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MP WON'T SEEK RE-ELECTION

Lauzon leaving

BY TOM SCHOCH

reporter@winchesterpress.on.ca

BONVILLE — In front of many longtime friends and supporters at the local Conservative association's annual general meeting Sat., Jan 26, Stormont, Dundas and South Glengarry (SD&SG) MP Guy Lauzon announced he won't be seeking re-election this fall.

"After a great deal of thought and discussion, Frances and I have decided that I won't be the Conservative candidate in October 2019 to serve in this riding," he said.

Some of those in attendance were audibly surprised by the news.

Lauzon outlined the reasons for calling it a career, including the demanding schedule and the ill health of his wife.

"I think there are a number of factors. As you know Frances' health isn't the best. It's not critical or anything, but

there's some concern there," he said. "You have to give 110 per cent to this job. It's all consuming. It's so exhilarating and wonderful, but it's very demanding. I've got lots of energy now, but I was wondering, in four years time, am I going to have the same energy?"

Lauzon's career in federal politics began with a defeat as an Alliance Party of Canada candidate in the 2000 election. Four years later he was elected under the banner of the newly galvanized Conservative Party of Canada.

Asked if the People's Party of Canada, led by Conservative defector Maxime Bernier, posed any threat in the next election, Lauzon was direct.

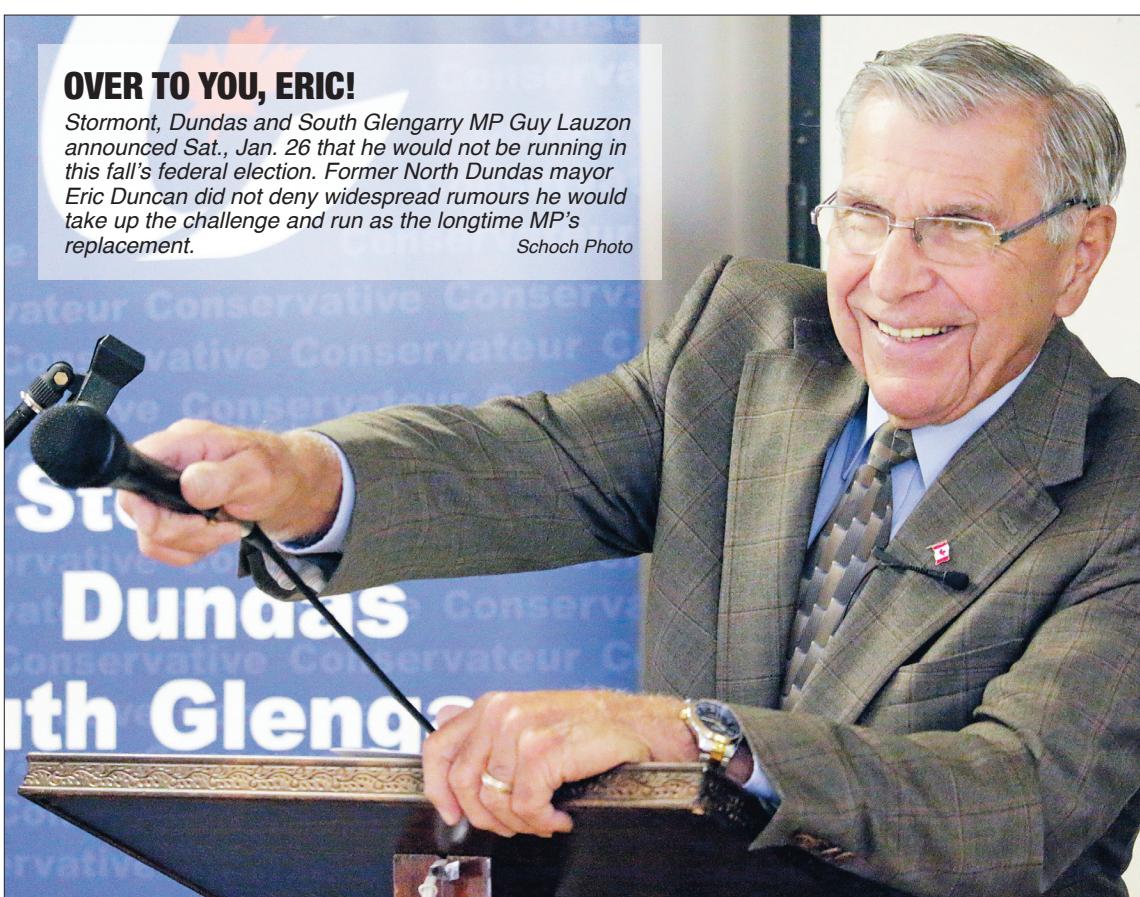
"I don't think it's going to have a big impact, especially in this riding," he said.

► CONTINUED ON NEXT PAGE

OVER TO YOU, ERIC!

Stormont, Dundas and South Glengarry MP Guy Lauzon announced Sat., Jan. 26 that he would not be running in this fall's federal election. Former North Dundas mayor Eric Duncan did not deny widespread rumours he would take up the challenge and run as the longtime MP's replacement.

Schoch Photo



CASH INJECTION FOR WDMH

BY MATTHEW UHRIG

news@winchesterpress.on.ca

WINCHESTER — The village hospital was on the receiving end of an injection of provincial healthcare funding last week.

Ontario's health ministry, through its Health Infrastructure Renewal Fund, earmarked \$197,467 for Winchester District Memorial Hospital.

That total is part of the \$175 million being invested in repairs and upgrades

for 128 hospitals across the province.

CEO Cholly Boland said the cash will be used to make necessary improvements at the medical facility.

"It's money that has come out every year for the last 10 years, depending on the size and state of the hospital," he said. "In part, [our allotment] recognizes we have a relatively new facility."

There are minor renovations planned on the lower level of the hospital, including the improvement of

doorways. Upstairs is where the bulk of the work will be concentrated, as leaking portions of the roof has led to water damage. As recently as last winter areas of the second floor were blocked off as the hospital's maintenance staff worked to clot the flowing water.

"This is welcomed funding, obviously," Boland said.

In a prepared statement, Stormont, Dundas, and South Glengarry MPP Jim McDonell championed the cash injec-

tion for WDMH, as well as the \$727,768 going to Cornwall Community Hospital.

"The health and safety of patients and families is a priority for our government," he said. "That's why we must make the necessary investments in our hospitals now, to ensure our providers have the facilities they need to continue to provide excellent quality care to patients."

► CONTINUED ON NEXT PAGE

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Semi-retirement for Dr. Domanko

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Trails are open thanks to recent snowfall

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Monumental renovation in the works

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PULL! The tug-of-war event at the Morewood Winter Carnival was a real highlight, as members of North Dundas council (right) took on a stout collection of volunteers from the Morewood RA Centre in the opening contest. For more on the event see page 20.



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Lauzon

Lauzon was also presented with one of his well-known model buses, which also serves as a piggy bank, autographed by former prime minister and party leader Stephen Harper.

Lauzon served as the national caucus chair in Harper's government for seven years from November 2008 to August 2015.

"I got the honour of being the national caucus chair for almost eight years, blew me away. That was my dream job," said a proud Lauzon.

"In that position, he was much admired by all his Conservative colleagues and was a tower of strength for our government," Harper said in a prepared statement.

The former prime minister went on to note Lauzon's work ethic and dedication resulted in him winning the majority of the vote in his subsequent re-election bids in 2006, 2008, 2011, and 2015, a noteworthy achievement.

"He worked tirelessly to defend and advance the interests of his constituents. This accounts for his four subsequent re-elections, in which he always exceeded 50 per cent of the vote," said Harper. "To say Guy's retirement is well earned is truly an understatement."

Not to be forgotten, Lauzon also served as the parlia-

mentary assistant to the minister of agriculture and agri-food.

More than a decade and a half after his first electoral win, he still remembers the thrill of first representing the riding.

"I remember when I was first elected, I just wanted to be elected and serve a couple of months. What an honour that would be," he said.

However, he admits that now is the right time for him to step aside.

"It's a time for a new generation to come into the fore. The riding is in good shape. I think that we can maintain this as a Conservative riding," he said.

Asked if he would support former North Dundas mayor Eric Duncan, who served as his executive assistant and also as his campaign manager in three elections, Lauzon was evasive.

"That's a hypothetical question. You know politicians don't answer hypothetical questions," he said. "I don't think we have to worry. There are a lot of candidates good quality candidates out there, that I think you will find come to the fore."

He did elaborate that a replacement would be chosen "probably within the next couple of months I would think."

Duncan, who would seem to be the natural choice, wouldn't confirm the widespread specu-



Lauzon showed off the commemorative bus, autographed by former Conservative leader and prime minister Stephen Harper, he was given as a parting gift.
Schoch Photo

lation, but gave the rumours credence.

"Yeah, I'll say consideration. Today is Guy's day so I have nothing to say today."

Guy had spoke to me a few months ago, actually late last year, to let me know what his plans were and I appreciated that," he said. "It's one of those things. It is nerve-wracking because they are big shoes to fill, but it was good to get the heads up a few months ago to know this was coming today."

Having studied under Lauzon's tutelage, Duncan saw first hand the requirements of a successful political career.

"I think that really set a benchmark for our area in terms of what the expectation is for a

local representative. But even nationally, as well, I got to see how his colleagues learned best practices from him," said Duncan.

Asked what kind of support he would lend the prospective candidate, Lauzon showed he still has plenty of political energy left.

"I will knock doors, I will sweep floors, I will do whatever it takes to make sure that person wins," he said.

As for his immediate plans after retirement, Lauzon's thoughts returned to his wife.

"She sacrificed along with me for the last 15 years and four months. We've got a pretty nice spot in Florida. She's down there. It would be nice to spend a little more time down there with her," he said.

WDMH

McDonell also made note of the government's continued work to develop a long-term "transformational" strategy to end "hallway healthcare."

It's a term Boland takes umbrage with.

"Obviously that's a standard overtur by the government at this point, but I know that we've worked very diligently, and have been active in changing the way care is provided locally," he said.

Meanwhile, the hospital's top administrator continues to wait for word related to finan-

cial help for an all-new Dundas Manor.

"It had better not be either/or, I'd like to see continued funding for [the hospital] and more for [the manor]," Boland said. "We're very, very keen to get going on that."

There has been regular contact with government officials involved in the process, with new contacts to work since the change of leadership at Queen's Park last year.

"We haven't come up against a brick wall, so we'll continue pressing on," Boland said.

NAMASTE
Meghan Lynch officially celebrated the opening of her HealthGirl Yoga studio, based at County Road 43's Maple Ridge Centre, Sat., Jan. 26. The day included a full overview of the space for visitors, as well as a number of tutorials related to the practices offered. Lynch, meanwhile, has more than 15 years experience in both the yoga and fitness field. It was a series of injuries in gymnastics and horseback riding, along with bumps and bruises playing hockey, that lead her to the low impact world of yoga. The HealthGirl studio offers yin, back care, hatha and power yoga for all levels, as well as a number of specialty workshops. Lynch is pictured alongside North Dundas Mayor Tony Fraser during the ceremonial opening last weekend.
Uhrig Photo

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www.winchesterpress.on.ca**

BIRTH ANNOUNCEMENT

John and Kim Pilon of Winchester, and Kornell and Joyce Chaykowski of Greely, welcome with love the birth of their grandson. Brayden Joseph was born at the Winchester District Memorial Hospital on January 24, 2019 at 2:32 pm weighing in at 8 lbs. He is the precious son of Joseph and Ashley Chaykowski of Osgoode. Big sister Alexandra is so happy that her little brother has finally arrived.

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Police Blotter

Four more counts of sexual assault

CASSELMAN — A 50-year-old Casselman man, who Russell County OPP report to be a massage therapist, has been hit with additional counts of sexual assault following his arrest earlier this month.

Stephane Racine was apprehended by police Thurs., Jan. 10, and at the time was charged with sexual assault.

The latest string of charges were announced Fri., Jan. 25.

Police are still attempting to identify other possible victims. Those with information are asked to contact OPP at 1-800-310-1122 or CrimeStoppers at 1-800-222-8477.

Racine is to appear in L'Orignal court Wed., Feb. 13.

Since this story broke, meanwhile, countless registered massage therapists have contacted the *Winchester Press* indicating that Racine is not properly certified in Ontario to use the title.

In fact, Racine is not listed on the College of Massage Therapists of Ontario's registry.

Theft charges

WILLIAMSBURG — A 32-year-old South Dundas woman was apprehended Sun., Jan. 20 following a reported theft at a County Road 31 business.

The investigation indicated that an employee of the store removed various items on multiple occasions.

Brittney Winters, 32, faces four counts of theft (less than \$5,000). She is to appear in Morrisburg court Tues., March 5.

Break and enter

CORNWALL — A 20-year-old Winchester woman has been connected to a break and enter at a home in this Seaway city in December 2018.

According to the Cornwall Community Police Service, Roxane Hanson entered the residence of someone known to her without permission, removing various items.

