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THE CHIEFTAIN

JANUARY 11, 1984
VOLUME 2 NUMBER 32

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Fourteen contestants in Matilda Queen Pageant

[DIXON'S CORNERS] - Fourteen girls have entered the 1984 Matilda Winter Carnival Queen's Pageant which gets underway Friday at the township hall at 8 p.m.

The girls and their sponsors are: Joanne Albers - Harvey Plante; Sally Beckinsale - Weagant Farm Supplies; Gayle Carroll - Charlie's Sports Shop; Susan Findlay - Royal Bank; Cathy Gibson - Shaver's Sand & Gravel; Karen Locke - C & L Feeds; Missy Marston - S & F Food Market; Darlene Mellon - Garry Murphy Sales and Service; Kelly Morrow - Mountain General Store; Cheryl Murdock - Dundas Bus Service and Tours; Darlene Pashak - Donald F. Runge; Carole Salter - Employees of Frank Ault Excavating; Janine VanBoxtel - Lloyd McMillan Equipment; Bonnie Wise - Ault Foods.

All but one of the contestants attend Seaway District High School. The exception, Miss Salter, is a student at North Dundas Districh High School.



Joanne Albers



Sally Beckinsale



Gayle Carroll



Susan Findlay



Cathy Gibson



Karen Locke



Missy Marston



Darlene Mellon



Kelly Morrow



Cheryl Murdock



Darlene Pasak



Carole Salter



Janine VanBoxtel



Bonnie Wise

Changes made to schedule

[DIXON'S CORNERS] - A few changes have been made to the Matilda Township Winter Carnival schedule.

An added highlight will take place during the Queen's Pageant Friday as the township will name its 1983 Citizen-of-the-Year. An annual activity that night has been deleted from the program as the Recreation Committee will not make presentation of its summer activity badges.

Committee representative Sandra Johnston said they are hopeful of having an awards night in the near future at which the presentations will be made.

Saturday's car rally h as been altered to include snowmobiles as well. Registration takes place at the hall at 12:30 p.m. Ticket prices for Saturday's three events, the rally, 3 p.m. dinner and evening dance will be $17 per couple.

The remainder of the schedule stays as previously announced and a list of events is on page two of this issue.

Amending bylaws satisfy residents

[BRINSTON] - Five landowners attending a public meeting Jan. 3 expressed staisfaction with amending bylaws for property bordering the South Nation River and its tributaries.

The amendments, to the South Dundas Official Plan and the township zoning bylaw, substantially narrows the restrictive zone along the river and permits land use not previously allowed.

In reading the text of the amending bylaws, Reeve Lorne Strader noted that much of the property previously zoned Environmental Protection-holding has been reclassified as Rural and construction is permitted subject to zoning regulations.

The remainder of the land falls within a hazard constraint line and is zoned Environmental Protection. Land use within the constraint lines shall apply if council, in consultation with the South Nation River Conservation Authority, is satisfied that the flooding hazard can be overcome.

Permitted uses, subject to zoning requirements, are agricultural including a principal farm and existing accessory farm residential dwelling units; forestry uses; conservation uses; public parks and recreational facilities; and uses accessory to the foregoing.

Special provisions allow for construction of floodproofed mobile homes and single family dwellings. No buildings will be permitted below specific elevations ranging from 72.4 metres to 77.3 metres depending on the location.

All applications for development with the constraint area will be circulated to the conservation authority for comment.

In addition, residential development will require rezoning to Rural Residential and in considering applications, counell will consult the conservation authority and take into account existing environmental and physical hazards, the potential impacts of these hazards and the proposed method by which these impacts may be overcome.

Although the meeting ended in general agreement and the bylaws were passed subject to public circulation and government approval, it had a shaky beginning.

Landowner Bev Hut, who has been pressing for changes for more than a year, asked council how his property would be affected and where he would be allowed to build.

Reeve Strader remarked that the scale map in the council chambers was too large for fine detail and suggested Mr. Hutt submit application for a building permit and then he would be told whether or not he could build.

Mr. Hutt said he was prepared to oppose the amendment if the land which he wants to build is below the minimum elevation. "I think we're entitled to more defined mapping, aren't we?" he asked.

Jim Windsor, manager of the conservation authority, said there are few residents in Mr. Hutt's position and that producing a more detailed map would be too costly. "Frankly," he added, "I think you're being unreasonable to expect council to know the elevation of every landowner."

Other residents, however, supported Mr. Hutt's position and pointed out that since he has been the resident pushing most strongly for the amendments that council should at least know how his land is affected.

Reeve Strader pointed out that a previous meeting Mr. Hutt said he preferred to see an amendment drawn up for the whole watershed rather than his property alone.

"Thats because I'm not going to pay for your mistake (when the property was originally zoned)," Mr. Hutt replied.

Later, he and Mr. Windsor examined the available map and when Mr. Hutt explained he wants to build about 150 feet south of the concession road, Mr. Windsor said he was certain the land was above the minimum elevation.

Mr. Hutt said he was satisfied and would not oppose the amendment. "I'm out of it and that's what's important because I'd sooner not deal with you anymore. I'm tired of all the run-around," he stated.

Break-in nets $3,600 of equipment

[IROQUOIS] - The third major break-in over the last four months netted thieves $3,600 of stereo equipment from Styles and McIntosh Ltd. on Jan. 3 ro 4.

Co-owner Ted Styles said he learned about the burglary when he arrived for work about 8:30 a.m. on Jan. 4. "Every stereo component in the store was taken," he told The Chieftain.

"Everybody knows we're sitting ducks in this village in the wee hours of the morning the way the police system is. Even the police know that", he said.

The burglars gained entry to the store by smashing the west door windor sometime during the night of Jan. 3 or the morning of Jan. 4.

Const. Bill Renshaw of the Morrisburg OPP is investigating the incident. Const. Renshaw said it could very well be related to a burglary at the store in October when about $1,500 in merchandise was stolen.

"It was the same type of robbery -- smash and grab," the constable stated.

Another robbery occured in December when the front door of Gilmer's Pharmacy was smashed and a quantity of over-the-counter drugs was taken.

Investigations into all three incidents are still open.

Certificate of Valour is presented

[OTTAWA] - A former Iroquois resident, Lance Valcour was awarded the Ottawa Board of Commissioners of Police Certificate of Valour at a ceremony here on Dec. 14.

Constable Valcour, 26, is the son of Mr. and Mrs. John Valcour of Church Street. He and Staff Inspector Armand Soucie were presented with certificates in recognition of an act of exceptional bravery in the face of great danger and risk to personal life when they rescued a man stranded on a patch of ice on Mooney's Bay last March.

The youngest of four children in the Valcour family, he has been a member of the Ottawa Police Force for seven years and received his training at the Police Academy in Aylmer, Ont. Mr. Valcour came to Iroquois with his family in 1967 and graduated from St. Cecilia's Roman Catholic School and Seaway District High School.

"He wanted to be a policeman since he was 13-years-old," his father told The Chieftain. He added that his son was reluctant to see the story in the local newspaper.

"He felt it was just part of his work. That's the way he looked at it."

"We are very proud of him," the elder Mr. Valcour added. "We were before this happened but this doesn't hurt."

The certificate was presented at the Commissioners' annual awards ceremony at the Capital Congress Centre in the presence of then Governor General, the Right Honorable Edward Schreyer and his wife, Lily. The actual presentation was made by Judge Keith A. Flanigan.

Two civilians who also attempted to rescue the man received commendations as well. Dan Chilcott and Dr. George Taylor rowed out to reach the man but were forced back.

The commissioners' report of the incident reads: At about 8 a.m. Insp. Soucie and Const. Valcour learned about the unsuccessful attempt and immediately set out in a small aluminum boat carrying a ladder, flashlight and a length of rope.

After strenous rowing in the current and dodging ice chunks they reached the ice formation. As they were some distance from the stranded man, he was asked to make his way to the boat but apparently fearful that he might fall through the ice, the man refused to move.

The policemen then tied a flashlight to one end of the rope and after several attempts succeeded in having it land near the man. With the aid of a stick he pulled the lighted flashlight and tied the rope about himself.

He continued pulling the rope until the attached ladder reached him and using it as a bridge, he crawled over it and got into his own boat and tied the rope to it.

Meanwhile, the small boat in which the policemen were seated was being struck by free-floating chunks of ice which threatened to capsize it. With much difficulty, they managed to pull the boat and its occupant over and around the ice until it was alongside theirs. The occupant was helped into their boat which was now trapped in the ice.

It took considerable time and effort to work their way free and row through the current to shore. It took the men two hours to accomplish the rescue in four degree celcius weather.

Counties' planner sought to work on subdivision

[BRINSTON] - Landowner William Strader is seeking assistance from United Counties' planner Chuck Miller in designing a subdivision between Hwy. 2 and Lakeshore Drive near the Caravan Camp.

Mr. Strader attended Matilda council's regular meeting last Thursday to ask their help in obtaining Mr. Miller's services.

By meeting with the planner, Mr. Strader said he could kill two birds with one stone. Subdivision plans would need to be approved by council in any event, he noted, and by working directly with the planner he can eliminate duplication of services and reduce costs.

Before going through a lot of expense, he said, Mr. Miller can examine his plans and see if they are feasiable. He added: "I don't want a subdivision if I have to fight people along Lakeshore."

"Its to the advantage of both the municipality and myself if we can get a subdivision plan that's alright to everyone."

Clerk-treasurer Bill Horner said he doesn't forsee any problem in acquiring the planner's services as council has already adopted a procedure t ohave him do as much work as possible. The only delay could be that Mr. Miller is available to help all United Counties municipalities and it may take some time before he can get around to Mr. Strader's request.

Noting the Township of Williamsburg is selling lots near his property, Mr. Strader said: "I trust that this council will not go into the real estate business".

"We have no place to start -- not adjacent to your property," Deputy-Reeve Lorne Mellan commented.

Complaints heard over Lakeshore plowing

[BRINSTON] - Township Reeve Lorne Strader plans to have a talk with members of the United Counties Roads Department over winter maintenance of Lakeshore Drive.

Mr. Strader was responding to complaints brought before council's regular meeting Jan. 5 by clerk-treasurer Bill Horner.

Mr. Horner said three Lakeshore residents had called the office to complain about snow plowing and the bad attitude of the roads department employees.

He said one resident called the counties' garage to complain about the poor condition of the road and she was asked. "Have

See page six



Noble Villeneuve was sworn-in Jan. 5 as Member of Provincial Parliament for Stormont, Dundas and Glengarry in a ceremony at Queen's P ark. Attended by Deputy Premier Robert Welch, Elaine Villeneuve, his wife, and other members of the family and friends, Mr. Villeneuve was sworn in by the clerk of the Legislative Assembly, Roderick Lewis.

"I am very proud to have been chosen by the people of Stormont, Dundas and Glengarry to represent them and am looking forward to the challenges of serving as their member of parliament," Mr. Villeneuve said after the ceremony. "My most important priority will always be my constituents and I will do my best to address their concerns and make their interests known at Queen's Park."

LORNE STRADER

Reeve busy last year

[BRINSTON] - 1983 was a busy year for Matilda Township Reeve Lorne Strader.

How busy was it? Well, for starters he began his first term as reeve and was elected chairman of the South Nation River Conservation Authority. In addition, he sat as a member of United Counties council and the Children's Aid Society.

All told, Mr. Strader attended 192 meetings last year; better than one meeting every two days.

And he doesn't anticipate the pace to slow much in the coming year. Mr. Strader said he will resign from CAS but intends to run for the authority chairmanship again during executive elections in early February. If he retains his seat, he is an ex-officio member of all authority committees and may attend all meetings.

Closer to home, Mr. Strader said the township had a successful 1983.

The year began with the usual winter carnival hysteria, the high point being the selection of Jennifer Sluiskes as Carnival Queen.

February saw a municipal housing stydy started by Larry Cotton and Associates to determine township needs. That month also saw his election as authority chairman, the second township chairman since Mahlon Zeron began his term in 1947.

Early in 1983 council gave its final approval to the Allison subdivision which unfortunately has since stalled, Mr. Strader noted.

In April came approval of Cornwall Gravel's quarry, a long drawn-out affair that saw many front-end residents in opposition.

Tenders were put out for the racetrack property west of Iroquois in June and a selection made later in the year. The winning tender is still looking into obtaining services before committing himself to building.

Another potential site for development, along the west side of Saver Road, received council approval in July. Eleven lots are available for development, Mr. Strader said.

In August, officials of the Ministry of Municipal Affairs attended a meeting in Brinston to help iron out problems with hazardous lands located along the South Nation River and its tributaries. The effort continued with additional meetings culminating last Tuesday night.

During the summer, the roads department proceeded with paving of three miles of township roads including Concession 3 and the slant road access south of the Broken Second.

Also during the summer, council endorsed the nominations of Eugene McInnis and Greg DeJong as Ontario Junior Citizens-of-the-Year and construction improvements were made to the Ault-Munroe and Thorpe-Ellis Drains. In addition, maintenance was done to seven township drains, quite a large number, Mr. Strader said.

In October, council swapped pieces of land with Ontario Hydro and obtained a future picnic park site on Lakeshore Drive across from Farlinger's farm. The utility received land on the Flagg Road in the exchange.

Later in the year, a bicentennial committee was appointed to plan 1984 events and a new half-tonne truck was purchased.

For 1984, Mr. Strader said council will continue to work on behalf of township residents and maintain the level of services presently offered.

Also in February, a 100-name petition from township residents and personal letter from Mr. Strader as well as a presentation from Mike Ault helped sway the federal electoral boundaries commission to leave Matilda Township with the riding of Stormont-Dundas rather than move it into the Leeds-Grenville riding.

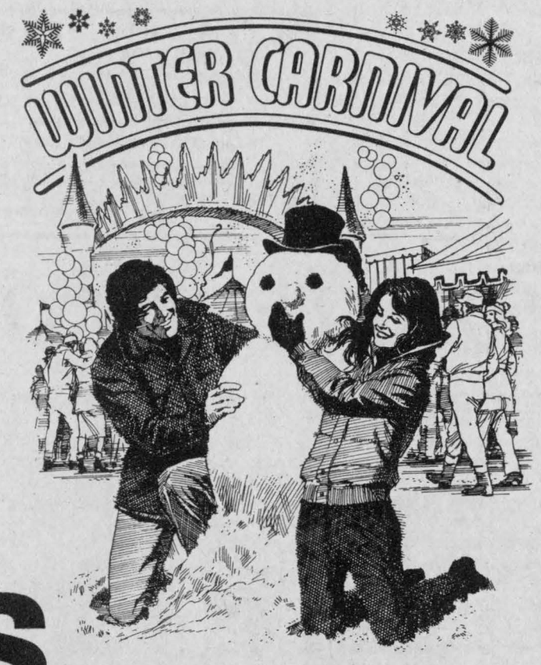
Mr. Strader noted the destruction of the Carter Ramp near Mariatown in the summer removed an eyesore that had been in the township for too many years.

The reeve also noted Eastern Ontario lost three hard-working gentlemen late in the year with the deaths of MPP Osie Villeneuve Sept. 25, MP Walter Baker Nov. 13 and a personal

SEE PAGE SIX



MATILDA WINTER CARNIVAL



3 BIG DAYS

JANUARY 13 - 14 - 15

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Sandra Primrose - 652- 2245

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CARNIVAL

FRIDAY-SATURDAY-SUNDAY

JAN. 13-14-15

CARNIVAL

Royals fight to stay out of division cellar

[CORNWALL] - The Cornwall Royals have been hit with an early case of the mid-winter blahs.

The early prognosis for 1984 is not good as injuries and shaky defence have sent the team spinning on its worst losing streak of the season, three games. A porous defence has allowed 34 goals in the last five games and the team has dropped seven of its past 10.

The Royals certainly didn't expect to be fighting to stay out of the basement of the Leyden Division this season. But that's the exact predicament they find themselves in. The team holds down the sixth and final playoff spot, just two points ahead of cellar-dwelling Kingston and two points behind fifth place Belleville. They've hit the mid-way point of the season with 16 wins and 19 losses.

