-265-TIPS.

Items stolen at construction site

IROQUOIS — Crime Stoppers is asking for help in identifying the persons responsible for a theft at a construction site on Station Road in Iroquois in December.

Sometime between Dec. 8-9, thieves entered a trailer and removed the following items: a red Honda generator, serial 2118386; a red Honda generator, serial 2118981; green Bosh impact tools; a set of torches, tanks and hand tools.

Some of these items may have a label with Battlefield Rentals written on it.

If you have any information on this crime or any other crime, and if your information leads to an arrest, you will be entitled to a cash reward of up to $1,000. Reward payments are set up to protect your anonymity. Crime Stoppers does not have call display and does not record conversations. You are always anonymous.

Call Crime Stoppers at 1-800-265-8477.

OPP snowmobile patrol on track

by Colleen Cameron

CHESTERVILLE — The SD&G OPP snowmobile patrol program was kicked off on Sat., Jan. 6, on what turned out to be this year's first ideal day for sledding.

Jeff Whitteker of the Nation Valley Snowmobile Association met with senior constable Harvey Blokland and sergeant Bill DeRoos at the Chesterville Arena to announce the commencement of on-trail patrols and to outline this year's concerns.

With the trails having received a generous blanket of snow this season, there are already a number of sleds taking advantage. The trails are in safe condition and patrollers reminded sledders to stick to those paths.

In past years, snowmobilers have wandered onto private property neighboring the trails to both violate landowner rights and put themselves in danger of unknown hazards.



Snowmobiling safely

The OPP and the Nation Valley Snowmobile Association united on Sat., Jan. 6 to kick off this year's snowmobile patrol program. Patrollers will regulate the trails by ensuring its users stick to the trails, that their machines are properly licensed and insured and that trail permits are up to date. Left, senior constable Harvey Blokland, Jeff Whitteker of the NVSA and sergeant Bill DeRoos will be putting a special emphasis on keeping snowmobiles confined to marked trails and away from private property this season.

Photo — Cameron

Trail patrolmen took Saturday as an opportunity to advise snowmobilers to keep on the trails, which Whitteker described as, "always the safest place to ride".

Blokland warned snowmobilers that riding off trail puts them in danger of encountering culverts, telephone wires, rocks, fence wire and other unknown perils. Snowmobilers should not forget that landowner regulations make keeping to the trails part of a safe sledder's responsibility.

Another matter that must be taken care of before you can lawfully hit the trails involves either obtaining or renewing your trail permit. The cost of a permit is $150 and is required to legally make use of any snowmobile paths. Smarter to invest in a permit, however, when being caught without a permit will cost you a $180 trail pass purchase plus a possible fine for trespassing.

There will be 28 wardens in the area to ensure machines are licensed and insured as well as to check permits.

Trail patrollers agree that with such favorable weather conditions this year, a great deal of people are expected to be out on their machines. Blokland advised remind snowmobilers that Ontario has recently seen a rise in snowmobiling accidents resulting in fatalities and stressed the importance of keeping it safe on sled paths.

For more information on trail permits and regulations, you can visit the Nation Valley Snowmobile Association at www.nvsa.on.ca.

Canvassers thanked for WDMH funds

by Doris Cross

WINCHESTER — Thanks to great success with the September Winchester District Memorial Hospital auxiliary canvass, the Winchester unit presented $5,000 to auxiliary treasurer Graham Barkley at the December meeting.

This total was reaped by the obliging, co-operative, willing members and canvassers of the Winchester community. Foresthills and Inkerman contributions through Willow Rae Patterson and Marjorie Baker were appreciated.

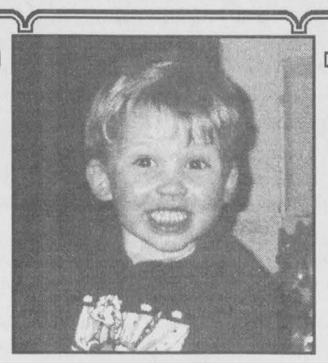
The auxiliary also appreciates the funds received from community groups including: the Winchester Golden Years ($1,000), the Mountain Seniors ($200) and the Nor-Stor-Dun Big Euchre Group ($20).

The auxiliary convened a soup and sandwich bar for the Information Fair held at the Lions Hall in Winchester, making $70.

Muriel Merkley and Joyce McIntosh reported that the euchre marathon for couples and singles had been organized again. A final euchre evening will be held in May.

Winchester members Wendy Craig, Marion Carkner and Joyce Holmes supplied sandwiches, cookies and pickles for the Sunshine Circle's Christmas party.

The auxiliary looks forward to helping with the spring dessert card party as the next community event.



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Alzheimer Awareness Month

Cure for Alzheimer's 10 years away

by Lori Gillespie
Press staff

WINCHESTER — Helping people understand Alzheimer disease and its symptoms is just one part of the Alzheimer Society's goal. The society is also striving to educate people that there is a wide range of services available to help both the patient and the family cope.

January is Alzheimer awareness month. Craig Smith, education co-ordinator with the Alzheimer Society of Cornwall and District (taking in SD&G and Prescott-Russell) says that the focus of this year's campaign is on early diagnosis.

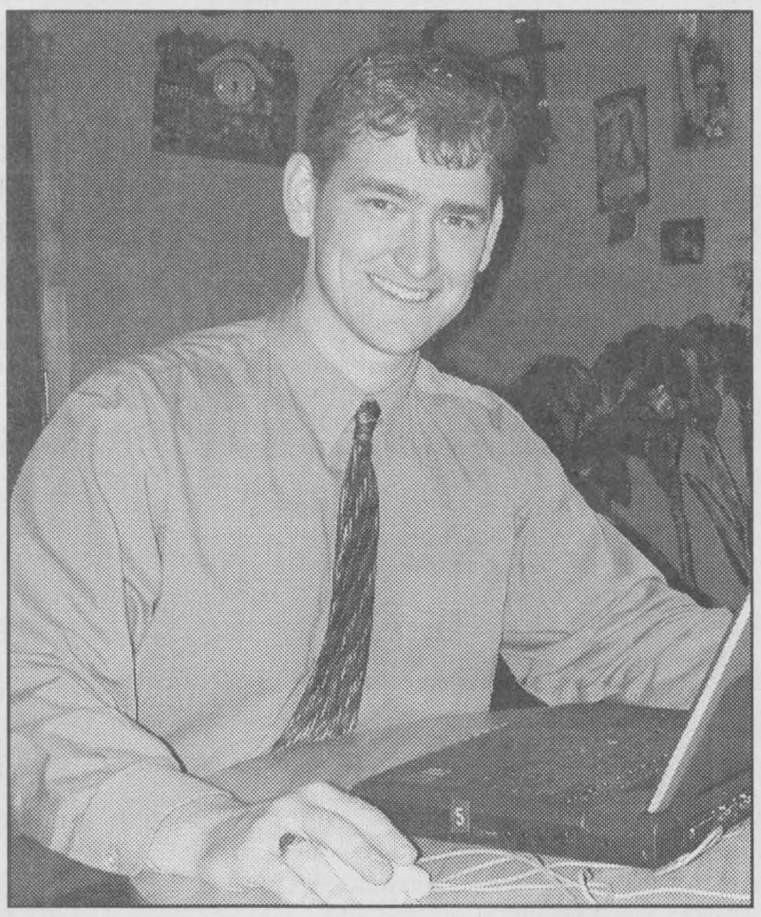
"Years ago, all we could offer was support and counselling," he says. "Now there's so much more — we can offer medications, education and family support and counselling."

Smith explains that the support available to Alzheimer sufferers and their families is extremely important. "In the past, people would try harder to handle the disease themselves, deal with it alone," Smith says. "But now the family can contact the Alzheimer Society for information. There's much more awareness today."

He points out that many people refuse to reach out for help because they're scared to receive a diagnosis of Alzheimer disease. But, Smith says, in many instances symptoms similar to those of Alzheimer disease — confusion, memory loss — are not necessary indicators of Alzheimer disease. Often, it turns out to be something else that could be completely eliminated or helped with medication, such as vitamin B12 deficiency, hypo-thyroidism or undiagnosed depression.

"Seventy per cent of seniors suffer from some depression and it often goes undiagnosed," Smith says. "Or, something as simple as chronic dehydration could cause confusion. Seniors are chronically dehydrated — we depend on water for all our bodily functions, including our brain."

Smith advises people who are suffering from symptoms of Alzheimer disease to talk to their doctor and ask for a referral to a memory loss specialist. Such a specialist sees patients at Winchester District Memorial Hospital.



January is Alzheimer Awareness Month. Craig Smith, education co-ordinator for the Alzheimer Society of Cornwall and District, is sending out a message of hope to Alzheimer sufferers and their families. This year's campaign focuses on the voices of people with Alzheimer disease. Press Photo — Gillespie

At a memory loss clinic, the specialist will run tests, looking at bloodwork and urine samples, and administer a mini mental status exam and a CT scan. By eliminating all other possibilities, Smith says, the doctor can achieve an 80 per cent confidence level that the patient has Alzheimer disease or dementia.

Once diagnosed, there is support within the community. But there are also two medications available for Alzheimer sufferers. Aricept and Exelon work best with early Alzheimer patients. The two drugs are not a cure for Alzheimer disease, but they treat the symptoms.

"If the drugs work, they buy time, push off the disease for three or four years," Smith says. "You can't hold off the disease forever. It continues after three or four years, but you can hold it off for as long as you can."

Alzheimer disease is a progressive degenerative neurological disease. "That means that the disease gets worse," Smith says. "But it's a disease — it's not mental illness. This is a disease of the brain and it's nothing for a person to be embarrassed about."

And a cure for this disease isn't far off, he adds.

"We live in exciting times. Scientists in Canada now say that within 10 years we'll have a cure, because current medications treat the symptoms, which is leading them closer to a cause."

While many believe that Alzheimer disease is genetic, in fact it is less than 10 per cent genetic. There are genetic tests available to establish whether a person will develop the disease.

"That would be a really difficult decision for me, though," Smith says. "I'm not sure I'd want to know (that I was genetically predisposed to Alzheimer disease). I think that would change the way I live my life."

ALZHEIMER SOCIETY

The Alzheimer Societies throughout Ontario exist solely through fundraising dollars. Donations to the society fund local support for people with Alzheimer disease, Smith explains. When you make a donation to your local society, those dollars go to support systems established by the local society. But some of it also goes to national initiatives to finding a cure for the disease.

"Help for today, hope for tomorrow — that's our slogan," Smith says. And tomorrow is an important key for the society — locally, the number of people with Alzheimer disease is expected to triple in the next 30 years.

Smith is available for public presentations to groups, organizations and other gatherings. He talks about the services available from the local Alzheimer Society, signs and symptoms, normal aging versus aging with Alzheimer disease, and ways to help.

The society is always looking for volunteers.

"We understand that it's painful to make that first call for help, both for the Alzheimer sufferer and the family," Smith says.

"We want to be available at whatever level the patient and family want us to be."

To reach the Alzheimer Society of Cornwall and District, call 1-888-222-1445.

Alzheimer disease: Ten warning signs

1. Memory loss that affects day-to-day function
It's normal to occasionally forget appointments, colleagues' names or a friend's phone number and remember them later. A person with Alzheimer disease may forget things more 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 leave the carrots on the stove and only remember to serve them at the end of a meal. 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's normal to forget the day of the week or your destination — for a moment. But 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. Or they may dress inappropriately, wearing heavy clothing on a hot day.

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. Celebrating a birthday is something many people do, but a person with Alzheimer disease may not understand what a birthday is.

7. Misplacing things
Anyone can temporarily misplace a wallet or keys. A person with Alzheimer disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.

8. Changes in mood and behavior
Everyone becomes sad or moody from time to time. Someone with Alzheimer disease can exhibit rapid 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. Changes may also include apathy, fearfulness or acting inappropriately.

10. Loss of initiative
It's 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 cues and prompting to become involved.

The Alzheimer Society has developed this checklist of common symptoms to help you know what warning signs to look for. If you notice several of these symptoms, the person with the symptoms should see a doctor for a complete examination. Some of these symptoms may apply to other forms of dementia.

Thinking about quitting?
SMOKERS' HELPLINE **1-877-513-5333**

Manor celebrates holiday season

by Jennifer Hill

WINCHESTER — The Christmas season was filled with music, laughter, good will and delicious food at Dundas Manor in Winchester.

The residents welcomed a number of choirs in December. Several entertainers filled the home with the spirit of Christmas. Small group reminiscing centred around Christmas memories and family traditions is always a favorite program. Service groups, schools, churches, families, suppliers, volunteers and many people spreading goodwill dropped off flowers, decorations, baking, chocolates, music tapes and much more for the residents and staff to enjoy.

The bus was packed for three outings in December, the first being the Winchester Parade of Lights. There was also an outing for tea one afternoon and to the Country Kitchen for Chinese food and a drive around town to check out the Christmas lights.

Dundas Manor is fortunate to have a supportive ministerial association. The ministers from various churches provided several beautiful services that truly reflected the meaning of Christmas.

The annual staff talent show had the residents laughing for days. The afternoon was filled with fun, songs, skits and a feeling of family.

The dietary department prepared some wonderful treats and meals. Some special meals included an old-fashioned Christmas supper with prime rib roast beef and, of course, a turkey dinner with all the trimmings.

Raffle winners

METCALFE — The Catholic Women's League of St. Catherine of Sienna Parish in Metcalfe held its annual raffle on Sun., Dec. 17.

Prizes were awarded as follows: first prize — deacon's bench, won by Sue Jackson of Gloucester; second prize — painting, won by Yvonne Lalonde of Navan; third prize — $100, won by Bonnie O'Brien of Greely.

The CWL wishes to thank all who contributed to the success of the raffle by buying tickets.

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John Morris, President
Allen Van Bridger, Co-publisher and Managing Editor
Donna Rushford, Co-publisher and Advertising Manager

Lori Gillespie, Chris Zabel, Reporters
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EDITORIAL

Getting the law backwards

What country are we living in? When did the rules change in Canada, leading us to arrest writers for fiction they've penned?

Not far from here, in Crysler, a teenage boy has been jailed for writing a piece of fiction. This 16-year-old has been imprisoned for the past month for using his imagination.

He missed spending his birthday, Christmas and New Year's with his family because he appears to have a talent for writing fiction and fantasy.

The Tagwi Secondary School student loves to write. He admires horror writer Stephen King. He wrote a short story about a boy who fights back at bullies who have been picking on him.

We wonder. Has Stephen King ever been jailed for the fantastical musings he has made in his many novels? Have the writers and producers of violent popular movies been arrested for the level of violence employed in their stories?

Writers everywhere, beware.

This occurred at a high school, where creativity was once encouraged; where developing a gift we were born with and expanding it was fostered; where cultivating God-given talents was supported.

Instead, this student who, as it turns out, has been the victim of violent bullying, has been silenced. What are the odds that he will ever again feel free to use his writing talent and express himself, especially at school?

A week before he wrote the story entitled, "Twisted", the teen had been attacked by a gang of youths who reportedly pushed him to the ground and kicked him repeatedly in the head.

Better for this battered youth to fight back with weapons and avenge himself?

Instead, he wrote a story involving a hero who, in a world that exists in his imagination, fought back and taught his assailants a lesson.

What teenager doesn't fantasize?

And where are these thugs who attacked the boy so viciously? Perhaps if they had written about the attack instead of acting out, they would be behind bars as well.

Even the boy's mother, whose 14-year-old son is also in trouble with the law for uttering death threats, admits that this youth is not the model child or student. He has been the victim of bullies for a long time.

In the past several years, there have been cases of mass-murderers fighting back at their adversaries after having endured years of bullying and taunting. Take the Ottawa Transpo incident of two years ago into consideration.

With this in mind, one would think that the bullies in question would be punished for terrorizing this youth and, furthermore, that the powers that be would look at counselling for this youth in order to help him to deal with his feelings toward the bullies.

Better now than 10 or 15 years from now when he can't take it anymore.

L.G.

Marriage and working together



But seriously...
by Lori Gillespie

I recently encountered a new marital milestone with DH (Dedicated-to-getting-the-bathroom-done-in-the-next-century Husband).

It is called "wallpapering together".

When my mother-in-law heard what we were planning to do, she shuddered.

In the past, when I've talked about our escapades in home improvement, I've been told, "Well, at least you haven't had to wallpaper together."

Recently, we stepped into that realm and survived.

Of course, it wasn't a massive wallpapering job, simply a task of putting a wallpaper border on the wall in a straight, horizontal line. But having never tried this before, alone or together, it had the makings of disaster, or so I've been told by people who've been married a long time.

Living through the whole bathroom-renovation-phase of our relationship has not been all that bad. Aside from the fact that it has taken several months to get to the (almost) completed project, things have gone quite smoothly.

At least we were both able to tolerate the various stages the renovations have gone through, which seems to be the most trying part of renovations.

As budget and time restraints have allowed, we've spent weekend hours and dollars on improving the most-used room in the house as they were available.

I've come to the realization that working together on this bathroom project did not necessarily mean working at the same time.

So, at the start of the project, we did not simultaneously work on the new vanity. DH built it and installed it when I was away for a weekend.

When I got back, I praised him and thanked him for doing such a good job on something he's never tried before.

And I cleaned up the mess.

We worked together to scrape a couple of layers of old wallpaper off the walls. Don't even ask about that big mess.

Then, when it was time to paint the ceiling and walls, I helped pick out the color of paint and tried to help with some of the painting. That is, until I was asked to go and work on something else until it was time to clean up the mess.

And then there was the second coat.

But don't get me wrong. Of course there were many together times when we were both in the same room, collaborating our efforts.

Saving my mechanical skills for something, well, less mechanical, we worked together by having me hold the towel bar while he drilled holes and attached it to the wall.

Same goes with a shelf and the medicine cabinet.

And please, let's not forget my role in style, although I must say DH had an admirable part in choosing colors and accessories.

To my delight, it was even his idea to pick out a couple of cheap prints to hang on the walls and when he suggested a bouquet of flowers to tie the room together, my jaw fell open in awe.

Even getting the screws out of the extremely old hinges on the cupboard doors were assisted by me, although I must admit that the screws I practically dug out of the doors had already been loosened – but only a little bit! – by DH.

When I suggested I help to paint the cupboard doors (one of the last pieces of the puzzle), DH smiled patronizingly and suggested that I hang the bathtub curtain.

I think that when it's finally time to complete the project by finishing the floor tiles this week, while I really, really would like to help, I think I may need to go shopping.

I truly believe that all this togetherness in home renovations has made our marriage even stronger, leading me to believe that, together, DH can next tackle the kitchen.

I'll clean up.