Officers intercepted Hanson Tues., Jan. 22 as she was in court on an unrelated matter.

She has now been charged with break and enter, and breach of probation for failing to keep the peace. Hanson was held in custody ahead of a bail hearing.

Hanson was previously arrested in Winchester in September. The investigation into her background indicated she was in contravention of conditions imposed from a previous incident, and had several other charges against her. Her arrest also turned up a quantity of marijuana and methamphetamine.

At the time, she was hit with eight counts of failure to comply with probation orders, three counts of possession of a controlled substance, and one charge of fraud (less than \$5,000).

Property recovered, two men arrested

WILLIAMSBURG — A pair of South Dundas men were arrested Fri., Jan. 18 following a raid on a Weegar Road property.

Members of the Community Street Crime Unit, the Emergency Response Team, and local OPP officers were involved in the takedown. This resulted in the seizure of a mini dump truck, a Kubota mini excavator, and a trailer.

Donald Helder, 48, faces four counts of possession of property obtained by crime (more than \$5,000), and William Nash, 34, faces three counts of the same charge, as well as a charge of failure to comply with a probation order.

The pair was held in custody ahead of a bail court hearing in Cornwall.

Details published in the police blotter are provided by the OPP. The Winchester Press typically publishes information about alleged crimes occurring in and around Dundas County, as well as other information of interest to our readership. All suspects are considered innocent in the eyes of the law unless proven otherwise in court.



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Attention: Chris Barkley

The Hospital By-Laws require that membership applications must be received at least 60 days prior to the Annual Meeting of the Corporation, scheduled for Tuesday, June 18th, 2019, so as to entitle a member to vote at the Annual Meeting. In order to properly process applications, they must be received by 1600 hours in the Administration Office on Friday, February 15, 2019. Application forms may be obtained from the Administration Office, or can be found on www.wdmh.on.ca.

Ford government 'standing up' for rural Ontario

TORONTO — Local politicians in Toronto this week for the Rural Ontario Municipal Association conference were treated to some promising words from the premier.

Doug Ford addressed a collection of delegates Mon., Jan. 28, highlighting his government's efforts to ensure rural communities are "open for business" by cutting red tape and making it easier to create and protect

good-paying jobs.

"For too long, rural Ontario has been ignored. Our hardworking farmers have been ignored," he said. "Ontario's economy relies on agriculture. Our natural resources and forestry industries are major economic drivers. We need to do everything in our power to get our farmers and rural businesses the support they need to grow, and create more local jobs."

Of the efforts being made, the Ford government is working to expand natural gas access. It's been reported that switching from propane, electric heat or oil can save an average residential customer between \$800 and \$2,500 per year.

The premier also laid out the efforts being made to lighten regulatory burdens in more than a dozen sectors, with positive effects expected in those

communities relying on the natural resources and agriculture sectors.

Ford said the government will also be addressing a long-standing request from municipalities with consultations related to joint and several liability, looking at evidence to develop solutions that make sense.

This news comes after the government unveiled \$175 million infrastructure spending for upgrades at

128 hospitals throughout the province, including a share for Winchester's medical facility.

"We promised to support our rural businesses and communities, and we're keeping our promise," Ford said. "We're lowering electricity costs, we're slashing red tape and we're getting out of the way of businesses so they can focus on growing and creating jobs."

Lauzon wants budget input

CHESTERVILLE — Stormont, Dundas, and South Glengarry residents are being given the chance to have input, or at the very least provide talking points for consideration in this year's federal budget.

Area MP Guy Lauzon is hosting a series of consultation sessions this week, and

is looking to members of the public and business owners for some direction.

All suggestions will be recorded, and a report will be delivered to Canada's finance minister, Bill Morneau.

I take great pride in bringing the voices and concerns of the residents of SD&SG di-

rectly to the floor of the House of Commons in Ottawa," Lauzon said. "No time is that ever more important than during the budget development process. The finance minister needs to hear directly from the people on the ground what it is that truly matters most to Canadians, and take

that into consideration when laying out the priorities for 2019."

Fri., Feb. 1's consultations are planned for 9 am at The Ramada Inn in Cornwall, 11:30 am at Morrisburg' McIntosh Country Inn and Conference Centre, and 1:30 pm at McCloskey's in Chesterville.

Where will the wastewater go?

WINCHESTER — North Dundas has effluent capacity needs in the next two decades, and the planning is underway.

A recent review of Winchester's sewage treatment system found operational stresses, which has led to challenges in discharging effluent.

An overview by J.L. Richards, the township's acquired engineering firm, has identified a possible solution — increasing the discharge timeframe, which would reduce storage requirements and allow for optimal use of new treatment technology.

Right now, the system only pushes out wastewater during a prescribed period of time throughout the warmer months of the year.

The proposal would see effluent flow throughout the winter, addressing both the need for improved effluent quality and 20-year quantity.

Heavy rainfall in recent years has also further highlighted constraints on the system, as a 59 per cent rate in 2015 shot to 82 per cent in 2017.

No matter the eventual course of action, the change is going to cost the township major money.

Rough estimates show that a new specialized treatment system tagged at roughly \$5.5 million, with other associated infrastructure (transfer pipe, maintenance structure, etc.) totalling upwards of \$150,000. Completing the assessment now will allow North Dundas to move forward with the plan when necessary.



Council Notes North Dundas

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Winchester Stages Winter Carnival

Wendy Stewart-Lavery

TELLING IT LIKE IT IS SINCE 1888

WINCHESTER Press

Morewood detachment change

There's been a change to hierarchy of Morewood's detachment of the North Dundas Fire Service.

Phil Van Noppen tendered his resignation earlier this month, stepping away from his role as deputy-chief.

His departure remains open-ended, however, as Van Noppen has indicated he may one day return to the fold, but as a firefighter only.

Shawn Mattice has been appointed to second in command, and replacing him in a captain's role is Trevor Carruthers.

Committee appointments

With the new council officially in place, new committee appointments have been made.

Veteran councillor John Thompson has been named as a county council alternate, attending the regional meeting should Mayor Tony Fraser or Deputy-Mayor Al Armstrong be unable to attend.

Armstrong and Councillor Gary Annable have been added to Community Improvement Plan committee, alongside resident representative Vince Zandbelt, and Councillor Tyler Hoy will sit on the Dairyfest committee.

Annable and Hoy are now on the Recreation Community Grant Review committee, and Bill Smirle will remain as the North Dundas representative on the South Nation Conservation board of directors.

Former deputy-mayor Gerry Boyce continues representing the township on the Rideau Valley Conservation Authority board, and Eric Duncan has been named Fraser's designate on the Dundas County Archives committee.

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TAKE TO THE ICE WITH WDMH

MORRISBURG — Need plans for Family Day?

Look no further than the Morrisburg Arena Mon., Feb. 18 as the Winchester District Memorial Hospital Foundation hosts a free afternoon on the ice for area families.

The event is set for 11 am to 1 pm.

Every participant will receive a complimentary hot dog and hot chocolate, and each will be entered into a draw for a series of door prizes.

Other surprises are also in

Ash tree replacement in South Dundas

MORRISBURG — There may be an appetite to launch an ash tree replacement program in South Dundas.

What to do about the well-documented demise and the dwindling forest cover in the municipality has been hotly debated in recent years.

A pilot program launched by South Nation Conservation in partnership with the City of Ottawa to replace ash trees decimated by the emerald ash borer (EAB) has proven to be very successful according to councillor Archie Mellan.

SNC received more than 90 applications and replaced 468 trees on private property within the city.

Cost-share funding, which included \$166,000 in grants

store, and face painting will be available for those seeking a fresh look for the event.

The Municipality of South Dundas, meanwhile, will be making skates and helmets available for use throughout its recreational lending library. Children younger than 17 must be accompanied by an adult.

For details, contact Cindy Peters, the foundation's manager of direct mail and events, at 613-774-2422 ext. 6172 or email cpeters@wdmh.on.ca.

New Year, New Location! Wendy's Hair Salon

from the city, helped property owners remove the infected ash trees and replace them with a native tree.

Landowners could get up to 50 per cent of the costs of the removal covered to a maximum of \$500 per tree and a maximum \$5,000 per landowner.

"I think it's something that I'd like to see South Dundas, in a scaled down version, maybe look at for our ash tree problem," said Mellan.

He went on to explain that under Bill 68 municipalities would be responsible for tree canopy and addressing the issue now would be prudent.

"We are going to be responsible for tree canopy so maybe it's a proactive approach for us to look at that," Mellan said.

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Fifty years of caring service in the community

BY JOSEPH MORIN
joe@winchesterpress.on.ca

MORRISBURG — A half-century of caring for the region's residents, and ensuring their community health care facilities are second to none came to an end for Dr. Wayne Domanko this January.

Domanko stepped back from working at the St. Lawrence Medical Clinic after 50 years, and will focus his time working a few days a week in the operating rooms at Winchester District Memorial Hospital (WDMH).

One of the conditions he set out for himself before he considered retiring was making sure he had good people to replace him and carrying on the work he started so long ago.

Working at the St. Lawrence Medical Clinic now are doctors Meghan Brown and Michael Bensimon.

"Now I can walk away and feel very comfortable about it," said Domanko. "It makes my leaving far less difficult."

He noted however that a doctor in a rural area will find him or herself on their own.

"You have to be able to expand your knowledge," he said although any doctor who comes out to the area has to be motivated because working in a rural area can be exciting.

"It is much more rewarding because you are dealing with situations that are much more complicated and are more daunting and difficult at times," Domanko said.

When Domanko and his wife, Jane, arrived in the area in 1969 there were four medical clinics operating.

He had been working as an intern in Ottawa and was persuaded by Dr. Gerry Rosenquist to come out to Morrisburg and give it a try for just one year.

"It should not hurt after all it was only for a year," Domanko said.

Raised in Saskatchewan and educated at the University of Saskatoon, he came to Ottawa as a young doctor with only a rough plan for his future. One of his classmates was going to Cincinnati for his internship.

"I also got a residency there. I wanted to be an optometrist," he said.

Along the way during his internship he met Rosenquist and that friendship changed everything.

"My wife (Jane) wanted to live in the Rocky Mountain foothills but we never got there. We came here instead and never regretted it."

The Domankos raised their family of three in Morrisburg. While he worked at the various clinics Jane worked as a school teacher.

Dr. Wayne Domanko has worked in the region for the past 50 years.

This month he retired from the St. Lawrence Medical Clinic and will be working a few days a week at the Winchester District Memorial Hospital in the operating room.

Morin Photo



said."

When the couple arrived in the area he would work out of the clinics in Williamsburg and Ingleside.

So many things have changed since 1969.

"The traffic was much different back then," remembered Domanko. "There have been so many medical advances. It is much better now, and more efficient," he said.

He said one of the positive changes in the landscape of the area is that medical care is much more accessible than in the past.

"There is more of an accent on preventative medicine now, Domanko

said to be part of it."

Domanko has had to take on many roles as his medical career blossomed. He served as a general practitioner as well as a recruiter helping to bring doctors to the area, and he delivered babies for 30 years while also attending to families' medical needs.

On top of all of that, he has been working and continues to do so at Winchester District Memorial Hospital in the operating room.

Wearing many hats goes with the average rural doctor's territory.

One of the benefits of serving in the same community for so many years is the people he has met.

"I have looked after many families here, including four and five generations of the same family. They become part of your life and it is difficult to say goodbye," Domanko said.

Deciding to retire was not easy.

"I thought this would be a good time. I have my health. I can spend more time with my seven grandchildren," he said.

Retirement means many things to different people.

In the case of Domanko, it means working two and possibly three days a week in the operating room of WDMH.

He is also looking forward to working on different research projects the hospital may be involved with.

Over the past half-century Domanko estimates he has looked after thousands of people both in the clinic and in the hospital environment.

In the end, he feels his choice to be a doctor and to come to this region is one he will never regret.

SOUTH DUNDAS RE-INVESTS IN YOUTH

GUELPH — The municipality of South Dundas is one of a select few to be named a community partner for the municipal internship: youth engagement strategies project.

The Rural Ontario Institute (ROI) selected 10 communities that have developed their own unique approach to youth

engagement, tailored to address needs in the local community. The interns will be tasked with implementing local workplans.

ROI will be working alongside the municipality to provide a collaborative environment for the interns, including an in-person orientation session and an online platform for knowledge sharing.

South Dundas was one of 35 communities that expressed interest in the program.

According to project lead Ryan Deska the program is diverse and important for the development of youth in rural communities.

"Communities are looking at youth engagement from a number of different angles, from work-

force development, to inclusivity, to health and well-being. It's encouraging to see this kind of energy focused on better engaging youth in the future of their rural communities," he said.

A final report outlining promising practices and lessons learned will be made public at the conclusion of the project.