The distressing fact about the record is not that games are being lost but rather how they're being lost. The Toronto Marlies scored two goals in the final 25 seconds of regulation time and then netted the over-time winner as the Royals returned from the Christmas break with an 8-7 loss. The next night in Kingston the Royals let the Canadians score five third-period goals in a 7-4 loss.

The Royals begin 1984 witha pair of veteran wingers on the shelf. Rightwinger Rob Norman has a severely bruised calf muscle while Dave Shellington has a cast on his right leg that's protecting stretched knee ligaments. Norman's injury is a day-to-day thing while Shellington is out a minimum of three weeks.

But all is not doom and gloom in the Royals court. Right-winger Ray Sheppard leads all rookies in the O.H.L. in goals scored with 24. He's a legitimate candidate for the Emms Family award as the league's best freshman. Brent Loney has been a bright spot on left-wing for the Royals after trade rumours inspired him to play some of the best hockey of his career.

The Royals can still atone for their poor first half with a second half flourish. But if they keep losing games they should be winning, those mid-winter blahs will extend right into April.

Bantam B's defeat North Leeds 3-1

The Cardinal-Iroquois Bantam Bs outscored North Leeds 3 to 1 in a game played Sunday.

Dave Orzel opened the game's scoring with an unassisted goal in the first period but North Leeds tied the score before the period had ended.

Mike Dishaw scored in the second frame on a pass from Mike Robertson and the score remained 2 to 1 until the 37 second mark of the period when Jeff Scott scored an unassisted marker for the local team.

This Saturday, Jan. 14, the Bantam Bs will be hosts of a tournament at the Cardinal arena.

Teams from Athens, Prescott, Edwardsburg, Chesterville, Winchester, Metcalfe and Chateauguay, Quebec will participate. The tournament begins at 8 a.m. with the local boys playing against Prescott.

The championship games will be played from 4 to 5 p.m. and 5 to 6 p.m.

Pee Wee's lose in overtime

[SPENCERVILLE] - The Cardinal-Iroquois Pee Wee Bs lost the B finals in overtime at the Spencerville tournament on Wed., Dec. 28.

The first game of the tournament was very close and went into overtime and then penalty shots before Spencerville won 3-2. Eugene McInnis scored both Cardinal-Iroquois goals.

Cardinal-Iroquois trounced Chesterville 9-1 to advance to the B finals. Scorers for Cardinal-Iroquois were Eugene McInnis with three goals, Anthony Gilmer two goals, Tim O'Brien two goals, Scott Steele and Paul Armstrong each with singles.

The B final game was between Cardinal-Iroquois and Morrisburg. This was the second game of the day that Cardinal-Iroquois went into overtime a lost.

Goal scorers for Cardinal-Iroquois were Eugene McInnis and Scott Steele.

EXHIBITION GAME
PEE WEE B
January 4
Cardinal B - 5
Ogdensburg A - 2

Anthony Gilmer	3
1 Assist	
Paul Gill	1
Michael Whittaker	1
1 Assist	
Tim O'Brien	1

LEAGUE GAME
January 8
Cardinal 5, North Leeds 0

Anthony Gilmer	1
Michael Whittaker	1
Tim O'Brien	3
Dave Grant	Shut Out

Rabbit Derby

[CARDINAL] - The winners of the Fish and Game Club Rabbit derby held on Saturday, Jan. 7 were: Neil Spruit won $50 with a 4 lb. 2 1/8 oz. rabbit; Dan Leonard won $30 with a 4 lb. 2 oz. catch; and Doug Gallagher won $20 with a 4 lb. 1 oz. rabbit.

Legion blanks Philips Cable

[CARDINAL] - On Thursday, Dec. 22, the Legion again showed it's superiority by blanking Philips Cable 4 to 0. Steve Riddell led the way with two goals while singles were scored by Bill Kenney and John Johnston.

Ed Riddell and the Redbirds blanked the Ravens by the same 4 to 0 score. Rodney Stitt scored twice while other scorers were Mark Amell and Steve Adams.

Game three of the night was a close contest as Al's Angels got by the Raiders by a 3 to 2 score. Fred Short and Fred Gardiner scored for the Raiders, Lyn Whitteker scored twice and Chris Lemery the other for the winning Angels team.

On Jan. 5, with the resumption of Broomball League play the Redbirds got by Al's Angels 2 to 1, Ron Patterson scored both goals for the Redbirds and Mike Allard scored for the Angels.

Game two saw the Legion blank the Ravens 5 to 0. Mark Pilon scored three times while Steve Riddell and Rick LaFontaine netted the others. Terry Colligan registered his sixth shutout of the season.

In game three the Raiders blanked Philips Cable 5 to 0. Doug Crawford was in goal for the shutout. Ray Miller scored two goals and singlesd went to Doug Foster, Rick Roke and Fred Gardiner.

On Sunday, January 8 the Redbirds continued to play strong Broomball as they knocked off Phillips Cable 4 to 1. Mark Amell scored twice for the Redbirds while Steve Adams and Ron Patterson got the others. John Bols scored the lone goal for Philips Cable.

Game two saw the Ravens soundly defeated by Al's Angels 9 to 1. Larry Good led the Angel Snipers with three goals, Daryl Littlejohn and Stanley Plume each had two goals and single goals scorers were Chris Lemery and Bev Patterson. Alan Boyd scored the goal for the Ravens.

The Legion shutout the Raiders 2 to 0 in the day's third game. Steve Riddell and Mark Pilon were goal scorers.

STANDINGS

Team	W	L	T	P
Legion	11	1	2	24
Al's Angels	8	4	2	18
Redbirds	8	4	2	18
Raiders	4	6	4	12
Philip's Cable	3	8	3	9
Ravens	0	11	3	3

SCORING:

Player	G	A	P
L. Good	14	11	25
S. Riddell	12	7	19
M.Pilon	13	4	17
J. Johnston	7	9	16
B. Patterson	10	5	15
L. Whitteker	7	6	13

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CANADA LIFE



Scenes from Seaway

by Catherine Whittaker

The Christmas holidays are now over. School commenced on January 3 after two weeks of holidays. From all reports, I think Santa Claus was extremely good to every one.

Students', New Year Resolutions of studying longer and working harder at school work, will certainly be put to the test as January exams (beginning Jan. 26 and ending Feb. 2) are quickly approaching.

Needless to say, students' bookbags, at this time of year, are usually crammed with books at 3:15, to be taken home and studied.

By the end of the week, activities were in full swing again. At noon hour Obstacle Baseball was organized for anyone interested in playing. Practises for choir, band, basketball and volleyball teams have once again commenced.

Yearbooks for 1983 are on sale at the student's council office. These books are creatively constructed and are a nice keepsake.

Due to the inclement weather before the holidays, the Library Club Christmas Pizza Party, originally scheduled for Dec. 15 was held on Jan. 6.

Renamed the Library Club New Year's Party, everyone had fun making the pizzas. Surprisingly enough they turned out quite well.

Parties, resolutions and social gatherings are all part of the celebrations of the New Year. With these festivities, however, come hopes for the coming year.

On behalf of the students at Seaway, I would like to wish that all your dreams and goals for 1984 may come true.

Cardinal-Iroquois Pee Wee's A finalists

[WINCHESTER] - The Cardinal-Iroquois Pee Wee Bs advanced to the A finals in a two-day tournament held here on Friday, Dec. 30 and Saturday, Dec. 31.

The Cardinal-Iroquois Pee Wee's trounced Chesterville 7-4 in the first game. Scorers for the Cardinal-Iroquois team were Eugene McInnis with three goals, Anthony Gilmer with two goals, Scott Steele and Paul Armstrong each with singles.

Cardinal—Iroquois next game was against Nepean and the local boys won 4-2. Scorers were Anthony Gilmer with two goals, Eugene McInnis and Scott Steele each with singles.

The win over Nepean put the Cardinal-Iroquois team into the A final which was played against Morrisburg.

This was a very close game for two periods until Morrisburg pulled ahead in the third period to win 4-1. The lone scorer for Cardinal-Iroquois was Anthony Gilmer.

Iroquois Mixed Darts

League Standings
As of: January 6, 1984

Hotternel	125
Nite Riders	116½
Raiders	111
Mix & Match	109
Long Shots	102
Hot Spots	94½
Muffins	89½
Great Gram	87
Unicorns	81½
Fast Lanes	73
MOST GAMES WON	
Dwayne Kirker	10
Monica Hitchinson	5
Joanne Kavanaugh	5
Jim Reilly	5
Mabel Roberts	5
Jim Logie	4
Larry Mills	4
Lil Roberts	4
Pat Strader	4
Keith Wereley	4
Glen Adams	3
Ben Allard	3
Laurie Holmes	3
Howard Hutchison	3
Linda Logie	3
Joe McDonald	3
Flo Turner	3
HIGHEST SCORES	
Larry Mills	140-121-110-4x100
Glen Adams	140
Keith Wereley	134
Jim Reilly	125
Pat Peters	117
Corallee Easter	114
Gord Hutchinson	101
Reg Farmer	2 x 100
Dwayne Kirker	2 x 100
George Peters	100
Andie Reilly	100
Percy Roberts	100

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Cardinal Mixed Darts

[CARDINAL] - In the Cardinal Mixed Dart League as of Jan. 4, the Impossibles continue to lead with 150½ points.

TEAM STANDINGS:

Impossibles	150½
Doug's Handicaps	129
Tom's Tigers	123
Brass Flights	123
Double Trouble	117
Double Knots	110
Dimwits	109½
Rick's Rookies	106
Crazy Cougars	104
Super Stuff	100
Most Games -	
Andie Reilly	8 games
Charlie Marsden	6
Brenda Menard	5
Rick Sayeau	5
Len Crawford	5
Tom Smail	5
Doug Allard	4
Roger Bishop	4
Jim Reilly	4
Greg Morris	4
Sara Taylor	4
Yvonne Crawford	3
Olive Allin	3
Garry Kavanaugh	3
Ben Allard	3
Jim Reid	3
Marie Jessome	3
HIGH SCORES	
Doug Allard	140
Charlie Marsden	140
Sara Taylor	121
Ron Hughes	120-100
Roger Bishop	120
Len Crawford	120
Jim Reilly	110-100-100
Jamie Lemery	100
Greg Morris	100
Muriel Allard	100
Ben Allard	100
Rick Sayeau	100
Tom Smail	100

BRIDGE NOTES

Ladies - Helen Bouck, Lorne Bouck
Gents - Clare Tucker, Jim McGinn

National Hoover Week
GEGGIE'S HARDWARE
WINCHESTER LIMITED
★ Floor Care And Laundry Products
Full Line On Display
SPECIAL PRICES IN EFFECT FOR A LIMITED TIME
HWY. 31
774-2700
Home Hardware

$135,000.00 OVERSTOCKED
AND WE MUST REDUCE
BY JANUARY 28th!
★ Sale Ends January 28th
STRICTLY WINTER CLEARANCE
... BUT BUY EARLY, WHILE SELECTION IS AT ITS BEST ...
THE CLOTHING Barn
Highway 31, 2 Miles North of Morrisburg - 543-2744
STORE HOURS
Sunday - 12 to 4
Mon.- Sorry Closed
Tuesday & Wed.
Thursday 9 to 6
Friday 9 to 9
Saturday - 9 to 6

BUY ONE - GET ONE FREE
★ Mix and Match or Buy Two Of The Same
All PANTS - SKIRTS - BLOUSES and SWEATERS
Size 5 to 15
Size 6 to 16
HIGHEST PRICE PREVAILS
All Dresses
Until January 28th
Reg. and Petite
Size 5 to 15
and 6 to 16
33⅓ to 50% Off
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All Ladies' Suits ½ Price
Size 5 to 13 From: Jordache and Newport Cords and Wool
All Ladies Coats and Jackets
Size 5 to 16
From: Adorable Jr. - Poslun - James Bay Mfg.
20%-33⅓%-50% Off
$135,000.00 OVERSTOCKED

★ Extra Extra Special ...
All Rugby Cords 19.98
Size 28-32
Brown, Camel, Grey, Navy
ALL MEN'S STRICTLY WINTER SALE ...
Men's Sports Jackets 99.00
2-Piece Set - $125.00
and Dress Pants 27.98
All Winter Jackets
From: Rice Sports Wear and Sergio Valente
33⅓ Off
Size 36 - 44
Men's Leather Jackets
Lined or Zip Out Lining
From: Sergio Valente and Rice Sports
All 33⅓ Off
Save 66.00
Size 38-44
All Sports Shirts
From Arrow - Townline and DeVince
33⅓ Off

The Editorial Page

THE CHIEFTAIN

WEEKLY NEWSPAPER
Box 253, Iroquois, Ontario K0E 1K0
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SHIRLEY KIRKBY, Secretary-Treasurer
NICK GARDINER - Editor
JANE EWING, Computer Operator
ANN KEELER, Press-Compositor

Queen's Park report

THE HONOURABLE NORMAN STERLING, M.P.P.
CARLETON-GRENVILLE
Provincial Secretary for Justice
LEGISLATIVE ASSEMBLY

Convert to rent

In response to many requests, the Ontario government recently extended the Convert-to-Rent program to all municipalities across the province.

The expansion of the program will stimulate the conversion of non-residential properties into much-needed rental housing, especially in smaller communities with tight vacancy rates.

The aim of the Ministry of Municipal Affairs and Housing is to create 2,600 new rental units, and applications will be considered on a first-come, first-served basis. The program offers 15-year, interest-free loans of $7,000 per unit, to assist in the conversion of non-residential buildings such as warehouses, second-floor space above stores and vacant school property.

The loans, when combined with the applicant's equity and mortgage financing, must result in rental units being placed on the market at competitive rental rates.

An important element of this initiative is municipal support. The degree of municipal support for an application will be taken into account during the initial project review. Municipal approval, as indicated by a building permit, must be obtained before loans are committed by the ministry.

In addition, all projects must remain as rental accommodation for a minimum of 15 years, otherwise, the loan is immediately repayable in full.

Application packages are available by calling the ministry collect at (416) 585-6391, or by writing to the Convert-to-Rent program, Ministry of Municipal Affairs and Housing, 777 Bay Street, 2nd floor, Toronto, Ontario, M5G 2E5.

It is expected that there will be a large number of responses to the extension of the program so it would be a good idea to send applications in early.

Grey owls seen near here

Mrs. Graham Fossitt, of Long Sault, and Mrs. Colleen Carr, Iroquois, reported separate sightings of large grey owls in this area. This year a large number of the northern birds have been seen as far South at the St. Lawrence and in the Ottawa area have congregated in flocks up to 60 strong. They have a wingspan of over three feet when full grown.

100 LINES

By J.M.

Any household with little people is surely aware of the many quality childrens' programs on TV Ontario. Polka Dot Door is a must at our house and often the set ends up being left on for whatever follows. On Saturday evenings, the Polka Dot Door is followed by what has become known in our family as the dog show. Now it doesn't say much for your social life when you sit around on Saturday night and watch someone training dogs on TV. This can be particularly embarassing when you don't even have a dog. As usual, the reason is the kids. They love seeing the dogs and watching the instructor put them through their paces. The British lady who does the training has on occasion used the word "walkie" when she wants the dog to walk. This has led to son number two thinking that every dog is named Walkie. Now he not only refers to every dog on the street as Walkie, but he does it with a fairly authentic British accent.

Christmas and New Years are now behind us, and if you'll pardon the pun that's the reason that every second person you meet is dieting. It's an annual ritual that is as much a part of the season as taking down the Christmas tree. Melba toast and hard-boiled eggs are showing up almost every time you sit down to eat, whether it's at work or visiting friends or even at home. Recipies for low-calorie meals are splashed all over the newspaper and in magazines and only the most daring of us would even consider asking if there's any pie for dessert. Fruit and clear tea and maybe a cookie have taken the spotlight at our house for dessert. Because I am lucky enough to be (a) scrawny and (B) dedicated to desserts I go along with it for a while, knowing that all things pass in time and that we can probably count on a double layer chocolate cake to celebrate Ground Hog Day.

