The Chesterville Record

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Newsbriefs

Man will appear Feb. 3 for plea

LONG SAULT — A Cornwall man will appear in provincial court Feb. 3 in connection with a Nov. 3 incident in which a Monkland gas station manager was bound, forced at gunpoint to get in the trunk of his car and driven to Tagwi School where he was left, Long Sault OPP Const. Bernie Gadbois said. Gadbois said Scott Best, 22, was taken into custody and charged with robbery, possession of an unregistered and restricted weapon, use of a firearm while committing a robbery and breach of probation. Best was released Nov. 26 and will appear in court Feb. 3 for plea, Gadbois said.

Meeting will discuss dyslexic children

CORNWALL — The local chapter of the Learning Disabilities Association of Ontario, a group of parents with learning-disabled children, is holding its next meeting Jan. 19 at 7:30 p.m. in the auditorium of General Vanier Secondary School. The topic is the dyslexic child in the '90s, with guest speaker Bill McMaster from Belleville. Everyone is welcome.

OFA vice-president to speak at banquet

SOUTH MOUNTAIN — The vice-president of the Ontario and Canadian federations of agriculture will be the guest speaker at a Dundas Federation of Agriculture's banquet Jan. 29. Jack Wilkinson, a Northern Ontario farmer, will discuss the challenges facing Canadian agriculture, including world trade. The meeting will be held at the South Mountain Agriculture Hall at 7:30 p.m.

Support group meets

CHESTERVILLE — The Widowed Support Group of Stormont-Dundas will hold its next meeting Monday, Jan. 18 at St. Mary's Church hall in Chesterville. The topic of discussion will be ways to occupy your leisure time. Everyone is welcome.

RIDE will continue

LONG SAULT — Long Sault OPP will continue their RIDE (Reduce Impaired Driving Everywhere) program into the new year, Const. Bernie Gadbois warns motorists. Gadbois said that at a RIDE checkpoint in Cornwall Township Jan. 8, 18 vehicles were stopped and four roadside tests given. As a result, one person was charged with impaired driving and two 12-hour licence suspensions were issued.

Development charge meeting

MAPLE RIDGE — A public meeting to solicit input regarding the proposed development charge for Winchester Township will be held Thursday, Jan. 21 at 7:30 p.m. at the township offices, Maple Ridge.

Winners wanted

CHESTERVILLE — A Christmas season campaign by the Chesterville merchants had area shoppers checking each others lapels trying to match numbers on promotional buttons, but no one was successful. So the merchants are giving people a few weeks to claim the prize money that would have been won with a match. The winning numbers are 372, 573, 1301, 1764, and 2433. Winners can claim a $25 prize at the Bank of Nova Scotia in Chesterville until Feb. 5. Any money that is unclaimed will be donated to the North Dundas Food Bank.

This Week

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Cars and cigarettes popular targets in '92: OPP

Greg Hewitt
Record Staff

LONG SAULT — Cars and cigarettes continue to be popular targets among thieves, provincial police statistics show.

According to year-end figures for OPP district 11, which includes provincial police territory in SD&G, Prescott-Russell and Ottawa-Carleton counties, car thefts showed the biggest increase in frequency, up 61.5 per cent.

There were 573 cars stolen in 1992, compared to 353 in 1991.

Sgt. Al Crocker said the dramatic increase is probably due to the value of cars when stripped down and also their use in committing other crimes.

General calls for assistance in 1992 increased 4.5 per cent over 1991. OPP responded to 54,967 calls last year.

In total, criminal code offences in 1992 rose 5 per cent to 11,460, compared to 10,614 in 1991.

There were four homicides in district 11 in 1992, including one in Summerstown in Glengarry County. The others occurred in Hawkesbury, Vankleek Hill and Manotick.

Robberies decreased 17 per cent in 1992, down to 90 from 108 in 1991. But break-and-enters and thefts rose. OPP reported a 2.7-per-cent rise in break and enters, 14.9-per-cent increase in thefts over $1,000 and 5.4-per-cent increase in thefts under $1,000.

The value of stolen property rose from $6.2 million in 1991 to $7.9 million.

Crocker said cigarettes accounted for about $400,000 of the stolen property total alone.

"Let's face it. With the value of a carton of cigarettes at about $40 a carton it makes them quite a lucrative thing to steal. They're almost as expensive as gold."

Crocker said the district will likely experience another increase in cigarette thefts, like hijackings of cigarette-hauling transports, in 1993.

And he said a slow economy and high unemployment generally bring an increase in so-called "quiet crimes," like break-and-enters, as opposed to armed robberies.

There was a slight decrease in the number of assaults investigated in 1992, 983 from 990.

Provincial police say they were correct in their prediction that traffic volumes would increase on major highways. But they noted that road fatalities occurred more often on regional roads than major highways.

Fatal accidents decreased 6 per cent in 1992. There were 44 fatal accidents resulting in 48 deaths in district 11. But personal injury and property damage accidents were both up, by 4 per cent and 21 per cent respectively.

The number of road accidents overall rose to 6,511, a 16-per-cent increase over 1991. But 463 were alcohol-related, a 20-per-cent hike.

"That was a little bit of a shock," Crocker said. "It still shows that the use of alcohol while driving is still prevalent and needs enforcement."

Osnabruck takes over Farran Park



Osnabruck Township Reeve Gordon Ross prepares to sign agreement as SLPC chairman Frank Shaw looks on

Reeve says park is a good drawing card for area

Greg Hewitt
Record Staff

OSNABRUCK CENTRE — Osnabruck Township is officially in the camping business.

After leasing Farran Park from the St. Lawrence Parks Commission (SLPC) on a one-year basis for the last three years, the township signed a 20-year agreement Monday to operate the campsite, across Hwy. 2 from Ingleside.

The agreement is reviewable every five years should either the township, or the SLPC, run by the Ontario Ministry of Tourism and Recreation, decide to back out of the deal.

According to a formula designed specifically for the arrangement, the township keeps enough of the profit to make improvements to the grounds and cover expenses, and retain some profit. And any profit over a certain amount is turned back to the SLPC.

"The bottom line is that (Osnabruck Township) would not have to suffer any losses," SLPC spokesman Mike Paradis said.

He said the formula, which works on a sliding scale, is "rather intricate and took us a while to come up with."

Ross said the park, which is open to camping from May to October, generates about $50,000 a year, out of which employees' wages and other expenses are drawn, leaving only a small profit for the township.

But he said now that the park is in the township's hands for more than a year, they can look at installing showers, which the park lacked.

"We didn't want to spend whatever amount showers would cost and think we'd only have (the park) for one year," Ross said.

Decisions on what improvements or projects, like showers, will be undertaken will be made by council at the recommendation of the township's recreation committee.

Ross said the township doesn't expect to "get rich quick" by signing the long-term lease. He said the value in the deal is that the park brings people to the area, people who inject money into the local economy.

Some campers, especially from the Montreal area Ross said, have decided to make Osnabruck Township their home after becoming regular visitors.

And by running the park, the township can provide some jobs for township residents. Seven township residents including two students found work at Farran Park last year.

"I don't think it's as much of a profit as it is a service and a drawing card for the area," Ross said.

School boards bank on provincial aid for kids

Elizabeth Moreau
Record Staff

CORNWALL — School board officials in Stormont, Dundas and Glengarry paint a grim picture of what the economic recession has done to area children. There are stories of children who don't have enough to eat or adequate clothing to keep them warm. And as tension and conflict escalate in homes where parents are out of work or unable to pay bills, kids take those problems into the classroom with them each day.

The public and Catholic school boards want to help children and families affected by an economy that has an estimated 40 per cent of workers in the Cornwall area on unemployment or welfare.

Late last year the boards came up with a series of initiatives to combat recession-related stresses. But without any spare dollars in their own budgets, they turned to the province for $3 million in emergency funding to implement the programs.

"You're seeing a community and families and individuals who have been over-stressed for too long."

In December, MPP Noble Villeneuve organized a meeting between local school board and municipal officials and four provincial ministers to ask for funding. Those at the meeting say there is reason to be hopeful.

Last week, about 50 people from social services groups in SD&G met to throw their support behind the proposal, help improve it and work out the details.

A group including public board education director Jim Dilamarter and the Catholic board's Roger Davidson will meet with Community and Social Services Minister Marion Boyd sometime next month to submit the final proposal.

"I think the chances (of getting funding) are excellent," said Villeneuve. "The full figure may be chopped but ... I think the government will address the priorities."

• Please see CHANCES on page 2

Province's planning reform will freeze tax base: MPP

Greg Hewitt
Record Staff

Recommendations made in a draft report on planning and development reform may deter much needed development, local politicians say.

The Sewell Commission released its draft report on planning and development reform for Ontario last month. Response to the recommendations will be sought through a series of public forums in February and March. A final report is expected in May.

The draft report outlines proposed changes to the Planning Act, dealing primarily with development in rural areas. It is designed to smooth the planning process and focus on the environment.

The commission is recommending that development be allowed only in areas served by public or private communal well systems.

SD&G and East Grenville MPP Noble Villeneuve said the recommendations, if made legislation, will be harmful to the future of rural municipalities, especially in eastern Ontario.

"They're telling a lot of municipalities that they're freezing their tax base ad infinitum unless they spend oodles and oodles of dollars," he said.

Villeneuve will be making a 10-minute presentation to the commission in Ottawa March 1.

In a telephone interview, Sewell Commission chairman John Sewell said adding to existing communities, therefore decreasing the need for the expansion of services, is by far the most cost effective method of development.

And he said it is important to keep rural areas rural.

"We have to define where we want to see rural development. Look at the edge of Toronto — it was just a bit here and a bit there and before you know it it's sea to sea houses."

He said he is not against development in rural areas, but a method of growing without a need for building new services is essential.

Villeneuve said the recommendations might be suitable for areas in southwestern Ontario, where there is a predominance of class 1 and 2 agricultural land. But, he said, there is a lot of marginal land in eastern Ontario that could be developed.

Chesterville reeve and SD&G Warden Jim Cook said the Sewell Commission wants to use the Planning Act to do what the Ministry of the Environment (MOE) and other agencies should be controlling, "and I'm not sure that fits."

Please see REPORT on page 2

Rash of vandalism in Ingleside may jeopardize township facilities

Greg Hewitt
Record Staff

INGLESIDE — A rash of destructive acts in Ingleside may jeopardize facilities in the village.

OPP Const. Roy McGrath, Ingleside's own police officer, warns that a continuation of vandalism of township property in the town might spell the end of township facilities like the ball diamond and tennis courts.

A window on a building at the ball diamond was broken in early December. And a week ago, a gallon of paint was thrown onto the building. A garage at the township's water plant was damaged recently, and buildings in Farran Park were vandalized in the fall.

"It's too bad the township has to pay for this," McGrath said, adding the taxpayer eventually bears the burden of the acts. "The kids should realize that they're hurting themselves."

McGrath said the vandalism may be the result of a "lack of motivation and when they get together this is what they decide to do for entertainment."

"It's a youth problem, maybe they have to grow out of it," he said.

But he noted that only a small number of the town's youths are causing the damage, and vandalism is a problem in other towns and larger cities.

McGrath suggested kids take advantage of evening programs at the Lancer Community Centre, as well as hockey and other programs offered in the area.

In the mean time, McGrath said he will continue patrolling the village and will hopefully find out who is responsible for the damage.

Osnabruck Township Reeve Gordon Ross said the vandalism "doesn't make sense."

"The ratepayers of the township are the people who paid to put that (building at the ball diamond) there, but if it continues to be damaged and damaged and damaged, it's not much incentive to keep it there."

Blair reclaims Roxborough council seat

Record Staff

AVONMORE — Alton Blair, who was defeated by eight votes in his bid to return to Roxborough Township council in 1991, is back on council, replacing veteran Councillor Ray Alguire.

Alguire, a council member since 1977, resigned in December with no explanation. Instead of calling a byelection, council appointed Blair to fill the vacant seat at a regular council meeting last Tuesday.

Blair, who lives in Avonmore, served as councillor from 1988 until the 1991 election. He said he didn't have to think long about the offer to return when it was made.

"I missed it, " he said of being on council. "Once you get in there, you miss it to a certain extent."

During his time away from township council, Blair was busy organizing 150th birthday celebrations and events for the hamlet of Avonmore.

Report harmful: MPP

Continued from page 1

"I think it may be an out-of-line request. As long as there is adequate distance between farms and septic systems, I think the Health Unit can decide for a particular area," Cook said. "I don't think it needs to be legislated."

Cook said the United Counties Agriculture and Planning Committee will be discussing the Sewell report and said a counties representative will likely make a presentation to the commission in Ottawa or Kingston.

Finch Township Reeve Floyd Dingwall said there is a lot of room for new homes in Berwick, for example, but the recommendations would mean development would not be possible.

He noted the costly 10-year struggle for communal services in Crysler, which the Ministry of the Environment approved recently.

Chances for emergency funds look good, Villeneuve says

Continued from page 1

Dilamarter said while the emergency funding was intended only as a short-term solution to the area's chronic economic problems, many in the community agree the programs will generate lasting effects.

Said Children's Aid Society director Richard Abell: "The initiative has a crisis-management context to it, but it's one that if properly designed and implemented will have some strong effects."

The funding would pay for support workers who would provide counselling and other services for parents and children, and establish links with social service agencies in SD&G.

The project would have mixed implications for agencies like the CAS. While it would offer added community resources for children, it would also identify more families who have problems, said Abell, and possibly refer even more cases to the CAS.

"But the bottom line for me is that it's more work being done for kids in SD&G."

The recession, or depression as some in Cornwall call it, has meant "more of the same" for the CAS, said Abell. Spousal and child abuse are on the rise, more children are arriving at school under-fed, there are more cases of neglect.

"You're seeing a community and families and individuals who have been over-stressed for too long," he said.



MPP Noble Villeneuve

Villeneuve said the proposal is evidence that the Cornwall-area community is not waiting for government to solve its problems. Local people, he said, know best what the problems are and therefore how best to attack them.

The initiatives are being carefully designed so as not to create new services for SD&G, Abell said. The proposal strives to "strengthen existing services," he said. "It's nothing that will require a new administrative structure."

One of the goals, he said, would be to train school staff to better identify problems and refer children to appropriate professionals such as psychologists or social workers.

Tools stolen from golf club

Crime Stoppers this week is asking for the public's assistance in solving a break-in at the Morrisburg Golf Club between Jan. 1 and 2 this year. Stolen from the club were an Ultra Pro two-piece floor-model tool box and Ultra Pro socket box and wrench set. If you have any information on this or any other crime, call Crime Stoppers at 534-TIPS (534-8477) or 1-800-265-TIPS. If your tip leads to an arrest, you may qualify for a cash reward of up to $1,000. You do not have to reveal your identity to help solve a crime.

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Beef Evening, Monday, January 25	7:00 p.m.
Dairy Day, Tuesday, January 26	9:30 a.m.
Accent on Living, Wednesday, January 27	9:30 a.m.
Crops Day, Thursday, January 28	9:30 a.m.
Money Matters, Friday, January 29	9:00 a.m.

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Changes to the Ontario Labour Relations Act take effect on January 1, 1993.
Amendments to the Labour Relations Act:
- permit some workers not previously covered by the act to organize;
- provide new rights and protection to workers who choose to organize;
- encourage cooperation and consultation in unionized workplaces;
- put in place new rights and responsibilities for employers, employees and unions where there is a labour dispute.

For more information and a free pamphlet on the Labour Relations Act Reform, call 1-800-267-9517 from anywhere in Ontario or write:
Ministry of Labour
Information Centre
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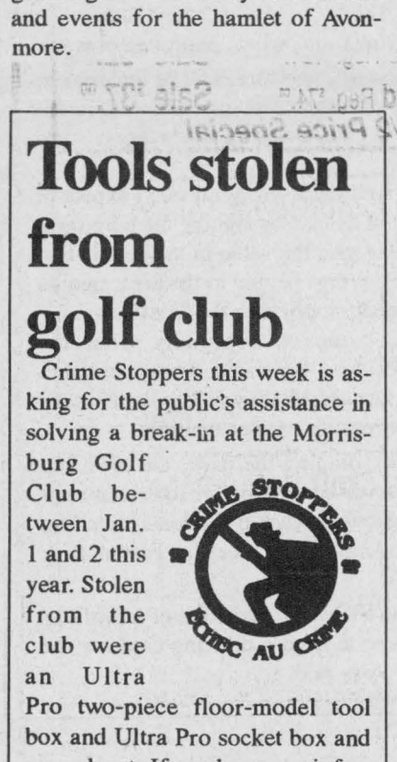

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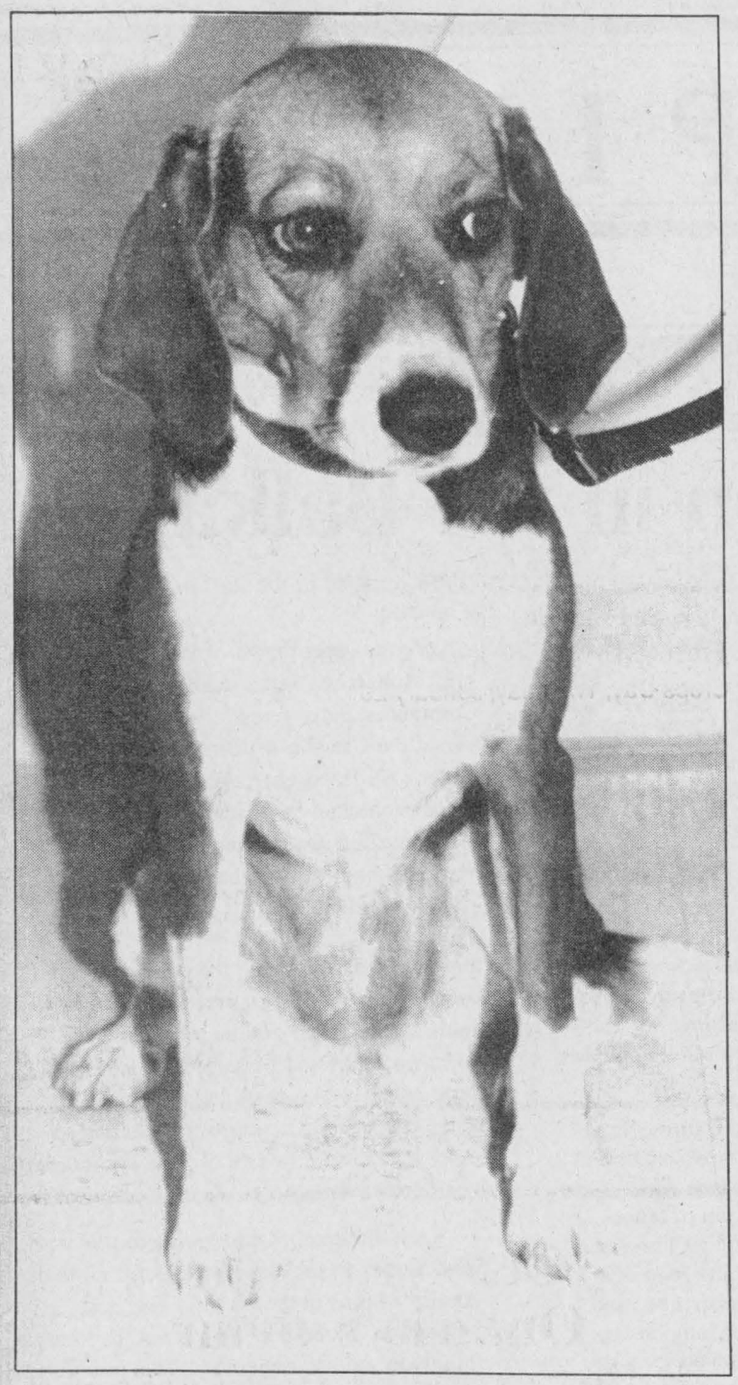

Between homes

Samantha is a three-year-old spayed female Beagle who is lonely since she was left at the Cornwall Ontario Humane Society shelter last week. She loves children and adults alike and is definitely a house dog. Shelter staff say Samantha is quiet, barking rarely. If you can provide a home for Samantha or any of the other animals at the shelter, visit them at 550 Boundary Rd. or call 936-0072.