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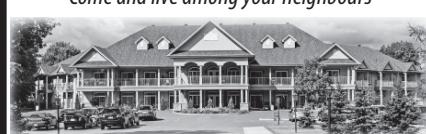
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COMING EVENTS FOR FEBRUARY 2019

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Diners Meals' Monday, Wednesday, and Friday - Cost: \$7.00, Non-Senior: \$9.00

TUESDAY, FEB. 5: Footcare Clinic - Call to book your appointment.

WEDNESDAY, FEB. 6: Caregiver Café Support group at 1 pm. Call for more information.

WEDNESDAY, FEB. 6: 2 pm Movie Matinee at the Old Town Hall - "Philomena".

TUESDAY, FEB. 12: Footcare Clinic - Call to book your appointment.

TUESDAY, FEB. 12: Parkinson's Support Group at 10 am.

WEDNESDAY, FEB. 13: 12:30 pm - Entertainment by Ron Donnelly.

MONDAY, FEB. 18: CLOSED for Family Day.

TUESDAY, FEB. 19: Footcare Clinic - Call to book your appointment.

TUESDAY, FEB. 26: Bereavement Support Group at 10 am.

TUESDAY, FEB. 26: Footcare Clinic - Call to book your appointment.

WEDNESDAY, FEB. 27: Hearing Aid Clinic - Call 613-721-8218 to make an appointment.

FRIDAY, FEB. 8 & 22: Health & Wellness Clinics at Beachcroft Apt. - 8:30 - 11:30 am

TUESDAY, FEB. 12 & 26: Health & Wellness Clinics at Millview Apt. - 9:00 am - 12:00 pm

BID EUCHRE on Thursday at 1 pm. TAI CHI classes every Wednesday at 11 am, for more information call 613-258-4346. Pat's EXERCISE CLASS every Wednesday at 9:30 am.

GENTLE/YIN YOGA every Thursday at 9:30 am (drop-in). For more information, call Janet at 613-360-7933. Bring your own craft and enjoy some friendly conversation.

EVERYONE welcome to COFFEE TIME at 9 am, COFFEE/TEA & TREATS every Friday.

SHOPPING TRIP to Winchester Foodland every Wednesday leaving Nor-Dun Centre at 10:45 am. If you wish to be picked up at your home, please call office to make arrangements.

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TUESDAY, FEB. 5: Soup, Ham & Scalloped Potato, Pie - Entertainment by Ron Donnelly.

TUESDAY, FEB. 19: Soup, Chicken Marsala, Squares - Presentation by Local author Marnie Fossitt.

Please call 613-774-6109 to reserve your meal each week.

FRIDAY, FEB. 8 & 22: HEALTH & WELLNESS CLINICS at Nationview Apartments 12:30-3:30 pm.

SHOPPING TRIP to Winchester on Tuesday, Feb. 12 leaving Chesterville at 10 am. If you wish to be picked up, please call office to make arrangements. \$5 per person. Every Thursday - EUCHRE at 1 pm.

AGRICULTURAL HALL - SOUTH MOUNTAIN, ON

THURSDAY, FEB. 7: Soup, Meatballs, Cake - Presentation by Local author Marnie Fossitt.

THURSDAY, FEB. 14: Soup, Ham & Scalloped Potato, Pie - Entertainment by Ron Donnelly.

THURSDAY, FEB. 21: Soup, Chicken Marsala, Squares - Euchre.

THURSDAY, FEB. 28: Soup, Pork Stir-Fry, Cake - Health & Wellness Clinic.

Please call 613-774-6109 to reserve your meal each week.

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FUTURE OF FIRE

Chief Cameron Morehouse presents his vision

BY TOM SCHOCH

reporter@winchesterpress.on.ca

MORRISBURG — Where there is smoke there could eventually be fire.

That was the message from South Dundas fire chief Cameron Morehouse as he presented his longterm vision for the fire and emergency services to council at their latest committee of the whole meeting Thurs., Jan. 17.

Morehouse presented his comprehensive plan, which included immediate concerns, potential budget requirements for large future expenses and the potential of upgrading emergency services vehicles.

The fire chief noted that all three stations, Williamsburg, Morrisburg and Iroquois, are all in good condition, but could benefit from some additional parking or line painting to accommodate fire fighters on call.

The Morrisburg station requires the most immediate attention with several leaks in the roof and a new heating and air conditioning unit to replace two old units that are no longer functioning at a quoted price of \$18,000.

The current conditions in the hall are not comfortable, but not serious enough for immediate concern according to Morehouse.

"It's not going to freeze. It's just not heating the room or keeping it too warm," he said.

The current paging and radio system also needs attention this year after it was upgraded in 2014 from analog to digital leaving the paging system to be modernized at a later date. Currently there are dead spots and health and safety issues in the north east section of the municipality. The cost to move the radio equipment from Morrisburg to Boucks Hill so the system functions as designed will cost an estimated \$170,000.

Other immediate upgrades include \$10,000 for fire hose replacement and \$18,000 in bunker gear replacement this year.

2021 will see that cost rise to \$80,000 for bunker gear, helmets and boot replacement.

That number sky rockets to \$303,000 in replacement costs in 2026 as the SCBA packs and bottles, which need to be replaced every 10 years, will be due.

However, Morehouse plans to ask council for \$40,000 in this year's budget and in subsequent years to set aside the money needed for the large cost upgrade.

Mayor Steven Byvelds stated that the reserve fund should be kept under close watch to ensure that money is spent on what it is intended.

"The trouble with it being in the fire reserve that's the little piggy bank hands don't seem to stay out of it," he said.

The thought of having the gear inspected and certified by a third party to get an extra two years out of it was broached by Morehouse, but it wasn't met with a favourable response.

"I'd love to meet the engineer that would say, 'yeah it's got a tag on there that says 15 years, but you guys go ahead and use it for 20.' He'll be in Jamaica when the [dirt] hits the fan and we're getting sued," said Councillor Archie Mellan.

Don Lewis echoed that sentiment.

"I wouldn't feel right if these firefighters are wearing safety gear that's 12 years old and something happens," he said.

The prospect of purchasing a ladder truck in the near future was also discussed. The cost of a new unit is prohibitive as they generally cost between \$750,000 and \$1-million, but Morehouse thought a retrofit truck may be an option.

The village of Embrun recently purchased a used ladder truck from the U.S. and retrofit it for approximately \$35,000 according to Morehouse. A vehicle of that type would not need to be replaced on the same schedule as it is only required in special circumstances in the municipality.

"It's not a front line truck so they don't have to replace it every 20 years," said Morehouse.

Councillor Lloyd Wells questioned whether that type of truck will be needed at all with a lack of high rise buildings in the area.

"What I'm looking at is future development. As you know the new buildings are all going to be combustible material. They're not going to be the cement and mortar that we have now. Right now in the province you can build up to a six-storey building out of wood," answered Morehouse.

He went on to say that the vehicle could be used in agricultural fire situations and also for large industrial buildings. While they may not be tall, their large footprint poses a problem and often ladders are used to ensure the safety of firefighters.

"It's not a rush but sooner or later in the future we're going to need this. We've got Ross Video. We've got Beavers Dental. If those two buildings catch on fire, we're bringing in ladders," said Morehouse.

Currently South Dundas must call in a neighbouring municipality with a ladder truck if that situation were to occur.

Geraghty took the opportunity to drive home his point about development fees, which the municipality currently does not have.

"Development charges would pay for this kind of future growth," he said.

The overall fire and emergency coverage also was presented, with the stand-by fee charged by North Dundas being a point of contention. South Dundas has several agreements in place with neighbouring municipalities to assist with first response but only North Dundas charges an approximate annual fee of \$9,000.

When Wells asked why they don't renegotiate with their neighbours to the north, the response was direct from Byvelds.

"Do you want to hear the threat? No problem. We'll stop at the border. They've got us," he said.

Morehouse did suggest that a potential sub-station could be explored.

"I think we should be looking at in the next year or two entertaining the idea of a sub-station in the Brinston area, just a simple little pumper tanker. It would depend on manpower. We would have to have a town hall meeting out there and see how many people would be interested in joining the fire department. Maybe we can cut the chord eventually," he said.

Locating rural water sources and confirming agreements, making the fire prevention officer and assistant co-ordinator position full-time, the asset management plan and the Farm 911 Emily Project were also earmarked as priorities for 2019.

COC: Tourism hub needed in SD

BY TOM SCHOCH

reporter@winchesterpress.on.ca

MORRISBURG — To find a treasure you must first have a map, or, at the very least, half a map.

There is no doubt that South Dundas is a crown jewel on the St. Lawrence River with a list of attractions and amenities that are the envy of many other municipalities. How to properly engage visitors and connect them to those assets was the topic of discussion as Donnie Bowes, vice-president of the South Dundas Chamber of Commerce (COC), presented the preliminary plans for a tourist information centre in Morrisburg.

The plans, initially presented last fall to the previous council, did not offer any new details, but reinforced the notion that a visible tourism building is needed to better serve visitors.

In recent years, the municipality and the COC have shared the responsibilities of tourism with the main information office located at the chamber office in the east end of the Morrisburg Plaza.

Bowes stated that serving as the main hub for tourists has been an enlightening experience for the COC.

"It's been great for us to have hands-on experience in terms of visitors coming, what they need and how easy it is for them to find things," he said. "Every question or problem people have comes to our chamber office, which is a good thing."

However, council recently clearly stated they would like

to take a more active approach and bring tourism back into the municipal fold under economic development officer Rob Hunter.

The acknowledgement of the municipality of tourism as a viable industry worthy of investment isn't lost on Bowes.

"Recently over the past year or so there has been a realization that tourism is an industry. For a long time people thought of it as a frill, but it's not," he said. "There's this opinion by some people that tourism only benefits the attractions, but in fact it's only the tip of the iceberg. If in fact attractions bring a lot of people, businesses in town will do better."

South Dundas is now considered a year-round destination for tourists, which could provide further impetus to consider an information building.

"A stand-alone structure, which doesn't have to be large, would really benefit this tourism industry in all seasons," Bowes said.

Having a hub that is clearly visible is the primary objective, but the additional accessible washrooms would be welcomed by local businesses, tourists, and residents alike, he added.

Bowes also stated clearly that this would not be a new COC office and their level of involvement in the operation is open for discussion.

"We can always work out to what degree the chamber would be involved in looking after this building. It can go any way the municipality wants. I think the

important thing is that we seriously consider this," he said.

Councillor Don Lewis agreed that there is a need to better inform visitors of the wide range of attractions available.

"We have a lot to offer in the Municipality of South Dundas. We have many sites, many lovely places to go. If people are coming from a great distance away, they've heard names, but they don't know where it is. I don't think we need anything huge," he said.

Deputy-Mayor Kirsten Gardner raised a few concerns, including the long-term viability of a building when current tourism trends point towards an uptick in technology-based information hubs.

"I would like to know what the plan would be moving forward if the chamber has to change their building use for that because that is a potential concern. I'm not saying everyone uses technology. People like face-to-face, but the trend is there," she said.

Gardner added she would like to see a stronger partnership with the Morrisburg DBIA as they "are definitely a partner in this" and also wanted to see what the COC planned to do to address fall and winter events, which would require extended hours.

"I'd really like to see a plan on how we address those guests because there may be some potential there, depending on events and plans moving forward," she said.

Bowes agreed with Gardner that strong partnership between the DBIA, the chamber

and hopefully the municipality is required.

He also addressed the tech trend for information and countered that perhaps the drive for real human interaction, as in live theatre, would be something that people would seek out.

"I'm hoping, maybe it's my age, but I'm hoping that even after five years there will still be some need to talk to people directly," said Bowes. "We'll face these problems and this hub or information booth may take on a completely different character."

Mayor Steven Byvelds agreed a building is needed; however, "it all comes down to dollars and cents and we'll see where we can go with that."

He added that tourism is an important focus for the municipality.

"We need to take it to the next level. We will work with the counties as our new central tourism hub or office to see if we can bring tourism where we need to bring it in South Dundas. It's not just the Morrisburg area," Byvelds said.

While this merely served as a starting point for discussions and included preliminary designs, cost estimates and potential uses, the new energy behind tourism is a welcome sight for Bowes.

"It's a great pleasure to see that. Attracting visitors and welcoming them and then treating them efficiently and well, will serve everybody. This might be a tool that would really help that," he said.

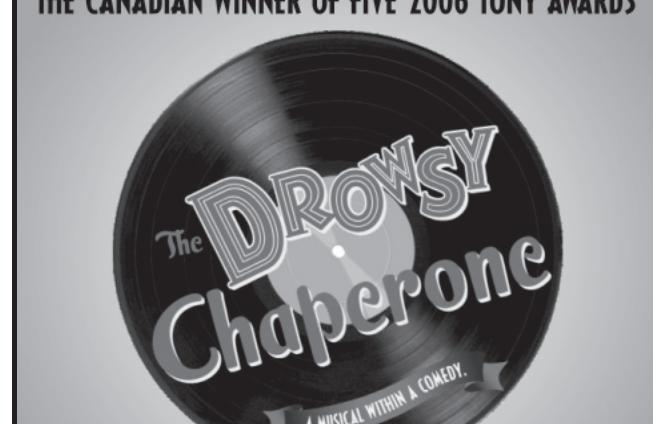


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WINCHESTER PRESS

Editorial

PAGE 6

www.winchesterpress.on.ca

WEDNESDAY, JANUARY 30, 2019

PASSING THE TORCH

Area Conservatives find themselves at a crossroads.