This week in...
by Chris Zabel

1921
Two highwaymen held up the Minister of Education for Ontario, R. H. Grant, this week while he was on his way to the parliament buildings. One pointed a revolver at him and ordered him to hold up his hands. Grant was carrying a cane at the time, and being of Irish descent, knew how to use it. He struck suddenly and struck hard, knocking the pistol from the bandit's hand. The other man struck out and hit Grant on the jaw, but didn't wait to fight it out. They both ran away, leaving the revolver, and leaving the minister the cock of the roost.

1931
To raise heads to lettuce the size of pumpkins was the aim of a horticulturist in Illinois. The cultivator believed it was possible to produce strains of lettuce that would have greater adaptability to seasons, opening the way for the growing of lettuce in warmer climates. At the time, there were more than 100 cultivated varieties of lettuce.

1941
The Editorial Notes this week mentioned that while Mussolini might have been considered the strong man in Italy at the time, President Roosevelt's New Year's message had been sent to King Victor Emmanuel, the Italian Monarch. This served to remind those who had forgotten that Italy had a King as well as a dictator. He might have been just a silent figurehead, but it was predicted that the King would be called upon to once more reign over his people, long after Mussolini faded with his dreams.

1951
If the painted wall has been marred by match scratches, rub over these marks with the cut surface of a lemon.

1961
"Miser for sale!" was the headline on an ad for Vauxhall, the British car built and backed by General Motors. The car was described as being big-hearted in every conceivable way. Vauxhall was a real penny-pincher when it came to operating and upkeep costs. It horded its gas and oil like few other cars could, going incredible distances on next to nothing. Yet for all its frugal ways, Vauxhall boasted a sense of overwhelming generosity, roomy, restful interiors that seated five people in all-day comfort, a spacious trunk, inviting four-door convenience and a huge, rear picture window.

1971
With speckled trout season having opened on the first of the month, elderly anglers were reminded that new legislation allowed residents of 65 years or older to get a fishing licence at no charge. Only five speckled trout were permitted to be taken under the daily limit at provincial fishing areas.

1981
The Montreal Canadian Oldtimers were coming to Morrisburg this weekend to play another great team, the Williamsburg Oldtimers, in a benefit confrontation. Dressing for the "blue, white and red" were to be stars like Henry "Pocket Rocket" Richard, Bobby Rousseau, Phil Goyette and Jean Guy Talbot. There were 1,600 tickets on sale with proceeds going to the Williamsburg Fire Department.

1991
Ontario weekly newspaper publishers were complaining that impending postal rate hikes could drive some of them out of business. It was estimated that many small papers would be facing increased annual distribution costs of up to $30,000 when the rate increases began in March. Also, some weeklies would be affected by a surcharge on publicity flyers, which were a source of competition for Canada Post.

The age of wisdom



North of forty
by Red Green

I remember when I was 19 the legal drinking age was 21, so my friends and I had to get fake IDs from wherever, just so we could get into the bars. I never had any success with that approach, since my fake ID said I was a 27-year-old Asian woman.

Next week I'll be having my 55th birthday. It's nothing special, and when I look at my life, I'm a pretty average 55-year-old. I look my age. I have about as many of my faculties left as an average guy my age. And I know a lot of 55-year-old guys, so I'm aware of just how depressing those statements are.

So I'm thinking about using a fake ID again. You may look at me and not be impressed that I'm 55, but what if I could prove to you that I'm 73? You'd think that was pretty special — all the energy, the not completely addled brain, the significant hair retention. I'd be the most amazing 73-year-old you'd ever seen, other than Tina Turner. I'd feel good about your compliments, and you'd feel good thinking you have headroom.

JOB SHARING

Yesterday, I saw a middle-aged couple step up to an information booth to ask for directions. The wife asked all the questions. The husband stood quietly staring at the person behind the counter. When they were done, the wife turned around and stared blankly at the husband. He then told her what the information person had said, and they left.

It struck me that they were acting as a team. She focused on the questions and paid no attention to the answers. He did just the opposite. That's because marriage is the ultimate in job sharing. Yes, you could feed, shelter and clothe yourself all on your own, but isn't it better to share those responsibilities with another person, bringing us closer to zero unemployment and giving you someone else to blame?

Marriage as job sharing is a perfectly natural phenomenon. It starts with conception. That's job sharing at its best — pleasant working conditions and extremely short shifts.

TIP OF THE ICEBERG

I know you're expected to tip every time you go to a restaurant or any time somebody carries your suitcase, but I have a few problems with that.

Now I don't want you to think I'm just cheap. (I am, but I don't want you to think it.) No, this has more to do with unfair business practices than parsimony. I don't like to tip when I have no choice. It reminds me of when I was a kid being forced to kiss my aunt. Tipping at a restaurant when you got poor service is like taking your worst employee and giving him a raise instead of a pink slip. And the bellman who wrestles the suitcase out of your hand doesn't deserve a tip; he should be charged with theft.

And this standard 15 per cent thing is hurting everybody. I'd rather not tip at all when I get bad service, and then tip like the Sultan of Brunei when I get looked after properly.

AM I GETTING OLD?

If you're the kind of person who tends to live in a fantasy world, you may not be aware that you are old. This can lead to a great deal of embarrassment for you and all the other members of your motorcycle club. So here is a brief list of ways to tell that you are old:

— The oldies radio station is playing songs from your children's era.

— When you're at a nude beach, people think you still have your clothes on.

— You comb your hair with the palm of your hand.

— If anybody wants you to stand for the national anthem, they have to give you 10 minutes' notice.

— Everybody passes you on the highway, and most of them honk and wave their fists.

— Your life insurance salesman stopped calling 10 years ago.

Quote of the Day: "I wish someone would invent a better mirror. The ones they have now seem to get worse every year." — Red Green

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Red Green is the star of "The Red Green Show", a television series seen in Canada on the CBC Network, and the author of "The Red Green Book" and "Red Green Talks Cars: A Love Story".

LETTERS TO THE EDITOR

Health unit thanks media for coverage

The Editor:
As environmental, legal and safety issues have proved in 2000, media coverage is crucial to public health. But it's not only the hard news, breaking stories and tragedies that merit media attention.

The Eastern Ontario Health Unit takes this opportunity to applaud the efforts of local media who, throughout this past year, have shared the good news stories also. From successful flu campaigns and helpful parenting programs to forward-thinking business and government initiatives and enthusiastic healthy school projects — these are the stories that can and do make a difference in a community.

Thanks to local media, these stories are being shared, and the entire community reaps the benefits.

Dr. R. Bourdeau, M.D. FRCS(C)
Medical Officer of Health, EOHU

Pleading with feds for agriculture aid

The Editor:
Open letter to Prime Minister Jean Chrétien:

The Ontario Federation of Agriculture and Ontario's Grain and Oilseed farmers and farm organizations have been working diligently with your government and officials over the last six months to achieve desperately needed support for Ontario and all Canadian grain and oilseed farmers. Our message has been simple — that Canadian farmers need support equitable to our competitors in the United States.

Canadian farmers are efficient. However, the devastating combination of depressed prices and extreme weather conditions are spelling financial disaster for many of our members. Canadian support levels, currently at historic lows, must be brought to equitable levels to enable us to compete and sustain our farms.

Before and throughout the recent election you and your colleagues recognized the problem publicly. You clearly indicated, as have Minister Vanclief and other ministers, that support was needed and would be forthcoming.

Mr. Prime Minister, Ontario farmers and our counterparts in the rest of the country are suffering from the effects of foreign subsidies. We cannot compete against these subsidies without federal assistance. The OFA and all Ontario grain and oilseed farmers call on you now to make good on your promise and deliver the remedy that is desperately needed.

We will continue to work closely with your officials to ensure a viable and effective program to deliver the assistance so urgently require. It cannot wait.

Jack Wilkinson, president,
Ontario Federation of Agriculture



With snow comes the shovelling

This weekend's milder temperatures saw a great deal of area folks coming out of hibernation to enjoy the weather with a bit of exercise. Percy (Norman) Armstrong of Winchester took advantage of the mild spell to shovel out the mailbox that rests at the end of his lengthy driveway. While Armstrong enjoys getting exercise when shoveling around the mailbox and car, the Armstrongs are fortunate to have the greater portion of their driveway plowed by a friend who resides nearby.
Photo — Cameron

New City of Ottawa council inauguration

In & around Osgoode Ward 20 by Doug Thompson



At first glance it might have seemed a little pompous to hold the Inauguration of the New City of Ottawa Council at the National Arts Centre. But after the first glance it was surely the right move. Over 1,000 people attended the very simple, but moving ceremony last Sunday at 2 pm in the theatre of the NAC.

Eleven municipalities and the regional government have ceased to exist and it was fitting to hold this very special "retiring" of the municipal flags and the swearing in of the new council. Very seldom, if ever, in a democracy do you have the opportunity to rebuild your Nation's Capital City.

The program began with a musical presentation by the members of the Central Children's Choir of Ottawa and the Ottawa Regional Youth Choir. This was followed by a procession of the Ceremonial Guard, the Cameron Highlanders of Ottawa and the mayor and councillors.

Following "O Canada", Canon Bernard Barrett, representing Pundit Madhu Sahasrabudhe and President of the Capital Region Interfaith Council each spoke. Next was the Swearing in Ceremony of the Councillors, followed by an address by Brian Coburn, MPP Ottawa-Orléans and Parliamentary Assistant to the Minister of Municipal Affairs and Housing, as well as an address by Mayor Bob Chiarelli.

A reception was held in the Main Foyer for all in attendance. It was truly a memorable afternoon for both residents and politicians.

TAG-A-BAG

A tremendous number of people have called regarding the tag-a-bag garbage collection system for our residents. I have brought the situation and the feelings of our residents to the attention of staff and members of the City of Ottawa Council. My goal is to have council eliminate the tag-a-bag garbage collection system as early as possible. It may very well take a few months, but please be assured that this is a very high priority for me. Please feel free to write or e-mail your concerns on this matter to myself at: Osgoode Satellite Office, 8243 Victoria Street, Metcalfe, ON, K0A 2G0. Telephone: 580-2424 ext. 30228. Fax: 821-4359, e-mail: Doug.Thompson@city.ottawa.on.ca.

A MAYOR'S ROAST

Come join the Osgoode and District Lions Club as they host "A Mayor's Roast" in honor of Doug Thompson on Sat., Jan. 13, featuring a roast beef dinner and cash bar. This event will take place at Osgoode Centennial Community Centre on Main Street. Tickets are $25 each. Cocktail hour begins at 6:30 pm and dinner is at 7:30 pm, all proceeds will go to the Osgoode Care Center and Osgoode Home Support.

For tickets contact: Tom Montgomery, 821-1943.

BIRTHDAY CELEBRATIONS

Congratulations to Mary Villeneuve of Scrivens Drive in Metcalfe, who celebrated her 85th birthday at the Greely Community Centre this past Saturday evening. A "full house" of friends and relatives was present to wish this tremendous person the best.

QUOTABLE

Laughter is a noisy smile.

Shepherd Talk

by Rev. D.Bruce North

Lawyer or judge?

Do we really want to change? Is that habit or those extra pounds on the new year's list of things to overcome? In November, the doctor told me that I needed to lose some weight to bring my blood pressure down. Well, I haven't and not because I don't agree with him. It's just, well... I don't want to, at least not today. Today I feel fine. Today I'm relatively young. Today is Christmas, new year's, a birthday, a church supper. You get the point.

Often we don't really want to change, especially if we think we can get away with staying the same. But just because we appear to "get away with it", doesn't mean that there is a day of reckoning that lies ahead.

A far more serious issue is the "weight of sin" which wields a far more perilous dilemma than heart disease. Some people think that being religious is the answer to dealing with sin. All religion does is it tamper with the bathroom scales to give you the false impression that you are losing weight when in fact your sin is heavier than ever.

The only way to experience genuine change is to accept God's offer of a changed heart through accepting Jesus Christ as Lord and Savior. This is an experience the Bible calls being "born again" (John 3:3). However, the appeal to change is a "limited time offer" (only available in this lifetime) and "not available in any stores" (cannot be obtained through a religious institution). It is the offer of a loving God who has given us every chance to accept His help to see us changed.

I heard the story of John who was a habitual criminal who lived in the state of Missouri. According to the laws of that state, anyone who is convicted three times receives an automatic life sentence, without the possibility of parole. John would certainly have been incarcerated if it were not for the fact that he had a good lawyer who continued to get him acquitted of all charges. One day in court, his lawyer didn't show up, making him very nervous. That is, until the judge came in and to John's delight it was his former attorney who had been elected to the bench.

He thought to himself, "I'm free again for sure!" Gleefully, John greeted the judge with a confident smile that would quickly fade with the judge's opening remarks. "Sir, there was a time when it was my duty to do everything in my power to have you acquitted of any charges you faced. Now it is my time to judge you according to the law."

Today Jesus wants to be your advocate. He will make your case before the Father and plead on your behalf (1 John 2:1). But if you abuse His offer of Grace and make cheap His sacrifice on the cross by refusing the offer of a changed life, at the day of His appearing, it will be His job to judge you (2 Timothy 4:1).

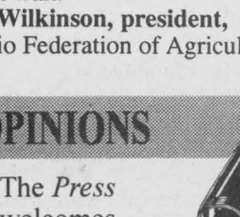
This column is provided courtesy of the North Dundas Ministerial Association

OPINIONS

The *Press* welcomes letters on subjects of interest to the community. Letters must be signed and include the writer's telephone number. Letters may be edited for length, grammar and libellous statements.

Somebody Cares!

Cares if you are new in town and feel kind of lost; if you've just added a new son or daughter to your family; if HE has finally asked you to become his wife; if you or someone in your family is celebrating a very special occasion...



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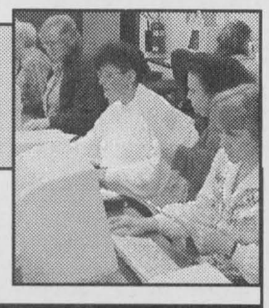

T.R. LEGER SCHOOL
594 St. Lawrence Street, Winchester

Course	Days	Dates	Length	Fee
Intro to Computers with Windows 95	Monday & Wednesday	Jan. 22 to Feb. 7	15 hours	$85
Excel - Level 1	Monday & Wednesday	Feb. 26 to March 7	10 hours	$60
Internet Basics	Monday & Wednesday	Feb. 12 to Feb. 14	5 hours	$30
Simply Accounting	Tuesday & Thursday	Feb. 20 to March 8	15 hours	$85
Computer Troubleshooting	Saturday 10 am to 3:30 pm	Feb. 10	5 hours	$30

Call Eunice at 774-0222 for course details and to register

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January
WINTER CLEARANCE
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Sale starts Thursday, January 11 and continues until all Winter 2000 merchandise is sold!!

Chez Thérèse Ladies Wear
50% Off ALL WINTER • 2 & 3 pc. SUITS • BLAZERS



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✓ 2 pc. skirts & vest sets ✓ 2 pc. pant suits ✓ dresses ✓ sweaters ✓ vests ✓ cardigan sweaters ✓ pants ✓ skirts ✓ blouses



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$59.95 Values up to $105.00

Selected Styles
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off our regular low prices

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Save 20 to 50%
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Mall Hours: Monday & Tuesday 9-6; Wednesday & Saturday 9-5; Thursday & Friday 9-9

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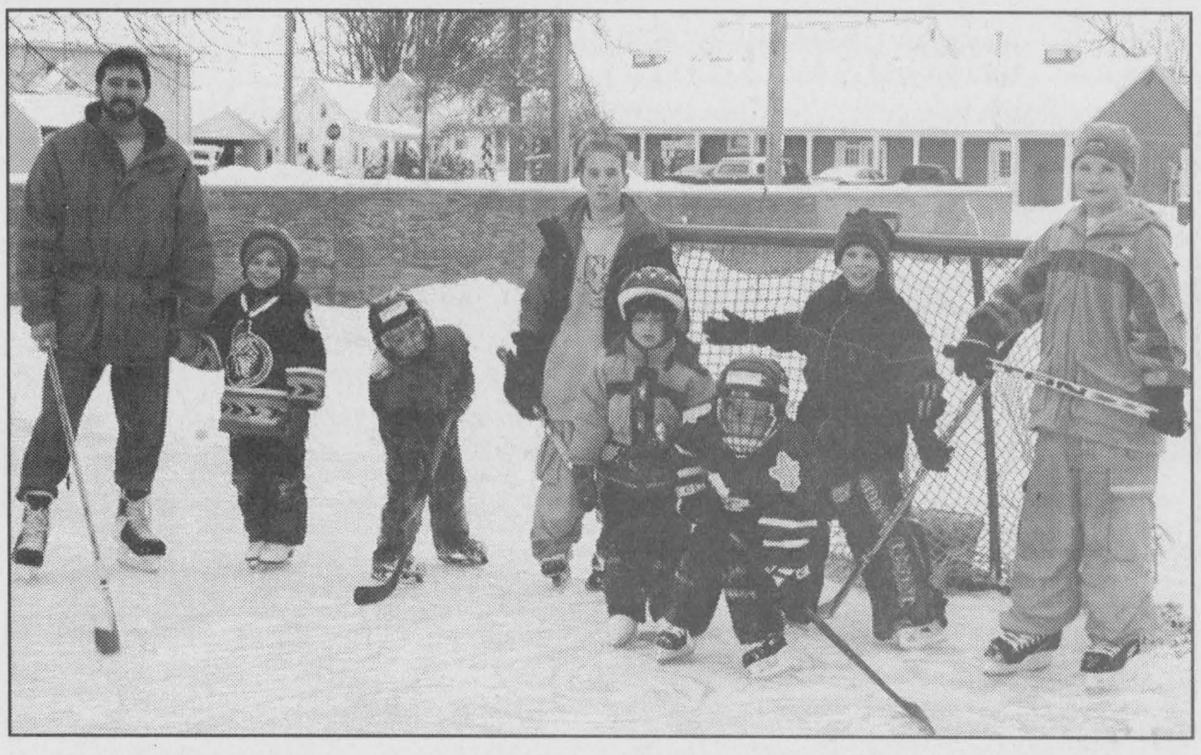


It was just one big happy group of kids at Hallville's outdoor rink on Sat., Jan. 6. All assembled gave the appearance of regulars to the rink, the older kids playing hockey and the younger ones skating leisurely in their midst with neither group paying much mind to the other. It was apparent that these kids spend a great deal of time at the rink and have adjusted to skating around one another and conforming their games to accommodate everyone who comes out. Saturday's group was made up of; Kalon Schenk, Karah Schenk, Brodie Collins, Ruan Hutt, Shelby Chisolm, Braydon Schenk, Gregory Collins, and Colin St. John.