Speaking of losing weight, the government is doing their bit to be sure they get their pound of flesh by getting the income tax forms out to us in plenty of time. It's amazing that a system that can take weeks to respond to a letter or issue a cheque can get millions of forms out weeks before anybody really needs them. The form arrived at our house the same day as we picked up the Sears summer catalogue . . . Two little lights at the end of the tunnel that is winter.

You may have read elsewhere in the Chieftain about another break-in last week at Styles and McIntosh. That's the second in a few months and follows a serious break-in at the local pharmacy. The picture is obvious to all of us who live here, if not to our elected officials in Toronto. We simply need more manpower in the area OPP detachment if they are to provide us with adequate protection. It's no secret that police officers are pretty few and far between in the hours between about 3 and 7 a.m. That's just plain arithmetic. There aren't enough men to cover all the shifts all the hours of the day. We can install alarm systems in our business or accept higher insurance premiums or just ignore the situation and hope it improves. The only real solution however, is for our council and others in eastern Ontario to start making some noise and demand some assistance for our over-worked and under-staffed OPP.

The bottom line: You know you're ultra-conservative when you find yourself wrapping empty Christmas wine bottles in newspaper so the garbage pick-up crew won't hear them all rattling. [With apologies to at least one local lady.]

The case for law and order

In the pioneer days of the old west the Royal Canadian Mounted Police were called on to keep law and order in those communities on the fringe.

In these modedrn times in Ontario it can be frustrating to realize that many small communities such as Iroquois are still on the fringe. They lie in the nowhere land on the border between two police forces.

For the novice crook or the experienced thief Iroquois is a wide-open town when the sun goes down.

Chances are by kicking down a door or climbing through a window burglars can gain entry to businesses, fill a car with ill-gotten booty and be off into the dark of the night without anyone even bothering to notice until the world's routine begins anew the next morning.

Don't blame the OPP. they do a credible job considering their lack of manpower. You can't expect them to have one car in every village under their protection every night when the thieves come walking.

You can't even ask them to be present at times when you know trouble is likely to brew. Spend a couple of weeks concentrating manpower in one town and the others become neglected. The best they can do is patrol and patrol some more and hope they are in the right place at the right time.

Pray that a real emergency neverr breaks out because the friendly cop even with his auxiliary buddies will be taxed over the limit.

Its time for somebody to take on the responsibility or the situation will deteroriate even more.

NICK GARDINER

letters to the editor . . .

Dear Sir:

I would like to thank the canvassers and all the people who donated so generously toward the Arthritis Campaign. Donations from the village residents were $859.50, R.R. 1 $90.00, R.R. No. 2 $117.00, Iroquois Matilda Lion's Club $100. and the Legion Ladies' Auxiliary $10.00, making a total of $1,176.50.

I do hope that you continue to give your good support to the new campaign Chairman for 1984.

Thank you all,

Sincerely,
Edna Hagarty

Dear Sir:

On behalf of all those needy families who were provided with Christmas Baskets, we wish to express our sincere thanks to the communities of Iroquois and Morrisburg, Matilda Township and Williamsburg Township. Always some energetic people have to take charge to ensure the success of all such ventures, and while, we will not attempt to list their names at this time, they can be assured their efforts are recognized and appreciated. But it must be realized that these persons represented the following organizations who provided the very necessary funding and supplies.

Catholic Womens Leagues of St. Cecilias and St. Mary's Churches, Brinston United Church, Williamsburg United Church, Iroquois Matilda Lions Club, Morrisburg Lions Club, Bank of Montreal, Iroquois.

Thank you for another job well done and for another example of communities working in harmony for the benefit of all.

E.P. Thompson,
United Counties Social Services

Dear Sir:

The uproar and the involvement of the Ministry of Transportation created by council's awarding the light snow removal contract leaves me rather puzzled.

We as council advertised for tenders for snow removal to cover a period of two years, 1984 & 85.

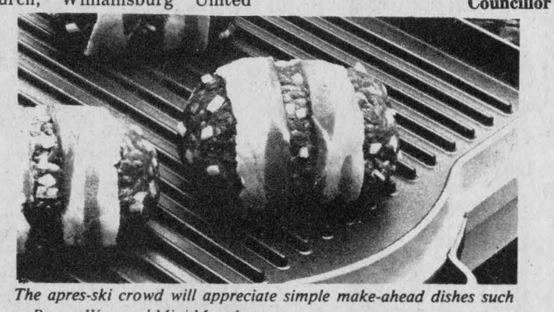
We received three tenders, two specified their prices for the two year period, and third one did not state any time period. Therefore it did not qualify.

Council chose the lowest of the two acceptable tenders. We are well aware the ministry of Transport will only acknowledge our subsidy on the lowest tender.

When council receive tenders and they are opened, council should not be required to telephone any bidder to have their tender explained, if we have to do this there is no point in calling for tenders at all.

I am sure other Village and city councils do not make a practice of doing this.

Joan Saver,
Councillor



The apres-ski crowd will appreciate simple make-ahead dishes such as Bacon-Wrapped Mini Meat Loaves.

Freeze Ahead Meals for the Apres-Ski Crowd

When the snow begins to settle, one of the best ways to cope is to get outside and participate in any of the many winter sports. Activities such as cross-country or downhill skiing, snowshoeing or snowmobiling are terrific ways of burning off calories but are sure to produce hearty appetites.

If you're planning on taking meals up to the chalet or feeding the crowd at your house after a day's outing, there are a few pointers you can follow to cut down on the workload. One secret to worry-free entertaining is plan ahead, taking advantage of the microwave, the freezer and the Habitat collection of microwave cookware.

For starters, keep the menu and recipes simple. Hungry guests will appreciate a good quantity of simple, stick-to-the-ribs dishes that are easy to eat especially if they're to be served buffet style.

Make-in-advance casseroles and main dishes can be prepared at your leisure during the week then frozen until needed. Frozen dishes will transport well to the chalet or cottage; simply pop them into the fridge when you arrive and they will be thawed for meal time.

Habitat cookware goes straight from the freezer to the oven and then onto the table and the added bonus — they double as serving pieces.

Another benefit to casserole-style dishes is that they can be warmed and held in the oven to allow for casual meal times as family members come in off the slopes. And the hostess will be thankful because made-ahead recipes don't require hours in the kitchen at the last minute so she can relax and enjoy the company.

Bacon-Wrapped Mini Meat Loaves

1 green pepper, chopped
1 small onion, chopped
1 cup canned or frozen corn kernels
0.5 kg lean ground beef
1/2 cup fine bread crumbs
1/4 cup chili sauce
1 egg
1/2 tsp. salt
1/4 tsp. pepper
1 tbsp. Worcestershire sauce
6 slices bacon

Place onion and green pepper in 2L Habitat casserole; cover loosely with plastic wrap. Microwave on High 1 to 2 minutes or until crisp-tender.

Partially cook bacon for 3 to 4 minutes at High on paper towel-lined grill side of grill + bake sheet. Add remaining ingredients, except bacon, to onion/green pepper mixture; mix well. Divide into 6 portions; shape each portion into a loaf. Wrap each with 1 slice of bacon; secure with toothpicks.

Place loaves on roasting rack side of Habitat grill + bake sheet. Cover with waxed paper. Microwave at High 7 to 11 minutes or until bacon is browned and meat has lost its pink color. Let stand, covered, 3 minutes, or until firm.

Makes: 4 - 6 servings.

N.B. To prepare in advance, reduce cooking time 2 to 3 minutes. Heat in conventional oven (160°C) 20 minutes; microwave 3 minutes.

Tuna Casserole

1 pkg (125 g) cream cheese
1 can (284 mL) cream of celery soup, undiluted
1/2 cup milk
1 tsp. curry powder
2 cups cooked rice
1 can (7 1/2 oz.) tuna, drained
2 stalks celery, sliced
1/2 cup raisins
1/4 cup slivered almonds
1 cup Chinese noodles (optional)

In microwave, soften cream cheese in 1L casserole at High 20 to 25 seconds. Blend in soup, milk and curry; mix well. Stir in remaining ingredients except for Chinese noodles. Microwave at high 5 minutes. Stir well, cover loosely and microwave at High for another 2 to 4 minutes until heated through. Top with Chinese noodles before serving, if desired.

Makes: 4 servings.

N.B. To make ahead, reduce cooking time 2 to 4 minutes; freeze. Reheat in conventional oven (160°C) 20 minutes or in microwave.

Memories...the 'old' Iroquois



PITTSTON NOTES

Pittston U.C.W. were all invited for their January meeting at Mrs. Lois Warren's. Each year we have a standing invitation to Lois, a former member when living at Mainsville.

Mrs. Gary Webb opened with The Purpose of the U.C.W. She thanked all for splendid support in 1983. Mrs. Gary Roddick based devotions on "Coats off to the Future, closing with poem At Days End.

Study was on Jesus Mans Life by Mrs. Webb, she reviewed the new study, and highlights. Roll call for the February meeting if to be something pertaining to Valentino. Meeting at Mrs. Ralph Cooper's at 1:30. Birthday Bank Counted, and correspondence was dealt with.

Slate of officers read and installed. Quilting to be on January 17th, pot luck dinner at Mrs. Herbert Liezert.

The hostess served tea and dainty refreshments. All enjoyed a social time.

PITTSTON

Mrs. Lorne Fairbairn, Ogdensburgh, daughter Dorothy visited Mrs. Van Camp Monday.

Mr. and Mrs. Robert Sloan entertained their families over the holidays.

George Montgomery, Miss Myrtle Wilkins spent Christmas with Willys and Nancy Montgomery, Carole and Heather.

Mr. and Mrs. Lyle Brown, Prescott, Mrs. Roy Holmes Spencerville were dinner guests for Christmas with Mr. and Mrs. Gary Roddick and boys.

Mr. and Mrs. Gary Clark, Mrs. C. Marlatt had dinner Sunday with Mr. and Mrs. Robert Sloan.

Mr. and Mrs. David Sloan, Krissy and Derrick had dinner with Mrs. Turner, Kemptville on Sunday.

The annual meeting of Pittston United Church was held Sunday at 2 o'clock at Robert Sloans, with a good attendance. Mr. Gary Clark, chaired the meeting, opening with prayer. Secretary, Mrs. Reg. Connors, read minutes and were approved. Treasurer's report was read by Mrs. Nancy Sloan, and approved. Business was then read and discussion followed.

All offices returned for 1984, very gratifying. Money donations handed in. Anniversary to be May 27 at 8 o'clock. Speaker and music to be arranged later. Meeting was adjourned.

The Sunday School report was read and officers returned - pleasing amount on hand. Dainty refreshments followed with a social time enjoyed. A vote of thanks were expressed by all.

Bird Notes

by
E. G. AVERY

During the mild weather last week we had a record low bird-count around here; even the House Sparrows were few and far between. As soon as the temperature dropped a few degrees and the drizzle turned to snow, the birds began to come back and on Sunday we had normal winter watching again. It was good to see the regulars, even the noisy Grosbeaks. For some reason the Bluejays have deserted us, perhaps they have found some new lunch counters; in any case, they have not been here since Christmas.

The Goldfinches now outnumber Tree Sparrows and are delightful birds to watch. On Monday we had one lone Redpoll among the Sparrows, so now we scan the flocks when they come hoping to see others. This was a female, a tiny Sparrowy bird with streaked breast. The male is brighter with a splash of "raspberry juice" on his shirt-front, and a crimson cap.

The Downy and the Hairy Wookpeckers have been coming quite regularly the past few days to feed on the suet, and it looks as though a second holder of this delicacy will have to be put up in order to satisfy the demand. The Chickadees love it too.

Our observers in Irena were surprised one day last week when a Downy Woodpecker collided with something and knocked himself out. Immediate first-aid was given, consisting of careful handling as he was taken into the house and installed in an unoccupied bird cage. While he gradually recovered there was time to study the intricate pattern of bars and patches. It was interesting to note that the Woodpickers' tail is a two-part affair, almost like a double tail.

The small patient soon became alert again, and made it quite clear that he was ready to resume life in the great outdoors.

Mainstream Canada

New Year's Resolutions

By W. Roger Worth

At the start of another year, it is perhaps time for a little wishful thinking about some New Year's resolutions that would make life a little easier for all of us.

Canada Post, for example, could announce there would be no more postal rate increases for at least three years. In tandem with that good news, the postal unions might agree to accept wage *cuts* from their $25,000 per year salaries, with union leader Jean Claude Parrot preaching that strikes by public sector unions are irresponsible.

Then there are the politicians. In addition to following the postie lead on pay cuts, they might also resolve not to fight with each other. Instead, Parliament would become a kind of love-in. Friendly discussion would take the place of heated debate. There would be no personal slurs, no catcalls and the Speaker could use the restful interlude to catch up on her reading.

Creating positive new policies and updating older legislation would become simple. Unemployment Insurance, for instance, could be tightened to save taxpayers $2-billion per year.

What's more, all governments could resolve to provide greater support for the small and medium-sized enterprises that are even now creating most of the country's new jobs. Payroll taxes for small companies would be reduced, and the maze of red tape and paperburden would be eliminated. Tax forms would become so simple that even the least mathematically inclined would be able to complete the return.

Ottawa, of course, would become honest and forthright with the public, shunning such propaganda endeavours as the recent Throne Speech filled with so many promises the government simply won't be able to keep them.

Consumers, too, could resolve to change their ways. Indeed, the Consumers Association of Canada could team up with farm organizations to lobby for higher food prices, assuming farmers received the benefits. In some cases, farmers might actually earn enough to start paying back their bank loans.

Is all of this really wishful thinking? Of course it is.

Nevertheless, the recent improvement in the economy is no dream, and while 1984 may not be spectacular, it should at least be better than last year, a point that is certainly worth noting.

CFIB Feature Service

In The Churches

ANGLICAN CHURCH OF CANADA
Parish of Morrisburg - Iroquois
REV. DAVID CRAWLEY
Phone 543-2867

EPIPHANY 2 - January 16
Holy Communion -
St. James', Morrisburg - 8:00 a.m.
St. John's, Iroquois - 9:15 a.m. - Regular Church School
St. Jame's, Morrisburg - 11:00 a.m. - Regular Church School

ST. CECILIA'S CHURCH
Rev. F.M. O'Connor, Parish Priest
Sunday - 9:30 a.m.
Confessions - Before Masses -
St. Mary's - Morrisburg
Saturday - 7:30 p.m.
Sunday - 11:00 a.m.
Confessions - Before Masses

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. Herb Klaehn
B.A., M.Div.
Public Worship & Church School
11:00 a.m.

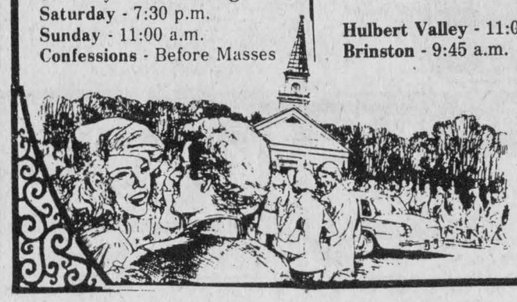
THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, IROQUOIS
Rev. Tijs Theijsmeijer
B.A., M. Div.
Church School - 9:45 a.m.
Divine Service - 11:00 a.m.
Nursery Care is provided during the Church Service

MATILDA PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. Allen Tysick

Hulbert Valley - 11:00 a.m.
Brinston - 9:45 a.m.

MORRISBURG PENTECOSTAL CHURCH
Pastor: Robert W. Farbin
Church 543-2681 **Home** 543-3450
Wednesday -
7:00 p.m. Family Night
Sunday -
9:45 a.m. christian Education Hour
10:45 a.m. Worship the Word
7:00 p.m. Praise Gathering
Dial-a-Prayer 543-3456

CHRISTIAN REFORMED CHRUCH
Williamsburg, Ont.
MINISTER:
Rev. Wieger DeJong
9:30 a.m. - Morning Service
7:30 p.m. - Evening Service
Nursery provided during both services
* * *
You are invited to worship



Let us worship
together
in His house
Peace and love!

