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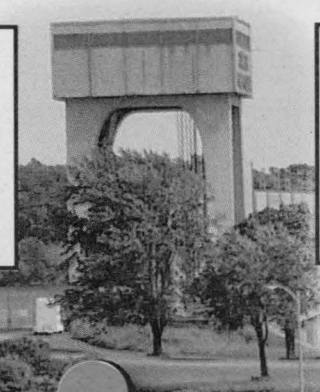
Nutri-Basket tours at S&F Foodland in Iroquois 3



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The Iroquois Chieftain

Wednesday, March 21, 2007 "Serving the Seaway Valley" Vol 26 No. 12 Price $1.00

WDMH puts spotlight on long term care

BY JOSEPH MORIN
CHIEFTAIN STAFF REPORTER

Quality of life is more than a physical health issue, says retired nurse, Beverly MacMartin. Mrs. MacMartin has been staying at the Winchester District Memorial Hospital since last March while she waits for a bed in a long term care facility.

Mrs. MacMartin had emergency surgery last year at the Ottawa Civic Hospital. At the time she was in Ottawa however, at the age of 76 she had been living independently in Winchester. Her family of two daughters and one son live in Ottawa.

Her surgery and the situation that she finds herself in now have changed the way she lives.

Once the surgery had been performed and she started to recover she was transferred to the hospital in Winchester.

The Winchester District Memorial Hospital is a progressive and responsive hospital, well known for its community connections and excellent patient care. The CEO of the hospital, Trudi Reid is very concerned about the lack of long term care beds in this part of eastern Ontario. "Access to nursing homes is one of the issues that concerns me and the hospital Board," she says. Last week the hospital arranged for a media meeting with Mrs. MacMartin and her daughter Laurie Cameron at the hospital to publicize her plight and to put a human face on the issue.

The Chief of staff at the hospital, Doctor Brian Devin was also at the meeting. He said, "Over 50 percent of our care time is devoted to people who have been identified as needing long term care. The Chief of Staff pointed out that these kinds of patients are not, he felt in the optimum place for them to be in."

Beverly MacMartin graduated from the Civic Hospital nursing program in the mid 1960's. She came to Winchester to work at the hospital and obtained a job in the recovery room where she stayed until she retired in 1995. She lived in an apartment, enjoying her independence. Her sunset years were filled with activities, family and a quality of life that she had worked hard to achieve. These days the former nurse sits in the Winchester Hospital waiting for one of her three applications for long term care to be approved. When she realized that even though her surgery was successful she could never live alone as she had been doing and would need some kind of care on a regular basis.

LONG TERM CARE
SEE PAGE 2



Mrs. Beckstead's class was all bubbily after they took part in the Iroquois Public School's Laps for Lungs event last week. On the far left is the school's vice principal, Toby Sebalj.

CHIEFTAIN PHOTO - J. MORIN

Iroquois Public School students take part in Laps for Lungs

During the week of March 5th-9th, Iroquois Public School participated in a new charitable activity developed by The Lung Association called Laps for Lungs. The objective of the activity was to increase our students' awareness and understanding of asthma, in the hopes that children with asthma in our school and community will feel better understood and will be able to manage their own asthma more effectively.

The students attended a kick off assembly in the gym on February 27 and learned about how a normal lung functioned and then viewed a smoker's lung.

Many students were excited as they got to touch the lungs while they were inflated to full breathing capacity.

They then collected donations which are used for respiratory research. This research promotes better management of asthma, helps those with chronic lung disease, promotes a tobacco-free society and addresses the effects of air quality on lung health.

After a very cold walk, jog, run activity outside on the 8th of March, the primary and junior students of the school realized just how difficult it was to blow bubbles when you are winded. That is the closest most of them will be to feeling like a person with asthma when they cannot catch their breath.

With this being our first time participating in this event, we are pleased to announce that the school raised $2000.00 dollars for the continuation and development of The Lung Association's affiliated programs such as Asthma Action, which helps children and their parents understand how asthma can affect them and how to manage it.