Photos — Cameron

Local outdoor rinks a national tradition

by Colleen Cameron

HALLVILLE — Local communities are responsible for planting in our children fond memories of Saturday afternoons lost in the cutting of blades across outdoor ice surfaces.

While Winchester and Chesterville may boast their very own indoor rinks, is it possible they are missing out on what makes up an essential part of winter for many area hamlets?

It's the Canadian way. With a strong desire to amuse themselves and a slim array of options to do so, kids are turning out in droves at area outdoor rinks. Kids of all ages lace up their skates for a competitive game of hockey or just a leisurely skate around the surface. Parents join their young ones in getting some fresh air and exercise and enjoying the lively atmosphere of recreation.

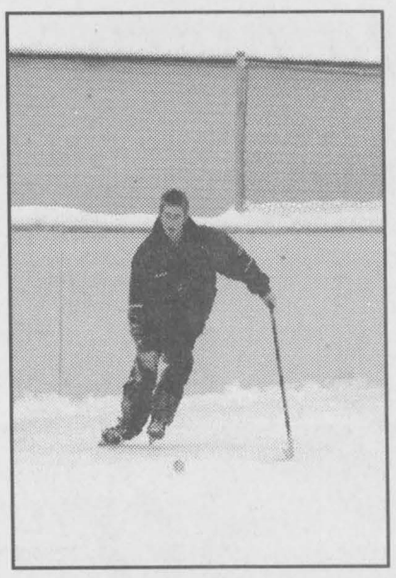
These very parents, with the help of area volunteers, maintain the outdoor rinks by ensuring they have clear surfaces and are in safe and operable condition. Pick any hamlet, and you're sure to find at least one kid at the rink who will tell you his or her dad plows the surface or shovels it off. It's the combined effort of parents, volunteers and sometimes even the kids themselves, that allows the entire community to enjoy this central part of winter sport.

In North Dundas Township, while the outdoor rinks are overseen by the North Dundas Township Recreation Committee, they are completely volunteer-driven.

The rinks themselves are accommodated by recreational facilities where visitors can leave their shoes or boots and tie on their skates sheltered from the elements. People use these facilities at their own risk, and the recreational organizations or townships who founded these structures are not held accountable for any lost clothing or personal injury incurred on the rink. Many area parents and volunteers help out with maintaining these facilities as well.

Kalon Schenk of Hallville, who resides directly across the street from the community's outdoor rink, repainted the inside of the facility just last year.

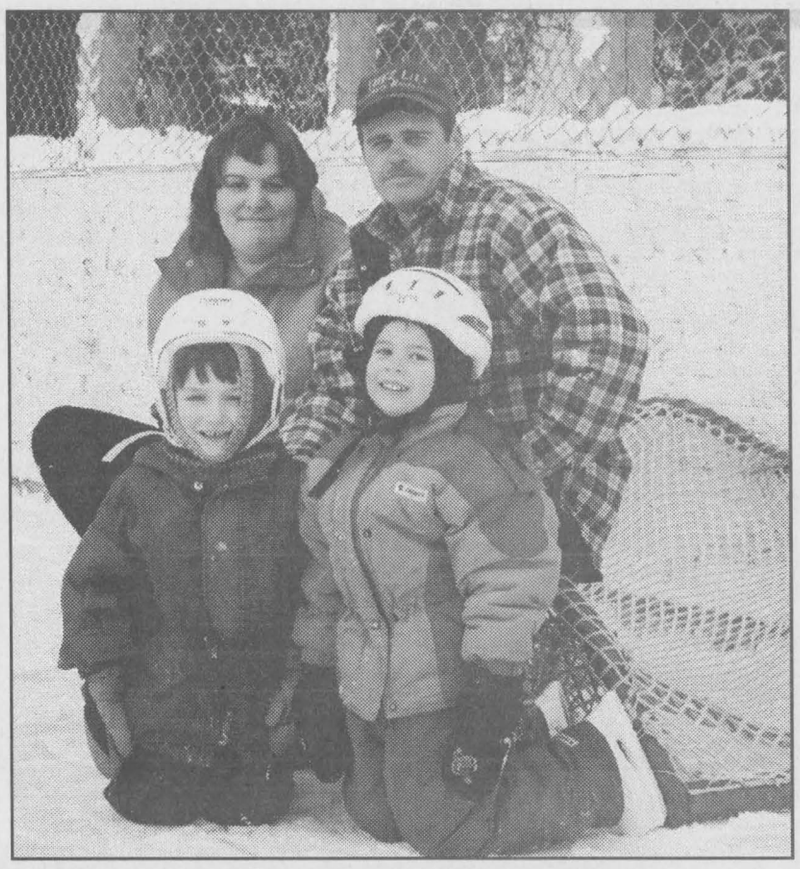
From visiting any given rink it is apparent that the kids who use these facilities value their presence. When asked whether he believed Inkerman's outdoor rink, and others like it, to be a valuable community asset, 14-year-old Heigh Metcalfe responded with a resounding, "Definitely."



Heigh Metcalfe, 14, of Inkerman cuts up Inkerman rink's smooth surface for his first time this winter.



Kerry Dagenais, whose entire family makes use of Morewood's outdoor rink, takes a few minutes to clear some extra snow from its surface during one of his family's frequent visits to the rink



Morewood's winter attraction

Guy Thibeault treated six-year-old daughter, Danica, girlfriend Christine Charron and guest Shawn Danis, six, to their first visit of the season to Morewood's outdoor skating rink. Milder temperatures saw a good crowd tie on their skates at the hamlet's ice surface on Sat., Jan. 6.

New city councillors sworn in

by Nevil Hunt

OTTAWA — The first mayor of the new City of Ottawa, Bob Chiarelli, and 21 city councillors were sworn in during an hourlong ceremony at the National Arts Centre on Sunday afternoon (Jan. 7).

The new city is home to 785,000 residents spread over 2,750 square kilometres.

The ceremony, held in the NAC Theatre, was standing room only.

The new mayor and councillors entered behind a procession of ceremonial guard and the Cameron Highlanders of Ottawa.

Above the stage were the retired flags of the 11 municipalities and the Regional Municipality of Ottawa-Carleton, which were amalgamated into the new city on Jan. 1.

The former mayor of each of the former municipalities was called forward and presented with a retired flag. Overhead, the corresponding retired flag was raised out of sight above the stage. As the last retired flag was raised, it left only a giant Ottawa flag hanging as a backdrop at the rear of the stage.

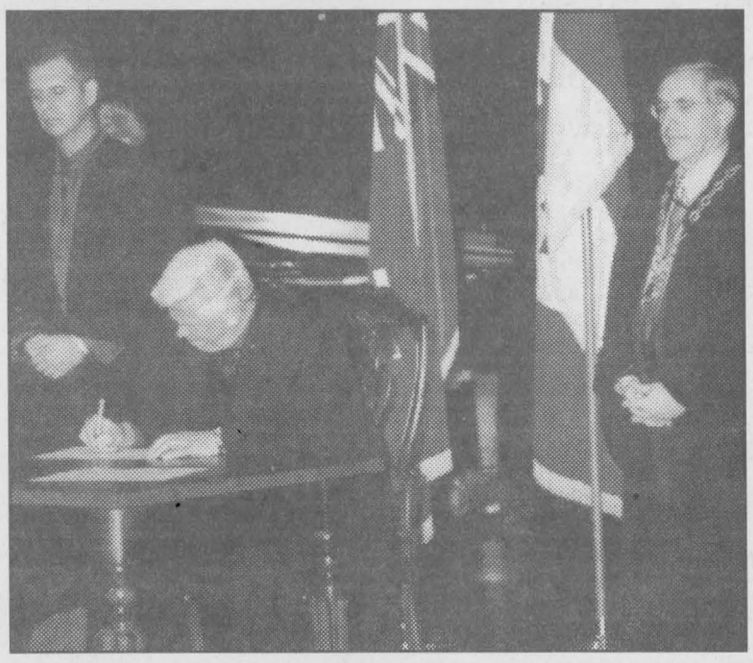
Chiarelli and the councillors were then sworn in, making a verbal pledge and signing the required paperwork. Osgoode councillor Doug Thompson was greeted with cheers when his name was called, and following his signing of the papers of office, he was the most animated of the new councillors, drawing laughter from the audience by pumping his fist as he walked back to his seat.

The audience was addressed by MPP for Ottawa-Orleans, and parliamentary assistant to the Minister of Municipal Affairs and Housing, Brian Coburn, and then by Chiarelli.

The new mayor named the former municipalities one-by-one, and said, "You will all continue to beat in the heart of the new city."

He called Ottawa, "The best city, in the best country in the world."

The new council was then piped from the theatre by the Cameron Highlanders.



Swearing-in ceremony

Osgoode ward councillor Doug Thompson (seated) signs the paperwork inaugurating him as an Ottawa city councillor as Ottawa mayor Bob Chiarelli (far right) looks on. Photo — Hunt

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Chesterville veterinarian elected to head provincial organization

by Chris Zabel
Press staff

CHESTERVILLE — In his fourth year as a member of the College of Veterinarians of Ontario, Dr. Bryan Kennedy of Chesterville has been elected to serve as the body's president. Kennedy was elected to the college to represent the area between Kingston, Renfrew and the Quebec boarder and will serve as its leader for the next year.

The province's College of Veterinarians (COV) is based in Guelph and meets roughly once a month. The college is the body which issues licences to all veterinarians in the province. It also inspects and accredits veterinary facilities and investigates complaints. Kennedy said that the COV should not be confused, although it often is, with the OVC (Ontario Veterinary College) which trains veterinarians, and is also based in Guelph.

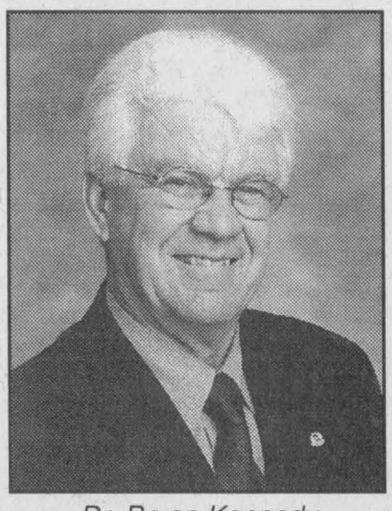
Kennedy has worked as a vet since graduating from the OVC in 1969. Immediately after finishing school, he set up a practice in Chesterville where he has lived ever since.

The practice Kennedy started has since amalgamated with Dundas Veterinary Services which is based in Winchester. Although he started his career working on all types of animals, everything from cats to horses, in recent years he has narrowed his focus to work exclusively in bovine reproduction.

At the moment, Kennedy is off his feet following hip surgery, but when he returns, he'll again be going out to about five farms a day to help increase the bovine population. "The biggest job is trying to get the baby in there: to achieve pregnancy," he said.

Now as COV president, Kennedy will keep busy with his new duties, which will include a fair amount of travelling. He said he already has three trips planned to the Toronto area. As president, he is expected to attend meetings in many of the province's 13 COV districts.

Veterinarians in each of the districts are elected to serve on the COV for six-year terms. Kennedy was elected by the approximately 350 vets in eastern Ontario to serve for the district. He said the duties involved in the position are relatively time consuming, and for that reason it's typically veterinarians who are farther along in their careers who are interested in the jobs.



Dr. Bryan Kennedy

The council has 17 members in total. Besides the members elected by vets, there are four public interest representatives appointed by the province. In his first three years as part of the COV, Kennedy served on the discipline, nominating and executive committees. As president, he will now chair meetings and coordinate the work of the college's committees.

The COV monitors the activities of all types of animal doctors. "We look after everything that walks and crawls. Nowadays people are into all types of snakes and lizards. It all comes under the board's scope," said Kennedy.

To be licensed to practice veterinary medicine by the COV, vets must complete a minimum of four years of post-graduate work. Kennedy said that most students work to become a doctor of veterinary medicine after earning an undergraduate science degree.

After earning a DVM, vets are allowed to open their own practice, but most find work at clinics to acquire expertise. Vets are qualified to work on any type of animal. Most new vets are oriented to companion animals, although some work toward a specialty, such as farm medicine, while at school.

Kennedy said that all vets tend to gravitate towards a specialty as they progress in their careers, as he has toward bovine reproduction. There are also certification tests veterinarians can take to gain extra credentials in certain areas.

Besides licensing vets, the other main function of the COV is to monitor the functioning of existing clinics. "That's something we can hold ourselves pretty high on," said Kennedy. "Every five years there is an inspection of the total physical place. And the book of regulations to follow is almost as thick as a Bible now."

Inspections are done routinely every five years. If a facility is found to be lacking in any way, it can be subject to unannounced visits, or more frequent checks. "You can't just open up shop with one syringe and one stethoscope," said Kennedy. He added that much of the public probably doesn't appreciate the huge investment that goes into opening a clinic.

The COV also handles matters when public complaints are made. "A lot of problems are diffused right on the first phone call, but sometimes a complaint will go farther," said Kennedy. It becomes the job of the COV to investigate problems and to enforce appropriate solutions.

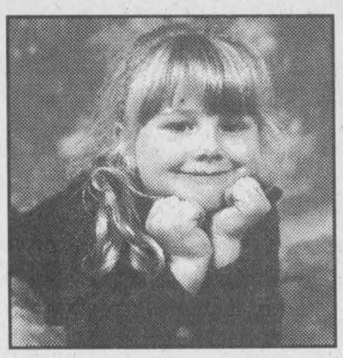


In training

Ron and Arnold Lewis of Ron Lewis Farms attempted to take the first steps towards training their horses to pull sleighs and wagons at their South Mountain farm on Sat., Jan. 6. Passengers Ryan and Jeffrey Gray weren't getting much of a ride this snowy afternoon, as unruly students Jacob and Pepper had not yet agreed to comply with their owner's wishes.

Photo — Cameron

Happy 5th Birthday
to a very precious little girl
Brittany Lynn Cooper
on January 15th



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Biosolids workshop rescheduled

METCALFE — A biosolids public workshop has been rescheduled following the large snowfall in mid-December. Biosolids consist of treated human waste and other treated sewer effluents which are used to fertilize agricultural land.

On Tues., Jan. 16, the Regional Municipality of Ottawa-Carleton will host the workshop at the Manotick Legion, 550 Ann Street. The region produces about 35,000 wet tonnes of biosolids per year, half of which are spread on agricultural land. The other half is used as cover material at the Carp Road landfill site.

The RMOC project under way now involves a review and ranking of the many treatments and end uses of biosolids using criteria developed and ranked with public input.

One concern expected to be raised at the workshop stems from an accidental release of infectious material from the Canadian Food Inspection Agency Laboratory on Fallowfield Road.

Sludgewatch, a provincial environmental organization, recently issued a press release on the release of scrapie, a disease linked to mad cow disease.

Sludgewatch representative Maureen Reilly said CFIA did the right thing, informing the Ontario Ministry of the Environment, the regional health department and Ottawa's Pickard wastewater treatment plant of the release. Her greatest concern is that none of the organizations informed of the release informed CFIA that Ottawa wastewater ends up on agricultural land.

Those planning to attend the workshop have been asked to call Erik Apedaile at 560-1335, ext. 3257.

The meeting starts at 6:30 pm with refreshments. At 7 pm there will be a presentation on current practices and discussion of the issues and alternatives.

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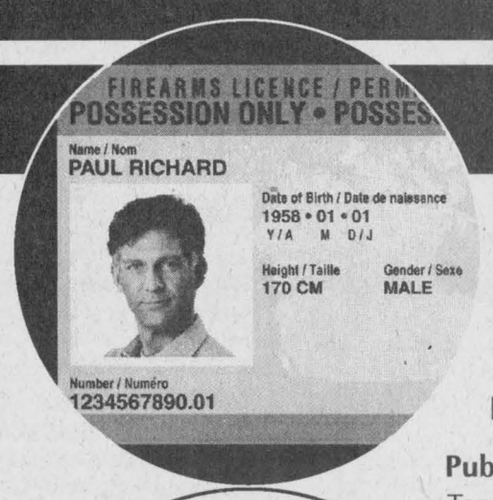
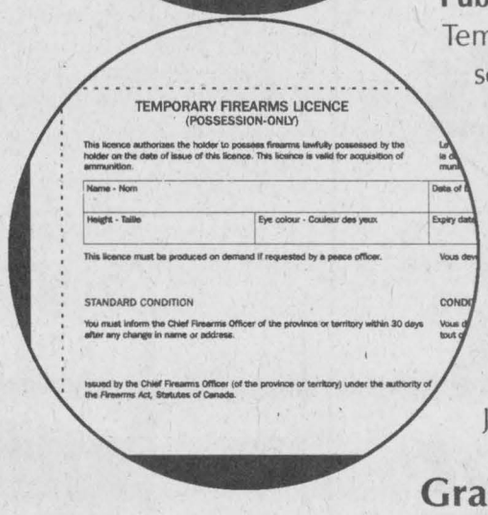
Important Information for all Canadians about responsible firearm ownership





An update on licensing

Temporary licences issued to meet demand

To comply with the *Firearms Act* requirement for firearm owners to have a licence as of January 1, 2001, Canadians sent in their licence applications in record numbers. To meet this demand, temporary licences are being issued to eligible firearm owners.

Public safety remains the cornerstone of the firearms program.
Temporary licences are only being issued to those who are successfully screened against Canadian Police Information Centre (CPIC) databases. And, like all other firearm licence holders, those with temporary firearms licences will be continuously screened against police databases.

These public safety checks conform to the *Firearms Act* and keep firearms away from those who should not have them.

Temporary licence holders are not permitted to acquire firearms. However, they will be in legal possession of their firearms and they will be able to get ammunition. Temporary licences are only valid until June 30, 2001 or until those eligible receive their five-year licence.

Grace period introduced

Firearm owners who applied for their licence before the deadline will not be penalized if they did not receive their licence by January 1, 2001.

This grace period will last until June 30, 2001. It only protects people who applied for a licence before January 1, 2001. Firearm owners and users who did not apply for a licence or who don't have a valid Firearms Acquisition Certificate (FAC) may be subject to penalties under the *Criminal Code*.

For more information, assistance or forms, call **1 800 731-4000** or visit our Web site at **www.cfc.gc.ca**

Canada

OBITUARIES

Thomas Robert Clarence Elliott

Thomas Robert Clarence Elliott of RR 3 Williamsburg, formerly of Sarnia, died suddenly on Jan. 5, 2001 in his 47th year.