Finch councils extend fire and garbage deal

Elizabeth Moreau
Record Staff

BERWICK — Finch Township and Finch Village will continue to share garbage and fire-fighting services at rates agreed to in 1989.

Although a formal agreement has yet to be signed, village council members welcomed the offer by the township to extend the old deal until the end of 1994. At a meeting in July, the village asked that the agreement be maintained for another three years, but the township declined.

At the time, township council said costs at the landfill site were escalating, and it couldn't commit to a long-term deal. But Reeve Floyd Dingwall said there has been little change in the amount of garbage coming from the village because growth there has been limited.

Finch Village pays the township $5,200 annually for the use of the township's landfill site. The township, in turn, pays the village for fire services, including a yearly standby fee of $3,000 and hourly fees when Finch firefighters answer calls in the township.

The councils planned in July to meet again at the end of the year to discuss a new agreement. But the township's offer means no such meeting will be necessary.

Dieters hope to fatten North Dundas Food Bank

Liz Edwards
Special to The Record

WINCHESTER — Dropping a few pounds by March could mean a meal on the table for someone else.

Winchester's Bank of Montreal is challenging other local branches and businesses to an eight-week weight loss competition to raise money for the North Dundas Food Bank — a challenge that should fit in with a few New Year's resolutions.

Businesses are invited to form teams. The winners will be the team with the greatest average weight loss — the number of pounds lost divided by the number of people on the team.

"This is a team effort, not individual weight loss," says Bank of Montreal teller Kathy Arnott, who is organizing the contest along with teller Penny Douglas.

The diet challenge startèd Monday. Anyone around the office bemoaning the effects of too many holiday treats can still pay the $10 entry fee by Friday. The first official weigh-in was Jan. 11 with the last on March 5.

Each team assigns its own official weigher who keeps individual weights confidential. Participants are asked not to hassle the weigher. Winners will be given half the money raised.

The Bank of Montreal raised a total of $227 for the food bank with a diet competition last fall. Nine people participated, losing a total of 65.5 pounds.

"I thought this up. Everyone wants to lose 10 pounds so we had a challenge of just 10 pounds," says Arnott.

"You didn't win anything from it. Everything went to the food bank."

The bank also fined participants $1 for every pound gained and made $20. Teams are encouraged to set up a penalty system.

Arnott also suggests teams end with a potluck lunch as a reward. Last fall, the bank had two — one at the beginning and one at the end. She also plans to participate in this year's competition.

"I hope I'm going to lose 10 pounds. Mostly I do it for myself because it gives me an incentive. I'm very competitive so I like to win," she says.

Assistant manager Muriel Whitteker lost seven and a half pounds in last fall's competition. She says she found it much easier to lose weight when other people in the office are on diets.

"We do have the tendency to run down to the Village Bin and pick up some goodies whereas if everybody's dieting the goodies aren't sitting around," she says.

"That's my downfall, when it's sitting there I feel I have to eat it."

The eight-week plan is sensible and allowed her to keep the weight off, she adds. But Christmas holidays were a different story and she plans to lose 10 more pounds in this year's challenge.

"We're kind of back to where we were."



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EDITORIAL & OPINION

Editorial

We want your 43 cents worth

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One of the most valuable and effective means of stimulating public discussion is through letters. Although we receive relatively few, we read them all with interest and print all that are addressed to The Record, hand-signed and include the writer's name and phone number.

Many of the letters receive are hand-delivered, which is ideal because we are able to meet the writer and discuss further the issue or concerns raised in the letter.

Letters are a crucial feature of any newspaper that seeks to reflect the views of the community. They add voices with a different tone, provide insight into what community members think and feel, and provoke public discussion. They are, in fact, one of the truest forms of public discussion. Letters are also one of the most direct ways of telling this paper what you think about its content.

The content of letters is as diverse as the writers themselves. They can be a response to something in the paper — an editorial, a story, a column, or another letter. There are letters about personal experiences, which interest, inform and inspire other readers. And there are letters which raise issues not previously discussed in the paper.

Essentially, what letters do is take community opinions and experiences beyond coffee shops and dinner tables to a forum where everyone can share and discuss them.

Letters don't conform to any particular style — that's what gives them their uniqueness. You don't need any special skills: the only requirement is that you have something to say. Obviously, we edit for grammar, spelling, punctuation and libel, but we try as much as possible to preserve the writer's distinct tone and style.

Letters can be short, or lengthy (too long and we will probably have to edit for space, though). But their point should be concise and clear. Letters with obscure or cryptic meanings are not of much use to other readers.

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Off the Record

Balking at a solution in the Balkans

By Robin Morris
International Affairs Editor

Well gentle reader, as promised in the last number, this week we solve the riddle of the Balkans and in a manner much the same as Alexander solved the riddle of the Gordian knot: with the sword, not sweet reason.

If ever there were a collection of nations that has managed to survive despite lurching down one of the dead-end paths of social Darwinism, it is the denizens of this wretched corner of the earth.

We've sent our peacekeepers to this Ruritanian backwater and they shot at us because we wouldn't take sides, as if it's possible to back a winning horse in this race of homicidal maniacs.

Just remember, it was the outside world's willingness to back the various factions that were tearing this part of the globe apart in 1914 that lit the fuse of the powderkeg of World War I.

Poor Gavril Princips wasn't acting in a vacuum when he pumped old Archduke Ferdinand full of lead on the streets of Sarajevo during that long-ago summer. Gavril and his gun-happy sidekick Cabrinovic, who by missing proved that he couldn't hit the arch side of a bored duke with a wet moccasin, thought they might be assuring themselves places in history along with John Wilkes Booth and Brutus, but subsequent events have not been kind to the Serbian shootists. Instead, they are generally lumped in with Larry and Moe, Sacco and Vanzetti and Rosencrantz and Guildenstern. Hardly heroic figures except to their misbegotten countrymen.

Princips and Cabrinovic were acting in the hope that Bosnia would be removed from Austrian suzerainty, where it, along with Herzogovina, had been placed by the mid-19th century Congress of Berlin. They would be joined with Serbia into a Greater Serbia, a concept that defies reason.

And now, 79 years later the Serbs are back at it: surrounding Sarajevo, capital of Bosnia, and trying to starve it into submission. All in the name of a Greater Serbia. In the process, they are committing genocide against Bosnian Muslims, not forgiving them for having taken up the Crescent of Islam during their 600 years of Turkish rule.

To put it in the terms of civilized nations, it's like having Clan Donald sweep down out of the Highlands and force Scottish Presbyterians to embrace the pope as their revenge for Culloden. Sorry, but we just don't do things that way.

And what did Princips and Cabrinovic accomplish with their Slavic impersonation of Butch Cassidy and the Sundance Kid?

A cobbled-together collection of tatterdemalion nations, most sounding like something you'd find growing on the food in a college student's refrigerator, that became Yugoslavia, whose racial and religious intolerances simmered and bubbled away on Europe's back burner until the Germans invaded in 1941 and turned them loose on themselves once again in a classic use of the old divide-and- conquer routine, so favored by the English in the aforementioned Scotland 200 years previous.

Yugoslavian resistance to the German occupation is the stuff of legend. Over 100,000 German troops were supposed to be tied down fighting the various resistance groups, while they could have been stemming the red tide on the eastern front or helping stop the Canadians, British and Americans in northwestern Europe.

But like much of the stuff of legend it is largely bunkum.

Yugoslavia spent most of WWII at war with itself. Monarchist Serbs joined the Chetniks; Communist Serbs joined the Partisans; Croats joined the Ustashi; Muslim Bosnians joined Hitler's SS Handschar. And they merrily murdered each other in a vicious civil war masquerading as resistance to the occupiers, most of whom were Italian anyway.

So much for legend.

And now it's 1993 and they're still at it. Only this time the Serbs want the ethnically- Albanian state of Kosovo, presumably because it holds the hallowed ground where in 1389 the Turks under Murad I crushed a coalition of Serbs, Croats, Bosnians and Albanians and ushered in several centuries of peace at least. (And you guessed it. Old Murad was murdered by a Serbian assassin.)

It's not unlike Yorkshire going to war with East Sussex to reclaim Hastings for all the Anglo- Saxons in the north of England.

Come on, Slobodan. This is not the kind of thing you want to remember. The Yanks would just as soon forget all about Vietnam. The British never again want to be reminded of Yorktown and Canada never again wants to think about the 1991 World Junior Hockey Championship.

So with this body of evidence carefully compiled from several *Classic* comics, just what, you may ask, gentle reader, is my solution to the conundrum of the Balkans?

To do just what 2,500 years of western civilization has managed to achieve: forget about it.



THE FARMER'S WIFE'S

By Wyn Thompson

For some reason, I took time as evening came to think back over the recently departed year. I have this special spot to which I retire every so often and, with tea cup in hand, I sit a spell and think a bit.

It was the best of times and it was...yes, let's own up to it, Queen Elizabeth was right. It was not a year upon which one would look back with undiluted pleasure. A fine example of British understatement, if I ever heard one.

As we delved into copies of and varying interpretations of the Constitution, we tried to cope with the fact that we were losing jobs...jobs...jobs...

Arts and culture of all kinds were in deep trouble. Barbara Frum died. The American election was kicked off over whether television star Murphy Brown represented proper family values.

Michael Jackson released a new album; this is great as I won't have to watch him perform. Woody Allen was no longer funny. The CBC changed everything and I am having difficulty adjusting. The Toronto Blue Jays won the World Series, the event of the year that brought Canadians together and filled them with pride and happiness like nothing else has for a long, long time.

The recession, and for some the depression, dogs our footsteps while the Prime Minister speaks so optimistically one could choke. Our country has changed so drastically that someone who died twenty-five years ago would not recognize it. Even we who are still alive are running to keep abreast of changing times.

But, thank the gods, we are still able to feed and clothe our own and sometimes, it seems, half the world. It's still the best place in the world to live while we work out our irritations at the end of a snow shovel or garden spade.

We lost the guy who said read my lips, and got another guy with fresh ideas and what appears to be a new direction...we shall see...meanwhile, the weather hasn't been bad or so it seems to me, but then I am not out working in the barn, ploughing the snow from highways and biways, nor fulfilling the requirements of other essential services. And, my home is snug and bright.

When another small snowstorm blows in and then out again, Eastern Ontarians welcome the sight and approve the slight movement in the sundial of the seasons.

All things need a time of rest, a change of pace, a fresh approach. In northern climes snow gives us this change; and it bestows upon the land a blanket which protects, enriches, and beautifies.

Apparently, a while back I remarked on the fact that the Farmer and I like to collect odd or different 'Graces.' Here is one reminder a reader sent along to me. Who better to state it than Robert Burns?

"Some hae meat and canna' eat,
And some would eat that want it,
But we hae meat and we can eat,
Sae let the Lord be thankit."

In my diary, I have been collecting over the past few years references to the joys of an open fire, by which I revel as well. Here is the latest passage I'm going to preserve. It was written by a scandalous old scoundrel named Aretino, who could not, knowing the following enjoyments, been all bad, I reflected.

"Your dry logs have in them all the circumstance necessary to a conversation of four or five hours, with chestnuts on the plate and a jug of wine between the legs. Yes, let us love winter, for it is the spring of genius."

Then, leafing through my journal I came upon De Quincey, the opium eater's remarks, "Surely everyone is aware of the divine pleasures which attend a winter fireside: candles at four o'clock, warm hearth rug, tea, a fair tea-maker (I feel I could qualify), shutters closed, curtains flowing in ample draperies on the floor, whilst the wind and rain are whistling audibly without...I am not 'particular," as people say, whether it be snow, or black frost, or wind so strong that (as Mr. —says) 'you may lean your back against it like a post.'"

If you have any 'Graces' or fireside comments pass them to me and I shall share them with our readers.

One of the grandkids goes to a school where there is a great emphasis placed on sharing and I find this encouraging. I'm not advocating a communistic approach to living, but as one hears of the salaries of executives of huge corporations, one is inclined to wonder.

I read that there is a man who owns enough buildings to house all of a major city's homeless and the street sleepers of another major city as well. "He must have skipped kindergarten et al and enrolled in a university course of advanced economics," said the Farmer.

I know that most of these people give away a goodly portion of their worldly goods and that is highly commendable for sharing is a hard precept to follow for we are all naturally acquisitive, except the saints of the world. And I, for one, have a great streak of acquisitiveness running through my being. But we can share many more things than we do - knowledge, expertise, burdens and friendship.

This same grandkid shared some valuable information with me the other day. It came in the form of a hand-out from either her school or Girl Guides and it went like this: "Put Things Back Where You Found Them. If you cut down a tree, replant some. If you borrow something, pay it back." Simplistic? Of course...most sensible things are. And, of course, she's only eight years old.

"Clean Up Your Own Mess. Now, that doesn't only apply to your own room, milk, or finger paints. We are messing up our world faster than we are cleaning it up."

I'll get down off my soapbox but before I do, like the very young kids, "Be aware of wonder." Kids don't have to learn that one, they come programmed with it. In '93, re-program yourself, it's great fun.

To ponder: "Exquisite things have been said about snow,
Snow said them first, those exquisite things."
- Robert Finch, 1949.

Letters

Reform candidate challenges Kilger

To the Editor:

Does Bob Kilger believe in democracy?

Liberal Party Leader Jean Chretien bypassed the normal nomination procedures in a Toronto riding and hand-picked his own candidate, former Toronto mayor Art Eggleton.

I challenge Bob Kilger to speak out against this slap in the face to the voters in that riding. What has happened to the grass roots democracy in the Liberal Party? I challenge him to make a personal appeal to the leader of the Liberal Party to correct this situation. Will Bob Kilger remain silent while the democratic rights of Canadians like you or me are trampled by the Liberal Party? How can the Liberal Party listen to the Canadian people when they won't even listen to their members?

MPs need to be responsible to their constituents and not to the party. Canadians are tired of government from the top down.

As your Reform Party candidate, I'm offering you an alternative to the same old style of government. I believe in the democratic process and my loyalties lie with my constituents.

Annette Turner
Reform Party candidate
Stormont-Dundas

Finch Twp. resident has questions about P.O.

To the Editor:

To the Reeve of Finch Township:

In reference to your statement in the Chesterville Record, December 30, I would like you to explain more fully how the township has benefitted by the purchase of the Berwick post office. Would Canada Post not have looked after providing mail boxes for the residents?

Ian MacMillan
Finch Township

Parents need help for tot's heart-lung transplant

Liz Edwards
Special to The Record

KEMPTVILLE — Money is the last thing on the minds of Joan and Weldin Atkinson right now — but it's definitely a concern.

Their three-year-old daughter, Kaitlin, desperately needs a heart-lung transplant. The procedure is not done on children her age in Canada but the Presbyterian Hospital in Pittsburgh, Pennsylvania will operate if a donor is found.

Since the procedure is not available in Ontario, OHIP will cover the cost of the operation and the air ambulance to transport Kaitlin to Pittsburgh. However, it will not pay for her parents' expenses such as lodging, food and plane tickets during her minimum three-month recovery time.

"The reality is it's going to be very expensive but you try not to think about it," says Weldin.

Luckily, they have people who want to help them. Kaitlin's godmother Barbara Smyth set up a fund a month ago at the Scotia Bank in Kemptville, where she is an employee, to defray the costs.

"I just feel when you take the privilege of being a godparent, you also take the responsibility," she explains. "If I didn't do something, I would think I was falling down on my responsibility.

"I don't think there's anything anyone could be called upon to face in life worse than a situation like this."

Smyth has set the fund's goal at $60,000 but is not sure exactly how much money will be needed. Kaitlin is a triplet and part of the expense will be care for her sisters Emily and Claire while she recovers.

"I think what will happen in the first month is both parents will be there and then they will take their turns coming back because they both have their jobs as well," says Smyth.

So far Smyth has collected about $6,700 from service groups and private donations in the village and the surrounding area. Other groups have also promised their support and some are looking into fundraisers for Kaitlin.