Sure, the mighty war chest continues to monopolize as the calendar moves closer to this fall's federal election.

In actuality, the cash fund is already swollen, with more zeros before the decimal point than most could ever comprehend. That amount of money, however, isn't certain to guarantee an election victory.

Yet Guy Lauzon's seemingly unexpected (although inner circle members know it wasn't all that sudden, nor was it a surprise) retirement announcement last weekend has no doubt left party supporters with uncertainty about where to turn.

So blue has the riding of Stormont, Dundas, and South Glengarry been painted that even Lauzon's political missteps were most often overlooked.

Why? Well, likeability for one. Glad-handing, of course, goes a long way, especially in a region so heavily populated by those north of 60. But the veteran politician, at a very surface level if nothing else, made the time for those who needed it – he presented himself as always approachable.

So ever present was he that the joke among the area's media camp was that Lauzon would show up to the opening of an envelope if invited.

The conundrum now for the Conservative riding

association is to replace the experience, and how to best encapsulate the groundwork laid through Lauzon's 15 years on Parliament Hill.

Being a politician doesn't come without its burden. Cumbersome best describes the demands put upon those seeking or holding office. For every leading policy maker and cabinet minister, there is a backbencher making little more than a squeak.

History will remember Lauzon as middle of the pack, though he can boast seven years as national caucus chair, which put him near the top of the heap during the Harper years.

Where to go from here?

Perhaps its best insiders among the riding association head back to an earlier adaptation of what is today the Conservative Party of Canada.

There was a time when "progressive" figured prominently among the Tory vernacular, in the decades when the party was headed by the likes of Diefenbaker, Stanfield, Clark, and Mulroney, among others.

It was a time when the vision for Canada seemed united, rather than soaked in the division that today exists because of mouths that don't stop moving – Scheer and Trudeau, we're looking at you.

For this writer, and this newspaper in fact, there is

no better candidate suited for the job of serving this riding than Eric Duncan. The now former mayor of North Dundas is the youthful jolt of optimism the jaded Conservative Party needs.

He overcame the whispers of being the "know nothing" kid when he was elected to municipal council at 18, and through four years proved to learn the lessons needed to make the jump to the head of the table.

Duncan did this with the type of exuberance that will be needed should the Tories wish to hold off another Liberal majority in October. He's put in the work at the feet of his master, having worked for Lauzon as executive assistant and serving as campaign manager. Duncan is knowledgeable on a variety of files and he's unapologetic about who he is, a comforting presence in a region sometimes adrift in the backwoods with audibly powerful duelling banjos.

Is it presumptuous to say he will make a run for MP? Sure. But if there is a horse in that race, it's the one I'm putting my money on.

There's no need for sabre-rattling now. If the Tories intend to trump (no pun intended) Trudeau, Duncan will go a long way in helping.

He's the progressive mind that's so desperately needed these days.

— M.U.

Remember When

1919

War widows were making the best of their misfortunes and many were taking unto themselves other husbands. The Boards of Pension Commissioners revealed that women who lost their husbands at the front and remarry would receive a \$480 gratuity in a lump sum. This was equal to one year's pension ordinarily paid in monthly instalments to widows.

1929

A report presented to the Counties council by the Ontario Department of Highways showed what the cost of highway 31 maintenance and construction cost taxpayers. From Morrisburg to Winchester Springs, the construction cost \$2,243 and \$7,216 for maintenance. The snow removal costs for the same stretch of highway cost \$244.88.

1939

The transport department publicly announced that employment of war veterans where available as canvassers for radio licenses would be made mandatory on April 1. Radio licenses were issued by radio dealers, post offices, banks and by a large number of house-to-house canvassers.



1959: An ad for the Lark by Studebaker.



1949

The Inkerman Rockets wound up their schedule with a pair of convincing victories to go undefeated for the season. The Rockets defeated Cornwall 6-0 and Morrisburg 19-1 in their final two games. In the 10 game season the Rockets scored 120 goals and only allowed 19.

1959

More than 1,100 people attended the annual Winchester 100 Club Winter Carnival making their most successful event in the last 10 years. Marie Hoy, a popular 15-year-old Mountain District High School Student, was named the new Carnival Queen in a unanimous vote of five judges. Hoy received more than \$100 in prizes and cash.

The top three contestants in the Carnival Queen contest were Helen Allen (above, left), Marie Hoy and Linda Ross.

1969

The Winchester station, a familiar landmark since 1885, was doomed to be sacrificed in the name of progress after three C.P.R. Officials visited the village and brought their message to town council. Reeve Don Christie urged



the officials to allow the village the first chance to purchase the valuable land and the historic building. A new express building was planned across the highway to replace the old station.

1979

Quick thinking farmer David Millar saved Glen Wade's house from burning to the ground in a most unusual way. Millar was snow blowing his lane out with his tractor when he noticed Wade's garage was on fire.

He crossed the property with his tractor and began blowing snow on the fire, which by that time had already started to rage out of control. Thanks to his quick thinking, the flames were brought under control and Wade's home only received minor damage.

1989

More than 170 people attended the roast of former Winchester Township reeve Gerald Holmes at the arena in Morewood. Holmes was honoured for his many years of service to Winchester Township.

1999

2009

South Dundas Council urged residents to watch for a man dumping used car tires illegally throughout the township. A St. Lawrence Parks Commission employee spotted a man tossing the tires near Ault Island Road.

The suspect had also curiously approached at least one garage in Morrisburg, offering to take away used tires for a charge of \$1 each.

2009

Doors to the new acute care facility at Winchester District Memorial Hospital were scheduled to open on March 1, but management is still looking to recruit physicians. Hospital CEO Trudy Reid had asked United Counties council for \$150,000 (WDMH would spend \$100,000, as well) to help recruit seven professionals - including two obstetricians, two general surgeons, and a cardiologist. The construction of the expanded facility was more than 80 per cent complete.

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HAIRCUTS ON A SATURDAY NIGHT

Emerson called it an ordeal, which was a word I wasn't familiar with, but I knew it had something to do with his hate for the Saturday night haircut.

Once a month, my three brothers and Father had their hair cut by Mother, who through trial and error became good at the job, even though Emerson complained loud and long about the results.

Earl and Everett were no problem. Their hair was as straight as a die, but Emerson's, like mine, was a mass of red curls. I used to think his hair was the same colour as the bricks in a house, much darker than mine.

And how he hated having it cut. He said the scissors hurt, which was sheer nonsense. What really bothered him was sitting still for the time it took Mother to do the job.

I was sitting at the kitchen table watching. Mother always left Emerson to the last.

Cook's Corner

Mary Cook



First it was Father, then Earl and then Everett, and by the time it was Emerson's turn to sit on the sheet-draped stool, he had worked himself into a lather.

Mother combed it first, which was a chore in itself, because his hair, as well as being curly, was thick, and so that started the yelling before she even got near him with the scissors. Of course, I enjoyed every minute of his misery, which was like a payback for all the times he made my life miserable!

When Mother first started cutting hair, she used a vegetable bowl placed upside down on top of the boys' heads to make everything come out even. But I have to admit, the bowl did nothing to make the hair cut presentable.

It gave the boys bangs, which they hated, and every morning before they went to school, they doused their heads with water and combed their hair back.

This worked fine for Everett and Earl, be-

cause their hair was fine and straight, but as soon as Emerson combed his hair back off his forehead, it sprang forward and no amount of slicking it down with water could keep it back off his face.

It wasn't as much of a problem in the wintertime, because just before heading out for school, he doused it well with water, held it down, combed it back, and slammed his toupee to hold it all in place. By the time he got to the Northcote School, it was pretty well settled down.

Father usually fell asleep when Mother was cutting his hair, and she would have to give him a good poke in his shoulder to keep him awake. She used the big shears she kept in her sewing machine drawer, and it wasn't unusual to hear one of the boys or Father give a yelp when she came too close to an ear, and maybe even give it little nip.

And then she would holler, "if you would keep still, we'd all come out of this unscathed."

Only on very rare occasions did Father have his hair cut in Renfrew at the barbers. After all it cost 75 cents! That's about all Mother got from

selling a chicken!

But when his sister came from Regina in the summer time for her yearly visit, Father would head into Renfrew, grumbling all the way about the waste of money.

But Mother would dig into her egg money and pull out enough coins to cover the cost of a haircut done by someone who knew what he was doing. And Father would come home looking like one of those classy businessmen found on the main street in town.

And I would see him catching a glimpse of himself in the green-framed mirror that hung at the back door over the washbasin on the bench. There was no resemblance between the town haircut and Mother's, done once a month on a stool in the kitchen.

I would sit at the kitchen table on the night for the haircuts, and do nothing but watch and listen.

For me it was almost as much fun as the Saturday night house party, or going into Renfrew to the picture show.

Interested in Mary's books? Contact her at wick2@sympatico.ca.

SOME THINGS...

*Some things we've heard...
Some things we've seen...
Some things we've read...
Some things we think...*

Ah, Facebook. Where the privileged Caucasians of our community spread their hate-based epithets for fear their white-bred world might change.

...

Is the master finally giving way to the apprentice? It seems like a forgone conclusion that Eric Duncan will take his shot at replacing the outgoing Guy Lauzon.

...

Another thought on Lauzon's replacement — how about a female? Maybe someone with a hint of ethnicity? Or are we in SD&SG to be forever represented by older, more often than not, white men.

...

It must be really cold. The birds that normally come around for a free lunch are huddled together somewhere, ignoring all that free food.

...

The recent and continuing snowy weather begs the question — I wonder to whom we could sell all of this snow too?

...

Cleaning up the last significant snowfall I could not help wondering where the heck climate change was hiding. Apparently a few spiders and snakes that love warmer weather have been steadily migrating further north each year, anticipating a warmer climate so it is just a matter of time before the snow shovel is a thing of the past.

You have to admit that the automobile industry has come a long way. This cold weather is a severe test for just about everything you find in a car, from a strong battery to an engine that operates at 30 below zero day after day.

...

A universal topic shared in all counties around the world has got to be weather.

The weather does not favour politics, religion or what your opinion is about anything, and that's kind of a relief.

...

These January days remind me of my ex-girlfriend — beautiful and cold.

...

One last note about Lauzon... Whether you agree with his politics or not, 15 years is an impressive run for any politician. Congratulations on a well-earned retirement.

...

These days there are sobering winds blowing across our lands. Which reminds us, we could use a drink to pass the time.

...

There's nothing quite like jumping the snow bank at the end of your driveway to truly make you feel like an action hero. Your mechanic will let you know in the spring how much that experience costs.

A FLURRY OF SNOW DAYS

MAPLE RIDGE — Last week was hardly a school week, with snow days Monday, Tuesday, Wednesday and Thursday, the majority of students only had to attend school on Fri., Jan. 25.

The exam that was supposed to take place Thurs., Jan. 24, was postponed until today (Wed., Jan. 30).

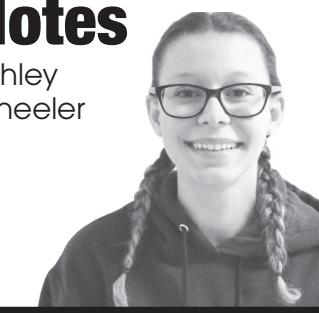
Not all students had dull days studying at home on the four snow-days, many ended up coming to school and working with their teachers or getting extra help.

Or, if you are Mr. Bougie and Mr. Whitton, you threw a pancake breakfast for the students that showed up!

This week, we wrapped up exams and are preparing for the new se-

NDDHS Notes

Ashley Wheeler



white! Any Grade 12s who haven't picked up their graduation photos, make sure you stop by the office to get them!

Also, I would like to apologize for any confusion with the period one exam being moved to today. In the last article, I said all exams would be pushed back a day, since this is what our teachers have been telling us. The school board decided to take a different route and completely move the first period exam, which they announced Thursday morning.

I am sorry for any confusion that may have caused, the weather has been unpredictable, and it was seemingly a last minute decision.

Letters

What's on your mind?

The Winchester Press values your opinion.

We welcome letters to the editor on subjects of interest to the community.

Letters must be signed and include the writer's telephone number.

Letters may be edited for length, grammar, and libellous statements.

We're anxious to know what's on your mind, so feel free to express your views.

Give us a call at 613-774-2524 or e-mail news@winchesterpress.on.ca

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The return to normal winter conditions was good news for area snowmobilers and the Nation Valley Snowmobile Association's 346 kilometres of trails.

WINCHESTER — The return of the authentic Canadian winter had many people ready to give it the cold shoulder and head for warmer climates.

But for area snowmobile owners and trail riders the snowy sight was one for sore eyes.