He was the beloved husband of Darlene Elliott (nee VanPraet) and the loving father of Jesse and Megan. He was a dear brother of Terrie Anthony (friend Ken Hayes) of Michigan and Buster (Kathy) Elliott of Sarnia. He was predeceased by his mother Ethel (nee Moore, July 28, 1996), father Duncan (Oct. 11, 1965), sister Sharon (Sept. 15, 1969), father-in-law Remi Van Praet (Oct. 13, 1998) and brother-in-law Fred Anthony (Feb. 6, 1989).

He will be missed by mother-in-law Feby Van Praet (nee Myers) of Grand Bend, sister-in-law Sandra Clarke (friend Irvin Ford) of RR 1 Dashwood, brother-in-law Chris (Joyce) Van Praet, sister-in-law Lynn (Pete) Ferwerda of Warwick and brother-in-law Brady (Leslie) Van Praet of Petrolia.

He will be sadly missed by many nieces, nephews, friends and neighbors.

Normand Sarault

Norman Sarault died suddenly in Ottawa Civic Hospital on Thurs., Jan. 4, 2001 in his 57th year.

He was a retired OPP officer with the Winchester Department.

He was the beloved husband of Diane (nee Villeneuve) and loving father of Daniel R. (Kathleen Green) of Winchester, Marc G. of Winchester, Richard T. of Winchester and Jean Phillipe of Winchester.

He was the proud grandfather of Josee and Zachary and foster dad of Tylor, Junior, Amanda M. and Amanda T.

He was a dear brother of Jeannine St. Pierre (Guy) of Ingleside, Gisel Woods (Bill) of Ottawa, Diane Carriere (John) of Blackburn Hamlet. He was the son of the late Colombe and Rene Sarault.

Friends paid their respects at the Chesterville Funeral Home on Sun., Jan. 7. A funeral service was held at St. Mary's Catholic Church, Chesterville on Mon., Jan. 8.

As an expression of sympathy, memorial donations to the Children's Aid Society would be greatly appreciated (Children's Aid Society, 27 York St., Cornwall, ON, K6H 5V1).

Marjorie Strader

Mom was born on Aug. 16, 1927 at her home in Dunbar to Maggie and Frank Whittaker. She was the youngest of eight children: (predeceased — Lawrence, Leslie, Lyle, Eva McMillan, Jean Whitteker, Pearl Gainer) and Lillian Strader, who is living at Dundas Manor in Winchester.

Mom married Emerson Barkley on Oct. 17, 1946 and they moved to Goldfield where they operated a small store for a couple of years. They then bought a farm east of Dunbar where they raised two children, Jack and Lynda. Dad died in the summer of 1962 of cancer, when Jack was 10 years of age and Lynda was six. Mom continued to run the farm for the next few years, and then she began to work at the Red and White store in Williamsburg for her future husband, William (Bill) Strader.

Mom worked at the store located at Upper Canada Village for over 25 years and made many long-lasting friendships which continued until her death on Tues., Dec. 26, 2000. She was an excellent cook and her home was always open to anyone who just happened to be passing by at lunch time. Nothing pleased her more than seeing people enjoy her baking. I am positive that over 75 per cent of Dundas County has had the opportunity to enjoy her infamous butter tarts, especially her daughter-in-law Ann. She was a warm and friendly lady who brought joy to everyone she met.

Mom took a keen interest in all her family, but the two main joys of her life were her grandchildren Scott and Laura Barkley. If you happened to run into Marge, it wasn't long before the conversation turned to her grandchildren and she would let you know just how special she thought they were.

Another favorite hobby of mom's was playing bridge. Over the past five years, she and Doreen Empey, a very close friend, spent three days a week terrorizing the local bridge circuit. I want to let all you bridge players know that you made these sessions very special for my mom.

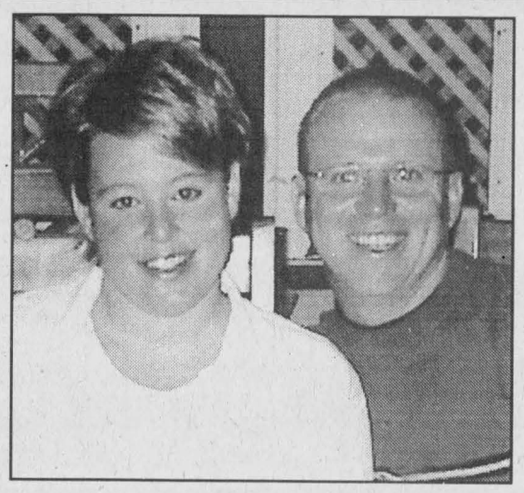
The family wishes to thank everyone who expressed their sympathy either personally or through cards, flowers, generous donations, food and warm hugs: Mom was a very practical woman and so in lieu of thank you notes being sent to everyone, a donation will be made by the family to Winchester District Memorial Hospital.

Mom/Grandma, you were a very special lady. We all loved you and are going to miss you.

Raffle winners

METCALFE — A raffle draw was held on Tues., Dec. 19 at the Metcalfe Loyal Orange Lodge No. 205 in Metcalfe. The raffle raised $2,000.

The winners were as follows: first prize of $250 — Joan M. Graham of Stittsville; second prize of $150 — George Mears of Richmond; third prize of $100 — Grenville Gauthie of Elginburg.



Engagement

Gareau – Hunt

Larry & Elaine Gareau are proud to announce the engagement of their daughter, Wanda to Brad Hunt, son of Leo and Theresa Hunt. Wanda and Brad will be married at St. Raphaels' on May 19, 2001.

Children's Fund benefits reach 10 families

by Chris Zabel
Press staff

MOREWOOD – In its first year of operation, the North Dundas Children's Fund raised approximately $24,000, most of which it has now given back, assisting 10 families in the township with special medical expenses. Since the fund began dispersing money in August, it has been able to assist all of the families who have applied for help.

Several computers have been purchased for young people with learning disabilities. Software packages are available to help them build their communications skills if they have a computer to run the programs.

The fund has purchased several communications binders, designed so children with communications difficulties can communicate with pictures. Other purchases include a reconditioned wheelchair, hearing aids and a hockey sledge.

Also, the fund has assisted two families with expenses when they've had to take a child to the United States for treatment. Under these circumstances, OHIP will often cover the treatment, but not the cost of travel or of hotel stays. The children helped so far have been between ages four and 15.

"Our basic approach is, if you can get it from OHIP, have them cover it. We're here to cover things people couldn't get from OHIP: to step into the breach," said David Poupore, the fund's chair.

All of the people involved with the North Dundas Children's Fund have been impressed that the new charity has been so successful in its first year. It was designed to be a way of raising money for families in North Dundas who need assistance with medical expenses for a child. And it's a way to ensure that donated money benefits the community where it is raised.

Most of the $24,000 that the fund raised last year came from the walkathon that was held last June in Morewood, and from the raffle of a gigantic children's playhouse built by Guildcrest Homes. "In the summer we kicked the dispersement committee into gear," said Poupore. The township sent out forms with the municipal tax bills for people to apply to the fund.

The application form reads simply, "Please detail your special need requirements that are not covered by any other support. Give details including cost of special need items, urgency, why you need our financial support, and any other detail that might help us understand your request." The fund's dispersal committee places a high priority on the confidentiality of assistance. Any beneficiaries of the fund who are publicised have given their explicit permission.

"There are some really heart-wrenching stories. You don't realize until you get involved," said Poupore. "It makes the things that most of us complain about seem pretty trivial."

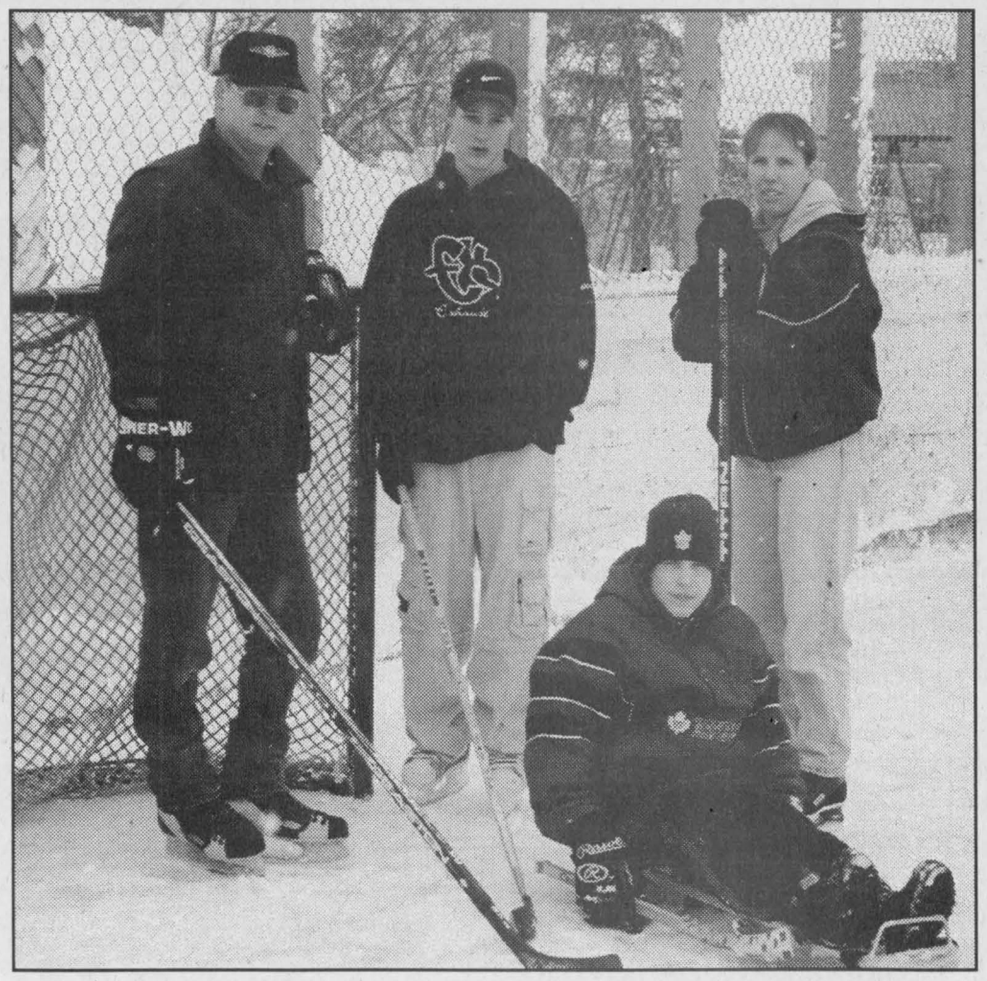
And from learning something about the families who have applied to the fund, Poupore said there's no mystery about why they need help. Many families need two incomes to meet expenses. However, if a family has a child with special needs, it often means one parent, usually the mother, has to stay home. "Of course we can see why they do that. It's not hard to understand why they need help with extra expenses," he said.

And Poupore said there are probably many more families in the township who could benefit from the fund. "I would hope that we could do another mailing. My gut feeling is that lots of families don't already know about us, or have chosen not to come forward yet," he said. He stressed that assistance is private.

The date has already been set for this summer's North Dundas Children's Fund Walkathon. Walkers will leave the Morewood Recreation Centre on the morning of Sat., June 9. And, like last year, a day of events will be scheduled at the centre following the walk.

Another giant playhouse is being built by Guildcrest Homes for the raffle which will be drawn following the walkathon. Members of the plant staff at Guildcrest are again volunteering their time to assemble the house. This year's playhouse will be similar in size to last year's two-floor dwelling, but will have a Swiss cottage feel. Designed by Robb Brock, the house will come complete with window boxes and gingerbread trim. Poupore said that tickets for the house will be on sale by the end of the month.

Applications can be made to the North Dundas Children's Fund at PO Box 8, Morewood, ON, K0A 2R0.



Among the 10 young people that the North Dundas Children's Fund has helped in its first year is Michael Dagenais, 14, of Morewood. Working with the Chesterville Rotary Club, the fund bought him a hockey sledge which he uses to compete in an Ottawa league and to play at the village's outdoor rink. Michael suffers from cerebral palsy and needs the sledge to take part in winter sports. On Sat., Jan. 6, Michael was on the ice with his parents, Kerry and Tammy, and his older brother Danny.

Photo — Cameron

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It's time to talk...

We want your views on the management of sewage sludge in Ottawa-Carleton.

- How is sewage sludge treated at the Robert O. Pickard Environmental Centre?
- What are biosolids?
- How are biosolids used?
- What are the issues?
- What are the alternative solutions for treating and using biosolids?

The Region of Ottawa-Carleton operates the Robert O. Pickard Environmental Centre, a wastewater treatment facility. All of the sewage collected in the municipal sanitary sewers, as well as all of the septic waste pumped from private septic tanks is treated at this facility.

The treatment plant separates the water from the biodegradable solids. The water is purified and returned to the Ottawa River. The solids are collected and treated through an anaerobic digestion process. The digested sludge is dewatered, resulting in a product called biosolids. The Region produces about 35,000 wet tonnes of biosolids per year.

Currently, half the biosolids produced at the Pickard Centre are spread on agricultural land as a fertilizer supplement and half are further processed and used as cover material at the Carp Road landfill site.

We are reviewing the existing Biosolids Management Plan and we want to know what you think. The project involves a review and ranking of the many treatments and end uses of biosolids using criteria developped and ranked with public input. The process will provide direction for biosolids management in Ottawa-Carleton, including a long-term strategy for managing the generation, processing, quality, use, and disposal of biosolids.

Come out to a **PUBLIC WORKSHOP**
RSVP Erik Apedaile
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Tuesday
January 16, 2001
6:30 to 9:30 p.m.

Manotick Legion Hall
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- environmental protection
- cost to ratepayers

Please join us for some lively discussion on this important topic.

To register for the workshop or for more information, please contact the Region's Project Manager, Erik Apedaile, at 580-2400, ext. 23257

6:30 p.m. **Refreshments**
7:00 p.m. **Presentation**
· Current practices
· Public participation process
· What are the issues?
· What are the alternatives?
7:45 p.m. **Facilitation Discussion**
8:45 p.m. **Closing Remarks and Next Steps**

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Smail sets up five, Hawks hold on for 6-5 win

WINCHESTER — After Friday night's five-point effort, all assists, Winchester's Shawn Smail has probably earned himself a new nickname. How does "Set-Up" Shawn Smail sound?

Smail, who started his season with the Lanark Jr. "A" Thunder, assisted on five of Winchester's six goals as they held on for an exciting 6-5 victory over the visiting Brockville Tikis here at home last Friday night (Jan. 5).

The Fred Street resident was a perfect fix for the Hawks' number one line, filling in for the injured Jesse Winchester. Winchester is the Hawks' top scorer with 21 goals, 34 assists and 51 points, but has been knocked out of action by a groin injury. So Smail joined Dylan Graveley and Liam Turpin on the club's top point producing unit, and his insertion paid instant dividends. The only scoring play he wasn't a part of was Dave Saumier's first-period tally.

The 6-5 win over the Tikis improved Winchester's Rideau - St. Lawrence Junior "B" Hockey League record to 12-16-1 which converts to 26 points. That's seven fewer than the fourth-place Char-Lan Rebels have (33) and 11 more than the last-place Akwesasne Wolves (15).

In their battle to gain that fourth and final playoff berth, the Hawks missed two points last Wednesday night (Jan. 3) in Gananoque when they rallied from a 5-1 deficit only to lose 7-6 to the Islanders.

Perhaps their most impressive victory of the campaign took place in Winchester on Sat., Dec. 23 when they shocked the second-place Alexandria Glens 6-2 (no score sheet available). But sandwiched around that victory were 4-2 and 6-3 losses to the first-place Kemptville 73s, the team the Hawks have yet to solve.

Sports 2001

BIG IMPROVEMENT

In spite of a 2-3-0 record in their last five games, and a 4-5-1 mark in their last 10, the Hawks have improved drastically since last year. In the first 29 games of the 1999-2000 season the Hawks were 6-22-1, had been outscored 86-161 and had earned 14 points. This time around they have composed a 12-16-1 record, have scored 46 more goals (132) and allowed 25 fewer (136) over 29 games. They have also added a dozen points to their total. And still Winchester is seven points out of that valuable berth in post-season play.

The road to the playoffs continues this week with the Hawks travelling to Westport to meet the top team in the Rideau Division, the first-place Rideaus (20-10-1), on Friday night (Jan. 12). Sunday (Jan. 14) afternoon the Hawks will play host to the visiting South Grenville Rangers (5-23-2) in a 2:15 pm matinee.

HAWKS 6 - TIKIS 5

Brockville jumped into a 2-0 first-period lead on goals by Clark Moran at 18:13 and Mike McKay at 10:43, forcing Winchester to rally and tie it at 2-2 before the period had expired.

Dave Saumier (from Luc Nault and Zac Boucher) cut the deficit to 2-1 when he connected at 8:34. Dylan Graveley tied it up when he finished off a play started by Shawn Smail and Trevor Heliker 3:04 before the end of the frame.

McKay's second goal put Brockville up 3-2 at 12:17 of the sandwich session, but once again the Hawks rallied with a pair of late goals. Ryan Kennedy tied it up (3-3) at 4:31 and Nault put the Hawks ahead (4-3) at 2:33. Smail drew assists on both goals.

Winchester expanded its lead to 6-3 on markers provided by Graveley at 8:54 and Liam Turpin at 6:02. Smail was in on both plays while Turpin helped out Graveley's goal and Gravely assisted on the Turpin's winner.

Brockville looked to be out of the picture, trailing 6-3 with time running out, but made things interesting when Casey Reilly sliced one goal off the deficit with 3:34 to go and Jay Miller closed the gap to 6-5 when he found the net with 0:25 left on the clock.

Fortunately for the home team, veteran netminder Gregg Griffith prevent the Tikis from banging in the tying shot.

Winchester played without captain Bill Henderson (away) and their leading scorer Jesse Winchester (injured).



Take out

Coaches tell their players that opportunities happen when they separate the man from the puck. On this play, Winchester forward Dave Saumier crushed Brockville's Derek Windsor (#9) and linemate Luc Nault (right) scooped up the loose puck and headed into Tikis territory. Winchester posted a 6-5 victory in Friday night's (Jan. 5) Rideau - St. Lawrence Junior "B" Hockey League contest. Press Photo – Van Bridger

Skating a way of life for pairs team



Jessica Barrow and Joseph Baker

by Erika Caines

OSGOODE — They live their lives on the edge — the edge of their blades, that is.

Osgoode's Jessica Barrow and skating partner Joseph Baker of Barrhaven, who have been skating together for the past year, may well be on their way to becoming the next David Pelletier and Jamie Sale.

The pair is now at the pre-novice level and heading to the national junior championships in Kitchener this week. Presently the Ontario junior pairs champions, they are two dedicated young athletes with a goal.