"They're wonderful, Kemptville is a very giving town," says Smyth. "It's very heartwarming when you realize the majority of people really care."

"I have a letter from a couple in Ottawa and it was written on Christmas Eve. It came here to the bank with a donation and I thought, imagine anyone taking time to write on Christmas Eve."

The Atkinsons are former residents of Kemptville but rented their house and moved to Ottawa to be closer to the Children's Hospital of Eastern Ontario after Kaitlin was diagnosed in June.

Kaitlin suffers from idiopathic pulmonary hypertension — a little-understood condition that stiffens the lungs and weakens the heart, eventually causing death.

Surgery is her only option. In December, doctors at the Pittsburgh hospital gave her three to six months to live without it.

The money could be needed at any time. When a suitable donor is found, Kaitlin must be at the hospital within four hours. Her doctor Gill Puxty at the Manotick Medical Centre is also collecting donations for the fund.

Right now Kaitlin is at home with her parents, but spends most of her time hooked to an oxygen tank.

"She's a fairly normal three-year-old but she gets very, very tired very easily because she's short of oxygen," says Puxty.

Anyone wishing to donate, can deposit money to account number 6038522, transit number 90472, at any Scotia Bank or mail a cheque to the Kaitlin Atkinson Family Fund at the Scotia Bank in Kemptville.

Estranged children and parents now have a safe place to meet

Elizabeth Moreau
Record Staff

CORNWALL — Children and family members who might not otherwise have contact because of separation or divorce can now see each other under a pilot project serving the three united counties and Akwesasne.

Within the next few weeks, staff at the York Centre in Cornwall will begin supervising visits between children and parents or grandparents who do not have legal custody.

So-called supervised access can be ordered by the court in a child-custody case, agreed to by separated parents themselves, or recommended by area social or community service agencies, said centre co-ordinator Anne Cadieux.

A number of different family situations may call for supervised visits between a child and an adult family member. There may be concerns about the child's safety because of drug or alcohol abuse by a parent, a psychiatric illness, a long separation between the parent and child, or a risk of abduction.

Or, parents may use the centre if the animosity between them is so great that they cannot agree on visitation arrangements. In such a case, the child would be dropped off and picked up at the centre for a day-long or weekend visit with the other parent. This way, the parents don't have to see one another.

Conflict between parents, Cadieux said, can be harmful to children. And the focus of the centre, Cadieux said, is on the child. "Children do have a right to see both parents," she said.

The parent and child who are visiting will be watched at all times by one of the centre's trained workers, and they will stay in the centre at all times. Furniture, board games, books and toys will stock the centre's three visitation rooms.

"We're trying to stay away from the institutionalized look as much as we can," Cadieux said, adding that the centre needs donations of toys, board games, children's book, end tables, table lamps and a convex mirror.

What the parents and children do during their visits will depend on the age of the child and the relationship they already share, but activities can range from talking to playing games, "any way of inter-relating that is safe for the child," said Cadieux.

In specific cases, certain behaviors would be prohibited. In a case of alleged sexual abuse, for example, a daughter would not be allowed to sit on her father's knee, Cadieux said.

At least some area parents will welcome the centre. Cadieux said she knows of one parent and potential client who hasn't seen the child in almost three months. Grandparents, she added, can also become estranged from their grandchildren in the midst of a bitter divorce.

The York Centre will not provide transportation, so the parent with custody will be responsible for getting the child to the visits. Precise hours have not yet been established. Cadieux said that will depend upon the number of clients and the demand.

The Cornwall centre is one of 14 two-year pilot projects across the province funded by the Ministry of the Solicitor General. It is hoped that such centres will help keep some child-custody cases out of the court system.

Children's immunization information must be reported to local health unit

CORNWALL - Ontario students who are not immunized against certain diseases could be suspended from school and their parents may be fined, the Eastern Ontario Health Unit is reminding parents.

Children can be immunized free of charge against diseases like diptheria, tetanus, polio, measles, mumps and rubella, by their family physician, pediatrician or local health unit personnel.

Parents must report immunization information to the health unit each time a child receives an injection. They should obtain a yellow personal immunization record card for their child and have it updated each time the child is vaccinated.

Information on immunization should be reported to the health unit's Alexandria office, and can be mailed to the Eastern Ontario Health Unit at Hwy. 34 South, Alexandria, K0C 1A0. For more information, call collect 525-1112.

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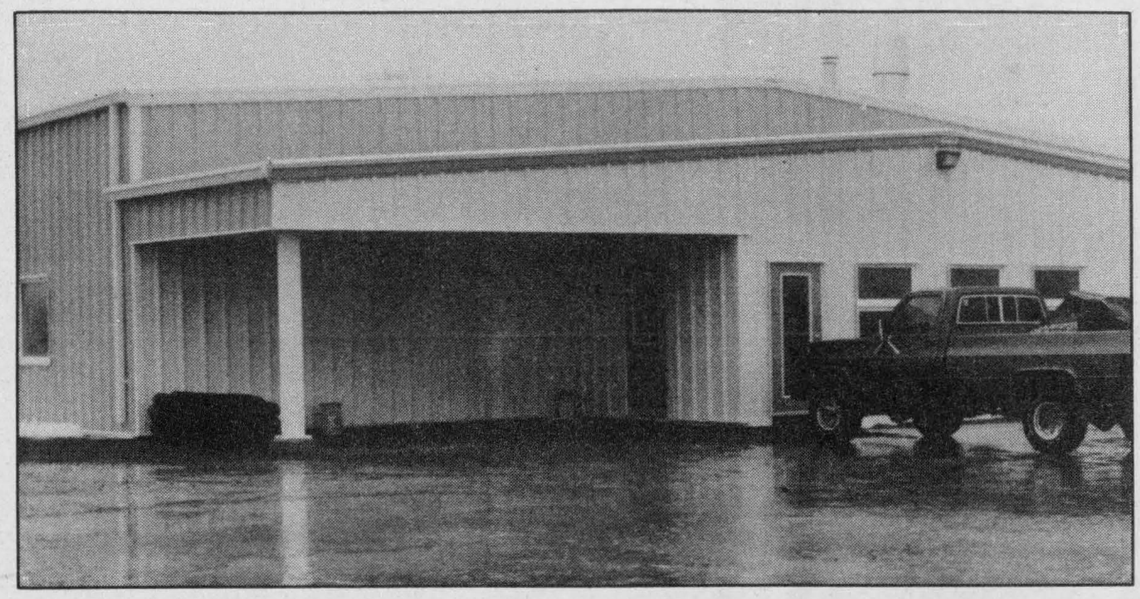

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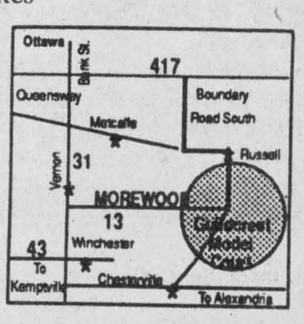

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Shopper's dream *Heather Meldrum of Berwick was treated to a three-minute free shopping spree at Mike Dean's grocery store last Tuesday after her name was drawn in the Lions Club contest. Meldrum carted away $427 in groceries, mostly meat. The Lions Club raised more than $1,000 through the event.*
Record Photo - Hewitt

Obituary

Anna Bell Russell

(nee Heagle)

Anna Bell Russell of RR 3 Ingleside died Jan. 6, 1993 at Winchester District Memorial Hospital after a four-year illness. She was 76.

Mrs. Russell, formerly of Grantley, was born in Archer, Ont., the daughter of the late Joseph Heagle and the late Abby Hanna. She is survived by husband Keith Russell, whom she married in Woodlands, Ont., in 1941.

Mrs. Russell was the mother of Ray Heagle (Shirley), Ken Russell (June), both of Ingleside, Eunice (Mrs. David Thomas) of Prescott and Lois (Mrs. Roger Crowder) of South Mountain.

She was the grandmother of Dale Heagle, Sharol Bowman, Donna Stewart, Barton Heagle, Rosemary Smith, Beth Heagle, Brenda Sproule (Russell), Artie and Wally Russell, Kevin Thomas, Tim, Russ, Neil and Jackson Crowder, and eight great-grandchildren.

Mrs. Russell was predeceased by grandson Chris Russell.

She was a member of Trinity United Church in Ingleside and U.C.W. Ingleside.

A funeral was held Jan. 8 at Brownlee Funeral Home in Ingleside, officiated by Rev. Biggar. Spring burial will take place at Pleasant Valley Cemetery.

Pallbearers were Dale and Barton Heagle, Artie and Wally Russell and Neil and Jackson Crowder.

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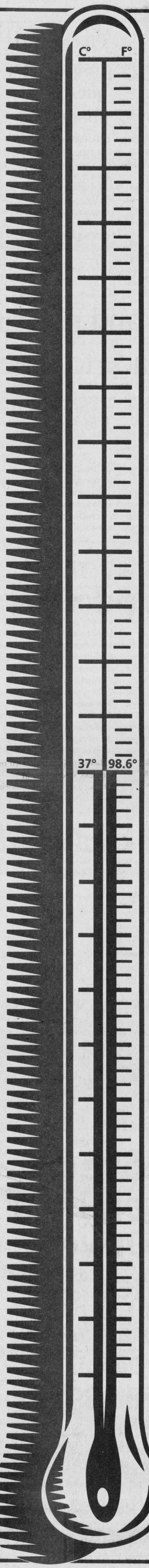

TAKING THE HEAT OFF OHIP

This past year, the Ministry of Health took a long, hard look at our health care system to find ways of taking the heat off an already overburdened plan. It discovered that taxpayers were incorrectly paying for as much as $20 million for third-party services.

WHAT ARE THIRD-PARTY SERVICES?

Third-party services are those not required by a patient for treatment of illness or health promotion, but are requested by someone else.

These services include physical examinations for insurance forms, school and camp registrations, driver and pilot certifications and medical notes to give employees time off work.

Physicians are being reminded not to bill OHIP for third-party services. Instead, they will request direct payment for these services.

WHEN IT REALLY COUNTS

Services required to receive health or social assistance benefits remain insured. For example, medical certificates for wheelchairs or other medical devices provided through the Assistive Devices Program will be covered. There will be no charge for certificates for Northern Health Travel Grants or access to nursing homes.

Nothing that affects the basic principles of medicare has changed. You will not be asked to pay for direct medical care and some of the heat will be taken off OHIP.

For further information on how this may affect you call the Ministry of Health toll-free Infoline.

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Ontario

Health unit tries to curb retail tobacco sales to area youths

Elizabeth Moreau
Record Staff

WINCHESTER — Most regular smokers started their habit when they were kids. On average, they had their first cigarette when they were between the ages of 12 and 14. But Ontario law makes it illegal for retailers to sell tobacco to kids under 18.

"So many teenagers are starting smoking without knowing how addictive nicotine is and before they know it, they're hooked," said Heather Corbett, a health educator at the Eastern Ontario Health Unit.

A new EOHU program will try to stop smoking among youths at the source — the point of sale. The program, KATS (Kids and Action on Tobacco Sales) seeks to limit kids' access to tobacco by educating retailers about the law.

Pilot projects were conducted in Morrisburg and Casselman and the health unit is now trying the program in the Chesterville and Winchester areas.

Corbett, who is co-ordinating the five-month program, said her first task will be to find out how much local retailers know about provincial and federal tobacco laws. She is conducting a preliminary telephone survey of the estimated 20 retailers who sell cigarettes and tobacco to find out what their selling practices are. Then she will visit them with a questionnaire that will establish their knowledge of the law.

"It's surprising that a lot of them are not aware of the legislation," she said.

In addition to the provincial law, a federal law passed at the turn of the century makes it illegal to sell tobacco to youth under 18. Another law makes it illegal for people under 16 to buy tobacco or have it in their possession. Youth aged 16 or 17 can only buy tobacco with a note from a parent or guardian stating that the cigarettes are for that adult. And single or loose cigarettes cannot be sold to anyone, regardless of age.

Corporations can be fined anywhere from $200 to $25,000 for selling tobacco to under-aged consumers, and individuals can be fined from $50 to $200.

Corbett will explain to retailers that all businesses that sell tobacco will be targeted through the program, in case there are concerns about a loss of sales.

She will explain the laws, and offer tips on how retailers can train staff who sell tobacco to the public. After staff members are aware of the laws, Corbett recommends they ask for a photo ID when there are unsure about the age of a tobacco-buying customer.

The retailers will also receive notices they can place in their stores or businesses which indicate that tobacco is not sold to anyone under 18, and that photo ID may be required.

In the Casselman and Morrisburg pilot projects, Corbett said, all but one retailer had posted the signs when the program was complete.

A public education campaign will also be part of the KATS program, Corbett said, which could include material distributed to schools and area households.

At the end of the program, Corbett will follow up with another questionnaire for retailers and compare their answers with ones completed at the outset. Post-program questionnaires in the pilot project showed that 90 per cent of retailers surveyed were aware of the laws, compared with only 50 per cent before KATS.

Places in the area which sell tobacco products include convenience stores, pharmacies, gas stations, bowling alleys, restaurants and food stores.

Non-smoking week activities encourage prevention and cessation

Record Staff

The Eastern Ontario Health Unit has planned a number of activities during national non-smoking week (Jan. 18 - 22) that will both encourage smokers to quit and prevent young people from starting.

On Jan. 20, Weedless Wednesday, smokers who are thinking about butting out can call a toll-free hotline for information on how to quit and to receive materials to help them along the way. The health unit has a do-it-yourself guide and a dummy cigarette lighter to replace the real one in the car. Friends and partners of smokers are also invited to call the hotline at 1-800-267-7120 from 8:30 a.m. to 4:30 p.m.

A public forum on the issues surrounding cigarette smuggling will be held at the health unit's office at 1000 Pitt Street in Cornwall Jan. 20 at 7 p.m.

Teens will be targeted through programs in local high schools. At Seaway District High School in Iroquois, teenage girls who want to quit smoking can sign up for a program called Project Vogue. Students at North Dundas Disrtict High School will be shown videos and demonstrations on the ill effects of smoking.

Throughout the month of January, public health nurses will work with children in elementary schools to prevent them from starting the habit.

The Winchester office of the health unit will present bibs to mothers of all babies born on Weedless Wednesday at Winchester District Memorial Hospital, with a message to encourage a smoke-free environment.

Kilger approved as Liberal candidate

Stormont-Dundas MP Bob Kilger was unanimously approved as Liberal candidate for the riding in the upcoming federal election at a party meeting in Cornwall last month.

Due to increased business demands and other commitments, Stormont-Dundas Liberal Association president Randy Goodfellow has decided not to continue as president.

He will be replaced by Cornwall Township resident Garry Brunet. Diane Thompson of Roxborough Township will serve as vice-president.

Goodfellow will continue to serve on the association's executive as past-president.

New directors elected to the executive include Yolande Robinson, Cornwall East; Louis Tremblay, Cornwall West and Claude Lauzon, director-at- large.

Returning directors are Howard Beaudette, Osnabruck Township; Sandy Boyce, Mountain Township; Brian Snyder, Cornwall North; Kim Fry, also of Cornwall North; Fernande Fobert, Len Sabourin, Dianne Fraser, Ghislain Mayer, Glenn Bradbury, directors-at-large; Donald White, Cornwall East and Claude Delorme, Cornwall West.

Kilger was congratulated on his nomination by colleagues Don Boudria, MP for Glengarry-Prescott- Russell and Leeds-Grenville MP Jim Jordan.



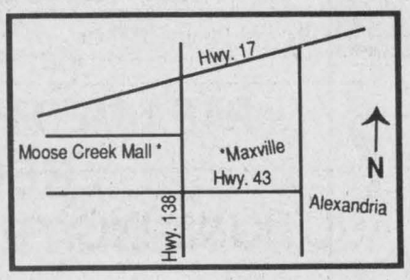
For The New Year
Give Yourself A Lift.
A New Look Could Be
Just What You Need.
Come See *JULIE* At
The Chesterville Hair Studio
448-3674

We're Digging Out A
Blizzard of Bargains
During Our January Clearance!
MALL WALK SAVE DAYS
Bargains Galore! Table After Table Piled High Throughout The Mall!
Now Through 'Til This Saturday
January 16, 1993
DON'T MISS THE SAVINGS!! IT ALL ENDS THIS SATURDAY!
BROOKDALE MALL
Brookdale Avenue at the International Bridge, Cornwall
Mall Hours: Monday to Friday: 10 a.m. to 9 p.m. • Saturday: 9 a.m. to 6 p.m. • Sunday Noon to 5 p.m. *some stores have extended hours.
40 STORES AND SERVICES EAGER TO SERVE YOU!

January Winter Clearance Sale Continues All This Week at Moose Creek Mall



Chez Therese
538-2333
MasterCard VISA
Fall & Winter Fashions
30 to 50% off
Suggested Retail Price
• Stirrup Pants • Sleepwear
• Short & Long Coats
• Sweaters
• Blouses, Pants
• Suits 2 & 3 Piece,
• Skirts • Dresses
• Jumpsuits &
Much More





- Mall Hours -
Open Monday & Tuesday 9 - 6 - Thursday & Friday 9 - 9
Wednesday & Saturday 9 - 5



Vimi Shoes
538-2475
"The Shoe Fitting Experts"



Men's & Women's
SNOW BOOTS
Up To
50% Off



Women's Dress &
CASUAL SHOES
Selected styles from Joyce, Easy Spirit, Auditions, etc.
Reg. Price to $110.00
Up To
60% Off

NATURALIZER
Shoes For Women
$39.99 & $29.99
Assorted sizes & widths

HANDBAGS
by Cabrelli, Ann Collins, Mastercraft, Berrita
Up To
50% Off

Many other in-store specials - too numerous to list

Mercerie
Richard Men's Wear
538-2465
Sizes 36 to 54 - Short • Regular • Tall



Men's & Young Men's
SPORT JACKETS
$69.00 & Up
Entire Stock of
SUITS
Save $50.00 to $100.00
Off Regular Retail Price

MEN'S WINTER COATS
• Long Coats - Cashmere & Wool
• Trench Coats • Car Coats • Parkas
• Ski Jackets • Bombers
Leather
- Bomber & Car Coats
20 to 50% Off
Regular Retail Price



Men's & Young Men's
SPORT PANTS
$29.99
Cottons by: Bugle Boy, Point Zero & Alpine
Corduroy's by:
Gaslight

Sweaters
• Wool • Cotton & Acrylic Blend
• Cardigans
Sport Shirts
Cotton & Rayon
Pants
Wool Flannel & Stretch Cord
30 to 50% Off
Regular Retail Price

It's worth the short drive to the Moose Creek Mall in Moose Creek for great savings!