Dart Throws

Iroquois No. 5 has 12 wins

Iroquois team 5 had 12 wins in last Thursday's Legion Men's Inter-Branch Darts to move further in front of the league's standings with a total 126 points.

Second best on the night was Prescott team 3 which notched 10 wins to maintain its fourth-place position. Cardinal team 6 recorded eight wins to move into a fifth-place tie with Prescott team 1 which scored four victories.

Morrisburg team 2 also scored eight wins to maintain its hold on third place while creeping up on Iroquois team 7 which, after seven wins, is in second spot with 111 points.

Iroquois team 4 scored three wins and Iroquois team 8 had four wins and are in seventh and eighth spot respectively.

High scorers on the night were Doug Laporte - 140, 121, 120; Jim Logie - 135; Len Crawford - 135; Rick Sayeau - 125, 121; Russ Lackey - 125, 125; Ed Froats - 125; Larry Mills - 125, 125, 123; Bob Allard - 123; Tom Smail - 121, 121; and Bob Beach, 121.

Stew Babcock iced six games for his team followed by Russ Lackey with five, Len Crawford and Jim Logie with four apiece and Reg Farmer and Glen Adams with three each.

Standings at the end of 1983 are as follows:

MOST GAMES WON:

Larry Mills	39
Rick Sayeau	37
Russ Lackey	31
Doug Laporte	30
Al Babcock	27
Jim Reilly	26
Jim Logie	26
Reg Farmer	25
Glen Adams	25
Lorne Thompson	22

HIGH SCORES

Duane Kirker 160-3x140-121-122
Bob Beach154-3x140-134-132-123-120
Howard Mallette 152-2x140-125
Stan Babcock 143-140-135
Jim Logie 4x140-2x125-135
Larry Mills 3x140-3x125-135-120
Leen Thompson 3x140-2x121-128-125
Charles Marsden 3x140-2x125-2x121
Tim Gonczowski 3x140
Glen Adams 140-2x125-135-120

180 CLUB

Russ Lackey 180-3x140-2x135-2x120-132-123-121
Reg Farmer 180-3x140-132-2x120121
Neil Cameron 1S0-140-123

Fish and game banquet on Feb. 4

[CARDINAL] - The Cardinal Fish and Game Club annual banquet will be held on Saturday evening, Feb. 4 at the Royal Canadian Legion.

The social hour will be from 5 to 6:30 p.m. Dinner is at 6:30 p.m. followed by the awards presentation and dancing to the Music of Rhythm Incorporated from 9 p.m. to 1 a.m.

Tickets are $10 per person and can be purchased from any executive member of the club.

SUBSCRIBE NOW
$12.00 Per Year (within 40 mi.)
Except Cornwall and Brockville
$14.00 Per Year
(Elsewhere in Canada)
$30.00 to United States

Winterfest scheduled for Feb. 18-26

[CARDINAL] - Cecil Dugan announced he will again act as chairman for the Winterfest Committee this year.

Some of the other committees members are: Nancy Kavanaugh, Vicki Turner, Louise Bass (1983 Community Queen), Mike McCurrie, Dave Woodford and Mike Viau.

The winter carnival is scheduled for February 18 - 26 inclusive and will once again feature a Community Queen Pageant. "We will be looking for sponsors for contestants in the queen pageant and more details concerning the pageant will be announced next week," said Mr. Dugan.

Some of the events contemplated are the tug of war between the Fire Department and the Queen contestants, celebrity hockey game, ecumenical service, and if the snow stays with us sleigh and ski-doo rides and possibly a skating party on the canal.

"We are hoping various organizations and clubs in the village will participate in this year's carnival by planning special activities to coincide with Winterfest," said Mr. Dugan.

Grenville agricultural representative replaced

[TORONTO] - Doug Lambie has been replaced as agricultural representative to Grenville County by Stuart Leyenaar, the Ministry of Agriculture and Food has announced.

Mr. Lambie, a native of Barrie, is transferred to head the South Simcoe office.

His replacement, Mr. Leyenaar, has been farm management specialist in Lanark County and is a graduate of the University of Guelph. He has been with the Ministry since 1970.

The change is one of ten announced in December by the Ministry effective Jan. 1, 1984.

Fish and game memberships available

[CARDINAL] - The Cardinal Fish and Game Club will hold its next meeting on Tuesday, Jan. 17 at the Royal Canadian Legion at 6:30 p.m.

Two members of the Grenville Carleton Conservation Club of Kemptville will attend this meeting to show movies on the Pickerel spawning about 8 p.m. All members are urged to attend this meeting.

Fish and game memberships for 1984 are now available and on sale, and may be purchased from any of the executive members. Memberships are: $4 single; $7 couples; and $10 for family memberships. Junior memberships are $2.

Don't waste winter - Enjoy!



What better way to spend a crisp winter day than tobogganing in one of the many provincial parks near home.
--Ministry of Natural Resources photo--

By Bob Defries, Ministry of Natural Resources

If you want to get the most out of winter, you should visit a provincial park. Many of Ontario's 133 provincial parks offer a wide variety of activities for snow lovers.

Best of all, the parks are uncrowded, and spacious, with beautiful scenery. Add some snow and you have all the ingredients for winter fun.

Some parks have well-marked, cross-country ski trails for everyone from novice to expert. Other trails are ideal for hiking and snowshoeing.

Snowmobiles are allowed on the roads or groomed snowmobile trails in certain provincial parks.

Many parks offer skating, either on frozen lakes or rivers, or on rinks. But don't take a chance. Always make sure the ice is safe!

In addition, some parks offer tobogganing. Some offer ice fishing. And for the stout of heart, there's winter camping.

For example, there's winter camping at Mew Lake campground in Algonquin Provincial Park near Huntsville. Although firewood is provided, campers must bring their own water and heaters.

Arrowhead provincial Park, also in the Huntsville area, has a host of winter activities -- 26 km of marked and groomed cross country ski trails, excellent slopes for tobogganing, and a skating rink.

And two popular northern parks are Rushing River in the Kenora area and Greenwater, near Cochrane.

Rushing River has cross-country skiing, and there is a picnic shelter with firewood provided for winter cook-outs.

Greenwater has cross-country skiing, with excellent skiing conditions into March and April. The park also offers ice fishing.

For those winter campers who prefer at least some of the comforts of home, Sibbald Point Provincial Park, at Sutton, could be the answer. Plowed campsites with electrical hookups, and heated washrooms with showers are available here. This park also has six km of cross-country ski trails, nature trails for snowshoeing, 10 km of separate trails on campground roads for snowmobiles, and ice fishing on Lake Simcoe.

More information on all provincial park activities, including skiing conditions, is available from the Ministry of Natural Resources' outdoor recreation inquiries office. Write or drop by the Whitney Block, Queen's Park, Toronto M7A 1W3, or phone (416)965-3081.

Provincial park information is also available from the Ministry of Tourism and Recreation's Ontario Travel Information, Queen's Park, Toronto M7A 2E5. In the Toronto area call 965-4008. Those outside the Toronto area can call toll-free at Zenith 1-800-268-3735.

A word to the wise

If you intend to go hiking or cross-country skiing this winter, here are some safety tips from the Ministry of Natural Resources provincial parks staff:

- Tell someone where you plan to go and when you will return.
- Don't start out on a long trail late in the day.
- Try not to over-exert yourself while getting into shape -- tired muscles are injured easily.
- Keep an eye out for land marks. On longer or unfamiliar trails, carry a compass and map.
- Never cross a lake or stream without knowing the ice conditions.
- Travel with a party of three or more. In case of a mishap, one can remain while one goes for help.
- Be prepared for emergencies. When skiing, carry a first aid kit and spare ski tip.
- Do not build fires along the trail.
- Stay on the marked trail. If you fall while cross-country skiing and damage the trail, repair or re-track the trail.
- Carry out your garbage.

Dress for skiers

Provincial parks staff offers the following advice to cross-country skiers:

- Clothing should be lightweight, yet loose.
- It is better to wear several light sweaters than one heavy one.
- Use a backpack or a waistpack when carrying food, wax, extra socks and other supplies.
- Tuck pant legs inside socks. This keeps pant legs from getting soaked.
- It is better to overdress than underdress. On extended trips, too many clothes can come in handy--particularly if those you're wearing become damp or wet.
- Mittens keep hands warm longer than gloves.
- Always take a hat along. Much of the body's heat is lost through the head.
- Limit perspiring, if possible. If you sweat now, you'll be cold later.

50-50 Draw winners

[CARDINAL] - The Cardinal Redbird 100 Club 50-50 draw winners over the holidays were: Dec. 21 - Morris Sherman won $59; Dec. 30 Shelley MacDonald won $73; Jan. 6 Barry Patterson won $104.50.

Some tickets for the 100 club draws are still available, if you would like one please contact George Mallett.

Kids Count Too!
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Every fan entering the Complex with a radio will be given a lucky number sticker. During the game broadcast Brian Sylvester and Fred Pletsch will be calling out lucky numbers on the air. To claim their Cornwall Square prizes a fan must be listening to the radio and then report to the Royals Souvenir Booth. Don't forget, bring your portable radio to the game, you might be a winner.

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1966 DODGE SINGLE AXLE TRACTOR FOR SALE D900, 20 foot tandem trailer. Phone 652-4722 after 5 p.m. 32-2p

Admiral, self defrost **REFRIGERATOR;** Kenmore automatic washer. Phone 652-4470. 32-2p

MOVING - MUST SELL - 1974 Crysler, 1973 Plymouth, Tricycle and swing set, two twin beds. Many other items. Phone 652-4169. 32-1c

1975 CRYSLER CORDOBA needs tailpipe and spare tire. $800. 652-2255. 32-1p

REGISTERED AMERICAN COCKER SPANIEL PUP. 3 months. Tattooed and dewormed. Gerald Vary, R.R. 4 Crowder Rd., Spencerville, Ont. 1-658-2769. 32-1p

MIXED HAY FOR SALE call 652-2258. 32-2c

APPLES - clearing MacIntosh C's $5.00, Cookers $3.00; Snow C's $4.00; Russett C's $10.00. Per bushel prices, while quantities last. Fridgen's 2 miles west of Iroquois, south of Highway 2. 32-1p

APPLES FOR SALE - Open 7 days, 9 to 5. Robertson's Apple Farm, No. 2 Highway East (Lakeshore Drive), phone 652-4609. 32-tfc

1974 BROUGHAM FORD LTD. as is. Best offer. Call 652-2483. 32-1p

For Rent

TOWNHOUSE FOR RENT on Hustler Crescent in Iroquois, 3 bedrooms. Available February 1st. Call Allan Farlinger 543-2272. 32-1c

2 BEDROOM APARTMENT available immediately, Hwy. No. 2, Cardinal, Burrell Apts. 657-3356 31-2c

1 BEDROOM APARTMENT on river. Elevator, security building, available immediately. Burrell Apts. 657-3356. 31-2c

2 BEDROOM UPSTAIRS APARTMENT FOR RENT partly heated, gas stove. Phone 652-4710. 32-4c



WATER SOFTENERS and conditioners. Guaranteed Sales and Service. Garry Murphy Sales and Service, Brinston 652-4802. 12-tfc

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We are taking another shipment of clothing to Latin America for needy children. We need large suitcases to transport them in. Call Irma Jackson 652-4838

HELP WANTED
Applications are now being received for permanent part-time counsellors in our group homes. Experience required in dispensing medications and working with the mentally handicapped. Must be mature and reliable. Send resumes to the attention of: Susan Saucier, Residential Director, Dundas County Association for the Mentally Retarded, Box 678, Morrisburg, Ont. K0C 1X0. 32-1c

HOUSE CLEANING — Steam cleaning carpets and upholstery. All kinds of cleaning. W & j Prosser. Tel. 652-4995 32-1p

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Coming Events

FLORIDA
Tour 1 - Daytona Beach 23 Day Tour. Feb. 18th - March 11, Surfside Inn $899.00.
Tour 2 - Mid Term Break Express Bus, March 10 - March 18th, Hawaiian Inn. Starting at $375.00 p.m. For Information: Frank's Tours, Box 606, Morrisburg or Phone 543-3444, 535-2888. 25-TFC

PREPARED CHILDBIRTH CLASSES - Next series of eight classes begins Feb. 6. Lamaze Method at Iroquois United Church. Call Lisa Klaehn 652-4336. 32-4p

A **PARTY** in honour of Ronnie Hodgson on his forthcoming marriage will be held at McHaffie's Hall, Highway 31, on January 21, 1984, 8 p.m. to 1 a.m. Refreshments and lunch served. 32-2c

LIONS DANCE - Iroquois-Matilda Lions Club presents a dance Saturday, February 11th, 1984, at Matilda Township Hall, Dixon's Corners, 9 p.m. to 1 a.m. Music by Rhythm Inc. Light lunch, $4.00 per person. Tickets available from Lions members. 32-5c

To Be Wed

Mr. and Mrs. Harry Smail wish to announce the engagement of their daughter Dianah to Robert Lawrence (Larry) Mustard, son of Mr. and Mrs. Robert Mustard of Lyn.

The wedding to take place on Friday February 3rd at 6 p.m. at Brinston United Church.

The reception at 8:30 p.m. at Matilda Community Hall, Dixon's Corners. Music by Rhythm Incorporated. 32-1p

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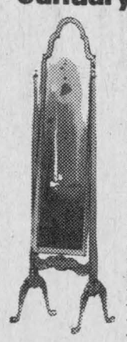
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ATTENTION - The January **MEETING OF THE IROQUOS WOMEN'S INSTITUTE** is cancelled due to renovations at the Civic Centre. 32-1c

IROQUOIS
URGENT — A LEADER for 4-H Girls Club **IS NEEDED.** If interested please contact Mrs. Florence English 652-2288. 32-1c

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[P.G.]
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IROQUOIS AREA - Large 2 storey concrete block home with an interesting history. Former Cheese Factory. ½ acre lot. Kitchen, living room, 3 bedrooms, bath. Large storage room. Small outbuildings. Asking $32,500. (4728).

HIGHWAY 31 - just 5 minutes from Morrisburg. Modern 3 bedroom brick bungalow, on large lot. Well maintained. Finished basement, including family room and workshop. Asking $58,000. (4741).

JUST WEST OF WILLIAMSBURG — 12 yr. old 3 bedroom bungalow. Eat-in kitchen / dining room, with patio doors to deck surrounding an in-ground pool. Garage. Paved drive. Lot 125 x 150. Asking $55,000. (4758).

MORRISBURG - 1½ storey frame, 3 bedroom home, located on Fifth St., Kitchen, dining-sitting room, living room, small garage. Convenient to shopping etc. Asking $34,900. (4761)

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In Memoriams

We would like to express our deepest appreciation to all our relatives, neighbours and friends for all the kindness to us in our bereavement of a dear husband, father and grandfather Ernest Jackson. Your gifts of food, floral tributes and memorial contributions were all greatly appreciated.

A special thanks to Rev. Allen Tysick for his kind and comforting words and prayers. Also a special thanks to Marsden Funeral Home. These acts of kindness will always be remembered in our hearts.

Eva and family, Pat and Bill and family, Leslie, Joyce and family, Betty, Bob and family. 32-1p

ROBERTS - In loving memory of a dear father, grandfather, and father-in-law, George (Ted) Roberts who passed away January 11, 1983.
What would we give to clasp his hand,
His happy Face to see,
To hear his voice and see his smile,
That meant so much to us.
Jack, Faye and Family. 32-1p

ROBERTS - In loving memory of a dear father George (Ted) Roberts, who passed away January 11, 1983.
The blow was great, the shock severe,
We little thought the end was near,
And only those who have lost can tell,
The pain of parting without farewell,
More each day we miss you father,
Friends may think the wound is healed,
But they little know the sorrow,
That lies within our hearts concealed.
Lovingly remembered by Jim, Lori and Jewel Roberts. 32-1p

Cards Of Thanks

I would like to express my sincere thanks and appreciation to kind friends and neighbours for cards and notes, donations, for food, flowers, visits and phone calls at the time of the loss of a dear husband.
Elsie Fanning 32-1p

We would like to express our sincere thanks and appreciation to our kind relatives, neighbours and friends for the donations to the Cancer society, flowers, food and cards during the loss of our husband, father, grandfather and brother.