Baker, 16, has been skating since he was nine years old. He was involved in skating in Nova Scotia for three years doing singles and dance, before moving to Ontario and becoming involved with pairs skating. He has been coached by many skilled instructors, including a Russian Olympic silver medalist, and has met many of the world's finest skaters, including Kurt Browning, Elvis Stojko, Don Jackson, Josée Chouinard and Scott Hamilton.

He and Barrow were "thrown together", according to Baker.

"(The coaches) said 'you're doing pairs' and they put us together," said Baker.

Skating pairs has been a very different experience for both of them. Barrow said there is a lot more trust involved.

"It's completely different because none of the elements are the same," she said. "You have to be less scared and you have to be pretty stable."

Baker also finds pairs skating to be a whole different ball game.

"I can't just do things my way," he said. "You have to think before you do something because there's someone else out there with you."

For Barrow, skating is a way of life. Barrow has been skating since she was just six years old and has been competing since she was eight.

"(Skating) makes me really busy but I have a lot of fun," she said. "It takes up a lot of my social life."

Sometimes she's on the ice both before and after school, trying to finish homework and see her friends in between. She also said that her dream is to skate at the Olympics.

"My entire life, I've wanted to go to the Olympics," she said.

Baker also has his work cut out for him. Almost every day, he heads to the rink after school for training, in between trying to see his friends, do his homework, weight training at the gym and holding down a part-time job at Canadian Tire in Kanata.

Like his partner, Baker also has an Olympic dream.

"We're definitely shooting for the 2008 winter Olympics," he said.

The pair gets along well, despite the three-year age difference. "(Jessica) is great," said Baker. "She's small enough and she can do (all the elements)."

Both Barrow and Baker love the thrill of competition and say that their favorite part of skating is jumping.

• continued on the next page

Tied for first place

Blanchard leading Jets in Metro division battle

METCALFE — According to Jets head coach Darrell Warren, team captain Matt Blanchard has been one of Metcalfe's steadiest players all season. And finally his numbers have started to add up.

In the most recent Metro Junior "B" Hockey League stats sheet Blanchard is listed as the division's leading scorer. He has notched 23 goals, assisted on 20 others and collected a total of 43 points. That's two more than Clarence Creek's Eric Lavoie has piled up.

"Matt has been having a really good year. He has been there for us every game," offered coach Warren.

With 32 of 42 of games in the books Warren knows his Metcalfe Jets will have to receive more offence from their on-ice leader if they are to remain on top of the standings.

The Jets (17-13-2) and Ottawa West Golden Knights (16-13-2) share top spot with 39 points. But lurking just four points back are both the South Ottawa Canadians (15-12-3) and Buckingham (16-14-2). And just four points behind them are the Clarence Creek Beavers (15-11-0) with six games in hand.

"I can't ever remember the standings being so close. It is so close any of the five teams could still finish first or fifth," remarked Warren.

The Jets can't afford to stumble going through their final 10 games or home ice advantage in the post season could disappear. Warren knows this and says if any one team could spoil the mix it could be the Clarence Creek Beavers.

"I think Clarence has a real good team and with so many games in hand they could be the dark horse."

The coach explained the club still has some open cards left and would like to make a deal or two to shore things up for the playoff run. He says if it can be done the Jets would like to add a forward, as well as a defenceman.

Overall, he says, the squad has been fairly consistent, but with several guys having work and school commitments icing a full complement of players has been a difficult thing to do.

"Besides Matt (Blanchard) I would say the rookie line of Jon Finney, Brad Nixon and Jeremie Carreau has played very well. Rookie defenceman Aaron Brown has also been very steady and has played every game. Of course our goalies, Jeff Pugh and Jeff Weber, have played well."

Pugh and Weber still lead the division's puck-stopping tandems, having allowed 101 goals in 32 games which equates to a 3.16 GAA.

RECENT ACTION

Sunday (Jan. 7) the Jets hosted Buckingham and earned a point in a 4-3 shootout loss to the visitors from Quebec. It was just their sixth home-ice loss in 16 games at the Larry Robinson Arena.

Metcalfe led 2-0 on first-period goals by Chris Bailey (unassisted) and Jeremie Carreau (from Jon Finney). They led 3-2 after two on a marker by Marc Richer (from Bryce Douglas) but couldn't prevent the visitors from sending it into extra time.

Penalties and absentees whittled the Metcalfe bench down to two lines for the third period and that's when Jasmin Rochon scored to tie it up 3-3.

Veteran Jeff Pugh tended the nets and will get the start this Friday when the two teams meet again in Buckingham.

Sunday (Jan. 14) the Jets continue their road trip with a stop in Richmond to take on the Goulbourn Royals.

Last Friday night (Jan. 5) in Carleton Place the Jets fired in a pair of third-period goals and crowned the Kings 4-3.

Defenceman James Leitch converted a pass provided by Matt Blanchard and Mike Santerre into the game-winning goal 5:39 before the final buzzer.

Alex Hall (from Bryce Douglas and Aaron Brown at 13:30) and Oliver Lyon (from Santerre at 9:02) counted Metcalfe's first two goals. Jeremie Carreau (unassisted at 14:14) connected for the third tally in the third period.

Jeff Weber posted the victory.

Metcalfe started the new year by collecting two points from a 4-3 shootout win over the host South Ottawa Canadians on Jan. 2.

Chris Bailey (from Matt Blanchard and Dylan Furlong) scored the tying goal with 0:50 left in regular time. Marty Dams and Furlong then netted the deciding shots in the shootout, which the Jets won 2-1.

Blanchard (from Dams and Douglas at 16:57) connected in the first period. Dams (from Douglas at 1:30) tapped in the second-period tally.

Jeff Pugh registered the victory.

Metcalfe's next home game is set for Fri., Jan. 19 when the St. Lawrence Division's Alexandria Glens pay a visit to the Larry Robinson Arena.

Comeau provides pop for Novice 'C' Demons

LONG SAULT — On the second day of the new year the North Dundas Nestle Novice "C" Demons won a championship. Competing in the South Stormont Selects tournament the Demons defeated South Grenville 6-3, Morrisburg 4-2 and Brockville 5-1 to earn the "A" Division silverware.

North Dundas was powered by the accurate shooting of Justin Comeau who fashioned two three-goal games and a four-goal effort. He accounted for 10 of his team's 15 goals.

With Comeau denting twine at one end of the Long Sault Arena, Michael Marquette and Cam Armstrong guarded string at the other end. The North Dundas goaltending combination posted three victories and finished the tournament with a 2.00 GAA.

An unassisted shot by Comeau opened the tournament for North Dundas as they faced the South Grenville Rangers in a morning match on Jan. 2.

Sheldon Myers (unassisted) counted the Demons second shot at 4:15 of period two as the Rangers played themselves into a 2-2 tie.

It wasn't even close in the final frame as Scott Hallam (from Comeau at 7:12) scored to start a four-goal outburst. Myers counted his second at 6:35 and Comeau rammed in his second and third goals with 4:47 and 3:55 left on the clock to take the final total to 6-3.

North Dundas played a penalty-free game.

It was the Justin Comeau scoring clinic in game two as he fired in four unassisted goals to lead the Demons to a 4-2 win over the Morrisburg Lions. Morrisburg led 1-0 after a period but were down 2-1 after two.

North Dundas played another penalty-free game.

"A" FINAL

Armstrong missed the shutout by a shot when Brockville's Casey Crooke put a shot behind him 0:34 before the final buzzer. He had protected a 1-0 first-period lead and a 2-0 cushion after two sessions. North Dundas was in control (5-0) when Brockville finally found the mark.

Comeau (unassisted) opened the championship tilt at 7:44 of the first period. Sheldon Myers (from John McGlashon) made it 2-0 with 2:41 left in period two. Comeau opened period three connecting from Brent Holmes at 7:48. Myers (unassisted) clicked for a 4-0 lead at the 4:12 mark and Comeau (unassisted) made it 5-0 1:04 before the final buzzer.

North Dundas drew its only penalty of the tournament for a minor tripping infraction with 8:02 left in the game.



Tourney champs

A perfect 3-0 record at the South Stormont Selects Novice "C" tournament on Jan. 2 netted the North Dundas Nestle Demons the event's "A" Division championship. Front, left, Brent Holmes, Coady Carruthers, Jeremy Rose, Wade Hetherington, Michael Marquette, Cam Armstrong, Scott Hallam, John McGlashon. Back, left, Marc Comeau - trainer, Coady Findlay, Justin Comeau, John Servage, Ken Byrne - coach, Sheldon Myers, Tyson Byrne, Taylor Johnston, Sandy Johnston - ass't coach. Missing Ken Rose - ass't coach.

Courtesy photo

Demons take Hershey title

SMITHS FALLS — Danny Wilson's second goal of the game was the result of some crafty engineering by Justin Morozuk and Kelly Beckstead, and decided this year's champion of the annual Hershey Midget "B" Tournament.

Wilson, an affiliate player from the Winchester Jr. "B" Hawks, cracked in the winning goal 1:49 before the end of regulation time and snapped a 3-3 tie with the Carleton Place Kings. The North Dundas Parmalat Demons had led the championship match 2-1 after a period and 3-2 after two, but found themselves in a different situation when Carleton Place evened the score at three. Jordan Purcell beat Carl DeJong at 11:39 of the final frame to create the deadlock.

Wilson (from Kevin Laverdiere) gave the Demons a 1-0 lead, scoring at 9:39 of the first period. Carleton Place matched that tally with a Brad Hewitt marker at the 6:36 mark but gave up a 2-1 lead when Francis Dagenais connected on a relay from Aaron Kelly and Stefan Gravelle 4:54 before the end of the session.

Hewitt's second goal pulled the Kings into a 2-2 tie at 9:32 of the second stanza. North Dundas finally responded 0:26 before the end of the same frame on a Laverdiere blast. Scott Baldwin set up the 3-2 lead.

Carleton Place tied it up at three on the Purcell goal at 11:39 of the third and set the stage for Wilson's winner 1:49 before the final buzzer.

North Dundas' 4-3 championship victory over Carleton Place was preceded by three round robin games and a 5-1 semi-final victory over the Brockville Warriors.

Carleton Place won all three of their premlinary games and finished with six points. North Dundas and Brockville went 2-1-0 and finished with four points each. Cumberland (1-1-1), Rockland (0-2-1) and Smiths Falls (0-3-0) completed the opening round in that order.

Carleton Place drew a bye while Brockville and North Dundas had to face off in a semi-final contest.

DEMONS 5 - WARRIORS 1

Carl DeJong backstopped a solid effort by his mates in their 5-1 semi-final victory over Brockville. His only miscue happened in the second period when Brockville's Derek Wilson fooled him. That shot cut the Parmalat lead to 3-1.

Aaron Kelly opened the game scoring from Dave Gallant at 13:03 of the first period. Francis Dagenais then combined with Stefan Garvelle and Derek Vingerhoeds to make it 2-0 at 10:05. The count went to 3-0 at 8:38 on a goal by Kevin Laverdiere who scored from Josh McLean and Brodie Spratt.

A pair of third period tallies by Gallant (from Kelly at 10:52) and Scott Baldwin (from Justin Morozuk and Dan Wilson at 6:01) insured the Demons appearance in the title match.

ROUND ROBIN

Carleton Place nipped North Dundas 3-2 in the opening game of the competition, scoring the winning goal with 0:18 left on the clock.

First period goals by Scott Baldwin (from Laverdiere and Morozuk at 14:32) and Gallant (from Matt Baker at 14:20) staked the Demons to a 2-1 first period lead.

Captain Scott Baldwin and affiliate Dan Marion each pegged a pair of goals in game two as the Demons tamed the Smiths Falls Bears 5-2. Francis Dagenais popped in the other puck.

Solid goaltending and defensive play highlighted a 2-0 victory over Cumberland in North Dundas' final round robin test.

Pairs team

• continued from previous page

"Jumping is what I like to do," said Baker. "I just throw myself up there. It's almost like you're weightless."

The pair placed first in the sectional competition and since there weren't enough pairs teams, they have received a bye to the Canadian championships.

Last year the pair also won sectionals, came fourth in divisionals and placed 11th at the Canadian championships in Kelowna, B.C.

"We started off slow when we began (skating together) but have moved leaps and bounds," said Baker. "It's been an interesting time. You get to travel a lot."

For now the pair is concentrating their efforts on the upcoming national championships and are looking forward to the challenge.

"I'm excited and a little nervous," said Barrow. "Hopefully we'll skate well and that's all I can do."

Baker said that he doesn't know what he'd do without skating being a part of his life.

"I don't know what I'd do without it," he said. "When you do it every day it kind of becomes your life."

Sports Scoreboard

Eastern Ontario Jr. "B" Hockey League

RIDEAU-ST. LAWRENCE DIVISION

RECENT RESULTS:

Jan. 2: Char-Lan 4 - Alexandria 1
Jan. 3: Alexandria 5 - Brockville 2
Gananoque 7 - Winchester 6
Jan. 5: Winchester 6 - Brockville 5
Morrisburg 7 - Westport 6
Athens 5 - Kemptville 4 SO
Jan. 6: S. Grenville 5 - Kemptville 4
Char-Lan 6 - Gananoque 1
Jan. 7: Westport 7 - Alexandria 2
Morrisburg 4 - S. Grenville 2
Athens 7 - Char-Lan 6 OT
Akwesasne 7 - Gananoque 6
Kemptville 7 - Brockville 1

Rideau Division:	W	L	T	GF	GA	PTS
Westport	20	10	1	161	126	42
Athens	14	14	3	153	147	32
Brockville	14	17	0	155	151	31
Gananoque	14	17	1	133	146	29
S. Grenville	5	23	2	72	152	14

St. Lawrence:	W	L	T	GF	GA	PTS
Kemptville	23	8	1	158	95	48
Alexandria	20	12	0	139	114	41
Morrisburg	18	11	2	161	135	39
Char-Lan	14	16	3	123	129	33
Winchester	12	16	1	132	136	26
Akwesasne	5	24	2	101	187	15

Rideau Division Top Scorers:	G	A	PTS
Chris Ferguson, Bro.	35	28	63
Trevor Choffe, West.	25	35	60
Bill Palmer, Athens	21	38	59
Alan Pipe, Bro.	13	35	51
Tylor Copeland, West.	21	25	46
Greg Kerr, West.	20	26	46
Bryan Shepherd, Athens	20	26	46
Kevin Dostie, Athens	23	21	44
Avery Flanagan, West.	18	25	43
Matt Driscoll, Gan.	14	18	32

St. Lawrence Top Scorers:	G	A	PTS
Nicholas Besner, Alex.	33	39	72
Jesse Winchester, Win.	21	34	55
Sebastien Thibault, Morris.	25	26	51
Kelly Winsor, Kempt.	24	27	51
Peter Barnett, Morris.	24	20	44
Nick Dube, Char-Lan	19	25	44
Craig Stanley, Kempt.	17	24	41
Ghislain Valade, Alex.	15	25	40
Kurtis Favot, Kempt.	17	22	39
Dylan Graveley, Win.	10	29	39

Eastern Ontario Jr. "B" Hockey League

METRO DIVISION

RECENT RESULTS:

Jan. 2: Metcalfe 4 - South Ottawa 3 SO
Jan. 4: Ottawa West 7 - Perth 3
Jan. 5: S. Ottawa 4 - Buckingham 2
Metcalfe 4 - Carleton Place 3
Jan. 7: Ottawa West 5 - Goulbourn 4
Buckingham 4 - Metcalfe 3 SO
Arnprior 5 - Clarence Creek 2

STANDINGS:	W	L	T	GF	GA	PTS
Ottawa West	16	13	2	122	105	39
Metcalfe	17	13	2	108	101	39
South Ottawa	15	12	3	124	109	35
Buckingham	16	14	2	112	114	35
Clarence Creek	15	11	0	132	108	31

Metro Division Top Scorers:	G	A	PTS
Matt Blanchard, Met.	23	20	43
Eric Lavoie, CC	19	22	41
Eric Lanthier,.Buck.	15	26	41
Sam Barakat, SO	26	14	40

Winchester Town Hockey League

RECENT RESULTS:

Week 12 - Jan. 2:
Ben's Rangers 2 - C.K. Cyclones 0
Boyd Chrysler Rams 6 - KTC Flyers 3

STANDINGS:	W	L	T	GF	GA	PTS
Boyd Rams	8	4	0	57	36	16
KTC Flyers	8	4	0	47	35	16
Ben's Rangers	6	6	0	29	38	12
C.K. Cyclones	2	10	0	24	48	4

TOP SCORERS:	G	A	PTS
Kirk Tallman, Flyers	14	15	29
Derek Rintoul, Rams	12	16	28
Kevin Henry, Rams	10	14	24
Jason Ouellet.e, Flyers	9	8	17
Shawn Forbes, Rams	12	4	16

Winchester & District Ladies Hockey League

RECENT RESULTS:

Week 12 - Dec. 31:
Stewart Classics 2 - Andy's Foodland 0
Annable's Blues 2 - Double Beauty 1
CountryGirl 3 - Ryan's Reds 1
Week 13 - Jan. 7:
Double Beauty 1 - CountryGirl 0
Annable's Blues 2 - Andy's Foodland 0
Stewart Classics 3 - Ryan's Reds 0

STANDINGS:	W	L	T	GF	GA	PTS
Stewart Classics	8	2	1	23	6	17
Annable's Blues	8	3	0	30	9	16
CountryGirl	6	4	1	18	14	13
Ryan's Reds	4	6	1	9	20	9
Andy's Maroons	3	8	0	7	31	6
Double Beauty	2	8	1	6	16	5

TOP SCORERS:	G	A	PTS
Sandy Roy, Blues	16	6	22
Sandra Brunner, SC	13	6	19
Amy Fraser, Blues	4	10	14
Sara Benoit, AJ	3	5	8
Jen Manley, Classics	2	5	7

Osgoode Hockey League

RECENT RESULTS:

Dec. 19: Snipers 2 - Outlaws 1
Dec. 21: Manotick 5 - S.E. Blues 2
Metcalfe 3 - Blackhawks 2
Dec. 28: Outlaws 4 - Metcalfe 2

STANDINGS:	W	L	T	GF	GA	PTS
Snipers	10	2	2	66	37	22
Manotick	8	3	4	86	69	20
Outlaws	7	5	3	55	47	17
Metcalfe	5	5	5	70	54	16
Blackhawks	5	9	1	64	85	11
S. E. Blues	1	12	1	29	84	3

TOP SCORERS:	G	A	PTS
Note: missing two game reports			
Derrick Hutt, Snipers	15	9	24
Mike Hutt, Snipers	9	15	24
Chris Miller, Kings	12	11	23
Tim Oshier, Kings	9	11	20
Jeff Hay, Chiefs	8	10	18

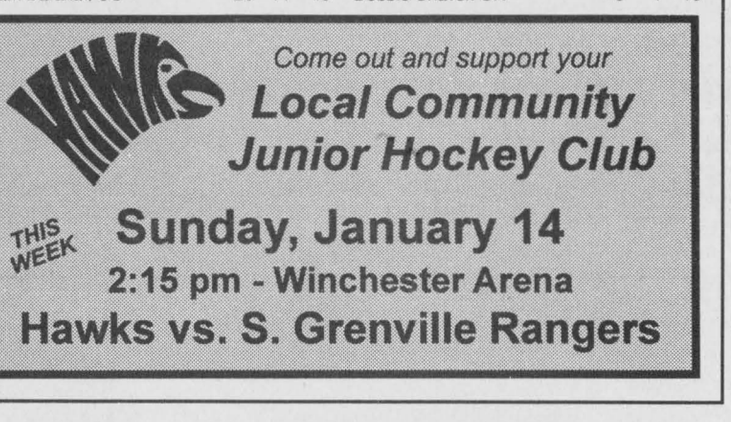
Osgoode Rideau Ladies Broomball League

RECENT RESULTS:

Week 17 - Jan. 3:
Sweepettes 2 - Wisnia 0
Nighthawks 6 - Prescott Road 0
Seaway Devils 2 - Outcasts 1

STANDINGS	W	L	T	GF	GA	PTS
Nighthawks	11	2	1	35	5	23
Seaway Devils	10	1	1	32	12	21
Sweepettes	8	3	2	24	5	17
Outcasts	6	5	1	22	13	13
Prescott Road	6	9	0	17	37	12
Kemptville	2	9	1	9	27	5
Wisnia Carpet	0	14	0	4	44	0

TOP SCORERS	G	A	PTS
Jackie Yelle, SD	8	6	14
Debbie Shaver. ON	9	4	13







Sandra Brunner (#12) wasn't offered a rebound by Ryan's Restaurant goalie Sharon McDonald on this play, but the Classics forward did pott a pair of goals as her team skated to a 3-0 win over the Reds on Sunday (Jan. 7) morning. The Classics lead the WDLHL standings with an 8-2-1 record. Press Photo – Van Bridger

Stylists claim second with Rombough's goal

WINCHESTER — Maybe the new year will bring more success to the Double Beauty Stylists. The 2000 portion of Winchester District Ladies Hockey League campaign had produced just three points for the Stylists but opening day of 2001 was a success as they them knock off the third-place CountryGirl Gold Diggers 1-0.