AUCTION SALE

ESTATE AUCTION SALE
QUALITY ANTIQUES, HOUSEHOLD FURNITURE, DISHES & COLLECTIBLES
at the Vernon Recreation Centre
Vernon, Ont.
1/2 mile east of Food Town Grocery Store, just off Hwy. 31
Watch for auction signs
SAT., JAN. 23
10 AM
Viewing from 8:30 AM

Pine corner cupboard, very old; 2 pce. flatwall cupboard with glass doors; oak hall stand, refinished; bow front oak sideboard with lead glass top; oak dining room table with fluted legs & 3 leaves, refinished; 6 press back chairs; press back high chair with swan pattern; drop leaf ornately hand carved pedestal table with claw feet, extra special; modern House of Braemore dining room set with hutch, table, extra leaf & 6 chairs, immaculate; oak washstand with curved drawer; oak gentleman's dresser with mirror; cedar chest; tea wagon; bookcases; walnut drop front desk; chaise lounge; blanket boxes; washstands; oak mirror; sleigh-style bed; high back bed; dresser with mirror; assorted pieces of furniture, needing refinishing; chesterfield & chair; rose colored high back arm chair, clean; oak ice box; antique bedroom set with bed, dresser & mirror, washstand, all matching; Duncan Phyfe table; easy chairs; assorted contemporary furniture; nest of tables; modern bedroom set with twin beds & night tables; parlor tables; chest of drawers; mahogany desk; chrome set & 4 chairs; Kenmore vacuum cleaner; Panasonic color TV with remote; GE washer; Kenmore dryer, like new; 3 pce. parlor set; National cash register, fancy nickel plated; gingerbread clock with mirror; assorted clocks; butter prints, ladle & bowl, sad irons; crockery butter churn; oil lamps; set of dishes; Planter's peanut jar; assorted old dishes; assorted everyday glassware; 4 matching oil lamps, including finger lamp; assorted pieces of depression & carnival glassware; tins; assorted LP and gramaphone records; assorted tools & misc. articles. Many unlisted items.

Auctioneer's Note: We welcome everyone to attend our first sale of 1993 where we have a fine selection of quality antiques, collectibles & contemporary funiture. There is something of interest for everyone from the serious collector to the homeowner.

TERMS OF SALE
CASH OR CHEQUE
With Proper ID
Refreshments Available
Auctioneers not responsible for accidents
AUCTIONEERS
Stewart James 445-3269
Carson Hill 821-2946

INMEMORIAMS

BARNETT - In loving memory of a dear mother, grandmother and great-grandmother Irene Emma, who passed away Jan. 12, 1983.
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.
Sadly missed by,
the family
23

IN MEMORIAM
OUDERKIRK - In loving memory of a dear father and grandfather Johnson, who passed away Jan. 15, 1982.
May he always walk in sunshine,
And God's love around him flow,
For the happiness he gave us,
No one will ever know.
It broke our hearts to lose him,
But he did not go alone,
For part of us went with him,
The day God called him home.
Always remembered
by his family

IN MEMORIAM
ARMSTRONG - In loving memory of a dear husband and father Harold, who passed away Jan. 12, 1991.
Today the sun shines down
On a grave not far from here,
Where someone sleeps, we could not save
And always loved so dear.
Our thoughts are always with him
His place no one can fill,
In life we loved him dearly,
In death we love him still.
Sadly missed by Joyce,
George and Sharon

IN MEMORIAM
BECKSTEAD - In loving memory of our dear Dad and grandfather A. Maurice, who passed away Jan. 19, 1985.
The rolling stream of life rolls on,
But still the vacant chair
Recalls the love, the voice, the smile
Of the one who once sat there.
However long our lives may last,
Whatever lands we view,
Whatever joy or grief be ours,
We will always think of you.
Always remembered by your family

IN MEMORIAM
OUDERKIRK - In loving memory of a dear father, father-in-law and grandfather, Elwood, who passed away suddenly January 17, 1988.
Though absent, you are always near,
Still loved and missed and ever dear.
Always remembered by
daughter Sharon,
son-in-law Alton and
granddaughter Meredith Blair

INMEMORIAMS

EVANS - In loving memory of our son and brother Brent, who passed away Jan. 15, 1972.
Those we love don't go away,
They walk beside us every day.
Unseen, unheard but always near,
Forever loved, forever dear.
Lovingly remembered,
Mom, Dad and Rory
22

IN MEMORIAM
EVANS - In loving memory of a dear nephew Brent, who passed away Jan. 15, 1972.
To me you have not gone away,
Nor have you travelled far,
You entered in Heaven,
And left the gates ajar.
Always remembered,
Wayne
22

IN MEMORIAM
EVANS - In loving memory of a dear nephew Brent, who passed away Jan. 15, 1972.
Gone from the earth so swiftly,
Just like a flower in bloom,
So young, so far, so loving,
Yet called away so soon.
Always remembered,
Junior and Sheila
22

INMEMORIAMS

LOUCKS - In loving memory of our dear parents and grandparents Donald E. who passed away Jan. 3, 1983 and Betty E. who passed away Jan. 24, 1988.
Nothing can ever take away
The love a heart holds dear,
Fond memories linger every day,
Remembrance keeps them near.
Sadly miseed by
son Ronnie, Barbara and granddaughter Lori Dawn

IN MEMORIAM
MERKLEY - In loving memory of a dear wife, mother and grandmother Leila, who passed away Jan. 15, 1989.
Wishing today, as we wished before,
That God could have spared you many years more.
Deep in our hearts your memory is kept,
To love and to cherish and never forget.
Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.
Lovingly remembered by,
Lloyd and Family

INMEMORIAMS

OUDERKIRK - In loving memory of a dear husband, father, father-in-law and grandfather Elwood, who passed away suddenly Jan. 17, 1988.
Though his smile is gone forever,
And his hands we cannot touch,
Still we have so many memories,
Of the one we loved so much.
His memories are our keepsake,
With which we'll never part.
God has him in His keeping,
We have him in our hearts.
Lovingly remembered,
Shirley and Family

BIRTH

BIRTH ANNOUNCEMENT
OUDERKIRK - Jeff and Judy (Lang) are thrilled to announce the arrival of Ryan Henry, 8 lbs. 14 ozs. on Dec. 16, 1992 at the Riverside Hospital.
22

Advertising Pays

SEARCHING

FOR A DISPLAY OF
PAST & PRESENT
CHESTERVILLE
WINTER CARNIVAL BUTTONS

Display Buttons on a hat, scarf, or bristol board, etc., your choice. Prize to be awarded. Display will be given to the Chesterville Heritage Society following the 1993 Snowflake Winter Carnival.

Displays to be dropped off on or before **January 27th, 1993** to

Sharon Casselman - 448-2619
or
Gail Pelletier - 448-2851

para·med
HEALTH SERVICES
503 Main St. West, Winchester

PARA·MED HEALTH SERVICES REQUIRES REGISTERED NURSES

PART-TIME

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

Interested applicants may contact:
Donnalynne Clement
503 Main St. West
P.O. Box 640
Winchester, Ont. K0C 2K0
774-5544 1-800-461-9916

"ATTENTION" SENIORS

The Chesterville
Winter Carnival Committee
is looking for two seniors 1 Female and 1 Male to represent this year's

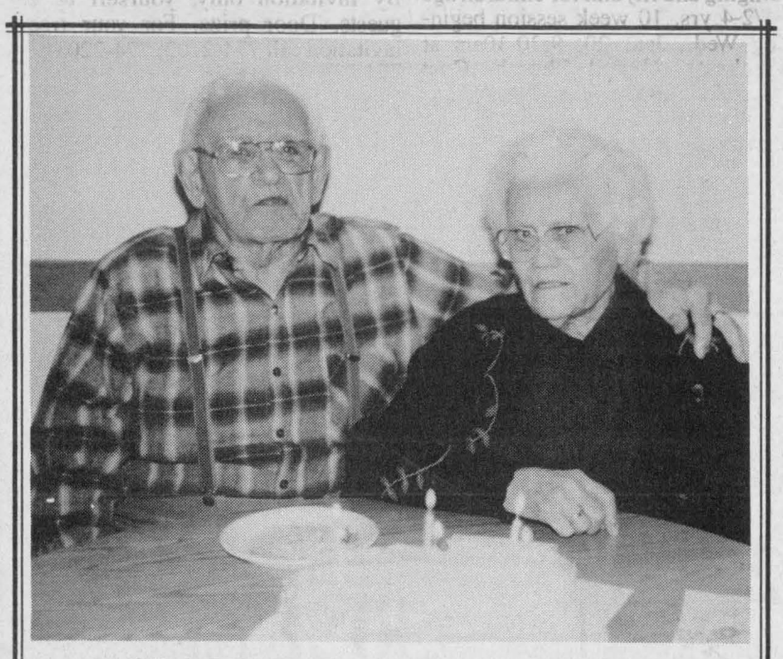
Snowflake Winter Carnival
as Queen and King

Requirements

1. Must be 60 years of age or older
2. Must have a good sense of humour
3. Would be willing to attend Carnival events Feb. 4 - Feb. 7

For more information or to enter, please contact

Mrs. Sharon Casselman - 448-2619 or
Mrs. Gail Pelletier - 448-2851
on or before Jan. 27th, 1993.



HAPPY ANNIVERSARY

Mr. & Mrs. Adrien Cloutier of Casselman (formerly of Crysler) will be celebrating their 74th Anniversary on January 20th.

They have six children, 22 grandchildren, 30 great grandchildren and 1 great, great grandchild.

ACCOUNTING ASSISTANT

Winchester District Memorial Hospital is currently seeking qualified applicants for the position of Accounting Assistant.

Reporting to the Director of Financial Services responsibilities include: organization and development of the accounts payable area, preparation of journal entries and posting to general ledger, assisting in the preparation of hospital budgets, management reports and audits.

Qualifications:

- graduate of community college business program majoring in accounting and/or enrolment at the second level of a recognized accounting degree program.
- demonstrated knowledge of computer systems.
- minimum two years related experience.
- preferred candidates will have experience with ACCPAC, computerized spreadsheets and other automated office systems.

Application should be submitted in writing prior to January 29, 1993 to:

Director of Human Resources
Winchester District Memorial Hospital
566 Louise Street
Winchester, Ontario
K0C 2K0

An Equal Opportunity Employer Providing a Smoke Free Environment

ALBERT GALE REAL ESTATE LTD. welcomes



Edna Giles
Residence: 774-3946
Office: 774-4253 (GALE)

To our professional team of community-minded real estate experts. Edna's dedication, experience, integrity and reputation make her an integral part of our team. For your business and personal real estate needs, call a professional - call Edna at 774-3946.

WELCOME ABOARD EDNA!

ALBERT GALE REAL ESTATE LTD.
ALBERT GALE
REAL ESTATE LTD.
530 Main Street, Winchester
Telephone 774-2881
774-4253 & 821-2565

We Cater to You

Offering a full catering service

• *Weddings* • *Anniversaries* • *Christmas Parties* • *Banquets* • *All occasion parties*

For quality and friendly reliable service call:

Kathy Lobb

Catering Division

448-2328 • 448-2192

Visit our booth at the Bridal Fair, Sunday January 17th

PETRIC FORD'S
No Down Payment Sale

CARS

1991 Tempo, 2 dr., A/C, auto. **$148.29** /mo., 48 mos.
1991 Tempo, A/C, auto., 4-dr., **$190.69**/ mo., 48 mos.
1989 Peugeot 405, A/C **$236.57**/mo., 36 mos.
1991 Tracker 4x4, auto. **$233.09**/ mo., 48 mos.
1992 Probe LX, V6, auto., A/C, PW **$339.09**/mo., 48 mos.
1991 Beretta GTZ, loaded **$275.49**/mo., 48 mos.
1992 Tempos, 7 available, 4 dr., auto, A/C, low kms **$211.89**/mo., 48 mos.
1992 Lincoln Town Car $527.65/mo., 60 mos. SOLD

VANS

1991 Aerostar 4x4 Extended XLT, loaded **$381.49** /mo., 48 mos.
1992 Cube Vans, 2 available, 12 ft. or 14 ft. **$455.80**/mo., 48 mos.
1992 Aerostars XLT Extended, 2 available, loaded **$381.49**/ mo., 48 mos.
1990 Aerostar XL Extended, **$355.05**/ mo., 36 mos.

All payments are lease to own. No deposit, no first payment, no security deposit OAC. Payments are plus tax. Residuals vary. Call dealer for details.



We'll give you the shirt off our back!

Petric Ford

Hwy. 31, Vernon 821-1252

record classifieds

VISA

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

FOR SALE

FOR SALE - Oat straw, good clean sq. bales, $1.50/bale. 774-2879 or 774-2169.

19stf

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

19stf

INTRODUCING
My New Line Of Delicious Desserts! High In Fibre & Low In Cholesterol. (ch)
- Granola Squares (ch 0) 20/$5.00
- Oatbran & Raisin Cookies (ch. 8) 36/$4.50
- Buttermilk, Bran & Blueberry Muffins (ch. 31) 12/$6.00

Plus Peanut Butter Cookies (for Diabetics) 30/$4.50
For further desserts please call:
Heather Parent-448-2598
Freshness, Quality & Service

FOR SALE - Round bales, high moisture hay. 100 - 65% alfalfa, 35% grass; 100 - 100% clover. 537-2441.

23

FOR SALE - Whole barley. Apply Ian MacMillan, Finch. 984-2218.

25

FOR SALE - Used tail gate from GMC truck. Phone 448-2812.

23

FOR SALE - Government Inspected Custom Slaughtering - Sides of Beef $1.69; Fronts $1.49; Hind Quarters $2.09; Sides of Pork $1.10. Cut & wrapped. Neil's Butcher Shop 652-2274.

24-3

FOR SALE - Black and peach floral couch, in good condition. Asking $250. Must sell! Call 774-5574 any time.

22

FOR SALE - One only Norge frost free 15 cu. ft. refrigerator in almond, brand new, on sale for just $599. Matching 30" range with timer, black door and full width storage drawer. One only $569. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

22-1

FOR SALE - Gurney wood stove, white enamel finish, 4 plates, warming spot, stainless steel hot water tank, large oven, pot & pan drawer, 2 warming compartments, on top timer & mirrors, still in use, good condition, $600. Phone 987-5217.

23-3

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

21tfc

FOR SALE - Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, standby power supply, new & used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991.

2tfc

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

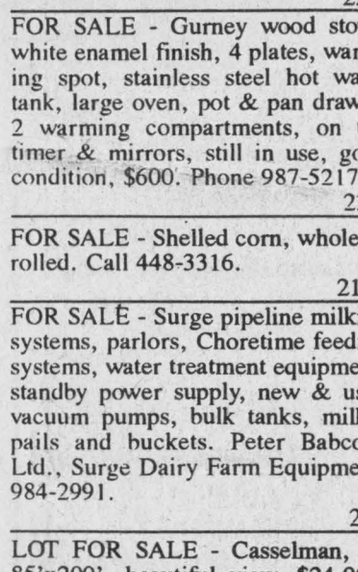
33tf

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

22stf

HOUSE FOR SALE - Crysler, luxurious 4 bedroom, 2-1/2 baths, lot 150'x150', double garage, family, living and dining rooms, finished basement, many extras. $159,900. Phone 987-2198, 764-5577 or 764-3535.

33tf



All Christmas Merchandise
40% off
OPEN 6 DAYS A WEEK
10:00 a.m. to 6:00 p.m.
Closed Tuesdays

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

25

CHAIN SAWS - Only the best are good enough. Stihl - Husqvarna - Jonsered. Large selection. Competitive prices. Deal with the person who does your repairs at Eastern Engines, Hwy. 31, Williamsburg. 535-2488.

22-1

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

22

DON'T MISS
AL-MOR
LADIES WEAR
1/2 PRICE SALE
(all winter stock)
Chesterville - 448-3370

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

22

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

23-3

The Brookslyn January Sale
ALL WATCHES In Stock
30 to 50% Off



ALL COSTUME JEWELLERY
2 for 1
Selected 10K JEWELLERY
30 to 40% Off
No lay-a-ways
Sale Ends January 30h
Chesterville - 448-2804

NOTICES

NEED A CARPET SHAMPOOED? - One room $10. All proceeds donated to Big Brothers & Big Sisters. Debbie Soucy (Electrolux Sales & Service). 984-0170 or 932-2327. Free pick up and delivery.

23

NOTICE

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

22

NOTICE - Free 1 year lube job with the purchase or lease of any vehicle from Car-O- Line Autos, Chesterville. 448-2488.

22-1

NOTICE TO CREDITORS
All persons having claims against the Estate of Violet Ringrow, late of 200 Queen Street, Chesterville, Ontario, Retired Postmaster, who died on or about the 22nd day of November, 1992, are hereby notified to send particulars of the same to the undersigned on or before February 13, 1993 after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice and the undersigned will not be liable to any person whose claims he shall not then have notice. DATED this 11th day of January, 1993.

Cass, Grenkie
P.O. Box 700,
Chesterville, Ontario
K0C 1H0
Solicitors for the Executrices

24-3

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

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

1tf

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

20tf

Karen's Hair Studio



We have bobbed along right into 1993
There are few styles as pretty or as versatile as a bob.
Prop. Karen Parker
57 Hummel St.
Chesterville -448-2152

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

18tfc

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

14tfc

KELLY'S
K-9 Grooming
Grooming all breeds of Cats & Dogs
Baths & Flea baths
Nail clipping & much more
Grooming done at your convenience
Business location or at your home
Phone for your appointment
Laura Kelly - 448-1788

WANTED

WANTED TO BUY - 25 close or fresh Holstein cows or heifers and 30 open or shortbred Holstein heifers. Ralph Fawcett 774-5710.