Special thanks to those who visited during his prolonged illness and to the Royal Canadian Legion, Dr. Houze, the V.O.N. and Rev. Stewart, also the friends and relatives who supported and helped us through the last few days. These acts of kindness will never be forgotten.

Elsie Vaughan, Walt & Sharon and family, Rick & Minnie and family, Frank and Jean and Francis 42-1p

We would like to thank all our paper customers for their generosity at Christmas and wish you a Happy, Healthy New Year.
Bill and Kim Bucking 32-1p

SCRATCH PADS — 15c EACH
GET THEM AT
THE CHIEFTAIN
Iroquois Shopping Plaza

Reeve busy last year

FROM PAGE TWO

good friend and former chairman of the river authority, Ernie Brisson on Dec. 26.

"The township is in sound financial position and I would like to commend council and staff for their efforts and co-operation," the reeve added. "We hope to continue this into 1984."

"On behalf of council I wish everyone health and prosperity in the coming year," Mr. Strader concluded.

Complaints over plowing

From page 1

you looked outside? Its snowing out there and we won't go out until its stopped."

"I was very pleased to tell the callers that Lakeshore is not a township road," Mr. Horner added.

Councillor Charles Barkley said he received one call about the drive's condition from a resident who also complained last year.

Reeve Strader said he would talk with members of the counties' roads' crew.

INSIDE OUTSIDE
"As a man thinks in his heart so is he"

Have fun!

'Have fun,' we say to someone taking a holiday. 'Relax, enjoy yourself.' Or, to someone anticipating a party, we might say, 'Have a good time.' Behind such good wishes is the idea that people should enjoy life. And why not?

Live each day to the fullest. Use time wisely so that you can look forward with confidence and back without regrets. Enjoy what is beautiful.

Love with all your heart and soul. Believe that those you love, love you.

To some folk 'having a good time' means indulging in drink and sinful pleasures. Such people may have a good time of sorts — often with tragic results. But having a good time is part of the Christian message. After one parable Jesus said: 'I have spoken these words that your joy might be full.'

Have fun; enjoy life — with Christ, the Creator of gladness.

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2 storey, 3 bedroom frame dwelling, living room, dining room, bathroom, eat-in kitchen, two wells, spring, combination wood and coal stove in kitchen, located on 83 acres with 650 foot frontage, beautiful view of St. Lawsrence, with good potential as to development. Asking $85,000.00.

MATILDA TOWNSHIP
Residential building lot, 103' by 281' with garage double, steel siding, concrete floor, nicely treed; Available immediately. Overlooking St. Lawrence 2½ miles west of Morrisburg on Lakeshore Drive. Asking $28,000.00.

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Gillard gets fuel tender

[BRINSTON] - Don Gillard, agent for Imperial Esso, has been awarded the fuel contract for Matilda Township, council decided at its regular meeting last Thursday.

Mr. Gillard's tender was 39.4 cents per litre for regular gas, 37.3 cents per litre for diesel fuel and 26.5 cents per litre for furnace oil. The tender prices are subject to market fluctuations.

Mr. Gillard's tender was the lowest of three submitted. Per litre tender from Baker was 42.44 cents, 39.1 cents and 27.5 cents respectively. Tender from Petro Canada was 41.7, 41.9 and 28.8 cents.

Prior to awarding the tenders, Reeve Lorne Strader asked council if they would be in favor of installing an unleaded gas tank at the township garage to supply the newly purchased half-tonne truck. Tanks for diesel fuel and regular gas are already on the site.

Councillor Charles Barkley suggested a 200-gallon tank be installed rather than have the roads' crew suffer the inconvenience of travelling to a service station whenever gas is needed. He also noted that much of the crew's work is done at night or other times when finding a gas station open is difficult.

Other council members were in general agreement.

Township committees made

[BRINSTON] - Municipal council made its annual committee appointments at its regular monthly meeting Jan. 5.

Members appointed are: Clerk-treasurer - Bill Horner; Deputy clerk-treasurer - Peggy Whitteker; Solicitor - McInnis and McEwen; Auditors - Thorne Ruddell & Co. Livestock elevuator - Percy Gilmer; Building inspector - Everett Froats; Dog catcher - Francis Roskell; Roads superintendent - Doug Liezert; OHRP administrator - John Siebert; Fence Viewers - Frederick Marcell, Patrick Murphy, Floyd Thompson, Francis Henderson and Raymond Adams; Bylaw enforcement officer and chief building officer - Bill Fridgen; Poundkeeper - Jim McGinn; Court of revision - Brian Montgomery, Mike Ault, Dwight Gilmer, Fred Zandbergen Jr., Brian Smail and Harry Smail.

Two appointments from council and two appointments for the township hall board as well as appointments to the recreation committee will be made at a later date.

Township may receive $6,000 grant

(BRINSTON) - A $6,000 provincial grant from the Ministry of Tourism and Recreation is available to Matilda Township, clerk-treasurer Bill Horner said at the regular meeting Thursday, Jan. 5.

The ministry will pay 50 per cent of the total recreation budget or $6,000, whichever is more, Mr. Horner said.

However, the recreation budget must be submitted to the ministry and approved for theg rant to be received.

Speaking later to The Chieftain, Mr. Horner noted the township's recreation department had net expenditures of about $20,000 in 1983 so there shouldn't be any problem to receive the maximum grant. Gross expenditures were near $50,000, ne noted, but revenue offset that by some $30,000.

In previous years, he added, the ministry granted only $1,000.

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18-tfc

FORM 1 PLANNING ACT, 1983

NOTICE OF THE PASSING OF A ZONING BY-LAW BY THE CORPORATION OF THE TOWNSHIP OF MATILDA

TAKE NOTICE that the Council of the Corporation of the Township of Matilda passed By-law 84-2 on the 3rd day of January, 1984 under Section 34 of the PLANNING ACT, 1983.

AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Corporation of the Township of Matilda not later than the 10th day of February, 1984 a notice of appeal setting out the objection to the by-law and the reasons in support of the objection.

An explanation of the purpose and effect of the by-law, describing the lands to which the by-law applies, and a key map showing the location of the lands to which the by-law applies are attached. The complete by-law is available for inspection in my office during regular office hours.

Dated at Brinston, Ontario this 3rd day of January, 1984.

W.E. Horner
W.E. Horner, Clerk-Treasurer of the Corporation of the Township of Matilda

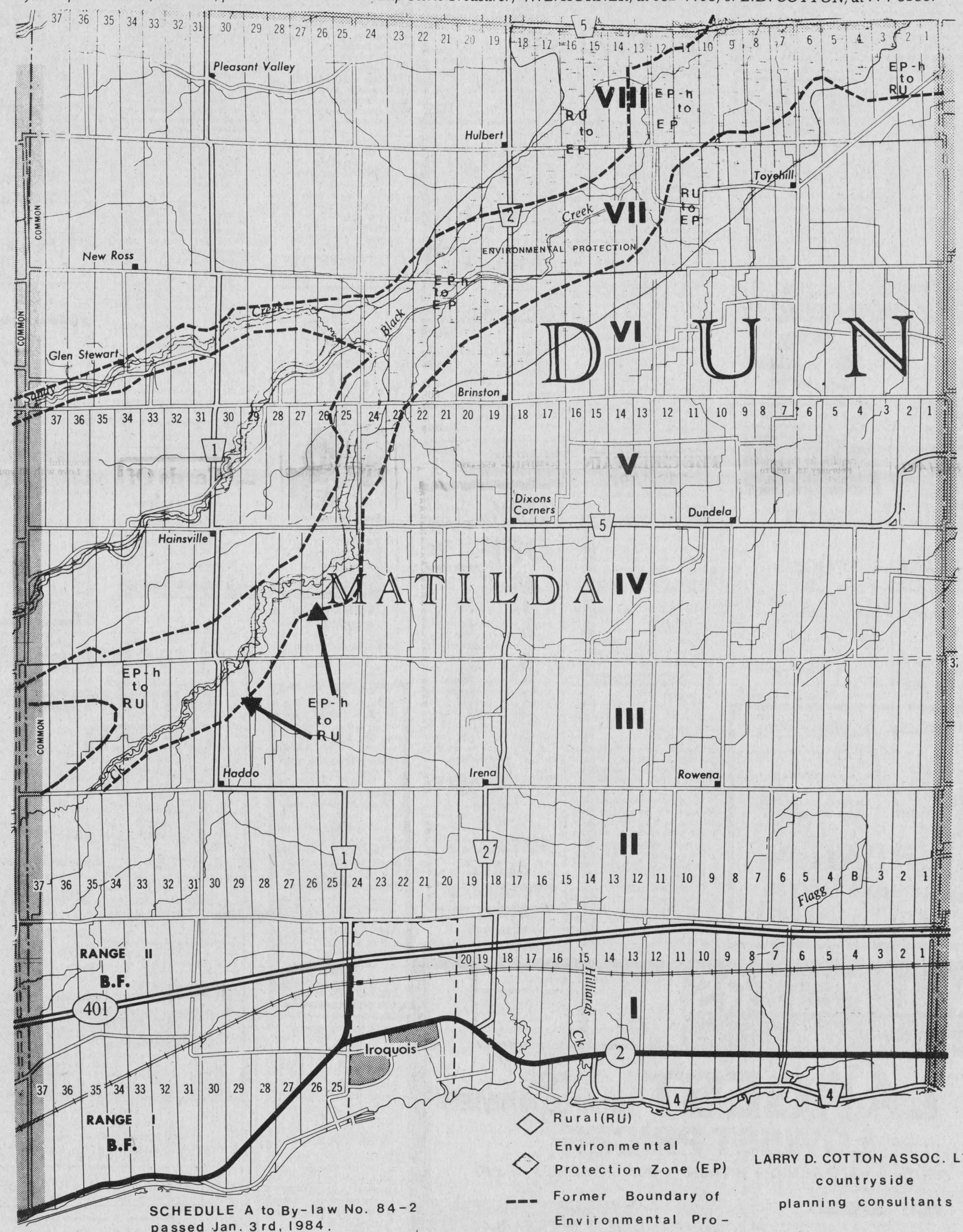
The following is an explanatory note of By-Law No. 84-2:

By-law No. 84-2 amends By-law Number 80-4, the Township of Matilda's comprehensive Zoning By-law.

The By-law introduces two new zoning classifications to By-law No. 80-4, - Rural Residential Zone (RR) and Environmental Protection Zone (EP). In addition to the modifications to the text of the comprehensive zoning by-law, certain changes are made to the land use Schedule A of the comprehensive by-law. The lands found along the South Nation River and its tributaries lying within the Township of Matilda have recently had preliminary (non-engineered) one-in-one hundred year flood line mapping done. Therefore, the original Environmental Protection-holding Zone (EP-h) classification, established when the comprehensive By-law was written, was no longer relevant for flood protection purposes. As a result, certain lands are rezoned in this amending By-law No. 84-2 from Environmental Protection-holding to Rural and / or Environmental Protection Zone (EP). Other lands which have been determined by the new mapping to be subject to flooding have been rezoned from Rural (RU) to Environmental Protection (EP).

Residential building construction may occur within the Environmental Protection Zone if the subject lands can be properly floodproofed and in certain cases, the lands are rezoned.

Should you require more information, please contact the Township Clerk-Treasurer, W. E. HORNER, at 652-4403, or L.D. COTTON, at 774-3183.



SCHEDULE A to By-law No. 84-2
passed Jan. 3rd, 1984.

(Reeve) Lorne Strader (Clerk) W.E. Horner

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Insulating for flat and cathedral roofs

A lot of energy conservation advice tells you that insulating the attic will reduce your heat loss. But what if you don't have an attic? Many houses don't: flat roofs and cathedral ceilings are quite common in Ontario.

As much as you might expect, it is more difficult to re-insulate without an attic -- there's just not much room for the insulation. Even so, it's still possible to effectively re-insulate the roof.

Before making any decisions about materials or methods, you should inspect the roof's condition. Remove a section of ceiling in some concealed place, like a closet. Then find out how much insulation there is by measuring its thickness; for example, 3½ inches of fibreglass batts means an RSI value of 2.1 (R12). See how well the insulation has weathered.

Do this, if possible, in midwinter, to discover whether the insulation is soggy, which means that warm moist air is leaking in from the house and condensing. In the case, sealing against air leaks is an essential step. Finally, assess the adequacy of the ventilation space and look for an air-vapour barrier; these are two of the most important things to keep in mind when you insulate a flat roof or cathedral ceiling.

The air-vapour barrier keeps warm air from penetrating the insulated space and condensing. It also reduces heat loss by blocking the flow of air into and out of the house. The material that best performs this double function is 6 mil polyethylene, attached on the warm side of the insulation.

Full installation directions can be obtained from the Ministry of Municipal Affairs and Housing fact sheet on Air-Vapour Barriers. If an air-vapour barrier is already present, you should slash it if you're re-insulating from the inside, to avoid locking moisture in between the two vapour barriers. However, an existing vapour barrier can be left intact if you're insulating from the outside.

No air-vapour barrier gives complete protection, so you need a ventilation space to diffuse any moisture that does get past it. Adequate ventilation requires a space of at least 64 mm (2½ inches) on the cold side of the insulation. This prevents the possibility of moisture ruining your insulation and rotting the wood that supports the roof.

However, you don't need to provide additional ventilation if you're insulating with rigid foam boards on the outside of the roof. In that case, any existing ventilation space should be blocked.

How do you decide whether to insulate from inside or outside the roof? Consider your circumstances. Insulating cathedral ceilings and flat roofs on the inside makes good economic sense if you're already renovating your house. If you're planning to re-roof, exterior insulation can conveniently be included in the work.

If interior insulation is the most suitable approach in your situation, you have three options.

Insulating with Rigid Boards: This is an especially satisfactory approach if your head room is limited. Foam boards, such as extruded or expanded polystyrene, are used here, with the boards attached to the existing ceiling joists or rafters.

You don't have to worry about additional space for ventilation, since the roof cavity provides enough. But it is essential to cover the new insulation with a good air-vapour barrier before you put up drywall.



Re-Insulating Inside the Rafter Cavity: This approach necessitates removing the existing drywall, but allows you to add a higher level of insulation without losing head room. The amount of insulation is restricted by the size of the roof cavity and by the space required for ventilation.

If you nail cross strapping across the rafters at 400 mm (16 inch) distances, you can create enough room for a second layer of insulation.

Extending the Existing Rafter Cavity: This is an improvement on the preceding method, because it allows for an even greater amount of insulation. You expose the rafters or ceiling joists and use new rafters to extend the depth of the cavity by as much as 150 to 200 mm (6 to 8 inches).

The new rafters are attached to the original ones with pieces of plywood (called gussets). Nail the gussets, three pairs for every eight feet, to the bottom rafters before they go up. Fill the enlarged space with fibreglass batts, leaving the top 64 mm (2½ inches) clear for ventilation.

The ministry fact sheet **Flat Roofs and Cathedral Ceilings** describes these procedures in detail; it also discusses the exterior insulation options. You'll need professional help with these, so if you tackle the job from outside, consult an experienced roofer first.

The exterior method involves placing rigid board insulation directly over the sheathing before the new roofing materials are installed. An impermeable type of insulating board, like urethane or extruded polystyrene, is a good choice because it also acts as a vapour barrier. Make sure the soffit vents in the original roof are closed off to prevent air from getting in under the new insulation.

The alternative and more complex option is to build a new frame roof on top of the original roof, filling the new rafter cavities with batt insulation. Leave 64 mm (2½ inches) of unobstructed space for ventilation between the batts and the new roof sheathing. Don't forget that an air-vapour barrier should be laid on the existing roof below the insulation unless there's one already present.