Many incentive prizes were earned, and as a school 25% of the profits will be returned for use in our physical education programs. Good Work Lions!

For more information, or to make a donation visit the Incentive Store at www.lapsforlungs.ca.

LONG TERM CARE FROM THE FRONT



The Winchester District Memorial; Hospital is doing what it can to promote a better long term care solution for Dundas County. In this photo, back row, the hospital's CEO Trudi Reid and Chief of Staff Brian Devin visit with Maureen Cameron the daughter and Beverly MacMartin who spoke of their efforts to find a long term care facility close to home.

CHIEFTAIN PHOTO - J. MORIN

Beverly applied to enter one of three long term car homes. One was in Kemptville, another was in Osgoode and the third was in Ottawa. Those were the only choices that she had. There was no where close to Winchester that she could go to and no where that was close for her to stay at where she could be near family and friends.

Beverly's daughter Laurie Cameron had moved as far out of Ottawa as she could so that her mother would be within an easy and safe driving distance. "We started the long term application process in July of 2005 and in August we went on the waiting list. Laurie explained that her mother wanted to be able to have interaction with others as well as enjoy a number of activities. "It is a quality of life issue," she said. Beverly was impressed with the quality of the different long term care homes she visited. She said, "After touring the facilities I was surprised at the number of activities and the people that I met that I knew. I was really interested in the activities that were offered. That was one of the first things we looked at. I was impressed with everywhere we went."

Hospital CEO Trudi Reid commented that people wanted to be in a place where they fit into the culture that they were used to. Ms. Reid was candid in expressing her disappointment about the recent announcement about 96 long term care beds being awarded to the South Ottawa area when she feels that the part of the country that her hospital services, is in dire need of a long term care bed solution. She believes that a large part of the problem is the urban long term care planning model that the Ministry of Health uses to determine where beds will go. In the meantime, hospitals like the Winchester Hospital make room for their patients that have to wait for a long term care bed using their meager resources to look after patients such as Mrs. MacMartin. "They have been very good to my mom," says Laurie, adding, that the hospital has a great nursing staff and her family are very grateful to be able to be here.

There are several factors at play in Ontario that have made the long term care issue a big one for rural residents. More people are living longer than ever before. Not only are they living longer but older residents are healthier and despite needing some long term care in their lives. They do not need to be in a hospital. Brian Devin says, "Cardio vascular mortality has fallen by 50 percent." He added that the government holds the economic control of long care facilities. If a community manages to fundraise for their own long term care facility, the government still is responsible for the long term costs of care at that the facility, not the community. The government is naturally reluctant to give the green light to new facilities it will have to budget for.

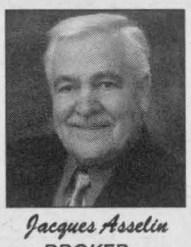
Trudi Reid says that the Winchester Hospital has done everything that it can do to keep the elderly at home. Mrs. MacMartin's situation is not unusual but is not acceptable to either the hospital or to Mrs. MacMartin's family. "The Ministry is currently looking at its funding formula for nursing homes," said Trudi Reid.

Brian Devin explained that situations like Mrs. MacMartin's are difficult to plan for. "The application process is not designed for long term care planning." He said. One of the problems is simply that families never know when their parents, for example will need a long term care solution. The situation is that if an applicant refuses the bed that is offered to them for any reason then that applicant will be sent back down to the end of the line and will have to wait until a new bed opens up. "A perfect model would be to look after people at home," he added.

Beverly MacMartin's family tried to care for her at home but it was next to impossible. The family was not able to schedule the time necessary for one or all of them to be available.

Beverly MacMartin is a strong, healthy, grandmother and mother. While she will need some care over the long term she is anxious to get back to her life.