23-2

HELP WANTED - Alaska jobs - Earn up to $30,000 in 3 months fishing salmon. Also construction, canneries, oil fields plus more! For immediate response call 1-504-646-4513, Extension K510, 24 hours.

24

WANTED

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

45tfc

HELP WANTED - Accounting Technician. Wanted a person to work full time till May 1993. The applicant needs to have a minimum OAC accounting or equivalent with some experience, as well as knowledge of financial statements. Experience with personal taxation an asset. Computer and Bedford accounting knowledge is helpful. Send resume to Dundas Human Resource Centre, 17B Industrial Dr., Chesterville. Deadline Jan. 22, 1993.

22-1

WORK WANTED - Want a small job done, a long holiday or just a day off? Book now! Call David Larmour 774-5468 or book through Agricultural Employment Services.

22-1

FOR RENT

FOR RENT - 1 bedroom apartment, includes appliances and utilities. Extra storage plus garage. Main St., Chesterville. Available immediately. Call 448-3498 after 6pm.

22tfc

FOR RENT - 700 sq. ft. commercial space. Available immediately in Crysler village. Heat and hydro included. Contact 987-2802. After 6pm 987-5316.

23-2

FOR RENT - 1 bedroom apartment in Crysler village, fridge & stove included. $400 plus utilities. Laundry facilities on premises. Contact 987-2802. After 6pm 987-5316.

23-2

APARTMENTS FOR RENT - $325 and up, secure building, plug-in parking, laundry room, locker room, fridge & stove included. 535-2208 or 535-2881.

23

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

8tfc

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

15tfc

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

20tfc

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

22tfc

CARD OF THANKS

CARD OF THANKS
A sincere thank you to neighbors, friends and relatives for cards, calls, flowers and transportation during my recent stay in hospital and since coming home. Thank you for caring.
Keith Droppo

22

CARD OF THANKS
I wish to thank my family and friends for their prayers and many get well wishes I received during my stay in hospital and upon my return home. Very special thanks to Dr. G. Slowey, Dr. D. Justus, nurses on 1st floor and Betty Guy, for their excellent care, attention and support. Your kindness will always be remembered.
Lorna Kilby

22

CARD OF THANKS
I would like to thank my family, relatives, friends and neighbors for their phone calls, cards, visits, flowers, treats and food sent to the house, while I was a patient in the W.D.M.H. Special thanks to ambulance attendants, Dr. J. Marston, Dr. D. Justus and Dr. L. Schnurr and nurses in emergency, I.C.U. and ground floor. Your special care will always be remembered.
Myrna McLean

22

CARD OF THANKS
I would like to express my sincere thanks to the thoughtful person who kindly returned my wallet to the Post Office. I hope it was you who received the generous reward.
Andrew Irven

22

CARD OF THANKS

A sincere thank you to all my Chesterville friends for helping me the night I received word of my brother's death, for phone calls, sympathy cards, your visit to the funeral home and for your visits to my apartment in Morrisburg. A special thank you for Judy and Cecil for bringing me home. Once again you "all" were there when I needed you.
B. Riddell
Hwy. 2, Apt. 106
Morris Glen Court
Morrisburg, Ont.

22

CARD OF THANKS
We would like to say thank you very much to our families, friends and neighbors for their help at the time of our fire. We would like to give special thanks to the CARE Group and Sharron Donaldson, to the Secondhand Shop of the Anglican Church for opening their doors in our time of need, to June's mother Evelyn MacMillan and her sister Rae Kuno for giving us a place to stay. We now have an apartment in Morewood. So once again we say thanks very much everybody as it is something we'll never forget.
Lloyd, June,
Pauline and Adam Dillabough

22

CARD OF THANKS
Our sincere thanks to our families and friends for cards, flowers, gifts and visits during our stay in the hospital and upon our return home. Special thanks to Aunt Jean for taking such good care of us upon our arrival home and also to other family members for their help and for running errands for us.
Judy and Ryan Ouderkirk

22

COMING EVENTS

MUSIC FOR YOUNG CHILDREN - Singing and rhythm for children age 2-1/2-4 yrs. 10 week session beginning Wed., Jan. 20, 9:30-10am at Winchester United Church. Cost $43. Phone 774-2071 or 774-2512 to register after Jan. 17. Contact Laurie McKnight-Walker.

22-1

CHESTERVILLE LEGION DANCE - Sat., Jan. 16, 1992 at 9pm. Featuring Vern and Judy. Everyone Welcome.

22-1

DUNDAS COUNTY COMMUNITY LIVING - Requires an overnight residential worker to fill a contract position in Winchester immediately. Qualifications: Secondary School Diploma. D.S.W., E.C.E. or equivalent and experience in the field preferred. Submit applications to Ron Belmore, Box 678, Morrisburg, Ont. K0C 1X0.

22-1

CHESTERVILLE & DIST. AGRICULTURAL SOCIETY ANNUAL MEETING - Jan. 16 at 12 noon at the Anglican Church Parish Hall. All members are invited to dinner and election of directors. Everyone welcome to join the membership. Tickets: Call Mary Schoones 448-3866 evenings.

22-1

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

33tf

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

3tfc

Birthday Celebration
Friends, relatives and neighbours are invited to come and celebrate the
85th Birthday of Ada Johnstone
Saturday, January 23
at the Berwick Community Centre
2 p.m. - 4:30 p.m.
Best Wishes Only

COMING EVENTS

FAMILY STYLE ENTERTAINMENT
Winchester
Fri., Jan. 15 Sat., Jan. 16
Starting at 7:30pm
The Muppet Christmas Carol (Family)
The best musical version of Charles Dicken's Christmas Classic.
Home Alone #2 coming next week, Jan. 22-23.

WINCHESTER RANGERS HOCKEY DANCE - Winchester Arena, Fri., Jan. 15. 8pm-1am. Shad's Disco. Age of Majority.

22-1

CONNAUGHT ROD & GUN ANNUAL RABBIT HUNT - Jan. 16, 1993. Registration 9am at Club House. $5 registration fee. Shot Gun Only. Lunch after hunt. Everyone welcome.

22-1

FRUIT TREES - CANNAMORE ORCHARD - Learn proper planting and maintenance techniques for your apple, pear, cherry and plum trees. Wednesdays from 7-9pm Jan. 27-Mar. 3 at Embrun OMAF office. Plus one Saturday morning hands on experience. Fee $50. For information or registration call 448-3633.

23-2

OPEN DART TOURNAMENT - Chesterville Legion Sat., Jan. 30, 1993, $40/team. First 18 teams accepted. Registration 11am and 12 o'clock start. Contact Bill Harper 448-2853.

23-2

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

22-3

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

24-4

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

22-2

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

24-4

EUCHRE TOURNAMENT
Finch Legion
Jan. 31
$5.00
Entry Fee
Cash Prizes
Depending on Number of Players
Registration Time 1:00 p.m
Start Play 2:00 p.m.

Have You Received Your Invitation To THE BRIDAL FAIR
Sunday, January 17
at N.D.D.H.S. from
1 p.m. - 4 p.m.
Make sure you're there for the
Fashion Show
starting at **3:15**
Our Selection of
BRIDAL GOWNS
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- Personal Tax Returns and Planning
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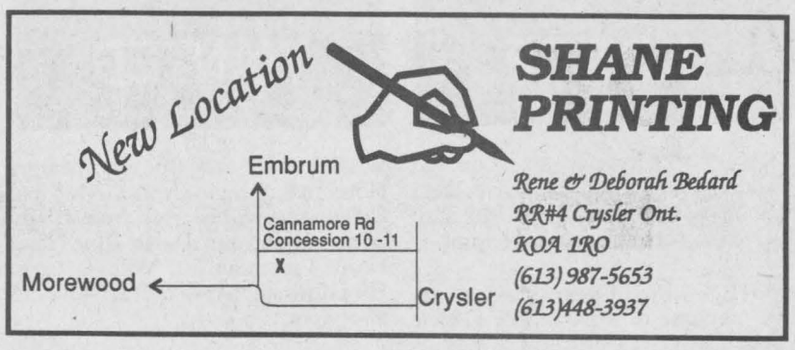
New Location



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(Also of the Quebec Bar)
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BRAD F. COMEAU, B.Sc.,B.Ed., L.L.B.

OFFICES AT:

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

P.O. Box 820
WINCHESTER - 774-2004

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

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HWY. 31 AT HWY. 401 NORTH OF MORRISBURG

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

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Village of Chesterville Recreation Department

Aerobics Registration

Monday, January 18

Monday & Wednesdays
7:30 - 8:30

8 Week Session For $38.00

Registration Monday January 18

Chesterville Community Hall



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CHESTERVILLE
Pastor: Interim
448-2084
SUNDAY, Jan. 17, 1993
10 A.M.- Sunday School
11A.M. - Worship Service with Guest Speaker Nick Luckah
7:30 P.M. No Evening Service
Affiliated with the Pentecostal Assemblies of Canada
May 1993

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
774-5170
SUNDAY, Jan. 17, 1993
10:30 A.M. - Morning Celebration
10:30 A.M. - Sunday School
7:30 P.M. - Evening Fellowship
Wed. 7:30 P.M. - Spiritual Gifts Seminar
Dec. 1992

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, Jan. 17, 1993
Morewood
11:00 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 3:30 P.M. Bible Fun Club in M.P.S. Gr. 4&5
Fri. 7:00 P.M. Morewood Christian Youth in Presbyterian Hall
Chesterville
9:25 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 9:30 A.M. - Coffee Break
Nursery & Story Hour
6:30 P.M. - Junior Bible Clubs: Gr. K-Gr.4
7:30 P.M. - Life in the Spirit Praise & Bible Study
Thurs. 6:30 P.M. - Senior Bible Clubs: Gr. 5&6
Fri. 7:00 P.M. Chesterville Christian Youth
COME EXPECTING LEAVE REJOICING
May 1993

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, Jan. 17, 1993
HOLY MASS
7:30 P.M. - Sat. Night Mass
9:00 A.M. & 11:00 A.M. - Sunday Morning Mass
Jan. 1993

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

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, Jan. 17, 1993
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1993

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, Jan. 17, 1993
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1993

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, Jan. 17, 1993
11:15 A.M. - Sunday Worship
June 1993



FEATURE PROPERTIES

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Alan LaPierre
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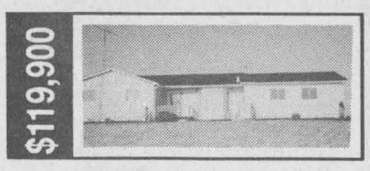
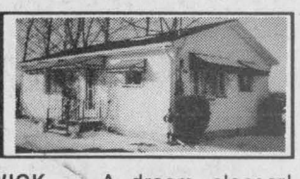
$119,000

CHESTERVILLE – Immaculate 2 storey brick home on over 4 acres, stone fireplace, beamed ceilings, porch, 2 baths, workshop, barn. Alan LaPierre 448-3306 R1858.



$119,900

WINCHESTER – Careful it's loaded! Oak kitchen, island, dining, 3 bedrooms, 2 baths, double garage, oil heat, huge country lot. Alan LaPierre 448-3306 R1863.



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BERWICK – A dream pleaser! Affordable 3 bedroom bungalow on knockout treed lot. Why rent when you can own your home? Alan LaPierre 448-3306 R1850.



$109,000

MOREWOOD – Call this home, all brick, country kitchen, dining, fireplace, wood furnace, 4 bedrooms, 2 baths, trees galore. Alan LaPierre 448-3306 R1808.

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Call now to register • Space is limited
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WINTER CLASSES

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

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



NOTICE
ANNUAL MEETING

of the

LOCAL AGRICULTURAL EMPLOYMENT BOARD

will be held on

Thursday, January 28, 1993

in the
Anglican Church Hall
Queen St. W., Chesterville
8 p.m.

Agenda Includes:

1. Reports
2. Election of One (1) Board Member for each of Stormont and Dundas Counties. Term - 4 years

Guest Speaker *Everyone Welcome*

Announcing the PERMANENT COVER II PROGRAM

You may qualify for up to $10,000 by retiring fragile farmland.

Program information kits, including application forms, are available from the nearest office of the Ontario Ministry of Agriculture and Food.

APPLY NOW!

For information contact:

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Satisfaction guaranteed on our quality no name™ and President's Choice™ products

no name™ prices just got lower!

MEAT SPECIALS

PICNIC ROASTS
FRESH PORK SHOULDER
1.74 kg
lb. .79

Pork Chops
Butt, Fresh
3.06 kg lb. 1.39

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BOLOGNA
SCHNEIDERS
2.99 lb.
100 g .66

PRODUCE PICKS

TOMATOES
LARGE SIZE
Product of U.S.A. or Mexico, no. 1 grade, 2.18 kg
lb. .99

WIENERS CHICKEN
Maple Lodge, 450 g
pkg. .49

CHICKEN LEGS
Back attached, 2.18 kg
lb. .99

COOKED HAM
Mary Miles, 1.99 lb.
100 g .44

TURKEY BREAST
Tour Eiffel, 5.99 lb.
100 g 1.32

GRAPEFRUIT
Red or white, product of Florida
4/.99

APPLES
RED DELICIOUS OR MCINTOSH
Ontario fancy, 10 lb. bag
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Breakfast Sausage Beef and pork, 4.39 kg	lb. 1.99	Ham Steak Store Sliced 8.80 kg	lb. 3.99	Mock Chicken Mary Miles, 1.99 lb.	100 g .44	Mac & Cheese Loaf Mary Miles, 1.99 lb	100 g .44	Navel Oranges Seedless, product of U.S.A., 4 lb. bag	2.99	Potatoes White Product of P.E.I., 10 lbs.	1.49
Ground Beef Medium 4.39 kg	lb. 1.99	Tenderized Steak 8.80 kg	lb. 3.99	Black Forest Ham Tour Eiffel, 4.49 lb.	100 g .99	Old Fashioned Ham Tour Eiffel, 4.49 lb.	100 g .99	Iceberg Lettuce Product of U.S.A., no. 1	.99	Carrots or Onions 2 lb. bag, Canada no. 1	.79
Spalding Bacon 500 g	1.59	Beef Liver 1.96 kg	lb. .89	Mozzarella Cheese 4.49 lb.	100 g .99	Jumbo Summer Sausage Schneiders, 5.99 lb.	100 g 1.32	Green Cabbage Ontario no. 1	ea. .69	Red or Green Seedless Grapes Product of Chile, 4.39 kg	lb. 1.99

SAVE EVEN MORE WITH CLUB PACKS!

SPAGHETTI SAUCE
President's Choice™, Club Pack, reg. or mushroom, 1.8 litre jar
3.79

BATHROOM TISSUE
President's Choice™, PC G•R•E•E•N, Club Pack, 24 rolls
5.89

DISH DETERGENT
NoName™, Lemon Liquid, Club Pack, 4 litre jug
5.89

PAPER TOWELS
President's Choice™, PC G•R•E•E•N, Jumbo, 8 rolls
5.89

FINE GRIND COFFEE
NoName™, Club Pack, 1.2 kg
5.49

MACARONI & CHEESE
Dinner, NoName™, Club Pack, 12 x 225 g
4.99

BETTY'S SPECIAL WHITE BREAD
Buy 10, get 1 FREE
Buy Bulk and save = 62¢ per loaf

POTATO CHIPS
NoName™, 1 lb. bag
1.99

CHICKEN NOODLE SOUP
NoName™, 24 x 284 ml
For those cold winter days
11.99
By the case = 50¢ per tin

SODA CRACKERS
Salted, NoName™, Club Pack, 900 g box
1.99

CHOCOLATE CHIP COOKIES
NoName™, Club Pack, 1 kg bag
3.99

DRY DOG FOOD
Special Dinner, NoName™, Club Pack, 20 kg
12.99

PEANUT BUTTER
NoName™, Creamy, Club Pack, 2 kg
4.99

MIRACLE WHIP
Kraft, reg. or lite, Club Pack, 1.5 litres
4.29

RAISIN BRAN CEREAL
President's Choice™, Club Pack, with Extra Raisins, 1.35 kg
5.89

SALAD DRESSINGS
Thousand Islands, Ranch, Garlic, Caesar, French or Italian, NoName™, Club Pack, 1 litre
2.99

SOFT VEGETABLE MARGARINE
NoName™, Club Pack, 1.81 kg
2.99

CHEESE SLICES
NoName™, Club Pack, 48s
5.99

Orange Juice Frozen Suncrop, 341 ml	.69	Light 'n Lively Yogourt Sealtest, 175 g	.59
Savarin Pot Pies 200 g	.69	Kraft Chip Dip 227 g, assorted	1.99
Chilled Orange Juice NoName™, unsweetened, 2 litre container	1.99	Shredded Mozzarella Kraft, club pack, 1 kg	4.99

APPLE JUICE .99
Allen's, 1.36 litre tin

Betty's Raisin Bread 375 g	1.49	Hot Chocolate NoName™, reg. or marshmallow, 500 g tin	2.49
Corn Flakes President's Choice™ 675 g	1.99	Nescafe Instant Coffee 200 g	3.99
Nabisco 100% Bran Cereal 425 g	2.49	Bran Flakes Cereal Kellogg's, 475 g	2.49