If your house has a flat roof or cathedral ceiling, and you want to examine these insulating options, send for the free Energy Conservation and Renovation Kit, which includes a fact sheet specifically on this subject. Write the Ministry of Municipal Affairs and Housing, 777 Bay St., 2nd Floor, Toronto, Ontario M5G 2E5.

Caution urged when buying vacation lots

[TORONTO] - Forty Toronto-based companies are being investigated in connection with the sales of Ontario vacation properties.

Dr. Robert Elgie, Ontario Minister of Consumer and Commercial Relations, says the ministry's Business Practices Division and Metro Toronto Police are investigating numerous companints from people who say there were bilked by land speculators in the purchase of cottage and retreat land located throughout Ontario.

The complaints range from the loss of $500 to $10,000 downpayments to gross misrepresentations of lots for sale.

In some cases, the complaints are reminiscent of the infamous Florida swamp land deals of an earlier era. People are being shown one lot and then sold another inferior property. Sometimes the property is a swamp.

"Although I can't release details that will jeopardize the investigations, I can warn people to use extreme caution when buying Ontario vacation properties today," says Dr. Elgie.

"All evidence so far points to a very serious and growing problem in holiday lot sales."

All buyers who complained to the ministry had responded to classified advertisements in Toronto newspapers for single properties for sale. Most buyers assumed the land was being sold privately by individual onwers until they visited a company office where they were shown photographs and maps of several lots for sale.

Some of the buyers say the company pressured them into buying land unseen. Others complained the companies had sold them land before the companies owned it (at inflated prices) and invented or exaggerated features that enhance the property.

In one case, a man inspected a $32,000 property near Toronto and immediately tendered a $3,500 downpayment. When taking possession of the land, he learned his property was a swamp, 570 metres west of the land he thought he bought.

The man, who claims he can't walk on the property without wearing wading boots, faces monthly payments of $300 for the next eight years. The company refuses to return his money or buy back the property.

In another case, a family cashed their life savings bonds to buy what they throught was a once-in-alifetime deal, a 25-acre lot with two lakes selling for $29,000. The company, which claimed to own the land, said it was repossessing it from the current occupants who had defaulted on mortgage payments. The company said it merely wanted back its initial investment.

The couple paid an initial deposit of $500 and later a good faith deposit of $9,500. They agreed to pay the remaining $19,000 on closing. However, months have passed and the couple have neither received the property deed nor a refund for their deposits.

Dr. Elgie advises people who feel they have been bilked in the purchase of property to contact their local police or the government police investigators at (416) 963-0302.

Cross-country trail blazing

Ontario's rolling terrain, abundant snowfall and modern resorts put this province at the top of the hill in cross-country. It's all here - from bushwhacking in unmarked snow through deep woods, to relaxed weekends in cozy lodges, to the adventure of skiing hut-to-hut in remote country.

Many resorts offer not only marked trails clearly graded according to the skier's ability, but also track-set trails. The track-setting machines make cross-country skiing sheer joy. The sleds they pull leave two deep grooves in the snow, just the right distance apart for the proper stride. The weight of the sled compresses the snow, making a pole track on each side.

On these trails, beginners look like intermediate skiers. More experienced skiers glide down trails like experts. Ski poles never suddenly disappear down deep drifts, causing you to lurch, and the ski grooves actually do the steering for you.

There are moments of awesome quiet when skiers slide down gentle hills into valleys completely protected from the wind. The fluff of six snowfalls piles high on branches, even on tiny twigs. It's a wonderland more delicate than a house of crystal. No one speaks, fearing the vibration from voices might somehow destroy what seems to be an illusion.

The pleasures of Ontario's lodges are anything but an illusion. A cross-country lodge is one of the best places to combine the silence and sociability of skiing.

Although there are lodges in all parts of the province, the snow train to Kwagama Lake Lodge north of Sault Ste. Marie is an all time peak experience. Skiers travel to mile 118½ on the Algoma Central Railway, through the beautiful Agawa Canyon. When the train stops, you can ski directly into the lodge 12 km away. Meanwhile, your luggage speeds by on sleds.

Then, for six days, you live in your own cabin, tour the vast network of trails and meet at the main lodge for meals. Kwagama Lake Lodge, 176 Manitou Drive, Sault Ste. Marie, P6B 5L1 has more information on the Snow Train. For reservations call (705)254-4331.

Another refreshing escape is hut-to-hut skiing in Algonquin Provincial Park. The day's destination is an insulated tent 8 km or more away in the woods. You carry your own gear, knowing that sometime before the sun sets, you'll be comfortable in a tent, well-fed and warmed by a wood fire in a small stove. There's a feeling of relying on the group, a curious combination of companionship and solitude, something that's hard to find anywhere. But it's available on skis. Contact Algonquin Nordic Ski Touring, 40 Dixington Cres., Suite 404, Weston, Ontario, M2P 2K8. Phone (416)248-6325.

Ontario's cross-country skiing ranges from the exhiliration of a moonlight tour of a local park, to a week of high adventure in the wilds.

PARTICIPaction

By Russ Kisby

Hydra-Gym

PARTICIPaction recently paid a visit to Peter Jensen, the amiable Ph.D. who serves York University's Glendon College in Toronto as Athletic Director.

Glendon College's Proctor Fieldhouse was first in Ontario to install some of the world's most advanced physical conditioning equipment - a remarkable set of devices called Hydra-Gym.

Hydra-Gym, and the Omnikinetic training program that accompanies it, have become something of a phenomenon in the six or seven years they have been on the market.

Produced by Hydra-Fitness Industries, Inc. of Belton, Texas, Hydra-Gym represents a significant step forward in physical conditioning. Professional teams like the Dallas Cowboys and San Diego Padres use it as do fitness centres, hospitals, government agencies and other groups as diverse as churches, boys clubs and fire departments.

Hydra-Gym even devised a compact training machine for use on U.S. submarines!

Hydra-Gym comprises a number of machines, each designed to allow the user to perform certain specific exercises. Some machines permit multiple exercises.

And while previous physical training machines like Universal and Nautilus rely on weights, Hydra-Gym centres on hydraulics - cylinders, the size of automobile shock absorbers, filled with oil.

Thus, when you work out on a Hydra-Gym machine, you're not "pumping iron" - you're, in effect, "pushing liquid" through a small adjustable hole inside the cylinder.

You work very quickly.

The differences Hydra-Gym makes can be astonishing. When you lift a traditional weight, you do your muscles the most good only when you're at the weakest angle in your range of motion.

With Hydra-Gym, you get resistance through your full range of motion and again, on reciprocal muscles, when you bring the machine handles back.

Without getting technical about it, Hydra-Gym doubles your workload, and cuts in half the time you spend working out.

Jensen told us a typical workout on a full set of Hydra-Gym machines would take an average 22 minutes and burn off 400 calories - as many as you'd burn jogging for close to an hour.

"Hydra-Gym totally accommodates to the user," Jensen told us. "At any angle, it gives you back exactly what you put into it. It allows you to work with incredible speed so that you work fast twitch muscle fibre. You can also work at a slow twitch pace if you want, but it does allow you to train with speed, accelerating through the movement, which is the way you perform in activity.

"With traditional weights, you do seven repetitions of a lift so that the eighth one is difficult. With Hydra-Gym, your first effort is your maximal one, and with each repetition afterwards, it's as if someone is taking weights off."

We tried a few of the machines. We worked quickly, as instructed, and were breathing heavily in a matter of seconds!

Hydra-Gym clearly provides what traditional machines do not: an excellent cardio-vascular workout simultaneous to specific muscular exercise.

The machines were quiet and safe. And, Jensen advised us, used properly, the machines would condition the user without producing muscle soreness - the rhythmic pumping action helps remove lactic acid.

Best of all, all ages can use Hydra-Gym - since all you do is push and pull as best you can.

And, you can use Hydra-Gym with a certain privacy: the rest of the gym can't see how much weight (or how little!) you're lifting - since there aren't any weights!

Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

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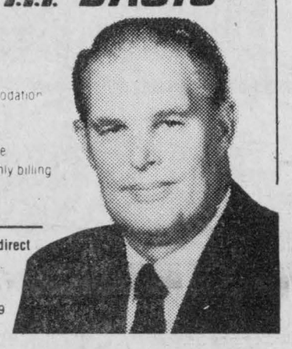
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Let's Go Snowmobiling

Joyce Alley is a young, vivacious woman whose tastes run toward the adventuresome; Nancy Zoet, a happily married mother of three teenagers, is interested in activities which she and her family can enjoy together; and Carlene Stobridge, a sprightly woman of 80, is a person who has discovered that healthy outdoor recreation fun need not be restricted to the young.

What these diverse women share in common with one another, and with millions of other women throughout Canada and the United States, is their enjoyment of snowmobiling — one of the most popular outdoor winter recreations. Indeed, according to a nation-wide government survey conducted for the U.S. Department of the Interior, nearly half of the more than 14 million U.S. snowmobiling enthusiasts are women. This participation rate for women is much higher than other traditional outdoor recreations such as golf, fishing, camping and hiking.

There are a number of reasons for the appeal of snowmobiling among women and people of all age groups. Certainly, the diversity of the sport ranks high on the list. Snowmobiling can be sedate and leisurely on a scenic 5 mph ride along smoothly groomed snowmobile trails; or it can be adventuresome and demanding on a hard-driving snowmobile safari spanning hundreds of miles of mountainous back country.

Ease of operation is another strong influence in its appeal among women. Women who have never thought of themselves as being outdoor types or especially athletic are delighted to discover that they can become quite proficient as snowmobilers in just one afternoon of riding. The versatile little machines are simple to operate (there's no shifting involved — just brake and accelerator levers). And today's snowmobiles are a far cry from their counterparts of only a decade ago. They're light, very reliable, require minimal maintenance and are extremely easy to handle. They are also very light (94% quieter than 1968 models!). For the busy woman on the go — who may be juggling an outside job, caring for a home and raising a family — the ease with which one can learn this sport seems to be a definite plus.

Finally, the family nature of the sport is a strong appeal to women. An overwhelming 80% of all snowmobilers consider it a family activity in which wife, husband and children participate together. On this subject, Nancy Zoet seems to reflect the feelings of many women:

"I love snowmobiling for the special closeness it has brought to my family. We now share something as a family that is interesting and exciting, and we talk with each other. Snowmobiling gave us the chance to have active winter fun outdoors together and enjoy each other's company as a family as we never could have before."

Any recreation that can foster closer bonds within the often beleaguered family unit certainly has a lot going for it. It's pretty easy to see why snowmobiling is so appealing to women.

For more information, contact the Snowmobile Information Centre of the Ontario Snowmobile Industry Association, P.O. Box 951, Stn. Q., Toronto, Ontario M4T 11.0 or telephone (416) 923-4459.

People of...
ONTARIO
by Cheryl MacDonald
Ontario's Bicentennial: 1784-1984

JOSEPH BRANT



Courtesy Archives of Ontario

Striding proudly beside his long-time friend, Col. Guy Johnson, the fiercely handsome Mohawk entered the throne room of St. James Palace. In silence, Joseph Brant watched his friend kneel and kiss the outstretched hand of King George III. As the king's hand reached out to him, Brant swept it aside. "I kiss the hand of no man!" he declared. Then, as gasping onlookers struggled to recover from their shock, Brant diplomatically offered to kiss Queen Charlotte's hand.

Although King George was petulant if crossed and already suffering from the disease which drove him mad, the meeting was successful. For Brant was a powerful leader in his own right, and on the eve of the American Revolution, King George desperately needed his help.

Joseph Brant was born on the banks of the Ohio River in 1742. His parents' home was in the Mohawk Valley of New York, but at the time of his birth they were part of a group hunting in the lands of their allies. The baby was called Thayendanegea — "two sticks of wood bound together — a Mohawk symbol of strength. When the boy's father died, his mother married an Indian with the Christian name of Brant, and so Thayendanegea was called Brant's Joseph, or Joseph Brant.

Joseph was educated in the traditional manner of an Iroquois brave. As a Mohawk, member of the proudest tribe in a powerful confederacy, he learned the rich heritage of his ancestors. He learned practical lessons, too: hunting, wood lore, and the skills of war, which he put to use in 1755.

He was 13 when he accompanied Sir William Johnson, superintendent of Indian Affairs, and husband of his sister Molly Brant, to Lake George. There, and in the battles that followed in the next two years, the British forces defeated the French and secured their claim to North America.

While Joseph's prowess as a warrior might have assured him a place of honour in his people's longhouses a generation earlier, traditional Indian skills were no longer sufficient. The steady westward push of American colonists was altering the Indian way of life, and an Indian leader needed to move in two worlds. Influenced no doubt by William Johnson, Brant enrolled in a mission school in Connecticut. He was 19, older than his fellow students, but he studied hard. By the time he left school to help quell the Pontiac uprising, he was instructing other students.

Brant proved his skills as a statesman when he convinced the Six Nations Iroquois to forget Pontiac and remain allied with the British. In the peace which followed, he settled down on a farm with his wife Owase and two children. But Owase died of tuberculosis when their son was seven. Brant married her half-sister, Onogola, who succumbed to the disease a year later. Ater waiting several years, he married Catherine Croghan, who was half-Irish, half-Indian.

Brant's third marriage took place on the eve of the American Revolution. About the same time, Sir William Johnson died. There was much dissention within the Six Nations confederacy. Some favored the British point of view, while others wanted to side with the rebels. Only Brant's influence — and an insult from the Continental Congress, which sent a minor official to negotiate with the Indians — kept the confederacy allied with the Redcoats.

The war was long, bloody, and, for the British, futile. In the aftermath, many of the Six Nations Indians moved to Canada, where British governor Sir Frederick Haldimand provided land for them. Some settled in the Bay of Quinte area, but most followed Brant to land reserved for them on either side of the Grand River. There, the town of Brantford was established. By 1782, it had a population of 1500, a sawmill, a school and a chapel, the first protestant church in Ontario.

Yet, for Joseph Brant, the new land brought little peace. There were rivalries within the tribes, and one old enemy accused him of misappropriating Indian funds. Then, in a drunken rage, Brant's only son Issac attacked him. In self-defense, Brant killed the younger man. Although acquitted, he never forgave himself.

He spent his final days at Wellington Square, the house he built for himself on Burlington Bay. One of his proudest accomplishments during this time was the translation of the Bible into Mohawk. He died in 1807, after witnessing one of the most crucial periods in North American history, and helping, in his own way, to shape the destiny of Ontario.

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CHILD'S PLAY

Falls are a common cause of injury for babies and young children. St. John Ambulance reminds you that you never leave a baby alone on a table or bed. Always assume he can roll over or worm his way off the edge. Be sure he is safe in a carriage, crib or playpen. To learn a lot about baby and child care, take a St. John Ambulance Child Care course.

ACT QUICKLY

If a baby or young child chokes, act quickly, says St. John Ambulance. Give him a chance to cough up the obstruction. If he cannot, and is turning red, hold him securely upside down, with your hand under his chest and shoulders. Give him four sharp slaps between the shoulder blades, - not hard enough to damage him. If that does not work, sweep your fingers through his mouth and try again. Call the doctor. St. John Ambulance teaches first aid and child care courses that can help you handle emergencies.

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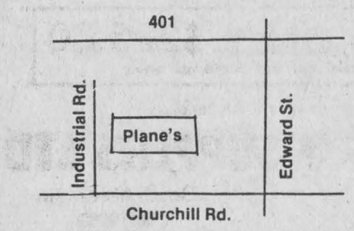



Five youngsters officially began their roles as Brownies at the first meeting of the new year Monday afternoon ar the United Church hall. The five, who were previously enrolled as Tweenies, are in front frow, from left, Sherri Anderson, Charlene Grootjans, Melissa Turner, Paula Ladouceur and Donna Baker. Celebrating their membership are other Brownies behind, from left, Brenda VanAllen, Mandi McKee, Allison Banford, Sarah Watts, Tracey Hamilton, Debbie Borris, Shelley Gibson, and Laurie Casselman. In back are leaders Ann Banford, Muriel Hamilton and Debbie Shaver.