With more than 45 centimetres of snow in less than a week riders may finally have a chance to put their seasonal permits to good use.

According to president of the Nation Valley Snowmobile Association (NVSA), Tyler Hoy, the 346 kilometres of trails had been given at least one pass by their groomers Fri., Jan. 25, although they were working shorthanded.



The association's oldest groomer had just returned to the trails after repairs to a fuel pump when a problem with the tracks sent it back to the shop, which resulted in it being out of service for most of the week.

A replacement for the aging 1999 model could cost close to \$240,000 and would have to be delegated by the Ontario Federation of Snowmobile Clubs.

In the past, local clubs had the power to purchase their

own equipment at their cost, but that is no longer the case. It is one of the many changes affecting local snowmobiling enthusiasts.

The NVSA has assumed responsibility of trail maintenance as the local member clubs, Mountain Trail Blazers, South Dundas Snowmobile Club and Winchester Township Snowmobile Club, voted to operate as one entity.

This is the first year riders will also see the effects of the More On The Snow (MOTS) system.

A letter published by Hoy explaining the new procedure stated: "the clubs in each district have amalgamated their funds to operate



Schoch Photos

equally and to put the money where the snow is or where it is needed. We are very hopeful that this system will offer our riders a better snowmobiling experience throughout the province."

It's a move to maximize conditions on the most used trails in increasingly short and unpredictable winter seasons.

The NVSA is also looking to strengthen its volunteer ranks as low numbers forced some local clubs to close several trails.

Weather conditions for the upcoming week look favourable, which is great news for Snowarama for Easter Seal Kids in Riverside Heights Sat., Feb. 2.

SNC keeping trails open

FINCH — The region may be well worn under a blanket of winter's bounty, but that hasn't stopped South Nation Conservation from maintaining more than 30 kilometres of its regional trails network.

Conservation areas featuring groomed, accessible space

for adventure includes both W.E. Burton and J. Henry Tweed in Russell, Two Creeks west of Morrisburg, Robert Graham in Glen Stewart, and Warwick Forest east of Berwick.

The remainder of the authority's 14 day-use areas throughout its 4,384-square-

kilometre jurisdiction remain closed for regular winter maintenance. Reopening is expected for May.

South Nation is also working with municipal partners to keep both Nokomis Park in Limoges and the recreational trail in Russell open this winter.



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Thank You!

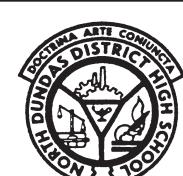
The Morewood Winter Carnival
held January 25 to 27 co-hosted by
the Morewood Recreation Association and
the Morewood Fire Department
was indeed a fun filled weekend.

Sincere thanks to all volunteers, sponsors, and silent auction donors.

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If we have missed anyone please accept our apology and thanks.

- Morewood Recreation Association



NORTH DUNDAS DISTRICT INTERMEDIATE & HIGH SCHOOL OPEN HOUSES

Secondary Open House & Information Evening
Thurs., Feb. 7th, 2019 - 6-8 pm
(snow date - Wed., Feb. 13)

We welcome our incoming Gr. 9 students, as well as any secondary students, and their families to drop in, speak with the staff, and have a light meal.

Please note: If you are unable to attend an Open House, we are happy to arrange a school visit at a time convenient for you. Call us at 613-448-2328 to schedule an appointment.

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CENTOPH RENOVATION PROJECT

Making the memorial mightier

BY MATTHEW UHRIG

news@winchesterpress.on.ca

WINCHESTER — The village's cenotaph is missing.

Have you noticed? Traditionally perched outside the front doors of Winchester District Memorial Hospital, the memorial has been pulled from its home.

It wasn't the work of would-be thieves, however, but a scheme of the Royal Canadian Legion Winchester Branch 108.

"One of the things the Legion has looked at for quite a while is to honour our veterans who served in Afghanistan. We have quite a few in the area — more than one might think," Janet Morris, who oversees the village branch as its president, said. "We've endlessly discussed expanding our monument to include those members, and leaving of course room for further missions that might, god forbid, come around."

Morris herself is a 35-year veteran of Canada's navy, sprouting from a reservist role with HMCS Carleton to a deployment in the Persian Gulf where she served as her ship's chief clerk.

Through three-and-a-half decades, she witnessed the endless support for those who have served, a tradition that continues through the "small, but mighty" Winchester Legion.

The branch's service officer, John Barnes, has been tasked with leading the overhaul on the cenotaph, getting little pushback on the plan.

To date, \$2,400 has been generated through collection from branch membership and other donations.

"Our key is to make this a community milestone... The monument is not the Legion's, it is this town and this community's," Barnes said.



Holed up in a warehouse in Quebec at the moment, the hired firm is working to match the addition to the original stone, ultimately adding two pieces to either side of the existing cenotaph.

"What it is, is about honouring and remembering our modern veterans today... Those from the First World War are gone and few remain from the Second World War," he said. "We want to make sure that as a town our modern day vets are recognized — to make sure it is memorialized on the monument."

Recently retired, Barnes left his post as chief warrant officer. Through his career, he was stationed in Cyprus, Bosnia, Afghanistan and more.

"Let's say I've been around... But, I have lost soldiers, my soldiers," Barnes said. "In Afghanistan, I lost seven in a seven month tour, so this has a personal connection for me."

Veterans Affairs Canada

WINCHESTER DISTRICT MEMORIAL HOSPITAL ERECTED IN HONoured MEMORY - WORLD WAR II																											
ACE	PTE	WALLACE J.	EMPEY	SGT	EARL	MARCELLUS	P.O.	Douglas E.	PFC SGT	OLIVER J.	McEVoy	FET SGT	WILFRED J.	McGinn	FET SGT	GEOFFREY	MCNAULIN	F.C.	HUBERT	MORIARTY	T.P.R.	F.O.	BRUCE	O'GRADY	Sgt	JOHN	
ANDERSON	PFC	ROLAND	EVANS	W.O. Z.	D F	MCNAULIN	P.T.C.	CHARLES	PTE	EUGENE	MCNAULIN	F.C.	GEORGE	MCNAULIN	F.C.	GEORGE	MCNAULIN	F.C.	HUBERT	MORIARTY	T.P.R.	F.O.	BRUCE	O'GRADY	Sgt	JOHN	
ANNABLE	PTE	EDWARD	FOUBERT	PTE	CHARLES	OGILVIE	P.T.C.	J J	PTE	DAVID	OGILVIE	P.T.C.	L	PRUNNER	P.T.C.	L	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
ARMSTRONG	FO	HAROLD	GATE	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	WM	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
ARMSTRONG	PFC	ROBERT	GILLCOUGH	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
BARKER	LIEUT	EDWARD	GILLELLAND	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
BOTY	TPR	KENNETH A.	GILLELLAND	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
BOYD	LIEUT	NAIRN S.	GILSON	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
BROUSE	WO	DAVID L.	GODMAN	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
BURNS	CPL	DONALD	GILLELLAND	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CALDWELL	CPL	KEITH	HOLMES	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CAMERON	SGT PO	FRANK	IRVINE	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CARTER	SGT ODR	FRANK	JOHNSON	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CARKNER	SGT P.O.	D M.	JOHNSON	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CHAMBERS	P.O.	KELLY	KENNEDY	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CLARK	TPR	ALLAN	KIRKER	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CLARK	FO	JAMES	KIRKER	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CRAIG	PTE	DAVID G.	KIRKER	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
COTTER	WO I	DAVID G.	LINTON	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
COTTING	PFC	DAVID G.	LONEY	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
CUMMINGS	PTE	B R.	LONG	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
DEJARDINS	DVR	J E D.	MARCELLUS	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		
DURANT	TPR	DWIGHT	MARCELLUS	PTE	CHARLES	P.T.C.	P.T.C.	P.T.C.	FO	ARNOLD	P.T.C.	P.T.C.	P.T.C.	ROBINSON	P.T.C.	P.T.C.	ROBINSON	P.T.C.	JOHN R.	PRUNNER	P.T.C.	L	OGILVIE	Sgt	JOHN		

Left: The Royal Canadian Legion Winchester Branch 108 is in the process of making additions to the village cenotaph, which was first unveiled Nov. 7, 1954.

Right: Squad leader E.S. Wright dedicated the cenotaph to Winchester and district's fallen war heroes.

Below, right: Mrs. Spurgeon Boyd, whose sons Kenneth and Nairn were killed in action, was given the honour of unveiling the memorial.

Winchester Press Photos



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Marionville's Community Center

\$8/child – 1 workshop and lunch

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10:15 to 11:30 am – WORKSHOPS #1

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or seguin.rachel@hotmail.com

(places are limited for the workshops and painting)

***Family skate at the rink on Saturday from 1-3 pm (weather permitting)**

– free hot chocolate and music.*

7:00 pm – TRIVIA NIGHT



Winter fun in Greely

BY JOSEPH MORIN
joe@winchesterpress.on.ca

GREELY — Cold weather, a little snow and blue skies, mixed with lots of fun, marked this year's edition of the Greely winter carnival.

The two-day event, Sat., Jan. 26 and Sun., Jan. 27, called Winter Weekend in Greely was centered on the village's community centre and sponsored by the community association.

Festivities included a tasty pancake breakfast courtesy of the Ottawa Fire Services Greely station number 93.

The carnival also boasted sleigh rides courtesy of D&G Hollybrooke Farms, and an exciting hockey game between



Team Station 93 and the Ottawa Police.

Despite the best efforts of the firefighters, the police came

away with a 15 - 9 win in an exciting end-to-end game.

During the afternoon, the Ottawa Parks and Recreation put on a science show for all of the children at the event. The city also provided several activity tables for children as well.

Later in the evening there was a dinner and comedy. The dinner was served up by Orchard View and the laughs by Absolute Comedy.

On Sunday morning the carnival featured the Greely Lions home-style breakfast with homemade waffles, made to order omelettes, ham and breakfast sausage, baked beans, hash browns and fruit salad.

This year's winter celebration in Greely is descended from a long line of winter carnivals going back to 1972. Adam Sooley, president of the Greely Community Association, said putting the carnival together was only possible because of the volunteers and the great support from the village's business community.

"The business sponsorship is absolutely amazing."

"The whole community association takes care of it with the help of many volunteers," he said.

Sooley added that he would like to see the carnival again become a four-day event as it has been in the past. The business support is there but the association would need more volunteers to help out.

Sooley is also concerned that the Greely residents do not appreciate, he noted, the voice that it has through its community association and how that voice can be heard at Ottawa city hall through their councilor, George Darouze.

The Ottawa Parks and Recreation Department came to Greely to entertain the children with some science experiments. Left to right are: Nate Waddell and Scott Olson.



Despite a never-ending attack on the Ottawa Police net the Greely firefighters could not overcome a 15 to 9 lead in their game against the Ottawa Police on Sat., Jan. 26. Here, detective Bruce Graham, the Ottawa police goalie, turns away another Greely shot on net with the handle of his stick.



Serving up some elephant ears are members of the First Greely Scouts. Left to right are: Richard and Nathan Leao, Philip Charron, Brandon Danson, Michel Charron and Matt Tucker.



The Winter Weekend in Greely was great family fun. Here, the Fekkes family are at the activity table at the carnival. Left to right is: Melissa with Owen and Charlotte and Nicholas.

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THROWING ROCKS

The 53rd annual Dairy Spiel kept the three ice sheets at the Winchester Curling Club in good use Fri., Jan. 25 and Sat., Jan. 26 as more than 30 teams took part in the annual event. Here, Ryan McRostie (left) and Tammy Piche worked their hardest to guide the rock to its eventual destination. See more results in next week's *Winchester Press*.

Uhrig Photo

Resilient Hawks push for playoffs

WINCHESTER — Several weeks ago it appeared the Winchester Hawks chances of making the playoffs had been buried deep in a snow bank on Main Street.

But with their resilient play of late hope for meaningful spring hockey is starting to thaw.

Faced with the prospect of chasing down the Char-Lan Rebels for the final playoff spot and a schedule that is quickly running out of tape, the Hawks came through in a pair of must-win games to keep their playoff hopes alive over the weekend.

The victories were not only at a crucial time, how they won was equally as impressive.

In both cases, the Hawks came from behind, tied the game late in the third period and won it in overtime. The Hawks also saw their depth players and rookies step up with huge goals at key times as the team has managed to find their stride at the right time.

However, the Rebels did not cooperate as they won 4-3 in overtime against Embrun and also defeated Richmond 8-1 to collect three out of a possible four points on the weekend.

Hawks 6 – Panthers 5 (OT)

Danny Johnson has proved to be the scorer that GM Dom Menard has been looking for as he led the way for the Hawks with a three-point night in an exciting win over the Panthers. Johnson gave the Hawks the early 1-0 lead on a feed from Hunter Randell. The Pan-



Miguel Pare banked a shot in off an Embrun defender to tie the game at two Fri., Jan. 25. The Hawks won the game in dramatic fashion, 6-5 in overtime.