TOMATO SOUP
Heinz, 284 ml
3/1.00

COKE OR SPRITE
Canned Drinks, Reg. or diet, 24 x 355 ml
6.99 CASE

MUSHROOM SOUP .49
Campbell's, 284 ml

SPONGE CAKE MIX
Monarch, 255 g
2/.99

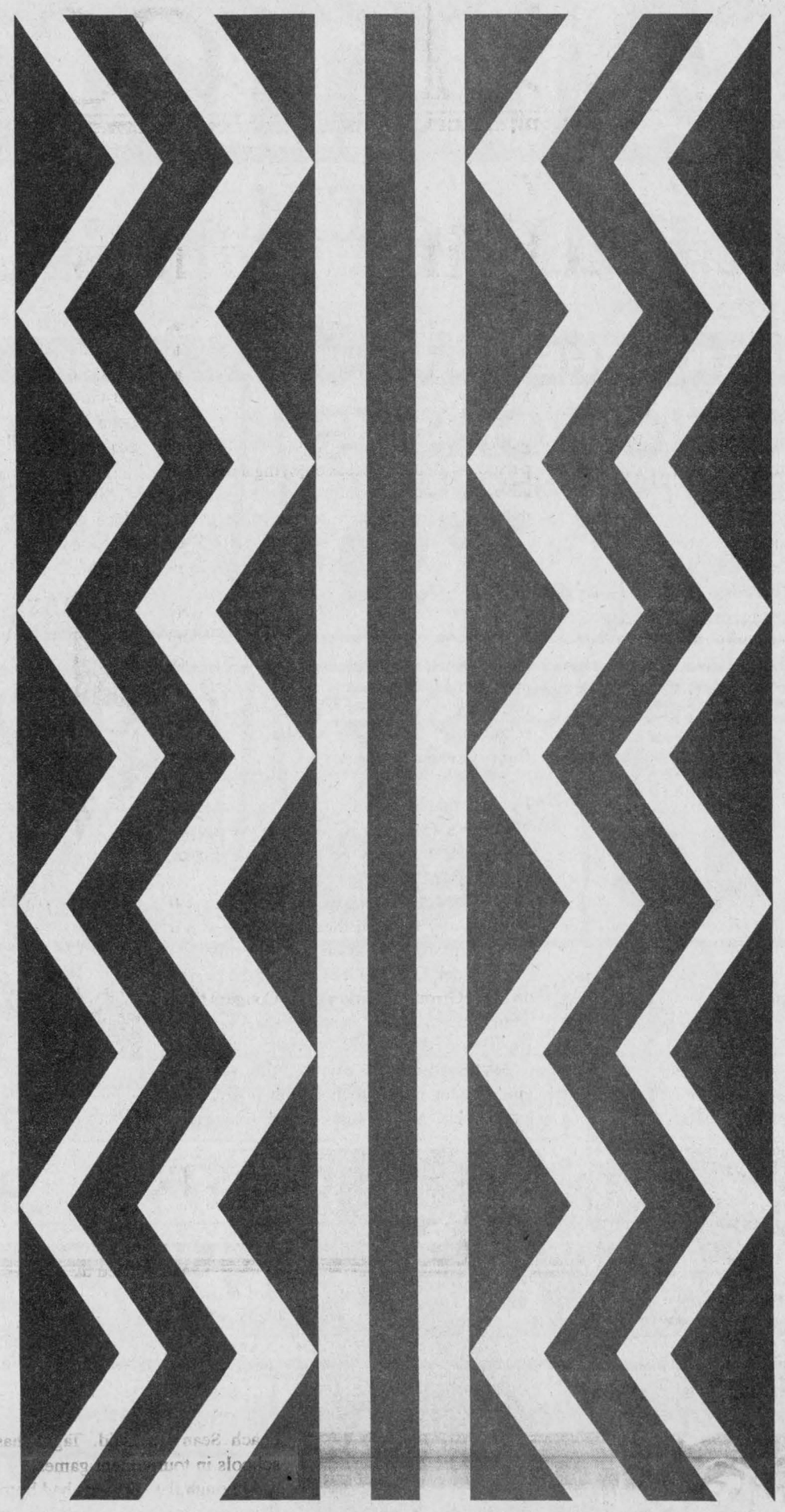
LAUNDRY DETERGENT
President's Choice™, Extra White, Scented, 8 litre
4.99

Chef Boyardee Assorted Pastas 425 ml	1.29	Kraft Handisnacks Pkg. of 3s	.79
Tomato Juice or Vegetable Cocktail Heinz, 1.36 litres	.99	Canned Tomatoes Aylmer, 796 ml	1.29
Ragu Spaghetti Sauce 750 ml, Old World	1.49	Table Syrup Old Tyme Regular or butter flavor, 750 ml	2.49

FRENCH FRIES .69
SHOESTRING
Valley Farm, 1 kg bag

Duncan Hines Cake Mixes Assorted, 500 g	1.49	Dishwasher Detergent Club Supreme, 1.4 kg	2.99
Vegetable Oil NoName™, 1 litre	2.19	Liquid Bleach NoName™, 3.6 litres	1.39
Lard or Shortening NoName™, 1 lb. pkg.	.99	Fabric Softener Trend, 3.6 litres	1.99

If you're planning to make tracks for the border, then think again.



So you think you can get a deal by buying auto parts and tires in the States? Well think again.

While Canada Customs may give you a break if you have had emergency repairs carried out in the U.S., those who travel to the States just to buy cheaper tires or parts, and to escape Canadian taxes, can get a rude awakening when they re-enter the country.

Did you realize that when you take your car out of the country, in effect, you are exporting your vehicle from Canada and when you return, you are importing it back into the country? If you purchase auto parts or tires while out of the country, you are eligible for duties and taxes on these goods.

The same is true for tires. The duty on tires is 6.4 per cent if they are manufactured in Canada or the U.S. and 10.7 per cent if manufactured outside North America.

If, however, you have the parts or tires installed on your vehicle while it is outside the country, then you have enhanced the value of your car or truck and you can be charged duty and taxes **ON THE FULL BOOK VALUE OF THE VEHICLE** before you can bring it back into Canada.

And that can be **VERY** expensive. For instance, the duty on your vehicle will be 5.5% of its book value **PLUS** 7% GST. On, let's say, a car listed in the Blue Book at $15,000, you would have to pay $825.00 in duty and $1,050.00 in GST, for a total of $1,875.00. All so you could save a hundred bucks on the price of a set of tires.

Canada Customs line officers know what they're looking for. If you've bought tires in the States, you'd better not have them mounted on your vehicle while outside the country (or you'd better have a receipt stating that they were replaced on an emergency basis). Otherwise, you could be sent back to have your old tires remounted, unless of course you want to pay 13 per cent of the value of your vehicle to get it home.

And then there's this to consider: a Canadian garage will charge you about $35.00 to mount and balance four tires not purchased at that location. And then there's GST and PST and the $2 per tire disposal tax.

So when it's explained this way, doesn't it make more sense to shop in Canada?

Shop Canada First

This message sponsored by
The Chesterville Record
The Cornwall/United Counties Border Zone Advisory Committee
and the
Ontario Ministry of Industry, Trade and Technology

The Record Sports

The drought is over

Express net first point with overtime loss

Chris Thatcher
Record Staff

A point is a point is a point.

The North Stormont Express are still winless, now in 21 games, but they finally have something to show for it.

The Express ended one of the longest droughts in Eastern Ontario Junior "C" Hockey League history with a 4-3 overtime loss to the Vankleek Hill Cougars Friday.

Under a new addition to the EOJCHL rule book, a team losing in overtime earns a single point. Not only was the point a surprise to the Express, so was overtime. Most of the team left the ice after regulation time expired and had to be called back by the officials.

"It was a total surprise to me that there was overtime," said North Stormont coach Kirk Anderson. "I'll take the point but I wanted the win."

Mark Horner, with his second of the game, netted the winner at 3:51 of overtime, lifting a rebound off the boards over a diving Martin St. Denis. The Express were two men short at the time.

The game may also have marked a turning point for the Express. It was the first time the team has played an entire 60 minutes of hockey.

They took a 1-0 lead in the first period and held a brief 3-2 edge late in the second over the second-place Cougars (15-5-2).

"The guys now know they can beat anyone," said Anderson. "They proved to me and themselves they're just as good as any team in the league."

Both teams wage a minor war in head games during the final minutes of the third period. With the Express enjoying a one-man advantage, Anderson attempted to increase the odds by calling for a stick measurement.

The resultant penalty to Vankleek Hill for an illegal curve gave North Stormont a five-on-three situation.

Cougar coach Ian McRae retaliated early in overtime, asking for a stick measurement of his own. Coupled with a interference penalty 40 seconds earlier, it left the Express two men short when Horner picked up a rebound off the boards behind the net and flipped it over St. Denis.

"I had weighed all the possibilities when I called that stick check," Anderson said. "But Ian's (McRae) no dummy. When we didn't score, I knew he would call a stick measurement on us."

Derek McElheran gave the Express a 1-0 lead midway through the first, tipping in a Dave Duprau rebound on the powerplay.

Vankleek Hill tied it at 1:56 of the period on Todd Giroux's marker. The Cougars then went ahead at 10:18 of the second on Horner's first goal, his 14th of the season.

North Stormont evened the score a minute later when Roch Benoit poked in a loose puck. Mark Vanasse and Dan MacMillan drew assists.

Eric Poulin restored Vankleek Hill's lead with under six minutes to play in the second, but the Express came right back. Jeff MacLean fed Chris Leroux for a shorthanded goal at 3:57.

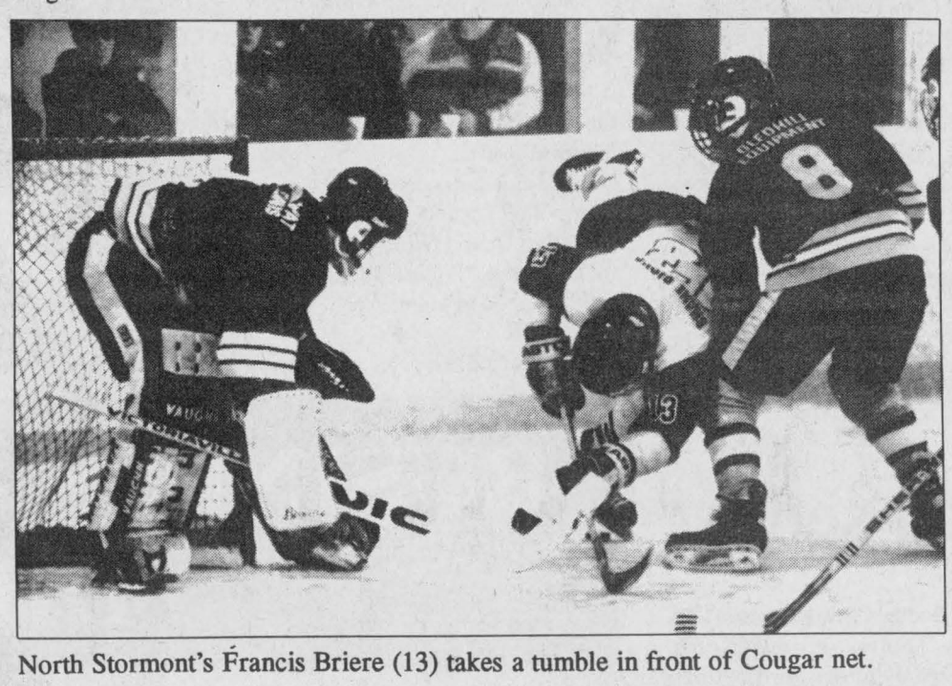
The third period was scoreless.

"It's numerically impossible to catch fifth place but I want to finish strong," said Anderson. "And I think we will. We started tonight."

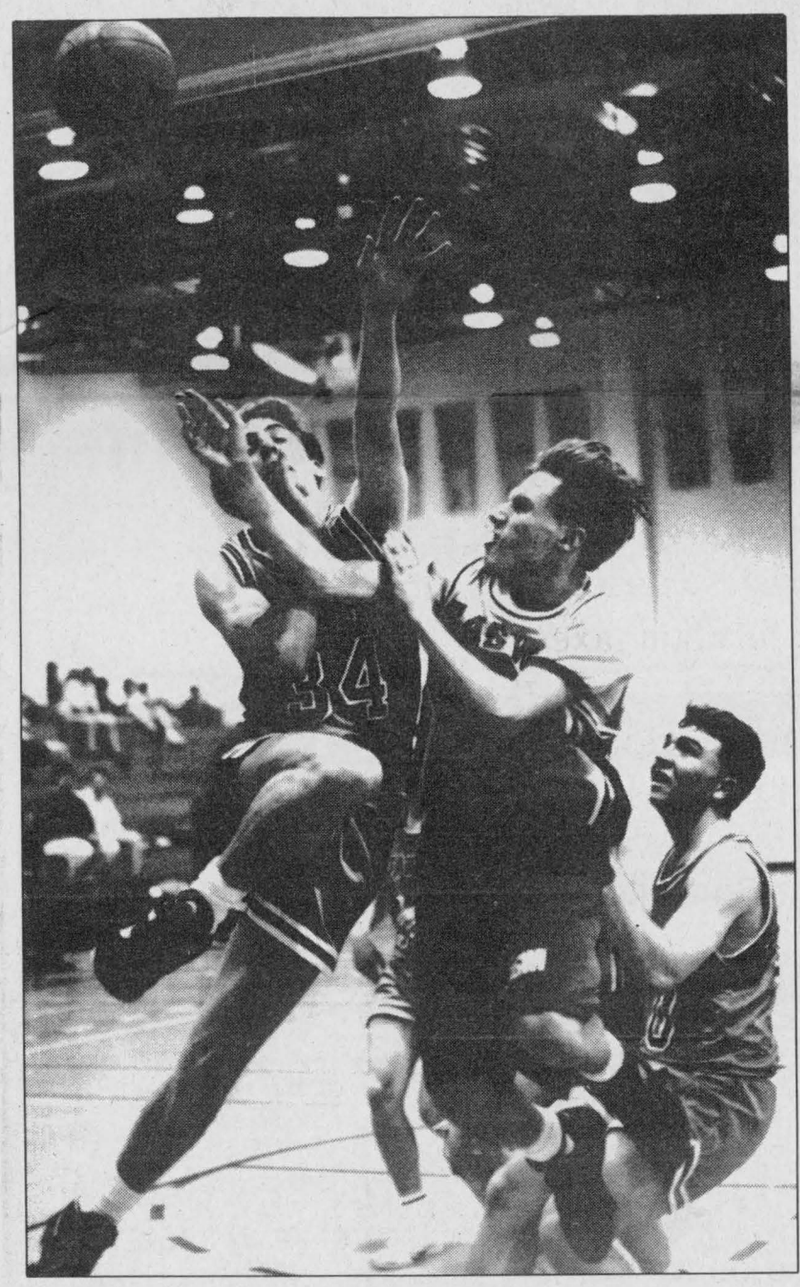
EXPRESS NOTES

Centre Mike Stewart will be back in the lineup Thursday, when the Express host Casselman, after serving a five-game suspension for a check-from- behind.

"In practice, Mike has been just flying. He's going to help us," said Anderson. The coach also expects to have six players at practice this week who are recent cuts from Junior "B" teams.



North Stormont's Francis Briere (13) takes a tumble in front of Cougar net.



Tagwi's Leigh Bergeron goes up for a layup against Seaway.

Tyrell, Norman lead comback

Seventeen-point efforts from Mike Tyrell and Jamie Norman helped the Tagwi senior boys' basketball team post a 56-43 come-from-behind win over Seaway Friday.

The third-quarter rally gave the Warriors their first win of the SD&G season, improving their record to 1-3. Seaway slipped to 0-3.

"I knew we could win, we just had to prove it," coach Sean Lee said. Tagwi has beaten two "A" schools in tournament games.

Although the Warriors had home court advantage, they spent most of the first half getting reacquainted with the backboard and rims after the Christmas break.

The Spartans opened a 14-7 lead in the first quarter and had a 21-16 edge at the half, due primarily to Tagwi's inability to hit an outside shot.

"I've got a good shooting team but we didn't click right away," said Lee. "We had a bad week practice-wise. I had a lunch-hour shooting practice and only five guys showed up."

The Warriors also committed nine personal fouls in the first half, tempering the offence somewhat.

In the third frame, point guard Rod McKillican found his range, cashing in 14 points, including one field goal as Tagwi took a 38-31 lead into the final quarter.

Robert Farlinger led the Spartans with 17 while David Waddell drained 11.

JUNIOR

The Tagwi junior boys' basketball team ran its record to 3-1 with a 73-42 win over the previously unbeaten Seaway Spartans Friday.

The win followed on the heels of a 101-30 victory over North Dundas Wednesday.

Darryl Sobering gunned down 22 points and John Poapst and Todd Stelmach drained 18 and 16 respectively to lead the Warriors. Clint Blok answered with 15 for the Spartans, now 2-1 in SD&G league play.

Stelmach pumped in 14 points and added three steals to his credit in the first half as the Warriors romped to a 40-17 lead. They didn't let up in the third quarter, keeping a half-court press on the Spartans to run up a 62-27 margin after three frames.

MIDGET

Jason Kennedy pumped in nine points as the Tagwi midget boys' basketball team increased its unbeaten string to 4-0.

The Warriors handed the Seaway Spartans their third straight loss, 22-18, Friday.

Moe Pizarro hit for four and Colin Sanders added three. Jason Bailey led the Spartans with five. Hugh Porter and Jon Wilson both had four.

Saints handle Lancers

The St. Lawrence Saints, first overall in SD&G senior boys' basketball, toppled Rothwell-Osnabruck 72-24 Wednesday.

The home-court Lancers battled a constant height disadvantage and could not stay with the overpowering Saints.

"They are a really good team," said Lancers' coach Bob Thompson. "I'm trying to give as many guys a chance to play basketball as possible, so I played everybody."

St. Lawrence is now 3-0 while the Lancers slipped to 1-2.

Jason Matthew hit for 19 points and Ryan Gibson chipped in 13 for the Saints. Shawn Peever led the Lancers with 10.

Thompson is looking for some added height and experience when Ken MacLeod returns to the lineup. The 6'4" MacLeod is returning to R-O for the second semester beginning in February.

R-O competed in the Saints Senior Invitational Tournament on the weekend but lost all three of its games, 65-25 to Ottawa's Hillcrest, 69-30 to Moira and 72-36 to Queen Elizabeth.