The win was a big one because it moved Double Beauty (2-8-1) to within a point of Andy's Foodland Maroons (3-8-0) and a share of fifth place.

There were 6:30 left in the Jan. 7 game when Kelly Rombough converted a pass provided by Mel Hobbs into what turned out to be the game-winning goal. The marker stood up and goalie Sherry Stewart turned in a shutout effort to ice the 1-0 decision.

Roxanne Backes suffered the one-goal loss.

BLUES 2 - MAROONS 0

In the second encounter on the three-game program the number-two rated Annable's Jewellery Blues (8-3-0) stayed within a point of the top-ranked Stewart Classics by blanking the fifth-place Andy's Foodland Maroons (3-8-0) 2-0.

Carol Chesbro turned in a perfect effort, working the Blues nets while Emily McDonell, Sara Benoit and Sandy Roy took care of the scoring. McDonell fired a Roy-Benoit relay into Carrie Nolan's net 28 seconds before the intermission to open up a 1-0 lead. Roy then used an offering provided by McDonell and Benoit to make it 2-0 at 19:17 of the second half. It was Roy's league-leading 16th goal.

CLASSICS 3 - REDS 0

Sandra Brunner notched her 12th and 13th goals of the season late in the game as the first-place Stewart Classics (8-2-1) closed down Ryan's Restaurant (4-6-1) 3-0 in the 10 am encounter.

It was a scoreless tie at the half but things started to finally happen when Karen Magee used a feed from Diane Lapier to score her first and the game-winning goal at the 13:26 mark. Brunner then came through with some insurance, scoring unassisted at 6:03 and from Pam Kunapeski 45 seconds before the final buzzer.

Hornets realign

by Bonnie Faith

METCALFE — After the Christmas break a lot of the Metcalfe Hornets teams were reassigned to different levels/divisions in the National Capital Ringette Association.

Metcalfe's Novice "C2" squad played an away game against Rockland on Jan. 7 and battled their hosts to a 2-2 tie. Katrina Leach and Allison Welk scored the goals on passes provided by Cassandra Roberts.

The Hornets Novice "C1" squad was moved up to the "B" level after going undefeated in the first half of the season. The move was made to give the team a bit of a challenge for the rest of the year.

In their first home game at this level, they hosted Nepean in Russell on Sunday (Jan. 7). Playing shorthanded, they gave it their all but weren't able to defeat the visitors who skated to a 6-1 victory.

The Tween "B1" Hornets hosted a game against Gatineau/Hull in Metcalfe on Saturday (Jan. 6). They were a goal behind at the end of the first, but put one into the mesh seconds after the second period started to tie it up. Gatineau came back three minutes later to gain the lead and the two teams played it out to the end with the 3-2 victory going to the visitors.

Sheahan and Bouwhuis netted the goals with the assists going to Croskery, Pilon and Dawe.

The Hornets played Gloucester just before the Christmas break (Dec. 17) in Russell, and posted a win of 5-3. Beuman and Cochrane scored in the first half while Patterson (2) and Pilon put Metcalfe on the board in the second.

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Bantam Demons win tourney's 'B' trophy

MORRISBURG — After sitting idle over the Christmas holiday break the North Dundas D&D Performance - Lannin's TimBr Mart Demons launched the new year by winning the "B" side of the Morrisburg Lions Bantam "B" tournament.

Coach Glen Simms figured the Demons showed a little rust as they opened the Jan. 4 event with a 3-1 loss to the St. Isidore Eagles. "I attribute the loss to our two-week layoff," he said.

Once they got loosened up the Demons eliminated the host Morrisburg Lions 1-0 and finished the event by posting a 6-0 victory over Petawawa in the "B" final.

Devin Carruthers netted the lone North Dundas goal in the opening 3-1 loss to St. Isidore, completing a play started by Brad Switch in the first period. The game was tied 1-1 after a period but the Eagles broke it open with a pair of second-period tallies.

Each team drew just two minor penalties.

North Dundas whitewashed the home town Lions 1-0 in their semi-final title to qualify for the "B' final. Demons team captain Dan Marion netted the game-winning goal scoring from Mike Tutton and Shane Simms with 7:02 to be played in the third period.

There were just two minor penalties, one to each team, called in the game.

By the time the "B" final was played the Demons had found their stride. Petawawa didn't have much opportunity to handle the puck as they were bombed 6-0.

Mike Tutton and Devin Carruthers each potted a pair of goals staking their team to a 4-0 lead by the 9:11 mark of period three. Ryan Guy and Dan Marion fired in the other two goals. Brian Cummings, Shane Simms, Matt Gilmer, Devin Kelly, Marion, Tutton and Carruthers all drew assists.

North Dundas led 2-0 after a period and 5-0 after two.

Matt Bird and Craig Moran shared the goaltending chores.



North Dundas recovered from a 5-3 loss to the Casselman Predators in the first round to win the "B" Division title in the Alexandria Atom "B" Tournament on Dec. 27. Front, left, Jordan Barkley, Josh Brugmans, Daniel Byvelds, Craig Brogan, Justin Marion, Brody Boulanger, Matt VanDelst. Back, left, Derrick VanDelst - trainer, Matt Thompson, Ryan Hutt, Derrick Skuce, Cory Steele, Ryan Williams, Peter Brogan - coach. Missing: Dale Williams - ass't coach and Terry Barkley - ass't coach. Courtesy photo

Atom 'B' Demons capture silverware

ALEXANDRIA — A late third-period surge by the Casselman Predators knocked North Dundas into the "B" side of the Alexandria Atom "B" Hockey Tournament. But the loss didn't prevent the Demons from returning home with a piece of championship silverware.

The Demons recovered from that 5-3 loss to Casselman and defeated the Kemptville Panthers 1-0 and the Alexandria Glens 4-1 to emerge with the event's "B" Division title.

North Dundas and Casselman were tied 1-1 after a period of the opening game on Dec. 27. The Demons carried a 3-1 lead into the final frame but surrendered four goals in the final 9:02 and dropped a 5-3 verdict.

Ryan Hutt scored the first goal on an unassisted play with 5:37 left in the opening stanza. Ryan Williams (from Josh Brugmans at 8:21) and Brugmans (from Daniel Byvelds at 6:00) slapped in the second-period markers.

North Dundas drew just one minor penalty. Dan Byvelds was named his team's MVP and Ryan Hutt was named Hustler of the game.

Goaltender Craig Brogan posted the shutout in the "B" semi-final as North Dundas eliminated the Kemptville Panthers 1-0.

Brodie Boulanger scored the game winning goal on a pass presented by Justin Marion and Matt VanDelst at 6:36 of the second period. Jordan Barkley was named North Dundas' Hustler and goalie Craig Brogan the game MVP.

North Dundas picked up just two minor penalties.

"B" FINAL

Craig Brogan played some more stingy hockey in the "B" final as the Demons snagged the "B" championship trophy by beating the Alexandria Glens 4-1. He was perfect until Curtis Lapierre beat him 4:59 before the final buzzer.

Dan Byvelds led the Demons to victory, scoring a pair of goals and setting up a third. His first tally came courtesy of Ryan Williams and Josh Brugmans at 3:05 of period one.

Jordan Barkley teamed up with Williams at 5:13 of the second and gave his team a 2-0 edge. Byvelds and Matt Thompson assisted Brugmans as he made it 3-0 at the 9:22 mark of the final frame. An unassisted blast by Byvelds in the final minute of play made it a 4-1 final.

North Dundas was whistled for just one minor infraction.

North Dundas Bantam Cs open 2001 with pair of ties

WINCHESTER — They didn't win their first two Upper Canada Minor Hockey League games of 2001 but the North Dundas Bantam "C" Demons didn't lose them either.

Demons coach Andre Johnson says his team stumbled through a 'dismal' December and is hoping that a 2-2 tie with the South Stormont Selects in Winchester on Saturday (Jan. 6) and a 1-1 draw with the Glens in Alexandria on Sunday (Jan. 7) are indications that things are taking a positive turn in the new year.

"We had an awful December. The guys lost to teams they had beaten before. Things just didn't go very well. I'm hoping these two ties mean things are going to go better now," said the coach.

A first-period goal by James Johnson (from Matt Davies) opened up the new year at 7:20 of the first period of Saturday's home game against South Stormont. The Selects replied with a Matt Howard marker at 13:17 of the second session but the Demons grabbed a 2-1 lead with 5:04 left in the same frame when captain Travis Armstrong netted a pass provided by Brodie Lutz and Adam Guy.

North Dundas held the 2-1 advantage until Ian Hickman tied it up 2-2 for the Selects with 4:47 left on the clock. Mike Beuman tended the North Dundas nets. The Demons took eight and the Selects 10 penalties.

Andrew Greaves took his turn in the cage on Sunday in Alexandria and missed the shutout by one shot as the Glens tied the Demons 1-1.

North Dundas enjoyed short a one-goal advantage when Ben Mead (from Adam Guy) scored at 13:25 of period one. The Glens didn't take long to answer as MacDonald evened it up at a goal 2:11 before the end of the same session.

North Dundas had to kill off five minor penalties while the Glens were whistled for seven infractions.

Nighthawks bag 6-0 win

OSGOODE — Debbie Shaver popped in a pair of goals as the Osgoode Nighthawks soared to their league-leading 11th victory.

Shaver's two-goal effort and the perfect goaltending of Dee Brasseur were the key elements in the Nighthawks 6-0 triumph over the Prescott Road crew. The decision moved the Hawks into a two-point lead over the second-place Seaway Valley Devils who bagged their 10th win the same evening (Jan. 3), doubling the Outcasts 2-1.

With the first game of the 2001 portion of the Osgoode Ladies Broomball League season now in the books, the Nighthawks (11-2-1) have earned 23 points. The Devils (10-1-1) have collected 21; the Sweepettes (8-3-2) 17; the Outcasts (6-5-1) 13; Prescott Road (6-9-0) 15; Kemptville (2-9-1) five; and Wisnia Carpet Cleaning (0-14-0) zero points.

The Nighthawks flew out to a 2-0 lead in the first half on late goals by Debbie Shaver (from Evelyn Nooyen and Shelley Melenhorst at 1:57) and Rhonda Oshier (from Debbie Hunt at 0:41).

A four-goal second half blew the game wide open as the Hawks glided to a 6-0 victory. Nooyen (from Kelly Quinn and Rhonda Oshier at 13:11), Shaver (from Nooyen at 10:41), Carol Petersen (from Linda Klein-Swormink at 7:57) and Carol Windsor (from Debbie Hunt at 1:31) counted the last four markers.

DEVILS 2 - OUTCASTS 1

Sylvia Lavictoire and Chantal Legault took care of the offence and Veronique Raymond anchored the defence as the number-two ranked Seaway Valley Devils kept pace with the Nighthawks by edging the Outcasts 2-1.

Lavictoire scored both goals netting pass provided by Legault at 24:42 of the first half and 1:27 before the final buzzer.

Sherri Jordan cracked Raymond's goose egg when she slapped in the Outcasts goal with 0:06 left in the game.

SWEEPETTES MOVE UP

The Sweepettes moved four points ahead of the Outcasts when they cleaned Wisnia Carpet 2-0.

Kris Babcock was in the nets and posted the shutout as the Sweepettes improved to 8-3-2 with the win.

Kim Casselman notched the game-winning goal on a pass provided by Glenda Helmer 0:32 before the half. Pat Armstrong then insured the decision, finishing off a play orchestrated by Cindy Ace and Shona Sullivan at 17:21 of the second session.

Rams charge into first place

WINCHESTER — The Forbes boys, Ryan and Shawn, potted a pair of goals each and led the Boyd Chrysler Rams to a 6-3 victory over the KTC Flyers on the first action in the 2001 portion of the Winchester Town Hockey League campaign.

The Jan. 2 win lifted the Rams (8-4-0) into a first-place tie with the Flyers (8-4-0) and kept a four-point difference between the leaders and the second-place Ben's Pioneer Gas Bar Rangers (6-6-0) who moved back to the 500 mark with a 2-0 win over the Country Kitchen Cyclones (2-10-0) in the other half of the Tuesday night twin bill.

Terry Barkley was put in charge of guarding the string in the Ranger's cage and turned in a perfect effort as the Pioneer crew registered a 2-0 victory over the Cyclones.

It was a scoreless encounter after a half of play. Geoff Hardy's goal broke the ice at 21:50 of the second half and would prove to be the winning shot. Mike Wetzel and Jay Holmes engineered the play. Gary McInnis used another Wetzel-Holmes offering to insure the result 7:10 before the final buzzer.

RAMS 6 - FLYERS 3

The WTHL's top two teams played to a 2-2 half-time draw but the Rams demonstrated their "Mopar" power in the second stanza as they rumbled on to a 6-3 victory.

Ryan Forbes and Shawn Forbes each picked up a pair of goals for the winners. Victor Blake and Kevin Henry snapped in the singles. Derek "Ace" Rintoul collected four assists while Hal Thompson and Henry each set up a pair of goals. Kent Pilon turned in the winning effort.

Rob Gourgon, Kevin Williams and Kirk Tallman (14th goal) replied for the Flyers. Troy Patterson, Williams and Jason Ouellette were the set-up artists.



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Classifieds

Card of Thanks

CARD OF THANKS — The Winchester Hospital Auxiliary Unit commends the community support received to make the September Hospital Auxiliary Canvass worthwhile. Whether you donate; become a member; volunteer with an auxiliary unit; offer volunteer services at the hospital, or supply food and crafts, your time is appreciated while supporting the Auxiliary organization.
— WDMH Auxiliary Unit, Marion Carkner, Chairperson; Doris Cross, Secretary; Marj Phillips, Treasurer
42

CARD OF THANKS — Words can never express our gratitude to the congregation of St. Paul's Presbyterian Church. Your expressions of thanks will be long remembered and cherished by our family. We are so grateful for the love and support each of you gave to our family from caring for Caileigh, Ryan and Colin (from birth on) to the encouragement of our faith and our music. To the members of the choir, Alan and I pray that God may continue to bless your dedication to the church and your ministry of music each week. Thank you all.
— Alan and Debbie Gallagher and family
42

CARD OF THANKS — The family of the late George J. Barkley wishes to thank Dr. Houze and Dr. Peters of the St. Lawrence Medical Clinic for the care they gave George during his illness. Thank you to the staff of Winchester Hospital - the nurses, administration, kitchen and housekeeping staff were so kind to George and his family while they stayed with him. Thanks to David Lapier for his help. Thank you to Sandra Barkley-Probst for the music and to Pastor Jo Barkley-Probst for his support. Thanks also to those who sent cards, brought food, made donations and let us know you cared during a sad time.
— Helen and the Barkley Family
42

CARD OF THANKS — Thank you to everyone for prayers, support and concern at this time. Special appreciation to Dr. Flowers, Dr. Blakslee, Surgical Staff and Rev. Carol Bain.
— Helen Harper
42

CARD OF THANKS — The family of the late Kezia Wells would like to thank Doctors and Nurses of WDMH for their kindness during her hospital stay. Also sincere thanks for cards, messages of sympathy, donations and food brought to our homes. Special thank you to the Matilda Rebekha Lodge; Lutheran Church ladies for the lunch; Rev. Joachim Barkley-Probst for the touching service; Jean Markell; and David Lapier from Marsden and McLaughlin for all your help.
— Donnie and Ellyn Wells, Muriel and Doug Gow and families
42

CARD OF THANKS — A big thank you to family, friends and neighbors for their many kind gestures shown in so many ways to Keith and I at Christmas. Your thoughtfulness and visits were very much appreciated.
— Happy New Year to all, Keith and Kay
42

In Memoriam

CRAIG — In loving memory of a dear husband and father, Elwood, who passed away January 15, 1992.
We who loved you, sadly miss you,
As it dawns another year.
In our lonely hours of thinking,
Thoughts of you are ever near.
— Ida and Barbara
42

LOVERIN — In loving memory of our dear husband and father, Wilfred H., who passed away January 11, 2000.
— Always remembered by wife Dorothy and family
42