Uhrig Photo

thers drew even before the end of the first on Marc Brosseau's 11th of the year.

The second period began on a play goaltender Brent Pledge-Dickson would rather forget. His routinely brilliant play hit a speed bump when he offered an ill-timed old fashioned poke check as Panther forward Cayden Martin broke into the zone mere seconds into the middle frame. Martin showed his patience and simply skated around the helpless keeper to pot the go-ahead goal 15 seconds into the period.

Miguel Pare would atone for one of his goaltenders rare mistakes on the season with a behind the net bank-shot goal that beat Panthers netminder Joshua Ivan-

ski to tie the game at two.

Brosseau scored his second of the game and Robert Beaudoin added a short-handed marker to give Embrun a 4-2 lead after 40 minutes.

The Hawks showed they weren't ready to give up on the season yet as Brady Meldrum picked an opportune time to score his first of year, short-handed no less, to make it a one goal deficit.

Rookie Eric DeRepentigny added another short-handed marker at 5:19 to tie the game.

The seesaw battle continued as the Panthers once again took the lead with less than five minutes to play on a goal by Alexandre Caron.

► CONTINUED ON NEXT PAGE

ND Rockets can't overcome Rangers

Battle of top teams goes to South Grenville

BY MATTHEW UHRIG
news@winchesterpress.on.ca

CARDINAL — In the latest battle of the top teams in the National Capital Junior Hockey League's West Division, the South Grenville Rangers furthered their hold on first place.

Morning snow squalls nearly scuttled Sun., Jan. 27's afternoon contest between the North Dundas Rockets and the division-leading Rangers, but the weather Gods ultimately relented as the two sides squared-off at Cardinal's Ingredion Centre.

It was the fifth meeting of the season between the two sides, with the Rangers holding a 3-1 edge in wins heading into the day's play.

South Grenville earned a 2-0 lead in the first period, while the squads played to a scoreless sandwich session.

The Rockets finally found the scoreboard in the third, with Jarrett Williams connecting from Matthew Cowley and Connor Roth.

It was as close as North Dundas would come, however, as the Rangers iced the contest away with back-to-back markers in the game's final minutes.

Reilly Tondreau played the full 60 minutes for the Rockets, surrendering each of the four South Grenville goals.

With the win, the Rangers moved their season record to 20-7-2 (42 points), and continued an impressive 13 game unbeaten streak on home ice in Cardinal.

North Dundas, meanwhile, is now five points back of the division lead with an 18-10-1 record.

The two sides are set to meet once more this season when the Rangers ride into Chesterville Sat., Feb. 9. Puck drop is 7:30 pm.

Rockets ground Jets

The weekend wasn't entirely lost for the Rockets, with the third-place

Metcalfe Jets absorbing a 7-2 shellacking Sat., Jan. 26 in Chesterville.

Justin Lefebvre, who is in the hunt for the league scoring title, had a two-point night for North Dundas, bagging a goal and an assist, while Williams started his weekend scoring streak with two goals and an assist against the Jets.

Single markers were fired by Dylan Robinson, William Watson, Roth (who also had four assists in the contest), and Cowley. Additional helper points were snatched up by Cameron Brown, Cowley, Egan Pierce, Hugo Lusignan, Robinson, and Brad Stitt.

Back-up goaltender Caleb Gervais took the win, moving his goals against average to 3.00 in 420 minutes played.

News and notes

- Lefebvre's goal and assist against Metcalfe pushed his season's points total to 69 with 31 goals and 38 assists. He trails only Jakob Brunette of the St. Isidore Eagles, who has put up 71 points to date with 35 goals and 36 assists.

- Roth's six-point weekend moved him into sixth in the scoring race, with 26 goals and 28 assists for 54 points.

- Stitt, meanwhile, is hanging in the top 10, having settling into ninth with 48 points (19 goals, 29 assists).

- The Rockets' goaltending tandem of Tondreau and Gervais has been key to the team's success through 29 games played. The veteran Tondreau has been tasked with the bulk of the workload, working to an 11-7 record with a goals against average of 4.16, while Gervais is 5-2 with a 3.00 GAA.

- North Dundas heads to Metcalfe Fri., Feb. 1 to take on the third place Jets at the Larry Robinson Arena (8:15 pm start time) before returning home Sat., Feb. 2 to face the visiting St. Isidore Eagles. Puck drop is 7:30 pm.



Though he missed on this opportunity, captain Brad Stitt did finish the night Sat., Jan. 26 with an assist as the North Dundas Rockets took down the visiting Metcalfe Jets 7-2.

Schoch Photo

Gold medal day for PeeWee 'B' Demons

FINCH — The cold outside did nothing to stymie the hot streak of the North Dundas PeeWee "B" Demons Sat., Jan. 26.

Skating in the North Glen-Stor Braves-hosted tournament that day, the Demons opened the competition with an unenviable 7:30 am contest.

The host squad was the game one opponent, and the North Dundas squad worked to a 4-2 victory.

Nate Thompson had a two-goal game, while Patrick Guy chipped in with a marker, and Jacob Guy finished with a goal and an assist.

Helper points were also racked up by Ryan Wilson, Will Miller,

Gavin Copeland, Brody Henry, Cole VanLanen, and Cameron Ouellette.

In game two of the morning, the Demons faced off with the Nepean Raiders.

Loic Savage-Clement and Cooper McCooeye both buried two goals in North Dundas' eventual 6-1 victory.

Josh Lafrance netted a goal and earned two assists, while Michael Theos added a single marker. Assists went to Carter Latimer, Wilson, Henry, Guy, Thompson, and Copeland.

Two wins left the Demons atop their bracket, pushing North Dundas into the "A" final later in

the day.

When it came time to take the ice ahead of the 4:30 pm puck drop, the Demons learned they'd be squaring off with the West End Wolverines.

From period one on, however, it was all North Dundas.

Five different shooters found the back of the net in the Demons 9-0 thrashing of the Wolverines.

Thompson had the hat trick, while adding an assist, and Theos and VanLanen had two goals each.

Guy and Savage-Clement, who also earned a helper point, each counted a goal. Assists also went to Copeland (two), Miller, and Jacob Guy (two).



The North Dundas PeeWee "B" Demons went undefeated en route to the gold medal at a tournament in Finch Sat., Jan. 26. Pictured are: Bobby Jack Hart (back left, assistant coach), Will Miller, Nick Henry (assistant coach), Gavin Copeland, Nate Thompson, Cameron Ouellette, John VanLanen (trainer), Josh Lafrance, Ryan Wilson, Michael Theos, Tyler Copeland (head coach), and Loic Savage-Clement. Middle Row: Brody Henry (left), Patrick Guy, Jacob Guy, Carter Latimer, Sam Hart (goalie), Cole VanLanen, and Cooper McCooeye.

Courtesy Photo

Hawks

◀ CONTINUED FROM PREVIOUS PAGE

Colby Byrnes-Shaw, another rookie, snapped home the tying goal for the Hawks with Kyle Kuehni and Johnson drawing the assists with only 52 seconds remaining. Despite being outshot in the third period 17-8, the Hawks were headed to overtime and Johnson would not waste the opportunity. He grabbed the cape from Byrnes-Shaw and played the hero for the Hawks 2:08 into overtime on assists by Colby Schroeder and River Gull to swoop in and snatch the crucial extra point from the Panthers paws.

Hawks 4 – Packers 3 (OT)

Following an emotional win, the Hawks hit the ice at the Nick Smith Centre in Arnprior to take on the Packers.

Predictably, the Hawks came out flat and the Packers took full advantage outshooting their opponents 14-8 and grabbing a 3-0 lead after the first period.

But once again, the Hawks dug in their heels and fought their way back just as they did in the final frame against the Panthers – with a list of unusual suspects hitting the scoresheet.

Kyle Fleming collected just his fourth goal of the season to give the Hawks life at 2:18 of the second period.

Bradley Wells shaved the Packers lead to one with his second of the season at 15:23 as the Hawks were within striking distance after two periods of play.

Colby Schroeder ensured there would be a dramatic

finish by tying the game at three with his third goal of the season with Cameron Cotnam and Meldrum grabbing the assists. Meldrum now has seven points on the year and three of those have come in the last two games.

In a case of watch and learn, this time it was a rookie that provided the Hawks reason to celebrate in overtime as Cotnam potted the game winner 1:19 into the extra frame.

Fleming, Cotnam and Meldrum each had a two-point game and Pledge-Dickson was his usual steady self with 32 saves to lead the Hawks to their most important win of the season.

Up next

The Hawks have started to gain some momentum, but will now be forced to do some scoreboard watching with only one game on their schedule this week. That lone game is once again vital as they travel to Embrun Fri., Feb. 1 to try to deal another blow to the Panthers playoff hopes while also hoping to gain some ground on fifth place Char-Lan.

The Panthers and Hawks are tied with 30 points each, but Winchester has one game in hand. The Rebels are six points clear of both teams and in the driver's seat for the final playoff spot after winning three straight.

Char-Lan will be at the Joel Steele Community Centre Fri., Feb. 8 in what could be the game of the season.



The North Dundas Atom "C1" Demons earned the "B" side hardware at the Alexandria Glens-hosted tournament Sun., Jan. 27. Pictured are: Hunter Holmes (front, left), Jacob Miller, Matthew Seguin, and Aiden Leclair. Middle row: Cody Lesage (left), Robert Scott, Jack Robinson, John Nadobny, Anthony Sylvestre, Koen Myers, Sydney Robinson, and Landon Graham. Back row: Brad Robinson (left), Chris Sylvestre, Jason Lesage, and Craig Leclair.

Courtesy Photo

Consolation prize for Atom 'C1' Demons

ALEXANDRIA — Despite a tournament-opening loss to the Char-Lan Rebels, the North Dundas Atom "C1" Demons easily overcame the upset.

A 4-1 setback, where Cody Lesage (from Sydney Robinson) was the lone North Dundas goal scorer, sent the Demons to "B" side.

Consolation hardware was within grasp, however, and the team ensured they'd head home with something.

In Alexandria Sun., Jan. 27, it was the host Glens who North Dundas would take on in game two.

The Demons weren't to be beaten for

the remainder of the day, as Sydney Robinson potted the hat trick against the Glens. Single goals were counted by Jacob Miller, Koen Myers, Jack Robinson, and Cody Lesage.

Assists went to Anthony Sylvestre, Jack Robinson, and Lesage.

Goaltender Matthew Seguin was steady again the "B" final, as the Demons thrashed the South Stormont Selects 7-3.

Both Jack Robinson (who also earned an assist) and Lesage scored three goals, while Sydney Robinson had a goal and two assists. Sylvestre also had a helper point.

Regular season action

Ahead of Jan. 27's tournament, the Demons welcomed the Kemptville Panthers 2 to Chesterville Tues., Jan. 22.

Jack Robinson was North Dundas' lone goal scorer in the 2-1 loss.

Through 21 games played, the Demons hold down sixth in the West Division with a 10-7-4 record for 24 points. In all, North Dundas has 57 goals for and 45 against.

The Demons are next in action Tues., Feb. 5 when the Brockville Braves 1 visit Chesterville, and then head to Cardinal Sat., Feb. 9 to take on the South Grenville Rangers.

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Summers strengthens lead in WDLHL play

WINCHESTER — A two-goal morning from Katrina Holmes was more than enough for the Summers Physio Grey side to further its hold on first place in the standings in a win over KCs.

Tasked with the 8 am contest Sun., Jan. 27, Holmes bagged both her goals in the second period.

Not only did she help keep Summers' at the top of the pack, but Holmes also pushed her Winchester and District Ladies Hockey League (WDLHL) points total to 20, with 15 goals and five assists.

Sophie Drouin and MacKenzie Thomas earned assists on Holmes' opening marker, which proved to be the game-winner, and Brina Whitley teamed with Drouin to lead Holmes to her second goal of the game.

The choice was obvious for Summers' "player of the game," with Holmes taking the title.

Brides wear white in win

Eleanor Robinson fired the game-winning goal for Bridals White, as her squad slipped past WS Trucking Black 3-1 in the morning's second game.

Lauryn Vandekemp and Isabelle Dagenais set up Robinson's marker in the middle session of the game.

The game opened with a goal from Lesley-Ann Tupper, who took a feed from Ashley Mussell to put Bridals ahead 1-0.

With Bridals up 2-0, Natalie Brundige (from Stephanie Scott) finally got WS Trucking on the board.

Any hopes of a comeback were dashed, however, when Tupper's unassisted marker beat Dana Dore to push Bridals' lead to 3-1.

Goaltender Becky Cranham was the "player of the game" for Bridals, and Brundige took the title for WS Trucking.

Roosters soar, Express hold off Leaguers

WINCHESTER — A five-goal performance from Nik Paas was just enough firepower for the Red Roosters to take down the Winchester Town Hockey League-leading Thurler's Thunder Tues., Jan. 22.

Paas bagged one in the first, and buried four more markers in the second period in the Roosters' 8-6 win.