JUNIOR

Rothwell-Osnabruck's junior basketball team evened the Wednesday's scorecard with a 70-47

Please see CURRIER on page 14

Private meeting provokes Hawks coach to resign

Rumours of a private meeting between members of the executive and the players sparked the resignation of Winchester Hawks head coach Peter DeRooy last Tuesday.

DeRooy stepped down from behind the bench of the Junior "B" hockey team after learning of a meeting scheduled for Wednesday evening between the players and the coaches' committee, a group composed of members of the executive. He was not invited to attend.

"The team wanted to interview the players because things weren't going too well," Winchester gen-eral manager Bill Wammes said.

"They wanted to talk and then the coaches' committee and the executive would have met. But it didn't get that far. Pete resigned before all that took place."

The Hawks have lost their last three starts and are currently in fourth place in the St. Lawrence division. There have also been rumours of friction between DeRooy and the executive.

The second-year coach admitted relations with some executive members have "cooled recently" but said his main reason for leaving was the meeting.

"I've told players my door was always open for them. I've always had time to talk to players. They shouldn't have felt uncomfortable about meeting with me if they had any complaints.

"I felt I should have had the opportunity to defend myself and should have been informed (of the meeting)."

On Monday, DeRooy was told by Hawks' president Dave Bryan that he was still the head coach but that some of the players were disgruntled.

"Peter resigned and he has his reasons," said Bryan. "We felt we had the power to meet and he didn't.

"I hope it all ends peacefully. We are going on from here and hoping for the best."

Several recent events may have precipitated the meeting, DeRooy said. A prospective player trade with the Kemptville 73s, a 9-0 blowout to the Morrisburg Lions Sunday, and a decision he made regarding a player's status on the team may have fueled the fire.

As for future plans, DeRooy said he has already been approached by one junior "B" team but won't accept any offers immediately.

Assistant coach Dennis Casselman has been named as DeRooy's replacement.

Peewee team in Kickoff game

By the luck of the draw, the Pee Wee "C" Demons will represent the North Dundas Minor Hockey Association in the second annual Minor Hockey Week Kick-off game.

The Pee Wee "C" team, drawn from a hat containing all North Dundas teams, will face off against the Morrisburg Lions on Sunday, Jan. 17, at the Winchester Arena at 3 p.m.

The game is part of a four-hour event to mark Minor Hockey Week across Canada.

"It's a family event and that's what we're trying to create," said NDMHA vice-president Bev Beck.

An air hockey tournament, remote control car races on the ice, a coloring contest, and a hockey video game contest are some of the scheduled events. There are also plans to have a radar gun clock player's slap shots.

There will be free popcorn, drinks and cake as well as "all kinds of prizes," Beck said.

"The feedback from last year was very positive," she said. "The kids didn't get bored. So we're going to do the same thing this year."

Several guests have been invited to attend the game, including former New York Islander goaltender Billy Smith, district chairman Tom Elliott, Winchester Hawks president Dave Bryan and a representative from the Ottawa Senators.

Bob Carkner will return to provide play-by-play commentary of the game, which is being video taped.

The Kickoff runs from 1 - 5 p.m.

New rules to manage the risk

Out of left field
Chris Thatcher

Risk management, the hip, new term of 90s business lingo, has made its way into amateur hockey. And not surreptitiously, either.

A recent decision by the B.C. Supreme Court awarded Mel Unruh, a minor hockey player, $3.7 million after a check from behind rendered him a quadriplegic.

The decison has sent the Canadian Amateur Hockey Association scrambling back to its rule book with the intent of preventing any further incidents.

According to its own statistics, there were 47 serious injuries in the CAHA between Sept. 1, 1991 and May 1992. Thirteen of those were the result of checking from behind.

So it should come as no surprise that when the CAHA holds its semi-annual meeting later this month in Ottawa, a full slate of proposed rule changes will be on the table.

Forty pages of recommendations, 73 proposals in total, have been suggested.

Some are merely formalities, clearing up the wording of existing rules or inscribing in stone what has already become common practice. Others could have a significant impact on the game.

The bulk of the suggestions are aimed at better risk management, a wonderful catch-all term that, according to CAHA medical manager Glenn McCurdie, means nothing more than common sense.

"If you are using common sense, you are practising risk management," he says.

The proposed rule changes are wide ranging, but here are a few that fall under the risk management category:

Stiffer penalties for checking-from-behind or any stick infractions; an automatic game misconduct for three checking-from-behind penalties in one game; a double minor penalty for unnecessary rough play; a minor penalty for anyone who checks or intimidates an opponent while carrying his or her stick above the waist; a minor penalty for removing a helmet while on the bench or in the penalty box (unless it is for repairs); a minor penalty for wearing a helmet improperly while on the ice...

It's a long list.

The B.C. Amateur Hockey Association has gone a step further and proposed that "body checking" be prohibited at the Pee Wee level. Like in Atom and Novice, body contact would be permitted.

(I can already see Don Cherry dissolving into his collar, his face the same multitude of colors as his tie, as his future *Rock 'Em, Sock 'Em* stars turn into pacifists.)

Also on the table is a proposal to eliminate the red line as a means of determining offside. Junior "C" hockey adopted this rule some time ago and it certainly speeds up the game. Breakaways abound, giving new life to that homely artist, the Cherry Picker.

Remember the days of road hockey when you spent hours over a hot stove or burner, molding your plastic blades to a wicked banana curve? Well, you wasted your time.

The ODHA has proposed that the rules governing stick curves be eliminated. According to technical director Rick Ladouceur, there is no distinct advantage to the extra curve. It doesn't help matters, either, that most stick manufactures are not making sticks that meet the current rule anyway.

These are only proposals and some may wither on the table (find me a committee, council or board that hasn't killed a proposal with a lot of hot air) but, with several law suits pending across the county, and an alarming precedent already established, you can bet the CAHA will support any changes that provide better risk managment.

Bombaco field-goal turns Devils' tide

A rare three-point jump shot from Brendon Bombaco was the turning point in the North Dundas Devils 62-49 win over Tagwi Wednesday.

Bombaco's field goal midway through the second quarter killed Tagwi's three-point and propelled the senior boys' basketball team to its third win of the SD&G season.

Not that the Devils were ever in serious trouble. The Warriors jumped to an 18-14 lead in the first quarter on a six-point run by Jamie Norman but, after Bumbaco's shot, North Dundas canned 14 unanswered points to take a 31-23 lead at the half.

The Devils increased their lead to 20 points in the third frame, paced by Rod Merkley's four buckets.

Tagwi regained its composure in the final period, outscoring the Devils 21-14, but the margin was just too wide.

The Warriors hit three field goals in fourth with Rod McKillican, Norman and Leigh Bergeron dialling from long distance.

Tagwi also forced the Devils to turn the ball over repeatedly but failed to contain Merkley under the hoop and the centre added another eight points.

Merkley finished with 25 to lead all scorers. Sean Hache sunk 14 and guard Mike Singh drained 10.

McKillican paced the Warriors with 19 while Mike Tyrell and Norman hit eight and seven respectively.

The Devils hosted South Grenville in an exhibition contest Monday, dropping a 62-52 decision. North Dundas held a 30-22 lead at the half but was outscored 17-6 in the third quarter.

Adam Becker paced South Grenville with 23 points while Merkley lead the Devils with 15. Hache finished with 11 and Jamie Kennedy chipped in eight.

JUNIOR

Mis-matched may be an understatement.

The North Dundas junior boys' basketball team is in a rebuilding year, with virtually no experience among its starting five players.

The Tagwi boasts a roster of second-year juniors with at least two full season's under their collective belt.

Tagwi made the most of the situation with a 101-30 win Wednesday.

The Warriors ran up a 42-8 gap by the half but kept a full court press for most of the contest.

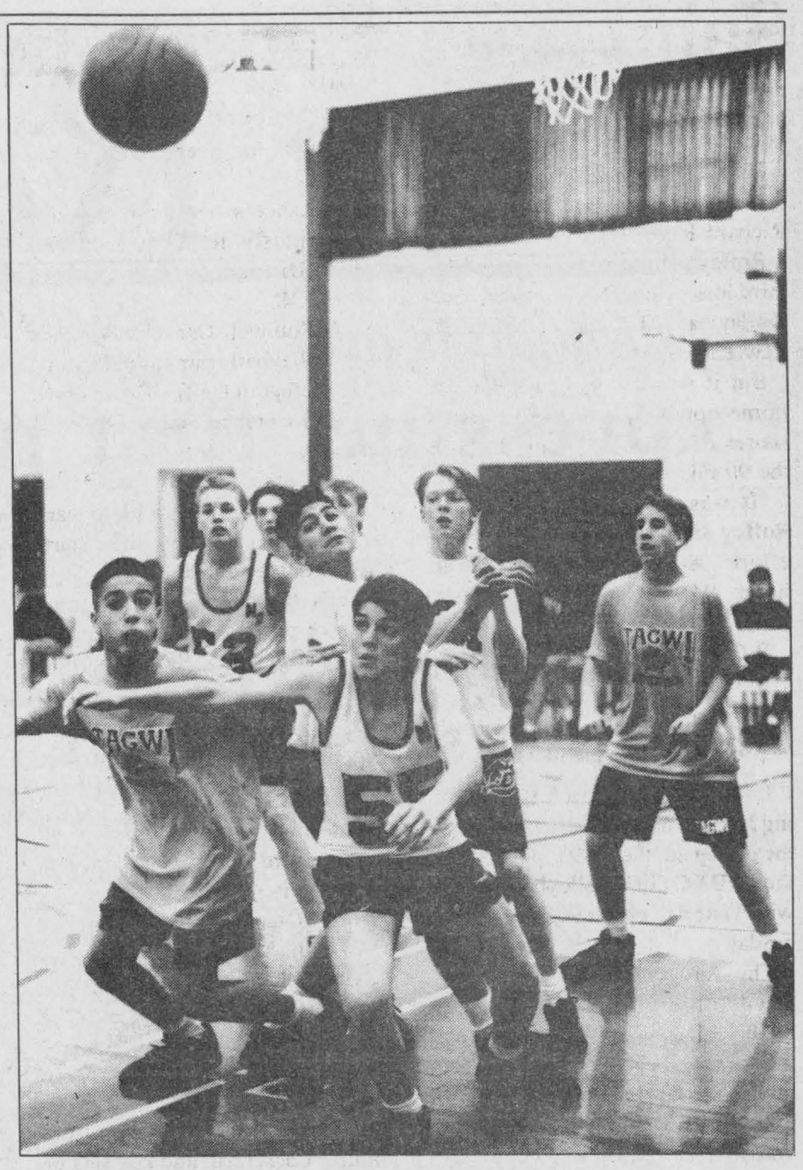
"I expected we'd make mistakes in our first game after Christmas, but we made a lot of turnovers," said Devils' coach Mark Lewis. "It's hard when you're being beaten that bad. But the boys never quit, which was good to see."

MIDGET

The Tagwi midget boys' team improved to 3-0 with a 30-17 win over North Dundas Wednesday.

Matthew Poapst popped in 22 of the Warriors 30, 14 in the first half alone for a 18-9 lead. Mike Libbos added three.

The Devils got even scoring from a full squad. Terry Smygwaty led the team with three and Ryan Swerdfeger, Jamie Hyndman, Scott Norris, Andy Carkner, Craig Smith and Geoff Hardy all hit a bucket.



North Dundas' Terry Smygwaty (55) wards of a Tagwi player.

Holmes' two give Green four

A pair of goals from Jeff Holmes helped Team Green extend its winning streak to four.

Holmes set up a first-period marker and nabbed two of his own as Green skated to a 4-2 win over Team Blue in Chesterville Town Hockey League action Wednesday night.

In the other game on the doublebill, Team Black regrouped, after a rare loss last week, to down Team Red 5-3.

Holmes and Gary Geertsma combined to set up Don Imrie in the first frame and Team Green never looked back. Greg Sullivan also netted a goal and an assist while Dale Williams (2), Ted Wickers and Derek Hyndman collected helpers.

Rob Broderick and Darell Shelp scored for Team Blue, with assists from Kevin Moore, Pete van Kessel, Rick Nelson and Curtis McMillian.

The win lifts Green to a 5-8 record while Blue slips to 5-7-1.

BLACK 5, RED 3

Pat Kelly connected twice and set up a third as Team Black got back on a winning track. Black's six-game streak ended last week curtesy of Team Green.

Dan Dubois, Doug Sheriffs and Brad Holmes also scored for the first-place squad, now 10-3. Holmes, Kelly, Jamie Utman (2), Shawn Beckstead and John Mackler all drew assists.

Dave Appleby answered with a pair for the losers, still tied for second with Blue at 5-7-1. Gary Klein-Swormink fired in a late second-period marker to cap Team Red's scoring.

George Michaels and John Guy both assisted on two of the goals and Don Marcellus nabbed a solo helper.

ND teams reach semis

The South Grenville Rangers and Embrun Panthers were the top two teams in the 1992-93 North Dundas Minor Hockey Association Atom "C" tournament in Chesterville recently.

South Grenville got two goals from MVP Craig Freer as it trimmed the Stittsville Redmen 5-1 in the "A" Division championship game.

Embrun won the consolation final, edging the Morrisburg Lions 5-4, on a three-goal spree from Stephen Mitchell.

The two host teams reached the "A" semi-final. The North Dundas No. One Demons bowed out after a 4-1 loss to the Rangers while the No. Two Demons dropped a 5-0 decision to Stittsville.

Todd Levers scored the Demons' lone goal in the loss to South Grenville.

North Dundas No. Two relegated Morrisburg to the "B" side of the draw in the opening round with a 3-2 win.

Grant Booth, Chris Koopman and Andrew Douma scored North Dundas' goals in the third period. Chris Wall, Douma, Koopman and Booth all collected assists. Douma scored the winning goal with 0:54 remaining.

Brian Scott and Glen Mellan replied for the Lions.

North Dundas' No. One Demons kicked off the tournament with a 5-4 victory over Cumberland.

The Demons scored four times in the final 7:50 of the third period. Craig Panchuk netted the winner from Jonas Dawson and Danny Pelkey with 0:33 left in the game.

Josh McRoberts scored twice for the winners while Levers, Dawson and Panchuk fired in single markers. Tony Vanderveen, Levers, Trevor Morouk, Chris Lent (2), Dawson and Panchuk all earned assists. Robbie Brannen posted the win in the nets.

Wyatt lifts Demons to semis

Chris Wyatt rifled in a Becky Klein-Swormink pass with five seconds remaining in double overtime to give the North Dundas Atom "B" Demons a 7-6 win over Morrisburg.

The Demons last-second win landed them a berth in the NDMHA Atom Hockey Tournament semi-final in Chesterville recently.

Unfortunately for the Demons, they bowed out with a 4-3 loss to eventual finalist Alexandria.

Aylmer blanked the Glens 7-0 to earn the "A" division honors. The Athens Flyers defeated North-Glen-Stor 3-1 and captured the consolation side silverware.

Scott Drummond and Patrick Hamel (2) gave North Dundas a 4-2 second-period lead in the opening game with Morrisburg.

The Lions came back early in the third with goals from Scott Barkley, Thomas Casselman and Brad Casselman (2) to stake a 6-4 edge.

The Demons battled back and sent the game into overtime with two goals in the final minute of play.

William McLean closed the gap to 6-5 at 0:57 and Klein-Swormink tied it up with some help from Wyatt with 0:38 left in the game.

A three-goal second period gave the Alexandria Glens the margin they needed to defeat the Demons 4-3 and put them out of the tournament.

Klein-Swormink, Tiffany Holmes and Tyler Hoy scored for the Demons. Wyatt assisted on all three.

Currier dials in 18 for junior Lancers

Continued from page 13

drubbing of St. Lawrence.

The Saints are now winless in three starts while the Lancers improved to 2-1.

Tim Currier dialed in 18 points and Jason Demary added 15 for R-O. Josh Eamon and A.J. O'Connor both hit for 11. Derek Livingstone led the Saints with 13.

Bowling

Wednesday Afternoon Ladies - High Single, Virley Edwards 258; High Triple, Pat Monast 675. **Team Standings** - Debbie Hess 74; Norma Cass 73; Liz Spiller 46; Elizabeth Brooks 45.

Finch Mixed League - Men's High Single, Frank St. Pierre 279; Men's High Triple, Noel Lalonde 688. Ladies' High Single, Dianne Hoogeveen 241; Ladies' High Triple, Dianne Hoogeveen 661. **Team Standings** - Hot Shots 71; Rockin' Rollers 66; The Rippers 61; Sardoo 59; Fire Flys 54; Night Owls 46.

Busy Matrons - High Single, Sharon Shaver 250; High Triple, Sharon Shaver 609. **Team Standings** - Sharon 63; Betty 62; Debbie 61; Jean 61; Elsie 55; Mary 55.

Berwick Thursday Night Mixed - Men's High Single, Dean Jackson 324; Men's High Triple, Tony Sanders 711. Ladies' High Single, Cathy McRae 223; Ladies' High Triple, Cathy McRae 613. **Team Standings** - Marcel 63; Dean 63; Brad 60; Nick 53; Mike 50; Tony 47.

Chesterville Community League - Men's High Single, Claude Lalonde 282; Men's High Triple, Gordon Wheeler 738. Ladies' High Single, Roxanne Crump 230; Ladies' High Triple, Roxanne Crump 601.

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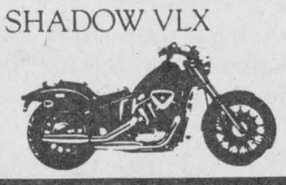
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Saints give Lancers heart break

It's an old cliche, but close only counts in horseshoes.

Just ask Rothwell-Osnabruck senior girls volleyball coach Richard Roffey.

Roffey's Lancers suffered their third loss of the SD&G season Wednesday, a 3-0 decision to the St. Lawrence Saints.

But it was no easy task for the home-court Saints, who posted scores of 15-10, 15-9 and 15-11 in the 90 minute contest.

"It was another heart breaker," Roffey said. "It was a good team effort —each set was over half an hour. We come so close every time."