Spray-on films cut storage costs

[KENTVILLE, N.S.] - A spray-on film may soon give small apple growers the marketing benefits of controlled atmosphere storage at a fraction of the cost.

Perry Lidster, a postharvest expert at Agriculture Canada's Kemptville Research Station, and Dr. Ernie Hayes of Acadia University are working on a spray-on film made from chitin, a non-toxic by-product of the fishing industry.

The film, which is semi-permeable, restricts carbon dioxide release and oxygen penetration into the fruit, achieving the same result as controlled atmosphere storage.

Under normal cold storage conditions, the traditional Canadian apple varieties -- Mac Intosh, Idared, Spartan and Delicious -- are marketable until December or January. With controlled atmosphere storage, apples can be kept in good condition for up to a year, allowing Canadian producers to compete with the spring and summer imports from the southern hemisphere.

However, controlled-atmosphere storage is expensive. It requires an air-tight building in which the oxygen can be burned off to provide just the right balance of oxygen and carbon-dixoide for the particular apple variety involved.

Dr. Lidster says this storage costs about $6 per bushel for construction plus 75 cents a bushel for operating costs.

Growers using the semi-permeable film would then only have to use the less-expensive cold storage facilities.

The coating is not intended to be a shelf-life extender. It would be washed off before the apples are sold, but since it is made from a non-toxic food product, there is no health risk if it is eaten.

"Citrus growers in the United States and elsewhere have had some success with a plastic film, but plastic is unsuitable for apples where the skin of the fruit is generally eaten," Dr. Lidster says.

"Something less energy intensive and easier to apply is also preferred."

"We are looking at a number of films to meet each apple variety's unique characteristics. Each of the films is different in their structural make-up," Dr. Lidster said.

The films are not yet on the market, although a number of fruit and vegetable companies across Canada are conducting semi-commercial trials. Dr. Lidster sees the films being of particular benefit to small producers who may be able to market their produce past December without going to the expense of building controlled atmosphere storage.

"But the films have a wide range of potential uses beyond the apple industry," Dr. Lidster says. "They can be applied to any product that responds to controlled atmosphere storage such as cabbage, broccoli, cherries and pears."

UCO executive re-elected

[TORONTO] - All four members of the executive committee of the United Co-operatives of Ontario's board of directors were re-elected at a meeting here in December.

Robert Brown of Exeter will continue as president for the third year; John Black of Markdale continues as first vice-president; Murray Allen of Vankleek Hill remains as second vice-president; and Stuart Luckhardt of Owen Sound remains as the fourth executive member.

About 700 UCO members attended the elections which followed the 36th annual meeting.

Dundas County members are represented by Mr. Allen who serves Zone 2 which also comprises Stormont and Glengarry, Renfrew, Lanark, Ottawa-Carleton, Prescott-Russell and Leeds and Grenville.

A member of Vankleek Hill Sales and Service Centre for more than 20 years, Mr. Allen also belongs to the county federation of agriculture and is past president of the Prescott County Holstein Club and Vankleek Hill Agricultural Society.

During the annual meeting, delegates were told the UCO suffered a $7.8 million loss in fiscal 1983 but this was tempered by sale of assets and other actions in the third quarter taken to eliminate losing operations and resulting in the best fourth quarter since 1979.

It was also noted the positive fourth-quarter trend has continued into the new fiscal year with a profit of $500,000 in the first two months.

Explanation sought on higher charges

[BRINSTON] - Township council is seeking an explanation from Ralph Buter Construction Services about a $1,400 difference between an estimated quote and the actual bill of work done to the municipal garage.

The question was raised by roads superintendent Doug Liezert at council's regular meeting last Thursday.

Mr. Liezert pointed out that the bill of $13,194 doesn't correspond with the company's quote of $11,800. He said the company dug two feet down around the edge of the building and charged $980 when it would have cost $1,660 for four feet.

He added that the workers weren't pleasant to work with and broke a cutting torch.

"They're finished the job -- at least they say they're finished," the superintendent said. "There are still some windows that need caulking."

Council asked Mr. Liezert to talk with company management and directed clerk-treasurer Bill Horner to withold payment until an explanation is received.

INVESTMENT MARKET

Pipelines & utility share outlook

By Susan V. Vecchio

In an ongoing effort to isolate where potential risk and profit situations exist, the Investment Strategy Committe of McLeod Young Weir has identified the pipeline and utility sector as a situation where holdings should be reviewed.

This area is generally considered amongst the most defensive in a bear market environment. Numerous analyses have proven that regulated stocks will perform better than average in a bear market, but underperform in a rising market. In the period since the TSE 300 composite index bottomed in July, 1982, it has appreciated approximately 84% while the utilities sub-index has appreciated by 42% and the pipelines sub-index by approximately 41%. The performance of the utilities and pipelines sectors has been at the bottom of the 15 major indices. While there have been individual situations which have dramatically outperformed the indices, the general performance has been lacklustre.

An in-depth study, which is fully covered in the most recent edition of McLeod's monthly investment guide, "Decisions" concludes that, for non-taxable accounts, a significant reduction in telephone and gas utility holdings is recommended. For taxable, income-oriented accounts, McLeod continues to suggest that investors seek out only those companies that have no common share financing requirements and are in the best position to maintain a high rate of return on common equity without significant tariff increases. Further it is believed that investors should move aggressively into the pipelines sector where exposure to a higher interest rate environment should have a lessor impact upon share price performance which should be largely geared to earnings and rate base growth. Specific company recommendations are contained in "Decisions". For a complimentary copy, contact S.V. Vecchio, c/o McLeod Young Weir, Toronto-Dominion Centre, Commercial Union Tower, Box 433, Toronto, Ontario, M5K 1M2, or call our toll-free number, 1-800-387-1834.



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PROPERTY ASSESSMENT
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Regional Offices located throughout Ontario are responsible for assessing all real property for the purposes of municipal and school taxation.

The resulting Assessment Rolls are delivered to municipalities which use them to set their mill rates and compute municipal property tax bills.

The amount of property tax you pay on your home or business depends on the assessed value and the mill rate set by your municipality. The assessed value multiplied by the mill rate will determine your 1984 property taxes.

Open House Sessions

Open Houses are your opportunity to fully understand your assessment and to evaluate its equity.

Open Houses are held in every municipality at convenient times and locations, to provide you with the opportunity to discuss your assessment with staff of the Regional Assessment Office.

An assessor will be pleased to explain the basis of your property assessment and is authorized to amend any information as may be necessary prior to the delivery of the Assessment Roll to your municipality.

If you have any questions but are unable to attend the Open House, please contact your Regional Assessment Office at the address or telephone number shown below.

Assessment Notice

Property owners and tenants will receive an Assessment Notice ***only if information regarding their property or assessment was changed during the past year, if the assessment was appealed last year, or if the property has been reassessed under section 63 of the Assessment Act.*** If you receive an Assessment Notice, it may reflect changes you have requested in your school support designation, the amount of your assessed value, or other recorded information on last year's Notice.

Appeal Procedure

If, after attending your local Open House, you are still dissatisfied with your assessment, you have a right to appeal it to the Assessment Review Board. The Assessment Review Board conducts informal hearings and is responsible for determining whether the assessment under appeal is fair and equitable with the assessments of similar properties in the vicinity or neighbourhood, and may alter your assessment accordingly.

Appeal Deadline

The final date for appealing your assessment is March 7, 1984.

Your appeal must be forwarded, either on a Notice of Appeal Form or as a letter, to the Regional Registrar of the Assessment Review Board on or before March 7, 1984, noting your property address, Roll Number and the reason for the appeal.

To assist you in this regard, Notice of Appeal forms and the address of the Regional Registrar of the Assessment Review Board are available at Open Houses, your Regional Assessment Office, or your municipal office.

Schedule of Open Houses

TOWNSHIP OF LANCASTER	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF LANCASTER	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF CHARLOTTENBURGH	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF LOCHIEL	Jan. 18 & 19, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF KENYON	Jan. 18 & 19, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF MAXVILLE	Jan. 18 & 19, 1:00 pm to 8:00 pm, Municipal Office
TOWN OF ALEXANDRIA	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
CITY OF CORNWALL	Jan. 16 to 18,1:00 pm to 8:00 pm, Assessment Office
TOWNSHIP OF CORNWALL	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF OSNABRUCK	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF FINCH	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF FINCH	Jan. 30 & 31, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF ROXBOROUGH	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF MATILDA	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF WILLIAMSBURG	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF IROQUOIS	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF MORRISBURG	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF MOUNTAIN	Jan. 16 & 17, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF WINCHESTER	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF WINCHESTER	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF WEST HAWKESBURY	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF EAST HAWKESBURY	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
TOWN OF HAWKESBURY	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
TOWN OF VANKLEEK HILL	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF CALEDONIA	Jan. 30 & 31, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF LONGUEUIL	Jan. 23 & 24, 1:00 pm to 8:00 pm, Gauthier's Hall
VILLAGE OF L'ORIGINAL	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF ALFRED	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF ALFRED	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF SOUTH PLANTAGENET	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF ST. ISIDORE	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
TOWNSHIP OF NORTH PLANTAGENET	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF PLANTAGENET	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
VILLAGE OF CASSELMAN	Jan. 23 & 24, 1:00 pm to 8:00 pm, Municipal Office
TOWN OF ROCKLAND	Jan. 30 & 31, 1:00 pm to 8:00 pm, Rockland Arena
TOWNSHIP OF RUSSELL	Jan. 25 & 26, 1:00 pm to 8:00 pm, Municipal Office

Ontario Ministry of Revenue

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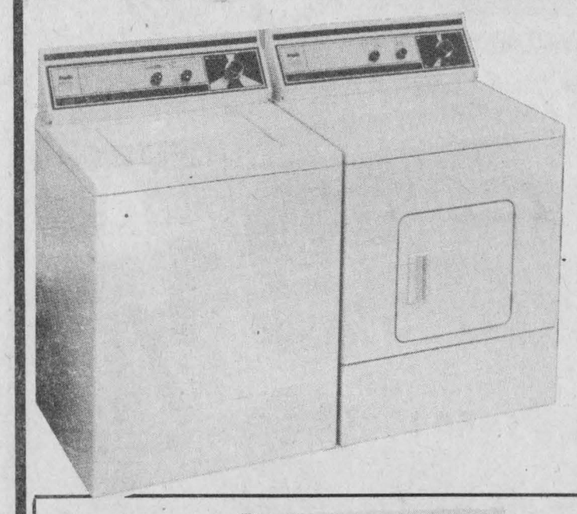

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INSIDE OUTSIDE

"As a man thinks in his heart so is he"

Impossible?

A scientist once said of the young Thomas A. Edison, 'This poor fellow is wasting his time. Two fundamental laws of physics prove he is attempting the impossible. The first is that there can be no light without combustion; the second is that no combustion can take place in a vacuum. Therefore, no light can be made in a vacuum.'

But even in the face of these 'impossibilities,' Edison went right ahead and perfected the incandescent electric lamp.

The world is full of people who say 'it can't be done,' but the person with vision looks beyond the fault-finders and discouragers, and presses on with the task he knows can be achieved.

The Bible teaches that, with God, nothing is impossible. There is no darkness that His light cannot penetrate, no sin beyond His forgiveness. He specializes in things thought impossible.

Make January the month you stop smoking for good

New Year's Day is the time most people compose a list of resolutions to start the year off right. Losing weight and getting more exercise usually make the top five. But for thousands of Canadians, giving up cigarettes will be the number one item on their list.

If you blow your impassioned New Year's resolution to kick the cigarette habit, don't worry — you have another opportunity to make amends during National Non-Smoking Week, January 22-28.

Three out of four smokers make a serious attempt to stop smoking at some point in their lives; unfortunately, only one of them succeeds. Why? Because cigarette smoking is more than just a psychological habit — it's also a physical addiction to nicotine.

"Smokers don't like being called nicotine addicts, but they are," said Dr. Chris Steele, a family physician who runs the largest stop-smoking clinic in the United Kingdom, on a recent visit to Canada.

Just as the alcoholic must have a drink early in the day to function, the tobacco addict reaches for a cigarette the first thing in the morning. In fact, the earlier in the day that a smoker lights up, the greater the nicotine dependence. Research indicates that the first cigarette of the day boosts the level of nicotine in the blood, and increases the heart rate more rapidly than with any other cigarette smoked during the day.

Pipes, cigars, chewing tobacco and snuff have been used by mankind far longer than cigarettes, but they may be just as addictive, depending upon smoking frequency and the level of inhalation from pipes and cigars, or the amount of snuff or chewing tobacco ingested.

Interestingly, it's the length of time someone smokes, not how heavily, that leads to lung cancer. It is more dangerous to smoke 10 cigarettes a day for 40 years than to smoke 20 or 30 cigarettes a day for 20 years.

These are the kinds of facts family physicians can provide. A good working relationship with the doctor can make the difference between success and failure in a smoking cessation program. It takes a tremendous amount of willpower to quit, and not everyone can do it on their own.

"Smoking cessation treatments have been around for the past 20 years, and all kinds of techniques have been tried — hypnosis, acupuncture, electric aversion therapy and rapid smoking. None have been as effective as the physician's personal attention," said Dr. Steele.

Modern medicine today endorses a comprehensive strategy of long-term maintenance, continuing abstinence and behavioral coping techinques, which has proven to be much more successful in helping people to give up smoking.

Nicorette, a nicotine-containing chewing gum, was developed several years ago to help ease the physical withdrawal symptoms that usually accompany cessation.

"I've had great success in the U.K. with the nicotine chewing gum," said Dr. Steele, who has used Nicorette in his practice for three years. "Nearly half of the smokers who use nicotine gum under medical supervision are still free of the smoking habit a year later," he said.

Nicorette has been available in Canada by prescription since 1979. One piece of gum can produce up to the same level of nicotine as one smoked cigarette.

During the first week of treatment with nicotine chewing gum, patients throw away their cigarettes but replace the nicotine their bodies crave by chewing from 6 to 10 pieces of gum per day. They gradually reduce the amount of gum chewed; after three months, they give it up completely.

Added Dr. Steele, "It takes willpower and a strong determination to stop smoking. Resolving to quit smoking on New Year's Day or during National Stop Smoking Week may be just the psychological boost smokers need to beat the nicotine habit for good."

Tips to Quit Smoking

Just as there is more than one reason for smoking, there's also more than one way to quit. Begin your successful smoking cessation effort by applying the following principles:

- **DESIRE** — Wanting to quit is the single most important factor, since withdrawal symptoms and cravings can last for several months.
- **SEE YOUR DOCTOR** — Your family physician can help personalize your smoking cessation program, and give you the support you need to succeed. Nicorette, a nicotine-containing chewing gum, is available by prescription to help break the cigarette habit and ease physical withdrawal symptoms.
- **AVOIDANCE** — Avoid certain social situations where you know you'll want to smoke. After you survive the first crucial weeks of withdrawal, you won't need to take such drastic measures to preserve your sanity.
- **SUBSTITUTIONS** — Take up a hobby that requires concentration or increased activity. Focus your mind on more pleasant activities during the moments when your willpower is wilting.
- **DEPRIVATION** — You can only lick one problem at a time. Don't deprive yourself of food; continue eating normally, and don't worry about weight gain until after you've kicked the cigarette habit.
- **IMAGING** — Associate smoking with blackened lungs and smelly breath, or create positive self-images of yourself as a healthy, active, easy-breathing non-smoker.
- **INTERIOR DIALOGUE** — When temptation strikes, identify the cause. Many smokers automatically reach for a cigarette without realizing why. Keep a record of your mood at times when you light up to help you pinpoint patterns of weakness.
- **MANAGING FAILURE** — Don't be too discouraged if you give in to temptation. The difference between those who eventually stop smoking and those who don't, as with so many of life's trials, is often the ability to learn from failure.

Test Your Nicotine Dependence

To find out how addicted you are to nicotine, take this miniquiz about smoking habits. You may be surprised.