MCDONALD — In loving memory of a dear wife and mother, Marilyn, who passed away January 9, 1990.
Wonderful memories woven in gold,
These are the memories we tenderly hold.
Deep in our hearts your memory is kept,
To love, cherish and never forget.
— Remembered with love, Kenneth and Crystal, Kevin
42

IMRIE — In loving memory of my dear wife, Gladys, who passed away January 15, 1999.
Her memory is my keepsake,
With which I'll never part.
God has her in his keeping,
I have her in my heart.
— Always remembered and sadly missed by husband George (Jud)
42

IMRIE — In loving memory of a dear mother, grandmother, great-grandmother and great-great- grandmother, Gladys, who passed away January 15, 1999.
Today is remembered and quietly kept,
No words are needed, we will never forget.
Deep in our hearts you always will stay,
Loved and remembered every day.
— Son Rae, Doris and family
42

SMITH — In loving memory of a dear husband, father, and grandfather, Edward, who passed away January 14, 1994.
A cluster of precious memories,
Braided with a million tears.
Wishing God had spared you,
For several more years.
You left us beautiful memories,
And a sorrow too great to be told.
But to us who loved you and lost you,
Your memory will never grow old.
— Forever loved and sadly missed, Dora, Larry, Brian, Marilyn, Cathy and Heather, spouses and grandchildren
42

In Memoriam

MCDONALD — In loving memory of a dear daughter and sister, Marilyn, who passed away suddenly January 9, 1990.
There is a bridge of memories,
From here to Heaven above,
It's called the bridge of love.
As time goes by without her,
And days turn into years.
They hold a million memories,
And a thousand silent tears.
— Lovingly remembered, Dad and Mother Sheldrick and family
42

BROWN — In loving memory of our dear mother and grandmother, Norma, who passed away January 16, 2000.
In our hearts your memory lingers,
Sweetly tender, fond and true.
There is not a day, dear mother,
That we do not think of you.
— Always thinking of you, Heather, Leona, Ian, David, Danny and grandchildren
42

Coming Events

WINCHESTER LIONS CLUB
515 Mill St. 774-2630
COMMUNITY SERVICE SINCE 1968
BINGO - Mondays at 7 pm
HALL FOR RENT - Licensed; A/C; kitchen; accommodates 280 people. Bill-774-2473
THRIFT STORE - 493 Main St.
Used clothing and other small items.
Thursday 10 am-3 pm and
Saturday 9:30 am-12 noon
Call Marion Coleman for info: 989- 5693.
EYE GLASSES/HEARING AIDS
Drop off at Shadbolt's or Sutton's.
"WE SERVE"
39tfc

ALPHA COURSE
Begins Jan. 14, 6:30 pm at Harmony Church. A 12- week course on the Basics of Christianity. Have your questions answered. All welcome.
41-42c

WINCHESTER PLAYGROUP
Tuesday mornings, 9:30-11 am at the Winchester United Church, 519 St. Lawrence Street. Children ages newborn and up. Everyone welcome for fun, crafts, snack and coffee! Drop in or call 774-6709 for more information.
42

VERNON WOMENS INSTITUTE
Vernon Recreation Centre, 8 pm Tues., Jan. 16. Dorothy and John will come with a presentation on their trip to the United Kingdom. Everyone welcome.
42

THE VILLAGE BIN
Your Bulk Food Store and More! 50% off all Christmas and New Years decorations, cups, plates, napkins, streamers, candy, candles. 498 Main St., Winchester. 774-2783.
42c

SNOWMOBILE TRAINING/ LICENSING COURSE
Sat., Jan. 27, 2001, 8 am-4:30 pm, South Mountain Fire Hall. Cost: $23 payable by cash or cheque only, the day of the course. Students must be 12 years of age by the course date and must provide proof of age. Lunch provided. Contact Brad McMillan 613-989-1351 or Leslie Peterson 613-989-5513.
42-44c

DIABETIC SUPPORT GROUP MEETING
Thurs., Jan. 18, 7 pm WDMH Conference Room, Lower Level. Topic: Stress Management. Speaker: Fran Wright, a Registered Nurse working with the Diabetic Education Program in both WDMH and Kemptville District Hospital. All are welcome!
42c

MOREWOOD FIREFIGHTERS BINGO
Sat., Jan 13 at the Morewood RA starting at 1 pm. Everyone welcome.
42c

Dundas County Food Bank
Annual General Meeting
Mon., Jan. 22, 7:15 pm
at the Food Bank,
596 St. Lawrence St., Winchester
The public is welcome to attend

Chesterville & District Agricultural Society
ANNUAL LUNCHEON MEETING
Sat., January 27
at 12 noon
Anglican Parish Hall, Chesterville
All members are invited to attend
Please RSVP Gord Milne at 448-3546 before Jan. 15, 2001
If you cannot attend luncheon and still wish to be a director, please call me before Jan. 15.
–Thanks, Gord

Dundas Federation of Agriculture
Annual Meeting & Banquet
Friday, January 26
Legion Hall, Chesterville
Entertainment: Denis Grignon, Comedian
Tickets available from: Corry Martens, 652-2907
• Keith Durant, 448-3146 • John Roosendaal, 774-3351
or any DFA County Director
Social time: 6:30 pm Dinner: 7:30 pm $20/person
Deadline for tickets - January 21, 2001

Coming Events

WINCHESTER WOMEN'S INSTITUTE
Tues., Jan. 16, 7:30 pm at Winchester Lion's Hall. Elaine Summers, Senior Technical Analyst with Transportation Safety Board of Canada will speak on Swiss Air accident of Sept. 1998. Visitors are welcome, men and women.
42

NORTH DUNDAS DISTRICT HIGH SCHOOL
School Council meeting, Tues., Jan. 16 at 7 pm. All parents are welcome to attend.
42

PRE-TEEN DANCE
Grades K-5, 6-8 pm, Grades 5-8, 8-10 pm, Fri., Jan. 12, NDDHS Gym. $3 admission. Snack Bar available. Excellent supervision by band parents. Help support the NDDHS Bands!
42c

NEW YEARS CONCERT
Featuring NDDHS Senior and Junior Bands, Jazzmanian Devils and Junior Jazz Band, Thurs., Jan. 18 at 7 pm at North Dundas District High School. $5 admission.
42-43c

JASPER'S CAFFE
In Chesterville, now sells Roger's Chocolates, Rocky Mountain Chocolate and DIABETIC CHOCOLATES.
42-46c

Auction Sale

HOUSE SALE
ANTIQUES, HOUSEHOLD AND TOOLS
Lyle and Norma Forsyth
15 Cedar Street
Newington, Ontario
TUESDAY, JANUARY 16 and WEDNESDAY, JANUARY 17
8:30 am-5 pm
Antique hexagon pedestal parlor table; antique 2- door buffet; mission desk; washstand; matching washstand and dresser; brass antique table lamp; two 3-drawer lamp tables with ball and clawfoot; floor lamp; antique frames; mirrors; floor radio; 2 bracket lamps with holders; Vilas deacon bench; lamps; dishes; glassware; flatware; 2 loveseats and upholstered chairs; sofa bed; rockers; treadle Singer sewing machine; desk and chair; glider; TV; bookcase; Kirby vacuum; upright vacuum; chest freezer; Iona food processor; microwave; Farber ware pots and pans; 3.5 hp tiller; Lawnboy gas mower; tools including McCullough gas weed trimmer; electric chain saw; skill saw; jig saw; shop vac; 100' hose and reel; extension step ladder; roof rake; garden tools; BBQ; other miscellaneous articles.
TERMS: CASH OR ACCEPTABLE CHEQUE
Flora Grant Dumouchel
Auction Service
Ingleside, Ontario
613-537-2925
42c

Auction Sale

AUCTION SALE
FARM MACHINERY, HORSE TRAILER, HOUSEHOLD FURNITURE, RACE HORSE EQUIPMENT, ANTIQUES, TOOLS AND MISCELLANEOUS ITEMS
4092 McBean St. Travel 3 miles south of Richmond on McBean St -OR- from Manotick, travel County Road 8 (Brophy Rd.) to flashing light, turn left on McCordick Rd., then right on Dobson Lane and then left on McBean St. Watch for Auction Signs.
SATURDAY, JANUARY 20
commencing at 10 am
Having sold our farm we offer the following:
Farm Machinery: IH 624 diesel tractor with fully hydraulic front end loader and snow bucket; McKee single auger snowblower; 10' cultivator, 3-pt. hitch; Bushog discs with hydraulic piston, 10'; Vicon sprayer, 3-pt. hitch; Overum 3-furrow plow, 3-pt. hitch; John Deere 4-row corn planter; Bushog posthole auger, 3-pt. hitch; small trailer; belt- driven hammer mill.
Lawn and Garden Equipment and Tools: Noma 12 hp lawn tractor, all wheel steering, 42" cut, like new; lawn tractor trailer; Generac 5000 watt generator, like new; cement mixer; hydraulic woodsplitter, works well; rototiller; lawn roller; Echo gas trimmer; Dewalt 740 radial arm saw; Trade Master 10" table saw; aluminum extension ladder, 24'; wooden extension ladder, 22'; hydraulic jack; drywall sanding kit; chimney sweep equipment; assorted garden tools; 2 shop vacs; quantity of fire wood in logs and split.
Horse Equipment: 2-horse trailer with sway and hitch bars; 3 racing sulkies; training sulky; set of racing harness; spare wheels; selection of knee pads, leg wraps, boots, bandages, blankets, buckets, feed pails, etc.
Household and Antiques: Antique matching dresser and chest of drawers; antique rocking chair; small oak table with drawer; old dresser; 4 high-back kitchen chairs with wicker seats; antique pine table with 2 lift up leaves; 8-piece ivory dresser set; maple bunk beds, 80 years old; quilt, approximately 100 years old; quilt holder; pine vegetable bin; copper boiler; upholstered armchairs; 2 cistern pumps made into lamps, unique; butter press; assorted electric lamps; assortment of old dishes; assorted kitchen utensils and appliances; Moulinex deep fryer, new; children's table and chair set; assorted other collectibles; exercise bike and assorted exercising equipment; older 21' travel trailer, selling as is; many other assorted items.
Refreshments Available
TERMS: CASH OR CHEQUE WITH PROPER ID
Owner and Auctioneers not responsible for accidents
PROPRIETOR
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Carson Hill
613-821-2946
42-43c

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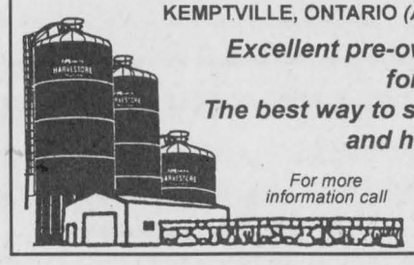
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GIRLS!
GIRLS! GIRLS!

JOHNSTON: Sharen and Allan, along with big sisters Melissa and Amy are happy to announce the arrival of Allison Heather on December 31, 2000 at 1:19 am, 9 lbs., 2 ozs., 21 inches long, at the Ottawa General.

Another granddaughter for Eileen Scharf of Kenmore and Gwen Johnston of Winchester.

WDMH
The Defalco family thank you!
Steve and Barbara Defalco wish to sing public praise to our wonderful **Winchester District Memorial Hospital** and to thank all there most appreciatively for the excellent care we received last week.

Particular thanks go to Dr. Thomas, Dr. Moussette, and Dr. Merrett, and paramedics John and Brent. The nurses and techs in ER, ICU and 1st floor were so competent and caring, and we are blessed and proud to live in this community. Thanks also to neighbors Tom Holmes, Elizabeth Barton, Brenda and Junior, and to our children for their help.

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Church Directory



EBENEZER REFORMED CHURCH
Affiliated with the United Reformed Churches in North America
Sunday
10:00 am - Seventh Day Adventist Church (100 Perth Street, Brockville)
2:30 pm - Hulbert United Church
All heartily welcome!
Minister: Rev. J. Roke, 613-348-1783; Clerk: Wilburt Feenstra, 613-489-1812, 543-4235.
26tfc

WINCHESTER UNITED PASTORAL CHARGE
Minister: Rev. Carol Poley-Delisle, B.A., B.Th., M.Div., B.C.L., L.L.B.
Office: 774-2512
Manse: 774-1546
WINCHESTER UNITED CHURCH
Sunday
11 am - Worship Service and Sunday School
7 pm - Youth Group
WINCHESTER SPRINGS UNITED CHURCH
Sunday
9:30 am - Worship Service and Sunday School
28tfc

CASTOR VALLEY BAPTIST CHURCH
3249 Yorks Corners Road
Kenmore, ON, 821-2144
Sunday
10:30 am - Worship Service (Sunday School and Nursery)
Pastor: Rev. Laurie Taylor
774-5218
17tfc

HARMONY COMMUNITY CHURCH
Evangelical Missionary Church
Hwy. 31 & Ormond Rd.
774-5170
Pastor: Rev. Bruce North
Sunday, January 14
10:30 am - Morning Worship
Sunday School and Nursery
6:30 pm - Alpha Course
Wednesday
7:30 pm - Bible Study
42c

THE ANGLICAN PARISH OF WINCHESTER, CHESTERVILLE, CRYSLER AND SOUTH MOUNTAIN
Sunday, January 14
8:00 am - Chesterville
9:30 am - South Mountain
11:15 am - Winchester
Rev. Robert Assaly: 774-2236
42c

ST. MARY'S CATHOLIC CHURCH
Chesterville
448-3262
5:00 pm - Saturday
9:30 am and 11:00 am - Sunday
41tfc

CHRISTIAN REFORMED CHURCH
Williamsburg, Ont.
Rev. George J. Rowaan
448-2351
Sunday, January 14
9:30 am - Morning Worship *"If Not Now, When?"* Haggai 1
Sunday School for children age 3-12
7:30 pm - Evening Service *"Living By Faith Even When Tested"* Hebrews 11:17-19
Pastor Rowaan at both services
Child Care at all services
Wednesday
7:15 pm - High Impact (for high school students)
Thursday
9:30 am - Coffee Break (Bible study for women)
Please be our guest this week
42c

PRESBYTERIAN CHURCHES
Minister
Rev. Carol Bain B.Th, M. Div.
Office: 774-4440
A warm welcome awaits everyone
St. Paul's Presbyterian Church Winchester
11:00 am - Divine Worship, Nursery Care and program for children
Knox Presbyterian Church Mountain
9:30 am - Divine Worship
41tfc

METCALFE INDEPENDENT HOLINESS CHURCH
1564 John Quinn Road
Greely, Ontario, K4P 1J9
613-821-2237
Pastor: Robert E. Votary
Sunday Services
9:45 am - Sunday School
11:00 am - Worship Service
7:00 pm - Evening Fellowship
Wednesday
7:00 pm - Prayer Meeting
Join us in a friendly and caring Christian atmosphere
22tfc

WINCHESTER WESLEYAN CHURCH
www.winchesterwesleyan.homestead.com
It's Time To Come Home
Sunday, January 14
10:30 am - Worship Service and Sunday School
7:00 pm - Evening Service
Pastor Thurland Brown
thurland@canada.com - 774-3137
537 Main St., Winchester
42c

DISCOVERY BIBLE FELLOWSHIP
Your teenagers are our priority.
Meeting at the Winchester Public School
Sunday
9:30 am - Worship Service
11:00 am - Discovery Hour
Tuesday
6:15 pm - Pioneer Club
Wednesday
7:30 pm - Care Group
Thursday
7:30 pm - Pure Energy
Box 264, Winchester, Ont., K0C 2K0
Church Office: 504 Main Street, Winchester
774-0721
Pastor Rev. Andre Lauzon
Friendly, Caring, Accepting
42tfc

PARKWAY ROAD PENTECOSTAL CHURCH
Parkway Road, just east of Bank St. (formerly Highway 31), Greely
Sunday
9:00 am - Pre-Service Prayer
9:45 am - Sunday School
10:45 am - Sunday Morning Service
5:30 pm - Pre-Service Prayer
6:30 pm - Sunday Evening Service
EVERYONE WELCOME
Church Office: 821-1056
MINISTER
SR. REV. JOHN COUNSELL
27tfc

WINCHESTER BAPTIST CHURCH
Music-centred Church
Sunday
11:00 am - Worship Service
Everyone welcome
Pastors
Bud McKibbon
Mollie McKibbon
27tfc

INKERMAN WESLEYAN CHURCH
11486 Queen St., Inkerman
613-989-5351 ***(new)***
Rev. Anita R. Goulet
10:30 am - Sunday Morning Service
42c

NATIONSIDE PENTECOSTAL CHURCH
13 Albert Street, Chesterville
Phone: 448-1441 (Church)
or 448-2084 (Parsonage)
Pastor: Rev. Ralph C.M. Juthman
SERVICE TIMES
10:00 am - Sunday School
11:00 am - Sunday Morning Worship
7:30 pm - Evening Celebration
42c

Classifieds

CLASSIFIED MARKETPLACE

"Advertise Across Ontario or Across the Country"

COMING EVENTS

WE NEED YOUR HELP! Help us find past Ontario Junior Citizen Award recipients. This year is the 20th Anniversary of the program, and we'd like to know what our past award winners have been doing over the years. If you know past winners, or if you are one, please contact Elaine Wade at (905)639-8720, ext. 230.

ANNOUNCEMENTS

EVERYTHING YOU WANT TO KNOW about Ontario communities is now at your fingertips! Check out the Web's pre-eminent, unique guide: InfoOntario - Your information gateway to community information, news, events, festivals, attractions and local business. www.InfoOntario.com

BUSINESS OPPS.

CASH IN - CASH OUT. Coke, Pepsi, Hostess, M&M, etc. Re-fill combo vendors in your area. No selling. F/T, P/T. Min. Investment $13,980. 1-888-577-5376 (24hrs). Member A.V.A. and D. & B.

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INGLESIDE AREA HOBBY FARM - Five-bedroom Century Home, set on 30+ acres. Good buildings, including barn and machine shed. Well located for commuting. **$129,500.**

WILLIAMSBURG AREA - Spacious older four-bedroom, quiet location. Large shop building, suitable for a variety of uses. **$79,900.**

WELL-MAINTAINED BUNGALOW - West end Morrisburg. Three bedrooms, finished basement, two fireplaces, gas heat, central air. **$123,000.**

EXCEPTIONAL WATER VIEW - Roomy three-bedroom brick bungalow, main-floor family rooms, basement rec room, detached double-car garage. Great water access for boating and swimming. **$178,000.**

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UNITED COUNTIES OF STORMONT, DUNDAS AND GLENGARRY

Tenders for Signs and Sign Posts

Sealed tenders, submitted on forms and in envelopes provided by the County Engineer's office, will be received by the undersigned until **11:00 am, local time,** on

WEDNESDAY, JANUARY 24, 2001

for the following:

(1) **Signs:** A joint tender for road sign requirements for the United Counties of SD&G and the Townships of North Dundas, South Dundas, South Stormont and South Glengarry.