R-O has managed just one victory in nine sets so far but has been a tough win for every team it has faced.

The Lancers lost their previous two contests to Char-Lan and Seaway District.

JUNIOR

The Rothwell-Osnabruck junior girls' volleyball team rallied from a 15-10 defeat in the first set to down the St. Lawrence Saints 2-1 Wednesday.

The Lancers struck back with wins of 15-10 and 15-12 to earn their second victory in three starts in SD&G league play.

When the season started, inexperience posed a real problem for R-O coach Krista Simonett; new players and a new coach are not always the best mix.

But she has been pleasantly surprised by the team's rapid improvement.

"It's very good," she said. "The girls are very athletic and they're getting the sport down really well."

Lady Devils sweep Warriors

It was a clean sweep for the visiting North Dundas District Devils as they opened the 1993 portion of their SD&G Girls Volleyball season with victories on three fronts Wednesday.

The midget, junior and senior Devils all posted 2- 1 victories over the host Tagwi Warriors.

Coach Catie Clapp watched the midget Devils pound out a 15-4 win in the opening set, only to have the Warriors storm back 15-6 in the second.

North Dundas went ahead 8-3 in the final match but Tagwi rallied and knotted the count at 8-8. The Warriors held leads of 10-8 and 12-10 before conceding a 15-12 defeat.

The Devils currently sport a 9-3 record heading into today's (Jan. 13) home tournament against the St. Lawrence Saints.

JUNIOR

The junior girls' team upped its record to 9-3 with impressive wins in the first two sets of its contest with Tagwi. The Devils posted 15-7 and 15-4 scores.

But the Warriors, last year's SD&G champions, got things in order in the third and final set and avoided the sweep with a 15-11 victory.

Tagwi jumped out to a 5-0 lead and was ahead 13-3 when the Devils' Lisa Prentiss served up eight consecutive points to close the gap to 13-11.

SENIORS

The senior girls' team evened its league record at 6-6 with a comfortable 2-1 win over Tagwi.

North Dundas took the opener 15-5 with Marg Link serving a well-placed ace for the final point. The Devils had led 10-1 after a quick start.

Tagwi jolted the Devils back to reality in the second set, winning 15-6. Strong back-court play from Jennifer Casselman and key sets by Jodi Blair helped the Warriors dominate the contest.

In the rubber match, both teams battled through a tight first half. But with an 8-5 lead at the switch, North Dundas had little trouble putting the Warriors away 15-5.

"The girls played very well as a team. It may have been the best we've played this season," said Devils' coach Patti Hall, despite a terrible practice the day before.

"On Wednesday the girls did everything they were supposed to. They served well, spiked well and talked to each other on the court.

"The team has a lot of ability. We have a good mix of junior and senior talent and they are starting to put things together," she said.

"We had diificulty picking up their serves," said Tagwi coach Diane Law. "We're working on better movement. The girls weren't moving as quickly as they should. They were in position but not in motion."

Tagwi not perfect without practice

The Tagwi senior girls' volleyball team suffered its second straight loss Friday in a 3-0 contest with Seaway District.

The Spartans recorded scores of 15-8, 15-6 and 15-12 to improve their record to 2-1. The Warriors, who opened the season with back-to-back victories, have struggled since returning from the break.

A large part of the problem is lack of practice time, according to coach Diane Law.

"Since (SD&G) changed the schedule so that boys and girls teams play on the same day, we've had a lot of problems with gym time," she said. "Before, we at least had the full gym when the boys were at away games."

Last season, Tagwi won the SD&G single "A" championship. This year, Law is working with a young and relatively inexperienced team and the lack of practices has hampered the new players.

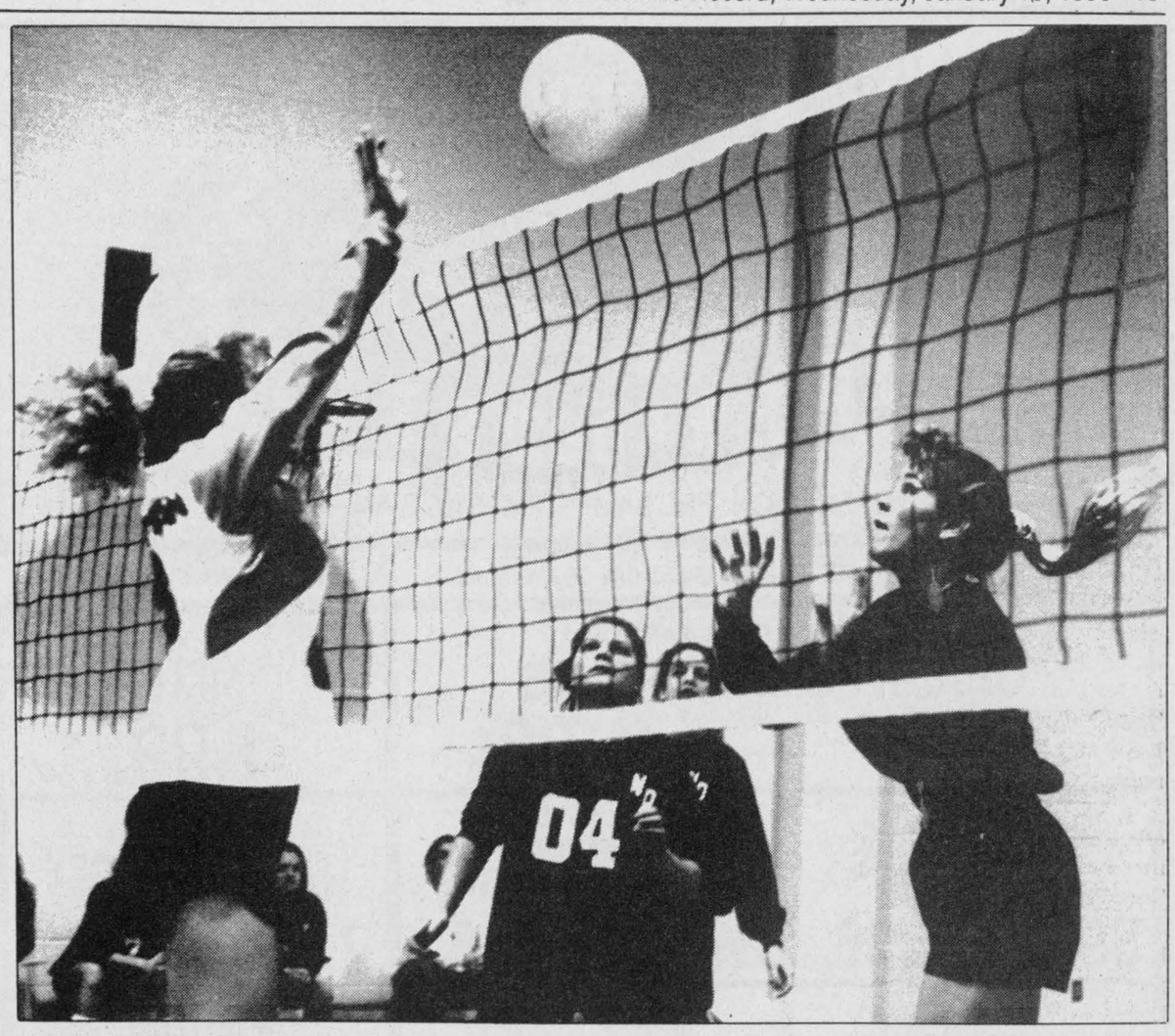
"We have almost no time for practices between games and we're unable to work on things," she said. "I only have a few players returning from last year and this is a completly new system for the juniors coming up."

JUNIOR

After a 2-1 loss to North Dundas Wednesday, the Tagwi junior girls' team rebounded with a 3-0 sweep of the Seaway Spartans Friday.

Tagwi narrowly escaped with close wins in the first two sets, 15-13 and 15-11, but had little trouble in the third with a 15-8 decision.

"We're getting better," said coach Johanne Leduc, whose team evened its record at 2-2. "The team spirit is very good and they are playing well togeter. Hopefully, we're on the up trend."



Tagwi's Jennifer Casselman attempts to block hit by North Dundas' Amy Vermilyea (right) Wednesday.

Fitness Forum

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

Body conditioning



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

Muscles and tendons have been referred to as the shrubs and bushes in our yards: they wilt not because of age, but from neglect. A study conducted at Tufts University, found that men and women in their sixties and seventies were able to increase their muscle size by as much as 11 per cent and their strength by a staggering 170 per cent with just a 12-week weight training program. And we know that lifting weights is an energy- expensive exercise; that is, it burns calories.

We know that flexibility can often disintegrate in middle years, but now we know it's not because of aging, but rather a lack of proper exercise; and that we can improve our flexibility at ANY age. Connective tissue has a property of shortening if we don't use it. The more inactive we are, the shorter these structures become, and the more difficult it becomes to do even routine things like gardening and lifting groceries out of our car. This is why stretching before and after cardiovascular exercise of any kind is so crucial.

Strong abdominal muscles are extremely important to protect our back and inner organs, as well as improve our posture. Best bet: daily bent-knee abdominal crunches.

The theory used to be that, beginning with middle age, every year costs us 1 to 2 per cent of our aerobic capacity (a key indication of endurance and fitness). According to that, in 20 years we could lose as much as 40 per cent! Now a new study explodes that theory. It shows that, over 20 years, aerobic capacity declined only 10 per cent in subjects exercising regularly. In fact, in this study, a few exercisers actually increased their aerobic capacity over the 20-year span.

We might think of it as "middle-age spread". But a new study shows that the amount of time spent exercising - not the amount of years spent living - is the most determining factor for excess body fat. This study which compared men and women in their fifties and twenties, found that the more they exercised, the lower their percentage of body fat - regardless of age.

"Regular exercise can give you the equivalent of at least 10 years' rejuvenation," says exercise researcher Roy Shephard, M.D., Ph. D., of the University of Toronto. "You don't need a particularly strenuous program either. You just need to be reasonable and regularly active!"

One of the biggest problems is, that as the years roll by, we tend to eat more and exercise less. As a result, we lose muscle and gain fat. And muscle is the body's most metabolically active tissue. Metabolism slows. The great news is that aerobic exercise helps us burn fat, build muscle and stoke our calorie-burning furnace all at the same time.

My Silent Achiever this week is the handsome Reverend of a Williamsburg parish, who began exercise classes this week. He's helping his back, burning calories, getting in shape, and relieving stress. Best of all, he's having fun doing it! If someone this busy can make time...what's YOUR excuse?!

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

SPORTS CALENDAR

Eastern Ontario Jr. C Hockey League
Thurs., Jan. 14
8 PM
North Stormont vs. Casselman
Finch Arena

North Dundas Minor Hockey Calendar Draw

Mary Ann Seguin, Port Coquitlam, B.C. was the Dec. 11 winner of $50 with ticket #1826; Betty L. McDonald, Winchester was the Dec. 18 winner of $50 with ticket #1022; The winner of $500 on Dec. 24 was Donna Jeacle of Ingleside with ticket #1813; Robert Youmelle of Chesterville was the Dec. 25 winner of $50 with ticket #1990; The $1500 winner on Dec. 31 was Bette Joan Evans of Toronto with ticket #1097; ticket #1491, Bruce Holmes of Winchester was the Jan. 1 winner of $500 and Ron Armstrong of Crysler was the winner of $50 on Jan. 1 with ticket #1981.

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AVOCADOES
79¢

PRODUCT OF CANADA #1, 5 LB. BAG
FRESH CARROTS
99¢

PRODUCT OF U.S.A. #1
CUCUMBERS
2/89¢

PRODUCT OF CANADA 8 OZ. PINT BOX
FRESH MUSHROOMS
1.39

FLOWER OF THE WEEK

8" HANGING BASKET
BOSTON FERN
5.99

THE NUT HUT

MIXED NUTS
1.99 LB 4.39 KG

BAKERY PRODUCTS OF QUALITY EVERY DAY OF EVERY WEEK

VACHON PKG 6 6 VARIETIES
PUFF-A-FRUIT
2.29

OLIVIERI
12" PIZZA SHELLS
1.59

DEMPSTERS 675G
KIDS BREAD
89¢

DEMPSTERS 450G LOAF WHITE OR WHOLE WHEAT
LIVELY THINS
1.19

BAMBY PKG 12 HOT DOG OR HAMBURGER
BUNS
1.19

DEMPSTERS 675G 6 VARIETIES
CANADIANA BREADS
1.29

DEMPSTERS 675G LOAF ORIGINAL WHITE
SLICED BREAD
69¢

DEMPSTERS 675G 100% OR CRACKED WHEAT
BREAD
89¢

BETTY 675G LOAF 100% OR CRACKED WHEAT
BREAD
89¢

BETTY 675G LOAF WHITE SLICED
SPECIAL BREAD
69¢

SNACK BUYS OF THE WEEK

MAPLE LEAF 400G BAG ASSORTED FLAVOURS
POTATO CHIPS
1.99

24X355ML TINS ASSORTED FLAVOURS
SOFT DRINKS
6.99

DAIRY PRODUCTS OF QUALITY EVERY DAY OF EVERY WEEK

BEATRICE 250 ML
WHIPPING CREAM
1.39

BEATRICE 500G ASSORTED
COTTAGE CHEESE
1.69

BEATRICE 500G ASSORTED
SOUR CREAM
1.69

BEATRICE 2 LITRE ASSORTED
CHIP DIPS
99¢

BEATRICE 175 TUB ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT
59¢

BEATRICE 500G TUB ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT
1.49

BEATRICE 2 LITRE CTN.
CHOCOLATE MILK
2.89

BEATRICE 2 LITRE JUG ASSORTED
COUNTRY JUICES
2.49

BEATRICE 2 LITRE CTN.
ORANGE JUICE
1.99

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

BEATRICE 250G PKG
CREAM CHEESE
1.49

BEATRICE 4 LITRE BAG
2% FRESH MILK
2.89

FRESH MEAT CUT WITH CARE EVERY DAY OF EVERY WEEK

QUARTER LOIN, 8 PER PKG
MIXED PORK CHOPS
1.99 LB 4.39 KG

CENTRE CUT
LOIN PORK CHOPS
2.99 LB 6.59 KG

BONELESS BUTTERFLY
LOIN PORK CHOPS
3.99 LB 8.80 KG

MEATY FRESH
PORK BACK RIBS
2.99 LB 6.59 KG

MEATY FRESH
PORK HOCKS
79¢ LB 1.74 KG

FRESH SLICED
PORK LIVER
69¢ LB 1.52 KG

BURN'S SWEET PICKLED
COTTAGE ROLL
2.69 LB 5.93 KG

FREEZER BUY OF THE WEEK

BURN'S STORE PACK
BEEF & PORK BREAKFAST SAUSAGE
1.49 LB 3.29 KG

CATCH OF THE WEEK

#2 11 LB. BOX
ECONOMY BACON
8.99

BOSTON BLUE
FRESH FILLETS
3.99 LB 8.80 KG

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

BURN'S SLICED
COOKED HAM
1.99 LB 4.39 KG

BURN'S SLICED
ROAST BEEF
4.49 LB 9.90 KG

BURN'S SLICED
SALAMI OR PEPPERONI
2.99 LB 6.59 KG

BURN'S
POLISH COIL
2.49 LB 5.49 KG

SHOPSY'S SLICED, EYE OF ROUND
PASTRAMI
4.49 LB 9.90 KG

SHOPSY'S DELI FRESH
COLE SLAW, POTATO, MACARONI
1.69 LB 3.73 KG

SIMON DE GROOT SLICED
TURKEY ROLL
5.49 LB 12.10 KG

POPPA JIMMI'S CABBAGE ROLLS EACH 99¢

PIZZA OF THE WEEK

12" NO PEPPERONI
VEGETARIAN
4.99

CHEESE OF THE WEEK

MAPLE DALE
MARBLE CHEDDAR
4.49 LB 9.90 KG

FROZEN FOODS OF EASY PREPARATION EVERY DAY OF EVERY WEEK

GOOD HUMOUR 2 LITRE ASSORTED FLAVOURS
ICE CREAM
1.99

BEATRICE 2 LITRE ASSORTED FLAVOURS OLD FASHION RECIPE
ICE CREAM
4.49

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

FUDGESICLE CREAMSICLE FROSTICLE
2.99

GOOD HUMOUR PKG 6 GREAT CANADIAN
CONES
3.69

GOOD HUMOUR PKG 6
ICE CREAM SANDWICHES
2.99

McCAIN 1 KG BAG 13 VARIETIES
VEGETABLES
1.99

McCAIN 1 KG ASSORTED CUTS
FRENCH FRIES
1.29

MINUTE MAID 355ML ASSORTED
ORANGE JUICE
89¢

McCAIN 18 OZ PKG ASSORTED FLAVOURS DEEP & DELICIOUS
CAKES
2.49

McCAIN 660-700G PKG RASPBERRY OR STRAWBERRY
SHORTCAKE
3.39

FIVE ALIVE 355ML ASSORTED FLAVOURS
CITRUS JUICES
99¢

CAVENDISH 750G PKG
HASH BROWNS
69¢

VALLEY FARMS 1KG
FRENCH FRIES
79¢

MINUTE MAID 355 ML ASSORTED FLAVOURS
FRUIT PUNCHES
49¢

DIRECT WAREHOUSE PRICES + PLUS + EXTRA WEEKLY SPECIALS

RED ROSE PKG 80
ORANGE PEKOE TEA BAGS 1.99

NABISCO 500G BOX
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PEPPERCORN RANCH SALAD DRESSING 1.49

MITCHELL'S 48OZ TIN
PURE APPLE JUICE 89¢



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REGULAR, FINE EXTRA FINE
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1.39

NABOB 300G
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TRADITION DECAF
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1.99

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CONVENIENCE SIZES 8.99

JUMBO SIZES 16.99

PRONTO 2 ROLL PKG
PAPER TOWELS 49¢



SUNLIGHT, 12 LITRE BOX
LAUNDRY DETERGENT
6.99



SUNLIGHT, 1 LITRE BOTTLE
LIQUID DISH DETERGENT
1.79