The problems that she faces in obtaining a suitable long term care solution for herself and her family are affected by a number of factors not the least of which is the way the government funds long term care facilities.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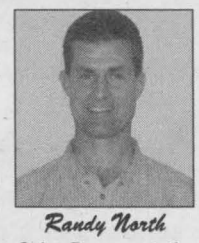
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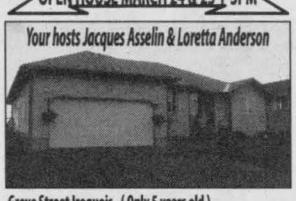

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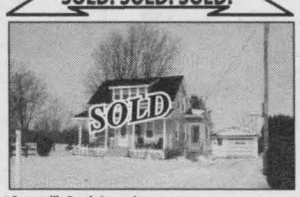

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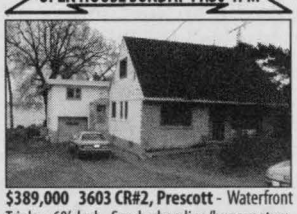

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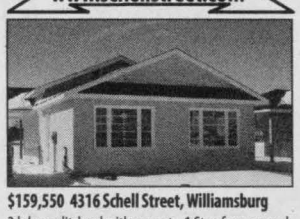

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EOHU 'Nutri-Basket' Tours help consumers make the right choices

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

On Tuesday, March 13 Sherry O'Keefe, a Registered Dietician from the Eastern Ontario Health Unit, was at S&F Foodland to introduce shoppers to the 'Nutri-Basket' tour. Given the huge amount of choice and cryptic food labels, healthy shopping can be a difficult task and the purpose of the 'Nutri-Basket' tours is to assist people in negotiating the aisles of their local grocery store so that they are making smart and healthy decisions.

According to O'Keefe, being able to read labels is particularly important, especially for those with medical conditions such as diabetes.

As Registered Dieticians, O'Keefe and her colleagues are able to help consumers read and understand product labels and assist in pointing out healthier choices. A dietician can also provide shoppers with useful facts on fat, cholesterol, salt and sugar. The 'Nutri-Basket' tours, which are planned in grocery stores all across the region, provide information on store layouts, healthy eating, and buying on a budget with the aim of allowing consumers to combine great taste with healthy eating.

The tours are approximately 60 to 90 minutes long and can be booked for special groups. The Eastern Ontario Health Unit website at www.eohu-bseo.on.ca has a listing of grocery stores and times when 'Nutri-Basket' tours will be happening. One such tour is planned for Mike Dean's Superstore in Winchester on March 27, 2007 at 2:30 pm. You can register on-



Sherry O'Keefe is a Registered Dietician from the Eastern Ontario Health Unit. She was at S&F Foodland last week along with Adam Lewis

CHIEFTAIN PHOTO - J. MORIN

line or contact the Health Unit by phone by calling 1-800-267-7120 and requesting the Health Line. Some of the helpful hints that might be offered at a 'Nutri-Basket' event include buying vegetables and fruit fresh when they are in season and freezing the extras for later. Choosing canned or frozen vegetables and fruit makes sense as they are an affordable and nutritious options. Use beans, lentils and other legumes in place of meat several times a week and stock up on canned goods and staples when they are on sale. Store them safely and use them up by their "best-before" date.

Skip the cookies and baked goods, chips and other salty snack foods, soft drinks and other high calorie beverages. They can often cost a lot and are low in nutrients. Stick to the four food groups and buy the basics.

Other advice may include baking or preparing your own soups or muffins and making good use of Canada's Food Guide which shows how much food you need from each of the four food groups every day.

Paramedics go back to work

/CNW Telbec/ - The strike of CUPE 3251-PARA is over and the paramedics of Cornwall, Finch and Alexandria and the counties of Dundas, Glengarry and Stormont will return to work immediately.

The paramedics last week voted 76 per cent to accept an offer from the City of Cornwall, representing all the above towns and counties. The offer included an increase for the P2 rates as well as offering the stats the membership wanted. "However, said CUPE Representative Bob Manny "our members are angry with the mayor and city council. We didn't want to strike. As committed professionals we want to serve our communities. We were pushed into a corner and truly believe there was no need for this strike."