(2) **Sign Posts:** A joint tender for sign post requirements for the Townships of North Dundas, South Stormont and South Glengarry.

Tender forms may be obtained at the office of the undersigned.

D.J. McDonald, P.Eng.
County Engineer
20 Pitt Street
Cornwall, Ontario
K6J 3P2
Phone: 1-613-932-1515

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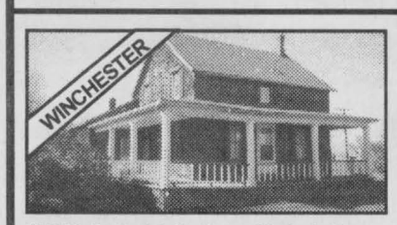
$99,000. NEW LISTING. 3+1 bedrooms, bungalow, built in 1979. Rec room with air tight wood stove, large lot, well landscaped mature trees. Only 3 minutes from town.



$239,000. 50 acres with 18 acres rough pasture. 1994 3-bedroom home, 2 full baths, large rooms throughout, oak cupboards, full basement, older dairy barn. A 10 - what a beauty.



$119,900. YOU HAVE TO SEE THIS TO BELIEVE IT. 3 bedrooms, 3 baths, large living room-family room, wood and gas heat, insulated and heated shop with garage. On the Nation River. 1.63 acres.



$62,900. Residential, 4 bedrooms, 2 baths, family room, living room and dining room, good dry basement, forced air gas furnace, insulated and heated 25'x30' shop. Could be used for business. Great price.



$149,900. HI-RANCH with 3 bedrooms and 2 baths. Large rec room and storage area in lower. Large lot with storage shed plus 1 bedroom apartment to side with separate heat and electricity.



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For more info call Leanna at 821-7778.



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Friday, January 12, 2001

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A look back at Sports 2000

• continued from last week

SEPTEMBER

With their 2000 training camp set to open (Sept. 6) the Winchester Hawks learned forward Bruce Hamelin (13 goals as a rookie) had made the roster of the Bancroft Jr. "A" Hockey Club. Coach Dave Corkery also reported another second-year forward, Shawn Smail, and a defensive prospect, Eric Toonders looked like they would begin the season with the Lanark Jr. "A" Thunder. Sophomore defenceman Adam St. John was still with the Brockville Jr. "A" Braves and veteran forward Adam Beehler asked to be traded.

Matt Carkner, 19, played two periods of an NHL exhibition game in Hull, Que. before he was tossed out for fighting. The Morewood resident was vying for a spot on the roster of the Montreal Canadiens. The Tampa Bay rookies defeated the rookie Canadiens 4-2 in the game.

President Kevin Mackler announced that there would be a new look for the Winchester Figure Skating Club in the 2000-2001 season. To reflect changes made by the Canadian Figure Skating Association in both its name and logo, the Winchester Skating Club dropped the "figure" from its name and adopted the new Skate Canada maple leaf logo as their official logo. Mackler also announced Penny Mann of Gatineau, Que. had joined the WSC's professional coaching staff. Mann and partner Richard Perkins won the Junior Canadian Ice Dance Championship in 1984 and competed as part of the Canadian National Team for the next nine years.

History was made as the lights were switched on at the Mountain Memorial Park. What was unique about the event was the lights were used to illuminate a new soccer field. After two years of planning and reconstruction, the ball diamond was expanded into a 100' x 65' soccer field. Bill Ault, program director of CanadaKicks, said the night-time facility was as bright as any in all of eastern Ontario.

The power went off and the lights went out at Morgan Field in the bottom of the fifth inning as the Winchester Legion 108s were leading Russell 7-3 in the third and deciding game of the Tri-County Ladies Softball League championship series. Winchester won the opener 9-1 but dropped game two 6-1. Because five innings had not been completed, the game had to be replayed.

The defending Osgoode Hockey League champion Osgoode Outlaws opened the new campaign beating the South End Blues 10-2 and tying the Manotick Kings 6-6.

A pair of victories gave the Osgoode Ladies Broomball League defending champion Osgoode Nighthawks a quick start to the 2000-2001 season. They defeated the Sweepettes 1-0 and Wisnia Carpet and Upholstery Cleaning 7-0 to take the early lead in the standings.

OCTOBER

Backed by a stellar goaltending effort by veteran goaltender Gregg Griffith, the Winchester Hawks defeated the visiting Char-Lan Rebels 4-1 to register their first win of the young Rideau - St. Lawrence Junior "B" Hockey League season. Rookie Jesse Winchester (2), Justin Heuff and Pat Muir scored the goals. The next time out, the Hawks lost 4-1 to the Glens in Alexandria.

Inkerman Public School put together an elaborate seven-day sports extravaganza. The Inkerman version of the 2000 Summer Olympics featured teams from eight countries, a wide variety of sporting events, medal presentations as well as opening and closing ceremonies.

The Winchester Town Hockey League drafted four new rosters and introduced a new set of uniforms for the Country Kitchen Cyclones and a new team name - the Kemptville Truck Centre Flyers.

Hallville's Chelsea Lariviere departed for the 2000 Paralympic Games in Sydney Australia. North Dundas District High School held a Canada Day in honor of her departure. Lariviere would compete in the 100m, 200m and 400m wheelchair racing events.

Goalies Angela Durigan and Carol Chesbro registered shutouts as the Winchester District Ladies Hockey League opened its new season. Durigan and the Stewart Classics blanked the Ryan's Restaurant Reds 2-0. Chesbro was perfect, backing the Annable's Jewellery Blues 7-0. Sandy Roy scored five times in the win. The third contest between the CountryGirl Gold Diggers and Double Beauty Stylists wound up in a 1-1 tie.

Winchester Public School celebrated dual championships after their junior boys and junior girls emerged victorious from both Dundas County northern division elementary soccer tournaments.

Carl DeJong posted a shutout as the North Dundas Parmalat Midget "B" Demons opened their UCMHL season with a resounding 7-0 victory over the NGS Braves. Defencemen Kevin Laverdiere and Derek Vingerhoeds paced the attack with two-goal efforts.

The North Dundas Pee Wee "B" Demons also opened their 2000-2001 UCMHL campaign on a positive note, registering three consecutive wins. They crumpled the Cornwall Royals 6-1, caged the Morrisburg Lions 4-3 and tamed the Kemptville Panthers 3-2.

In WDLHL play, the Annable's Jewellery Blues and Stewart Classics lost their first games of the season. Sharon McDonald and the Ryan's Restaurant Reds blanked the Blues 1-0, while the Classics were doubled 2-1 by the CountryGirl Gold Diggers.

NOVEMBER

Bill McRoberts scored from Kevin Laverdiere and Nik Paas with 5:48 left in the game as the North Dundas Parmalat Midget "B" Demons edged the Alexandria Glens 6-5 to extend their UCMHL winning string to three games. Their second win of the young campaign was an 8-1 verdict over the Cornwall Royals.

After finishing fourth in two events at the 2000 Paralympic Games in Sydney, Australia, Hallville's Chelsea Lariviere said she was determined to compete in the 2004 games in Athens, Greece. Lariviere was part of a Canadian team that earned 99 medals and finished fourth in a field of 129 countries. The 16-year-old said she has a long way to go in her wheelchair racing career.

The 2000 edition of the North Dundas Minor Hockey Association Mega Tournament presented a total of 64 games of hockey which were played both in the Winchester and Chesterville Arenas. The host North Dundas Demons claimed one "A" final and three "C" division championships. They also were finalists in two "C" finals, one "B" and one "A" title match.

The Morrisburg Lions scored three times in the final 2:17 of the game and defeated the Winchester Hawks 7-2. In Metro Jr. "B" play, the Metcalfe Jets got three goals from Matt Blanchard as they downed the Ottawa West Golden Knights 4-1. The win was the third consecutive for the Jets, and improved their record to 7-6-0.

Veteran captain Yves Potvin led the soaring Metcalfe Jr. "B' Jets to a 6-3 victory over the visiting Arnprior Packers. Potvin potted a pair of goals and drew an assist as the Jets moved into second place in the Metro Division standings with a 9-6-0 record.

Goaltender Gregg Griffith was outstanding in the Winchester nets as the Hawks snapped a five-game losing string by beating the Gananoque Islanders 2-1. Griffith stopped 23 shots in the third period to preserve the win. In their next outing, Griffith blocked 40 shots in Athens as the Hawks nicked the Aeros 6-5. Dylan Graveley (2), Jesse Winchester (2), Bill Henderson and Luc Nault notched the Hawks' goals.

Dereck "Wendell" Holmes piled up five goals and three assists in two games as the first-place Avonmore Aces remained undefeated after nine North Stormont Intermediate Hockey League games.

Led by the combination of Dylan Graveley - Jesse Winchester - Liam Turpin, the Winchester Jr. "B" Hawks collected seven of a possible eight points and improved their record to 7-10-0. Liam Turpin scored twice in the final 4:16 of the game as the Hawks knocked off the top-ranked Westport Rideaus 5-3. Winchester (2), Trevor Heliker (2), Turpin and Luc Nault scored in a 7-6 overtime loss to the Brockville Tikis.

A Winchester Curling Club rink, skipped by Lester McInnis, defeated Craig Harriman of Morrisburg in the title match to claim the 2000 Gamble mixed curling championship. McInnis and his team of Kim McInnis, Doug Blaine and Debbie Blaine became the fifth WCC representative to win the Gamble in the last eight years.

Winchester's Murray Link and the rest of the University of Arkansas Razorbacks celebrated the American Thanksgiving with another NCAA Division I cross country championship. Link finished the title run in 16th place and the points he earned helped the Razorbacks finish first with 84 points. The results earned the former NDDHS record-holder "All-American" status for the fifth time (third time in cross country).

DECEMBER

The Morewood Vikings earned the distinction of becoming the first Ontario mixed team to earn a national-level win. Morewood, the Ontario champions, finished third at the 2000 Canadian Mixed Broomball Championships in New Brunswick.

Three teams were deadlocked for top spot in the Osgoode Rideau Ladies Broomball League standings after nine games. The Seaway Valley Devils (6-1 1), Osgoode Nighthawks (6-2-10 and Outcasts (6-2-1) were those league leaders.

Two teams from the Winchester and District Ladies Hockey League earned top prizes in the Tournament 2000. Sandra Brunner did the scoring and Angela Durigan blocked the shots as the Stewart Classics won 2-0 in the "A" division championship tilt. It was an all-Winchester match as the Ryan's Restaurant Reds doubled the CountryGirl Gold Diggers 4-2 in the "B" final.

In a span of five days, the Metcalfe Jr. "B' Jets collected six points and improved their first place standing in the Metro Division to 13-9-1. The Jets edged the South Ottawa Canadians 5-4, knocked the Goulbourn Royals 5-4 in overtime and tuned the Renfrew Timberwolves 5-2. Rookie Jon Finney cracked in the winning goals in the decision over the Royals and Wolves.

Tyler Shortt posted the win as the Winchester Jr. "B' Hawks trapped the Akwesasne Wolves 7-5. Zac Boucher (2), Shawn Smail, Luc Nault, Danny Wilson, Billy Henderson and Jesse Winchester scored the goals. Justin Heuff scored a pair of goals, and Trevor Heliker the single, but the Hawks dropped a 4-3 decision to the Morrisburg Lions.

The North Dundas Bantam "C" and Bantam "B" Demons earned silver medals in the NDMHA tournaments held in Winchester and Chesterville. The Bantam "B" Demons were doubled 4-2 by Kingston in their title match while the "C" Demons lost 3-2 to South Stormont in their "A" final.

"Servin" Kirvin Lewis put on an aerial display in the NDDHS gym as he crammed in 38 points for the North Dundas Senior Devils. The Devils outlasted the St. Lawrence Saints 85-82 to extend their SD&G winning string to two games. In the junior match, Karim Ahmed and Brad Campbell combined for 33 points as North Dundas slapped the Saints 68-49. North Dundas opened the season sweeping the CCVS Raiders. Lewis drained 16 points in the seniors' 48-42 decision while Brad Campbell put down 26 in the juniors' 55-26 victory.



Fetch, Taxi!

This weekend saw people of all ages pour outside to enjoy the nice weather and, in this case, the season's abundant snowfall. Dustin Clive, 11 works his black and white pooch, Taxi, into a frenzy by tossing snowballs at the corner of Main and Ottawa streets in Winchester on Sat., Jan. 6. Photo — Cameron

Bowlers wanted

CORNWALL — Cornwall Police chief Tony Repa, chairperson of the 2001 Big Brothers and Big Sisters Bowl for Millions, has announced that the 2001 honorary chairperson is Hermann Rogalsky, a former president of the Big Brothers and Big Sisters of Cornwall and District.

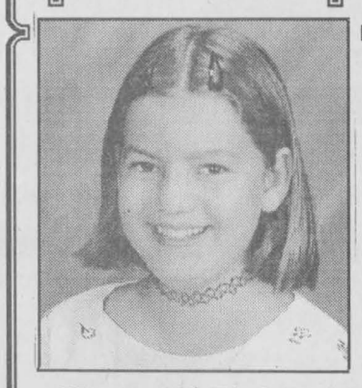
Rogalsky served on the board of directors of the local agency from 1993 to 2000, including three terms as president from 1996 to 1999. He has participated in the agency's Bowl for Millions since its inception in 1979 and has been the top fundraiser in the local Bowl for Millions for many years. He will assist in the promotion of the 2001 Bowl for Millions.

Locally, the 2001 Bowl for Millions will take place on Sat., Feb. 11 at the Chesterville Bowling Lanes.

Chief Repa says that a variety of prizes has been lined up for the 2001 Bowl for Millions, with the grand prize being $500 donated by the Rotary Club of Cornwall. There will also be a draw for $300 for bowlers having pledges totalling $100 or more.

Rogalsky is challenging residents of SD&G to take part in Bowl for Millions on a team of five or six co-workers, friends, fellow students, club or family members.

Locally, team entry forms and sponsor sheets are also available at the Chesterville Bowling Lanes, or call the agency office at 613-933-8035.



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Winchester, Ontario, K0C 2K0
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CHRISTMAS TREE PICKUP
Trees will be picked up as follows:
Winchester Township: Tuesday, Jan. 16
Villages of Winchester & Chesterville: Wednesday, Jan. 17
Mountain Township: Thursday, Jan. 18
All trees must be free of decorations and plastic wrap.
Doug Froats

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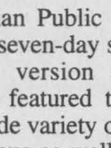
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Oversized Honey Pine End Table Reg. $279 *Clearance $80*	**Coffee Table & Matching End** Green base with honey oak top Reg. $199 ea. *Clearance $100 pair*	**Solid Oak Display End Table** Reg. $319 *Clearance $125*	**Contemporary Entertainment Wall Unit** With display cabinet, black with oak trim, Reg. $879 *Clearance $375*
3-Pc. Pine Finish Entertainment Wall Unit Reg. $1,359 *Clearance $775*	**Contemporary Sofa & Matching Chair** Curved front with throw pillows and lumbar pillow, Reg. $1,638 *Clearance $950*	**Wing Chair** Your choice, rose or blue Reg. $499 *Clearance $250*	**Forest Green Leather Swivel Glider Rocker Recliner** With matching rocker ottoman, Reg. $1,018 *Clearance $575*
3-Position Full Recliner Chaise Sofa With matching chair covered in durable nylon fabric, Reg. $1,699 *Clearance $1,175*	**Overstuffed Contemporary Navy Pillow Top Sofa** And matching chair Reg. $1,278 *Clearance $875*	**Premium Contemporary Double Sofa Bed** Covered in multi-colored nylon fabric with 4" spring mattress, Reg. $699 *Clearance $475*	**High Quality Traditional Living Room Chair** With claw foot, your choice, sea foam green or beige, Reg. $599 *Clearance $250*
Rose Swivel Rocker Chair Reg. $279 *Clearance $99*	**White Double Dresser** Reg. $399 *Clearance $200*	**Sofa with Matching Chair** Chenille multi-colored cover, Reg. $1,149 *Clearance $775*	**GE Extra-Large Capacity Washer** 8 cycles, 2 speeds (slight damage to cabinet), Reg. $699 *Clearance $475*
High Performance Jet Clean Maytag Dishwasher Delay start, accu temp control, quiet pack, Reg. $679 *Clearance $475*	**Jenn-Air 4-Burner White Downdraft Cooktop** Reg. $799 *Clearance $500*	**2.6 cu. ft. Bar Fridge** Reg. $249 *Clearance $185*	**Heavy Duty Dependable Care Maytag Dryer** With auto dry control, Reg. $629 *Clearance $475*
Swivel Glider Rocker with Matching Ottoman Your choice, green or burgundy, Reg. $349 *Clearance $267*	**Bleached Oak Finish Night Table** *Clearance $75*	**All Grandfather Clocks** *Sale priced plus NO TAX and don't pay till Sept. 1, 2001*	**5-Pc. Metal Dining Set** Reg. $499 *Clearance $250*
Solid Birch 7-Pc. Dining Set Green base with natural top, 4 chairs, table and matching buffet & hutch Reg. $2,099 *Clearance $1,450*	**ANNOUNCEMENT**		**Honey Oak 9-Pc. Dining Set with Buffet** Incl. hutch, 72" pedestal table, 2 upholstered arm chairs and 4 matching side chairs Reg. $2,795 *Clearance $1,850*
Solid Natural Hardwood Round Pedestal Table With extension and four chairs, Reg. $699 *Clearance $350*			**Full-Size Medium Wood Finish Complete 6-Pc. Bedroom Set** Reg. $1,499 *Clearance $850*
Solid Birch Night Table Reg. $250 *Clearance $100*			**Full-Size Bleach & Walnut Finish Complete 6-Pc. Bedroom Set** Reg. $1,369 *Clearance $950*
Large Oak Traditional Buffet & Hutch Reg. $1,999 *Clearance $950*			**Hardwood Floor Laminate Flooring Natural Maple Finish** Reg. $3.99/sq. ft. *Clearance $2.49/sq. ft.*

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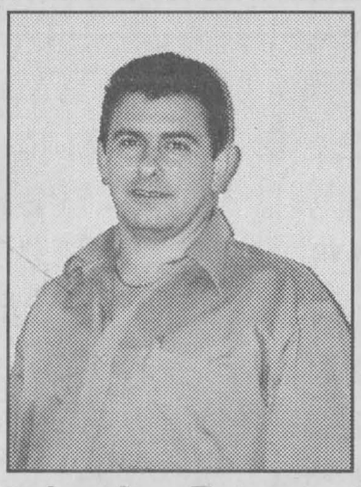

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