Brodie Boulanger had a two-goal, two-assist night in the win, while Travis Armstrong followed up with a goal and an assist.

Craig Domanski had a single, with assists going to James Gilmer (two) and Derek Vingeroeds.

On the Thunder side, Derek Simms bagged two goals and added two assists, while Ryan



Express 7 – Leaguers 6

Paas still had enough in the tank as he suited up as a substitute for the Express, burying two goals and adding two assists in the victory.

Pete Klein-Swomink had two goals and an assist, while both Shawn Simms and Cam Brown had a goal and three helpers on the night.

John McGlashan was credited with a single goal, and assists went to Jake Downey and Jay Griffiths.



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Winchester & District Ladies Hockey League

RECENT RESULTS

Sun., Jan. 27
Summers 2 – KCs 0
Bridals 3 – WS Trucking 1
Main Street 4 – Foodland 1

STANDINGS	W	L	T	GF	GA	PTS
Summers	12	2	0	29	10	24
Main Street	9	4	1	32	19	19
KCs	5	6	3	20	25	13
Bridals	4	7	3	27	26	11
WS Trucking	4	8	1	25	29	9
Foodland	3	8	2	26	40	8

TOP SCORERS

	G	A	PTS
Katrina Holmes, S	15	5	20
Amanda Rylaarsdam, M	13	7	20
Chantal Penk, M	4	15	19
Jessica Hendrikx, F	12	5	17
Lesley-Ann Tupper, B	10	2	12
Vicki Van Hoof, KCs	8	3	11
Brina Whitley, S	1	9	10
Michaela Morrow, WS	5	4	9
Kaila Beckstead, M	5	1	6
Natalie Brundige, WS	5	2	7

Main Street 4 – Foodland 1

Amanda Rylaarsdam had a two-goal, one-assist morning for the Main Street Clothing Company Blues.

In doing so, she kept pace in the league's scoring race and kept Main Street within striking distance of surging Summers' for first-place in the WDLHL.

Andrea Francis and Rhonda McGrath also had goals in

Main Street's 4-1 win. Assists went to Kelly Francis (two), Kaitlyn Thurler, and Chantal Penk.

On Foodland's side, Jessica Hendrikx (from Stephanie Bouchard) had her team's lone goal.

McGrath was Main Street's "player of the game," and Tanya Klein-Swomink earned the honour for Foodland.



SUCCESS ON ICE

The Winchester Curling Club was well represented in Morrisburg Sat., Jan. 19. In the Little Rocks division, the team of Deacon Jones (left), Emma Poll, Carter Chambers, and Grady Jones took the title, accepting the hardware from Morrisburg Curling Club president Mahlon Locke.



The U16 division final saw a back and forth contest between rinks from North Grenville and Winchester. When the last stone finally came to rest, it was the Winchester side that came out on top. Locke again presented the championship hardware, with Alexis Sharpley (left), Grace McKercher, Tori Piche, and Emma McRostie accepting.

Courtesy Photos

Winchester Town Hockey League

RECENT RESULTS

Tues., Jan. 22
Red Roosters 8 – Thurler's Thunder 6
Pineapple Express 7 – Bush Leaguers 6

STANDINGS	W	L	T	GF	GA	PTS
Thurler's Thunder	11	4	1	97	61	21
Red Roosters	8	5	2	85	64	18
Bush Leaguers	6	9	1	63	75	13
Pineapple Express	5	8	2	67	82	12

TOP SCORERS

	G	A	PTS
Dustin Tinkler, TT	20	24	44
Adrian Lee, TT	27	13	40
Brodie Boulanger, RR	21	19	40
Nik Paas, RR	19	14	33
Brandon Buma, BL	17	14	31
Travis Armstrong, RR	19	12	31
Ray Smegal, RR	15	14	29
Robyn Sadler, PE	14	11	25
Michel Thurler, BL	13	11	24
Steve Cameron, BL	10	11	21

*Results missing from Tues., Dec. 11 games

Despite the loss, Michel Thurler led the Bush Leaguers in scoring, with two goals and an assist.

Cody Paradis picking up a goal and two assists.

Brandon Buma buried a single goal, and helper points went to Brad Bingley and Colton Stitt.

Cory Brown also had two markers on the night, with



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February is HEART MONTH

Get healthy. Get involved.

Wake up Joe, it's a heart attack

BY JOSEPH MORIN

joe@winchesterpress.on.ca

WINCHESTER — No one plans for the worst to happen.

We do not expect to win the lottery, but we keep trying. And we do not expect to be hit by space debris, but we still look up from time to time just in case.

I never expected to have a heart attack.

Despite my poor diet, out of control smoking, addiction to working all the time and a lack of exercise, I thought my good health would go on into infinity, until it didn't.

When the sky finally fell in on my little world, I was not ready, but our healthcare system was there waiting for me.

My adventure began almost 10 years ago.

The beginning

My wife and I were visiting her son and daughter-in-law when I casually mentioned I felt a tiny bit of pressure in the middle of my chest.

Nothing to really complain about, but nevertheless it was unusual.

Her son is a paramedic, and he questioned me about my comment.

When, after several minutes the feeling in my chest did not go away, he asked me to raise my arms. I was embarrassed by the whole conversation though did as he asked, all the while regretting I had said anything.

When the pressure remained stationary in the middle of my chest despite my moving arms, he said I should be concerned.

If it was a muscle cramping in my chest the pressure should have moved around when I moved my arms. The fact that the feeling remained constant and separate from what other physical movements I made was at the very least unsettling.

That I could be having a heart attack was the furthest notion in my mind.

I do not have heart attacks. It couldn't be that.

Still, it was strange. Being the weekend, I had the time to drop by Winchester District Memorial Hospital for a quick check-up.

As we drove into the hospital parking lot, I put out what would come to be my last cigarette. I would have to suffer through waiting in emergency room's queue before I could get loose and have another.

The waiting

We walked in, and still I felt no pain.

What it was, was an increasing pressure, sort of like a burp building up in your stomach.

The waiting room was full with folks who were really sick. I would have to wait my turn.

Unexpectedly, the nurse doing triage at the front desk ushered me immediately into an adjoining room. I was asked to lie down.

Overall, I felt silly — I could not be having a heart attack. I was ready, at this point, to get up and go.

Another nurse came into the room, took my vital signs, said little and then drew some blood and left. The next thing I know a different nurse, along with a doctor, are standing at my side.

The doctor said I had had a heart attack. In fact, it was possible I was still having one. The enzymes they found in my blood sample indicated my heart had been damaged by something.

I could not comprehend this. It didn't seem believable.

I had just finished a cigarette in the parking lot, I felt little if any pain, I was not showing any of the signs I assumed someone having a heart attack would be having. It must be a mistake.

I felt fine.

The fallout

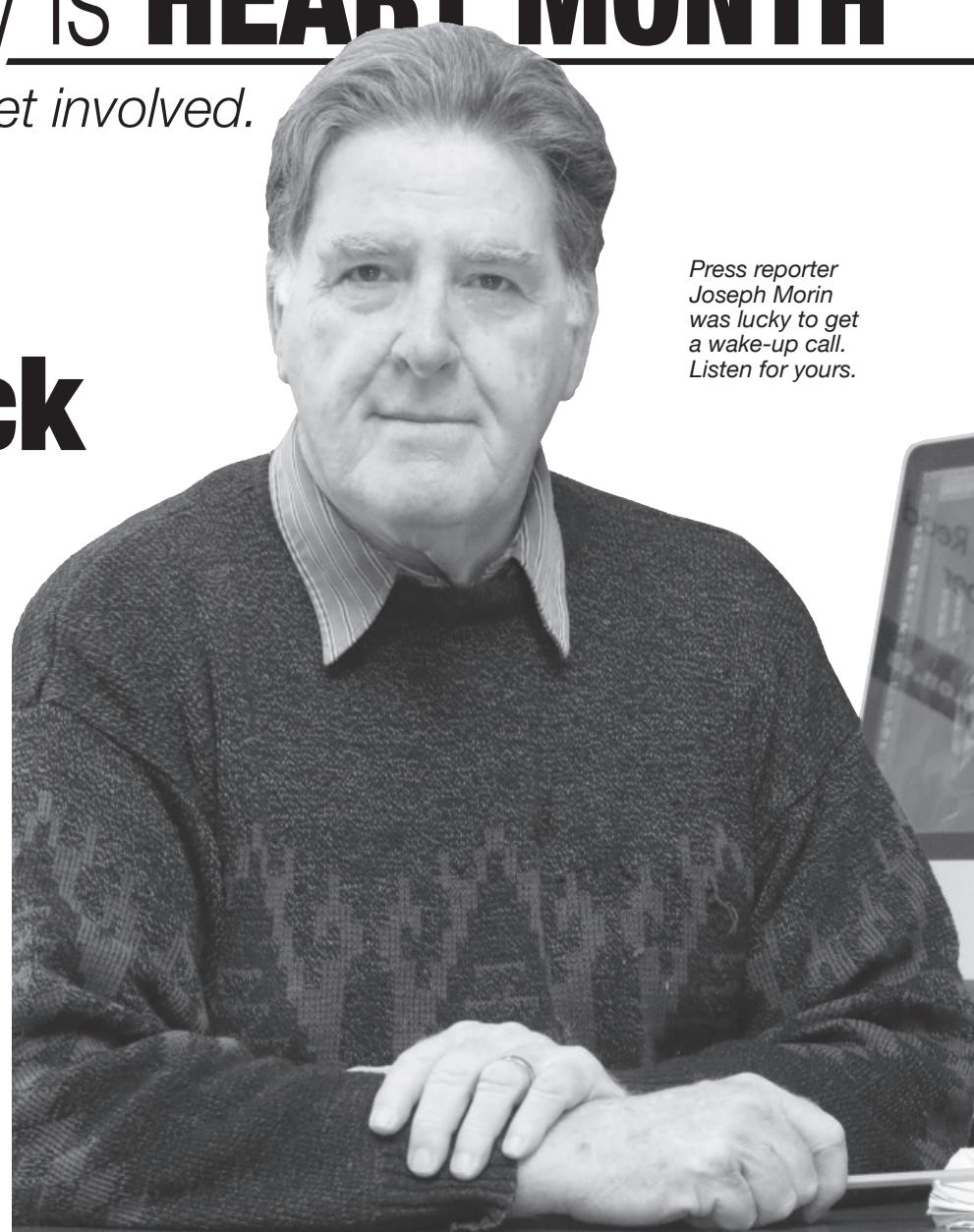
The next thing I knew, as if that pronouncement by the emergency room doctor was some kind of magic spell, the healthcare system grabbed me and wrapped me up in its much-maligned blanket of care.

The folks in the emergency waiting room were still there while I on the other hand had been placed on a rocket upstairs in the hospital to wherever people with wonky hearts go. I was hooked up to a monitor, given what I suspect was morphine and other drugs designed to fool my heart into behaving.

I cannot remember much about the next few days other than I was treated like a special guest by doctors and nurses. I kept thinking about how so many stories were floating around about how inept our healthcare system is.

All I experienced was anything but inept.

It quickly became apparent that all the fundraising during the past 20 years for heart and stroke research had not been wasted. These people were the best in the business.



Press reporter Joseph Morin was lucky to get a wake-up call. Listen for yours.

I started to appreciate what Winchester District Memorial Hospital had been achieving while I was busy ruining my health with stress, potato chips, and cigarettes.

I remember very little about those few days in the hospital except for one night when I was sure the curtains around my bed were somehow trying to talk to me.

For a while I was convinced the folds in the curtains were wishing me well. It was a very uplifting experience no doubt brought on by the morphine the hospital was giving me.

I felt great by this time, and was ready to go home and return to my life, grudgingly without cigarettes and all that high fat food.

I was told that I would not be going home just yet. First I would have to visit the Ottawa Heart Institute.

I had worked at the former Civic Hospital in the 1970s, but had no reason to go there for anything other than visiting the odd old co-worker still employed there.

The heart department had been nothing more than that until Dr. Keon helped it blossom into the Heart Institute we all know and respect today.

I thought this visit would be a necessary evil, and then I would be free.

I was taken by ambulance from Winchester to Ottawa, and deposited into a large room filled with beds, each containing someone who had experienced a heart attack.

On a scale of best to worst case, I felt I was near the bottom. All of us were slated for an angiogram.

A team of heart doctors and nurses were working somewhere in the building.

One by one each bed was pushed into an elevator and disappeared. It was like a well-oiled machine. Family members loitered around waiting for their loved ones to return.

The coronary angiogram is one of the secret weapons doctors have to diagnose and plan a management plan for a failing heart.

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► CONTINUED ON NEXT PAGE

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Wake up Joe

◀ CONTINUED FROM PREVIOUS PAGE

When blockages are spotted, the doctor will try to put a stint in that area. First a catheter is placed in the blocked part of the artery, then a balloon is expanded to stretch out the blockage, and a stint or tube is placed in the newly created passageway and the balloon is removed.