1. How soon after you wake up do you smoke your first cigarette?
2. Do you find it difficult to refrain from smoking in places where it is forbidden (i.e. church, libraries)?
3. Which of all the cigarettes you smoke in a day is the most satisfying?
4. How may cigarettes a day do you smoke?
5. Do you smoke more during the morning than during the rest of the day?
6. Do you smoke even if you are ill and in bed for most of the day?
7. What type of brand do you smoke?
8. How often do you inhale?

Answers

1. within 30 minutes = 1 point
   more than 30 minutes = 0
2. yes = 1
   no = 0
3. first cigarette in the morning = 1
   the middle of the day = 0
   the end of the day = 0
4. light (1 - 15 cigarettes per day) = 0
   moderate (16 - 25 cigarettes per day) = 1
   heavy (more than 26 cigarettes per day) = 2
5. yes = 1
   no = 0
6. yes = 1
   no = 0
7. low nicotine brand = 0
   medium nicotine brand = 1
   high nicotine brand = 2
8. rarely inhale = 0
   inhale moderately = 1
   inhale every puff = 2

Now, add up your points. If you have a score of between 9 and 11 points, consider yourself hooked. But don't despair — see your family doctor about developing a smoking cessation program to help you survive withdrawal symptoms.

A score between 6 and 8 points means you're moderately addicted. Unfortunately, research indicates you will probably develop a full addiction, because the more you inhale, the more you will want to inhale.

If you have a score of 5 or lower, you have a minimum dependence on nicotine. Most likely, you're a social smoker. You only light up when you are out with friends, and you rarely inhale. Smoking for you is a habit, like nailbiting. But — beware. Don't get trapped into nicotine dependence. Ask your family doctor about ways to help you break the cigarette habit for good.

For more information about quitting smoking, write to:
"Stop Smoking Now"
80 Bloor Street West
15th Floor
Toronto, Ontario
M5S 2V1

ASK YOUR PHARMACIST

Limit use of nose drops and sprays

"A few weeks ago when I came down with a cold, I started using a really great nasal spray. Well, my other cold symptoms cleared all right, but I think my stuffy nose is worse. Is that possible? Should I try another brand of nasal spray?"

No; and stop using the one you have now. Please don't use any nasal decongestant at all. If in two or three days, you do not feel much better, contact your doctor. More than likely, it's the over-use of spray which has caused your continued and worsened nasal congestion. That will sometimes happen — especially if you have not explicitly followed the product's dosage directions.

A nasal spray is a decongestant. It "works" by shrinking blood vessels in the nasal passages. If the blood vessels in the nasal passages have become dilated (which sometimes happens with a cold), a person's nose feels "stuffy". By shrinking these blood vessels, a nasal spray does make you feel better — for a while. But, as the medication wears off, the blood vessels dilate once more. They will stop dilating when the cold goes away.

Nasal decongestants are generally very effective and very convenient to use whether they come in spray or liquid drop form. People like them because they provide almost instantaneous relief for stuffy noses. However, if you fall into the easy habit of using sprays or nose drops every time you feel congested, your nasal blood vessels will OVERdilate. That will make you feel worse, not better. Your cold is gone, but you still have a stuffy nose.

Switching brands and using another nasal spray will not help. The only way to end this "rebound congestion" is to stop using sprays and nose drops.



If you cannot live with a stuffy nose for even a short while, ask your pharmacist for an oral decongestant, but limit your use. Never take any medication more often than directed. Read the product's directions. They were written with you in mind.

Your local pharmacy has many non-prescription decongestant products on its shelves. Decongestants are not all the same. Ask for advice. This month's cold is not last year's.

An advisory column written by The Canadian Pharmaceutical Association, Ottawa, Ontario.

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KNOW WHAT TO DO

St. John Ambulance reminds you -- when an accident happens do not move an injured person unless you must do so to get him out of danger. If you have first aid training, you can then determine the nature of the injuries and take appropriate action. If you don't have first aid training, give St. John a call. Learn how to help.

HEALTH CARE FOR SENIORS

If you're nearing retirement or past it, you may have some new concerns about your health, your safety and comfort. St. John Ambulance has a course called Health Care for Seniors that deals with those concerns, with solutions and sources of information and help. Call St. John Ambulance for information.

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Applications may be obtained from the Clerk's Office during regular hours.

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OBITUARIES

Lucy E. MacDonald

A Cardinal homemaker, Lucy Elzina MacDonald passed away suddenly at Brockville General Hospital on Jan. 2, 1984.

Mrs. MacDonald, of Henry Street, lived here for 43 years. She was predeceased in January, 1980 by her husband, Herbert MacDonald. The couple was married in Martintown on Jan. 6, 1940.

Born April 30, 1915 at Martintown, Mrs. MacDonald was the daughter of the late Henry Nicholson and Mabel (Ellis).

She is survived by two sons, Lee MacDonald of Cardinal and David of Little Current, Ont.; a brother, Henry Nicholson of Cornwall; sister, Marguerite (Mrs. G. Littlejohn) of Cornwall; grandchildren Mark and Marcy of Cardinal and Jordie and Kaillee of Little Current.

Mrs. MacDonald was predeceased by two sisters, Iza Lee and Joanne.

Service took place at the C.W. Marsden Funeral Home, Cardinal at 1:30 p.m. Jan. 4 with the Rev. J. Urquhart presiding.

Interment will be in Roselawn Memorial Gardens.

Pallbearers were Lorne Mac Donald, Angus MacDonald, Donald Littlejohn, Tim Watson, David Watson and Thomas Simpson.

James I. Vaughan died in Morrisburg

James Irvine Vaughan, an active member of this community, died at his Morrisburg home on Jan. 3 at the age of 64 years.

Mr. Vaughan leaves his wife, the former Elsie Jane Murdock, whom he married at Morrisburg on April 18, 1941. He is also survived by a daughter, Sharon (Mrs. Walt Wagemans of Williamsburg); a son, James R. (Rick) of Morrisburg; a sister, Mrs. Fances Sheffield of Arnprior; a brother, Frank of Morrisburg; six grandchildren; and several nieces and nephews.

Born April 11, 1919 at Belfast, Ireland, he was the son of the late William Vaughan and former Isabella Irvine. Beside his parents, he was predeceased by three brothers, William of Australia, Charles of Welland and George of Morrisburg.

Prior to coming to Morrisburg, Mr. Vaughan resided at Belfast and at Iroquois.

He was a member of the Morrisburg branch 48 of the Royal Canadian Legion and helped to found the Interbranch Dart League. In past years he also was active in Morrisburg Cubs and Scouts organizations and was a member of the United Church. Mr. Vaughan attended school in Iroquois.

A Legion service and Honor Guard was held Jan. 4 at 7:30 p.m. Funeral was conducted by the Rev. William Stewart at Fairbiarn's Funeral was conducted by the Rev. William Stewart at Fiarbiarn's Funeral Home on Jan. 5 at 11 a.m.

Cremation followed at Pinecrest Crematorium, Ottawa and interment will be at Fairview Cemetery, Morrisburg.

Honor Guard pallbearers were Bill Eady, John Rice, Ross Hummell and Harry Chapman.

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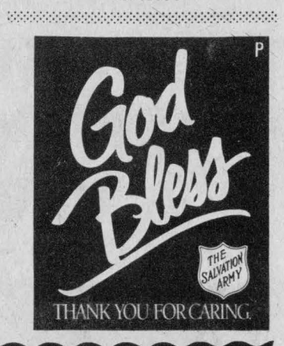


Parks Commission has facilities for winter activities

[MORRISBURG] - The winter of 1983-84 is the first truly Canadian winter of this decade with ample snow to satisfy the needs of winter sports enthusiasts.

The St. Lawrence Parks Commission's Crysler Farm Battlefield Park, 11 km east of Morrisburg on Highway No. 2, and Brown's Bay Park - 1000 Islands Parkway, 18 km west of Brockville, offer marked and groomed trails and hills for cross-country skiers, snowmobilers, snowshoers and tobogganers.

Skiers have five trails in Crysler Park from which to choose. Free parking is available at the entrance to the trails on the Upper Canada Road, south of Highway No. 401, Exit 758.

Brown's Bay Park has 5 km of ski trails with free parking at the trails' entrance west of the campground area. Skiing and snowmobiling are permitted on all non-restricted parklands.

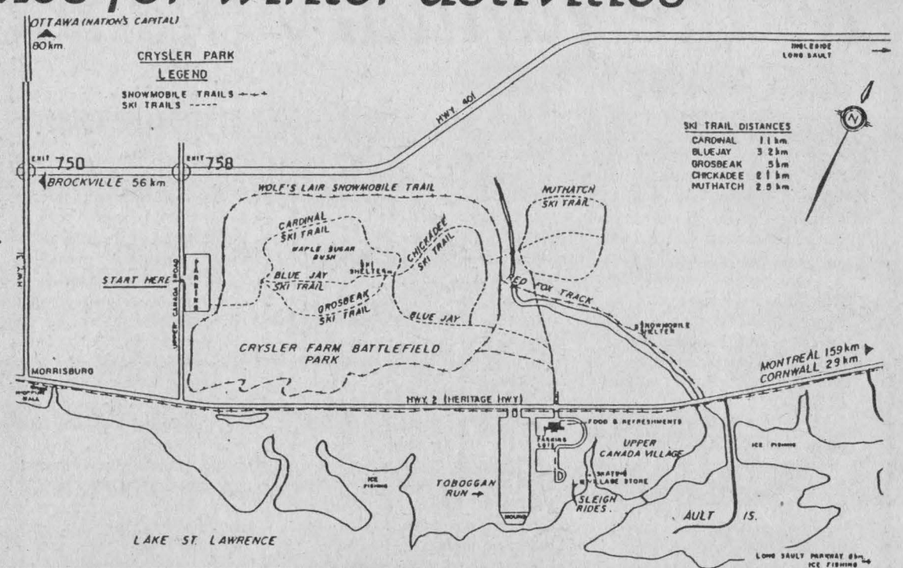
Snowmobilers can enjoy 11 km of wooded parkland at Crysler Park and 24 km of trails at Brown's Bay. Locations of trail entrances and free parking are the same as for skiers.

There are hundreds of acres of commission parkland for snowshoers. The Memorial Mound in Crysler Park, the Long Sault Parkway and Old Fort Henry, Kingston, are excellent sites for tobogganers.

Upper Canada Village, Crysler Park, offers sleigh rides through the village streets each Saturday and Sunday from 1 to 3:30 p.m. Tickets are $1.30 for adults, 75 cents for children 6 - 12 years of age and no charge for children 1 - 5 years of age.

Daylight skating on the Upper Canada Village canal is expected to begin the second week in January.

Hot drinks and snacks are available at the village store snack bar. The store and snack bar are open year round from 9 a.m. to 4 p.m. weekdays and 9 a.m. to 5 p.m. weekends.



Country western entertaining featured at Canada Farm Show

[TORONTO] - Country and western entertainment will once again be featured at the Canada Farm Show.

The popular country group, Southern Comfort with Jim and Diane Haggerty will perform Wednesday, Thursday and Friday evenings beginning at 6 p.m. in the Upper East Annex.

Dairy farmers from Hastings county, the Haggerty's have turned their love of country music into a successful side business. Southern Comfort has enjoyed tremendous musical success in Southern Ontario and the group has recently released its first Nashville recording, When I Get the Feelin'.

Farm show audiences can expect to hear high-energy Nashville sounds including a variety of old and new country music. The Haggerty's and Southern Comfort have been performing at fairs, dances, and shows for the past five years providing music for people ranging in age from 20 to 80

More than 550 participants will display the latest farm equipment and supplies for every segment of agriculture during the show. Exhibits are open from 10 a.m. to 6 p.m. daily.

Two cattle sales are also scheduled -- the Winter Classic Sale of the West Central Hereford Zone on February 2 at 12:30 and the Canada Farm Show Holstein Invitational Sale at 2:30 p.m.The Ontario Belgian Horse Association will hold an equipment and draft horse sale on February 1 beginning at 10 a.m.

Ontario Agricultural Outlook '84 is another feature of the 1984 Show. Sponsored by the Ontario Soil and Crop Improvement Association, Outlook '84 will focus on the future of agriculture in Ontario.

Look for the special agri-computer section at the Show. Short educational seminars will be conducted each morning.

The show will open on Tuesday, January 31 and will run to Friday February 3 at the Coliseum, Exhibition Place, Toronto.

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Fresh Picnic
Pork Shoulder Roast
89c Lb. $1.94 Kg.

Fresh Pork
Shoulder Butt Roast $1.18 Lb.
$2.60 Kg.

Fresh Boneless
Pork Shoulder Butt Roast
$1.28 Lb.
$2.82 Kg.

Fresh Pork
Shoulder Butt Chops
$1.38 Lb.
$3.04 Kg.

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SODA BUSCUITS $1.09
Lipton's 4's Assorted
CUP—A—SOUP MIX 89c
Habitant 750 ML Jar
Strawberry or Raspberry
JAM $2.09
Sealtest 1 litre Pure
Valencia
ORANGE JUICE 69c
Sunlight 1 litre Lemon Fresh Liquid
SUNLIGHT DETERGENT $1.79
York 341 ML
ASPARAGUS TIPS $1.49
750 ML Bottle Habitant
TABLE SYRUP $1.69
E.D Smith 540 ML tin
RAISIN PIE FILLER $1.39
Maple Leaf 184 Grm
FLAKES OF HAM $1.19
340 Grm Luncheon Meat
KAM $1.39
4.5 Kg. Bag Treat'em
CAT LITTER $1.89
Pamper
CAT FOOD 3 / 89c
Aylmer 540 ML Choice
PEACHES 89c
Aylmer 540 ML Choice Bartlett
PEARS 89c
White Teaspoon 50's
SUGAR TWIN 89c
Liquid Detergent 750 ML Twin Pak
MIR DETERGENT $1.99
It equals 3 litre or RegularConcentrated
Fabric Softener
DOWNEY SUPER $3.89
Facelle Royale 2 Ply 4 Roll Pak
BATHROOM TISSUE $1.39
Black Diamond Single Wrap 500 Grm
CHEESE SLICES $2.69
Tropic 540 ML
PINEAPPLE 79c
1 litre Liquid Detergent
WISK $2.29
454 Grm Pure Shortening
CRISCO $1.09
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MARGARINE 69c
Del Monte 1.36 litre tin Vegetable
JUICE COCKTAIL 89c

Burns Thick Cut "Stampede" Breakfast 500 g.
BREAKFAST BACON e. $2.19 ea.
Burns Ready to Eat
DINNER HAM $2.39 lb. / $5.27 Kg.
Fresh No Backs
CHICKEN LEGS $1.39 lb. / $3.06 Kg.
Fresh No Backs
CHICKEN BREASTS $1.99 lb. / $4.39 Kg.
Swifts 1 lb. Pack
WIENERS ea. $1.39
Burns Burnshire
BREAKFAST SAUSAGE $1.29 lb. / $2.84 Kg.
Maple Leaf to Slice
CHICKEN LOAF $1.69 lb. / $3.73 Kg.
Burns Old Country to Slice
MINCED HAM $1.89 lb. / $4.17 Kg.
Maple Leaf to Slice
DELICIOUS LOAF $1.69 lb. / $3.73 Kg.
Burns Sliced 500 G. Pack
BOLOGNA ea. $1.99
Home Made
SAUSAGE MEAT $1.29 lb. / $2.84 Kg.
Swifts to Slice
COOKED HAM $1.89 lb. / $4.17 Kg.
Frozen Tray Pack Slices
BOSTON BLUEFISH $1.19 lb. / $2.62 Kg.

Fresh Sliced
SIDE PORK $1.29 lb. / $2.84 Kg.
Fresh
SPARE RIBS $1.69 lb. / $3.73 Kg.
Fresh
PORK RIBLETS 55c lb. / $1.21 Kg.
Fresh
PORK HOCKS $55c lb. / $1.21 Kg.
Fresh Sliced
PORK LIVER 39c lb. / 86 Kg.

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FRENCH STIK BREAD 63c

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