"We were asking for a fair deal, they refused arbitration and we ended up going on strike before they would make us a decent offer. I only hope the City understands our resolve the next time we're bargaining for a new contract."

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Editorial Page



This robin was spotted along Highway 2 last week. The bird is hopefully a sure sign of spring.

CHIEFTAIN PHOTO -DAWANA LEBLANC



Global warming heats up political rhetoric

Global warming is still with us however the various political parties that operate in the rarified atmosphere of federal politics may try to use the global warming issue to their advantage to get themselves elected.

If global warming is as serious as it has been made out to be and I would not be surprised if it is worse than the experts are telling us, then it should be treated carefully with a great deal of respect.

The Conservatives seem to be trying to play the issue down, promising Canadians that there will not be any short term economic burdens for Canadian workers. The Liberals are having lots of fun putting the Conservatives on the spot and the NDP and Green part are waiting on the sidelines for the government to drop the environmental ball.

I certainly hope that somebody is trying to do something to deal with global warming other than to use it as an election issue. The environment seems to have passed economics as the prime issue to deal with yet I have the feeling that global warming may become a political issue more than an environmental one.

J.M.

A thought...

from me to you

by Joseph Morin
Editor



Everyone should have an adventure or two once in a while. I had my two this past weekend in Iroquois.

One of my adventures ended with Jeff Beaupre of Beaupre Jewellers telling me that the great Canadian solution is duck tape. He then proceeded to cut a small piece of the handy and tough tape and wrap it around the battery compartment of my camera. Jeff had already applied some crazy glue to a crack that had appeared across a section of the front of the camera.

I had arrived in Iroquois in morning despite the bad weather and was in the Chieftain office cleaning up some of the work that was left over from Friday. At noon I was going to go to the Presbyterian Church in Iroquois to take a photo or two of their St. Patrick's Day Tea and Bake sale. Just before noon I checked my camera to make sure all was well and then got in my car to drive over to the Church. Coming to the corner of Church Street and I slowed down to make my right hand turn. The roads were not bad at all and there seemed to be very little ice to deal with however hidden under a thin blanket of snow was a tiny piece of ice that I could not see. Even though I was traveling at about 20 kilometers per hour it was not slow enough for that particular part of the road and wouldn't you know it but the car decided to continue headlong straight for the fire hydrant on that corner instead of continuing to turn on to Church Street. I watched as my car slowly and I must add gracefully slid off the road stopping just a few feet from the hydrant. I got out of the car, examined the situation and went over to a gentleman who was snowplowing his driveway. I asked him for a shovel because I was convinced I could dig my self out. He finished his laneway and then gave me a shovel and then we both returned to the car. After shoveling a few metric tonnes of snow out from under my car we were ready to try and get it out. Just before we went ahead, another car stopped at the corner and a man got out to help. In seconds, we had managed to get the car back on Church Street and all was well. I mentally thanked the small town courtesy that still exists in places such as Iroquois.

I continued on to the Presbyterian Church, took my photo, had a good time all the while thanking fate for having those two men close by to help me out of the ditch.

My next stop was the Iroquois beach. I wanted a good photo of the stormy conditions that were raging through South Dundas and the St. Lawrence river during a snow storm is the perfect place to get a perfect picture. I managed to get down the road to the beach. It had been plowed sometime during the week and apart from a snowdrift or two it was easy going. I was still a bit leery about my recent escape from the Church Street ditch.

I arrived at the beach and headed out to the shore line. That is when it happened. There was a piece of ice hidden underneath a fresh cover of snow. I had a moment of disbelief as both my feet slid out from under me and I will swear that I floated in the air above the parking lot for a moment before plummeted down on to the hard ice in the beach parking lot. The camera went flying in one direction and my car keys went in another. I survived with a bruised back and head and ego but the camera suffered a bit. I came back to the Plaza, stopped in at Beaupre Jewellers and the rest is history.