The stint is fed into your body by a thin wire, acting just like a culvert running underneath the road keeping the blocked artery from closing in on itself. Getting a stint is a great thing; it keeps you alive and keeps your heart pumping all that wonderful blood.

When my turn to get on the elevator came, a nurse placed a bundle of new stints wrapped in a tiny package on my stretcher. I had the impression these stints would be for me. I was starting to believe the stints would be my ticket out of here.

While I had been waiting, it seemed that bed after bed returned from the elevator area, and was placed back where it had come from. Family members were happy to see their loved ones back in one piece and enjoying the new life that their particular stint would bring.

When I arrived in the room where the angiogram procedure took place they got right down to business. This was what all that fundraising had been for.

It was creepy being able to see your own heart beating away. Even creepier watching the dye course through your heart. I listened as the two doctors, working from a tiny booth shielded from the dangerous X-rays, talked about what they saw when they looked at my heart.

"Oh did you see that," one of them said. "That looks like some hardening of the arteries has already begun," the other said. "Wow," exclaimed the first doctor.

Hearing this play-by-play conversation about my heart was not all that relaxing. Finally the older of the two doctors who was clearly in charge suggested they attempt to put a stint in one of my blocked arteries.

This was what I had been waiting for. With a stint, I would be as good as new. No more thoughts about a great life cut short by a heart attack, I would have a second chance to finish off all the projects I had been putting off for 30 years. I promised myself I would finally clean up my garage thanks to years and years of research for the invention of the stint.

The procedure

I watched as the younger doctor threaded a microscopic wire into my arteries. At the end was attached a stint to be left inside the blocked artery to keep the area from closing in on itself.

All of a sudden the older doctor yelled stop – "You are going to break it."

What did that mean I wondered. Break what? The now hesitant doctor wielding the stint tried again, and after a few seconds of pushing and pulling the stint the older doctor said stop once more. They could not do it.

The stint was removed and I was packaged up to return to the elevator, and from there back into the waiting room of heart hospital patients.

I felt embarrassed. It seemed that not even the nursing staff that pushed me about would look me in the eye. It was as if I could hear all the other patients popping champagne bottles as they celebrated their life saving stints, and here I was rejected. It was not a nice way to feel.

I had to wait in the room surrounded by seemingly happy, and relieved people and their families while I contemplated what this all meant. I told my wife I was done. I could not get a stint. My heart had betrayed me.

Finally, an hour or so later the doctor who had done all this good work came around and debriefed all of the heart attack patients he had worked on. When he came to me, I was angry. I wanted to know why I was excluded from the winner's circle of stint people. I said this was like a death sentence.

► CONTINUED ON NEXT PAGE



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February is HEART MONTH

Get healthy. Get involved.

Wake up Joe

◀ CONTINUED FROM PREVIOUS PAGE

The doctor, surrounded by his students who had come along with him to learn what they could at the feet of the master looked at me for a second and said, "It's not really a death sentence. It's more like a paragraph than a sentence."

He pointed out an old man, surrounded by his family, who looked to me to be at least 200 years old, very thin and wrinkled.

"In 1985," said the doctor, "We did not do stints. A heart problem was dealt with by dieting and obvious lifestyle changes. Your heart has too many blockages for us to do much, so we can deal with it with medication, lifestyle changes and exercise."

He again pointed to the old man and said, "That is one of my patients and he had the same problem as you, but he is doing just great."

I peered at the man he was referring to who was getting off his bed. He had the body of an Olympic runner while I was 50 pounds overweight. He had the look of a man who had a no nonsense attitude while I often considered me to be a self-indulgent fool. My future was not looking good.

"How about a transplant?" I asked.

The doctor said my heart was in rough shape, but still not bad

enough that I would qualify for a transplant. As far as any kind of bypass surgery was concerned, he said the blockages were too many and too entrenched.

Despite all of that he was smiling. He said just do what we tell you. Stop smoking, exercise more and maybe become a vegetarian.

"You will be fine," he said as he moved on to another patient taking his cloud of students with him.

I was stranded in Ottawa that night with no available ambulance to take me back to Winchester. I spent the night alone in a room on the institute's ground floor. The only concession I could get from the nursing staff was a portable heart monitor so that I would not be hooked up to the stationary monitor that graces each bed. At least I could toss and turn a bit while I tried to sleep without setting off all kinds of alarms.

The aftermath

I then had a great chat with the night nurse.

Right outside my window happened to be the place where the smokers on staff congregated for a break. I mentioned this to the nurse looking after the floor. It was about 3 am, and I was still not sure if quitting smoking was the way to go.

She showed me the beginning of a scar that began at her throat and went down her chest under her uniform.

"Look at this," she said. "This is what happens to you if you do not quit smoking and are lucky. So don't think too hard about it, just quit."

It was there that my rehabilitation began.

I got back to Winchester the next morning. I was finally able to go home armed with a bag of pills, the names of which I could not pronounce. I haven't smoked a day since, and it has made all the difference.

I often think of how this entire adventure was financed through my years of paying taxes. It was great. Every time I hear someone complain about our healthcare system I want to yell at them.

Imagine if we did not have the kind of healthcare that we do. The Heart Institute in Ottawa has, for good reason, become the best place to take your heart attack.

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All of the people, doctors and nurses who looked after me and came up with a way for me to stay alive are special.

We as a country are fortunate to have them working for us.

Trust me, you never want to find yourself at the Heart Institute in the middle of night as a patient. But if you do, know that there is no better place for you to be.



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In Memoriam

GARY ARMSTRONG

January 31, 2005

We often sit and think about the years that have gone by -

And all the happiness and joy we shared until we had to say goodbye.

We think about you always - we reminisce about you too,

We have so many wonderful memories but what we really want is you.

We think of all the laughter, the smiles and all the fun -

And before we even know it, the tears have begun.

For although it brings us comfort to walk down memory lane,

It reminds us how, without you, life has never been the same.

- Always remembered

- Always missed

- Always loved

- Your Family

48

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48-51c

Coming Events

JAMMING AND DANCE

Tri-County Country Music Association, Sat., Feb. 2, 7-11 pm, IOOF Hall, 12389 County Road 18, Williamsburg. Admission: \$7. All Welcome! For more info call 613-538-2497.

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March 2 and 3 in Winchester and March 30 and 31 in Spencerville. Contact Kerry Coleman 613-258-7515 or kerrycoleman@xplornet.com

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Obituaries & Death Notices



GEORGE HENRY BARCLAY

George Barclay passed away peacefully at the Ottawa General Hospital on Thurs., Jan. 17, 2019.

He was 80.

He was predeceased by his parents, Eric and Edna (nee Whitaker). George is survived by his brother, Doug Whittaker, his sisters Reta (the late Joe Thompson), Florence (Ricco), and Eu-nice (Mac Holmes).

George was a school teacher for 34 years with the majority of that time teaching at Eganville District Public School. He retired in 1989, moving back home where he stayed until 2011.

He was staying at the St. Jacques Nursing Home for most of his last years.

At George's request, no visitation or service was wanted.



MURIEL ARLOWA DEEKS

SEPT. 9, 1920 - JAN. 21, 2019

Muriel Deeks passed away at Woodland Villa Nursing Home on Mon., Jan. 21, 2019.

She was the daughter of the late Anna May (nee Brown) and Clarence Deeks. Muriel was the dear sister of Rowat (Lillian) (deceased), Raymond (deceased), Winnie Gorman (Alfred) (deceased), and James (Shirley). She will be fondly remembered by her nieces and nephews, Debra (Michael), Shelley (Paul), Gregory (Jean), David Gorman (Corinne), and Steven Gorman (Sandra).

Special thanks to the staff at Woodland Villa for their wonderful care over the past seven and a half years.

The service of remembrance will be held at the Winchester Chapel of Hulse, Playfair and McGarry Funeral Home, 472 Main St. in Winchester on Sat., Feb. 2 from 2 to 4 pm.

In Muriel's memory, donations can be made to Winchester District Memorial Hospital, a charity of your choice or to Woodland Villa, 30 Milles Roches Rd., Long Sault Ont., K0C 1P0.

Condolences, tributes and donations may be made online at www.hpmcgarry.ca or by calling 613-774-1117



GERALD ANDREW FAWCETT

Gerald Andrew Fawcett, lovingly known as "Fearless," passed away peacefully on Tues., Jan. 22, 2019, in his 85th year.

He was the beloved husband of Julia (nee Woodman), and the loving father of Leslie, George (Donna), Robert (René), Frank Brisbin (Vicki), Donna Brisbin (Bob), Kim Brisbin (Hudson), and Brenda Gilchrist (Mike). He was the proud Grandpa of Lindsay, Nathan, Michelle, Melissa, Andrew, Ben, Will, and Hunter and nine great-grandchildren. He was the dear brother of Doris Fawcett-Uberoi (Pram), Estella Rose (Ed), and Alan (Elaine), and was predeceased by his sister, Shirley Fawcett.

Gerald was the older son of James and Hilda (nee Cinnamon) Fawcett.

He was raised and educated in the Winchester area. After high school, he accepted a job in the Arnprior and Renfrew area with Ontario Hydro where he advanced to be a machinist in charge of the huge power producing turbines. He retired after 36 years to use his many God given talents to help others.

He sometimes had a difficult and challenging life, but never complained. He took lemons and made lemonade.

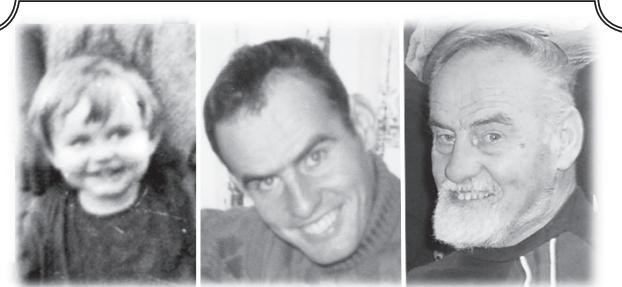
Gerald will be remembered by his many nieces, nephews, and extended family and friends.

Gerald was a past-president of the RCAF Wing, a former captain and instructor of the reserves and the RCAF Cadets.

Gerry enjoyed the challenge of bringing old machinery and cars back to life. In his younger days, he loved rebuilding and flying small aircraft. He was an ardent fisherman, landing a 35 pound muskie in the Rideau River. He loved the outdoors and entertaining at the cottage.

As per Gerald's wishes, cremation has taken place. In lieu of flowers, donations to the Kidney Foundation would be appreciated by the family.

Condolences and donations may be made at www.mcphailandperkins.ca



Alvin Runnalls

June 2, 1939 - January 30, 2016

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In memory of Debra Louise Coleman,
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- Miss you,
Clint



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Councillor John Thompson and Mayor Tony Fraser finished with a time of 19.2 seconds in the two-person log sawing competition – a 30 second improvement on last year's time.



Mighty Morewood Winter Carnival

BY TOM SCHOCH

reporter@winchesterpress.on.ca

MOREWOOD — Adorned with all the trimmings of winter's icy grip, the energetic volunteer crew of the Morewood Winter Carnival put together another lively, well-attended event Fri., Jan. 25 to Sun., Jan. 27.

Traditionally chilly January weather was met with a warm reception as it provided ideal conditions for every event. Participants in the three-on-three hockey tournament enjoyed excellent ice conditions, kids streaked down the steep slopes of the recently created snow mountains, and it was ideal temperatures for the two-person crosscut saw competition.

Mayor Tony Fraser and Councillor John Thompson were looking for redemption in this year's log sawing competition and set the bar early. But once again they finished in second place with a time of 19.2 seconds; bested by Doug MacGregor and Mike Thompson and their time of 18.4 seconds.

The female champions were Carolyn Moriarty and Christina Stewart with a time of 34.2 seconds.

The tug-of-war competition saw the defending champions of Trevor Carruthers, Arden Carruthers, Kevin Stewart and Rory Moriarty go down in a shocking opening round defeat to eventual champion team Smirlholm, which was comprised of Chad Chambers, Kurt Zandbelt, Fred Weiler and Dylan Campbell.

North Dundas council also



PULL! Dylan Campbell (front) Kurtis Zandbelt, Chad Chambers and Fred "the anchor" Weiler, members of Team Smirlholm gave one last pull to defeat the defending champions in the Tug-of-war event. The bare-handed four-some went on to win the championship.

submitted a team in the competition and were slated to take on their counterparts from South Dundas, but the highly anticipated match-up never materialized when the politicians from the south pulled out. Shame really.

The winner of the three-on-three hockey tournament was the team of Nik Paas, Rob

Sadler, Derek Vingerhoeds, Brent McPaul, Mark Mitchell and Jon Thornton. The collection donated their winnings back to the carnival for charitable distribution.

A spaghetti supper was served on Saturday evening followed by the family skate and fireworks to wrap up an action-packed day.



Dylan Carkner (left) and Cody Lesage (right) hung on tight as they took a ride down the steep side.



Locklyn Moriarty got crafty while warming up inside the Morewood RA centre.

Schoch Photos

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