That was my two adventures this week and things could not have turned out as they did if it wasn't for the generosity and kindness of Jeff and those two gentlemen along Church Street.

Iroquois is a great place to be.

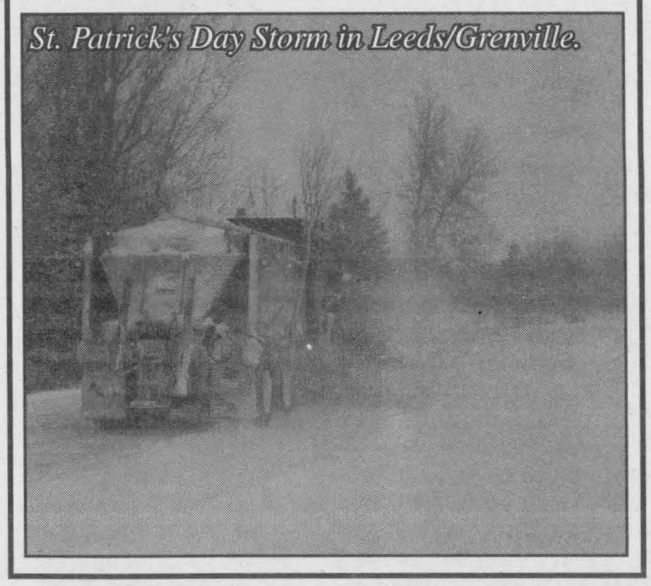
Late season Storm

Weather from The Valley
By Stephen Balena

Suprise! Despite the mild air and record highs set across the northeastern US and Canada last week, we still managed to end the week with our biggest single snowfall of the season.

Last Wednesday we had high temperatures in the 15-20C range in Ontario. Some communities in New York State hit as high as 25C. It was amazing, warm sunshine and melting snow. The melting snow and mild air produced dense fog Wednesday night in extreme eastern Ontario and Montreal. Hundreds of flights were delayed or cancelled because of the weather at Ottawa and Montreal Airports. More air travel woes would occur over the weekend.

A cold front raced across the province Thursday with dropping temperatures and gusty northeast winds. Low pressure developing along the front moved up the Eastern Seaboard dumping heavy snow from Kingston east towards the Maratimes. About 15cm of snow fell in the Seaway, strong winds caused considerable blowing and drifting snow and lowered visibilities on Saturday. The snow tapered off late Saturday. Snow also fell in the major cities of the northeast with thousands of flights cancelled in Philadelphia, Boston and New York. Travel was a mess as spring break came to an close. We are chilly this as *The Chieftain* goes to press, but that will change again with the arrival of spring. Warmer weather and showers can be expected to end the week.



St. Patrick's Day Storm in Leeds/Grenville.

Iroquois Legion Branch 370 Newsletter

By Dar

I'm back! Sorry I have not had a newsletter available for you the last three weeks but due to being hospitalized and now on the road to recovery, I should be able to keep up my regular routine.

The Cribbage results for March 3 are like this. There were sixteen players gathered in the lounge and Doubles was the norm for the day. Finishing in first place was Ken Palmer with a count of 1067 while Gladys Parks came in second with a count of 1048. Bob Esford and Don Hutt tied for the third place spot with their count of 1032.

Patricia Casselman proudly took the bridesmaid honors for the day having a count of 1029. A season high of eighteen skunks made their appearance at the lounge and picking up two each were Jean Ault and Andre Gravel, Duane Kirker, Ron Perrin and Noella Kirkwood while Roger Coulter took top honorable mention picking up three of the furry pole cats.

On March 10 only eight players attended cribbage as many of our members were attending Provincial Cribbage in Grand Bend Ontario. Finishing in first place with a 1033 was Andre Gravel, while Dennis Wright came in second with a count of 1030.

A pub crawl is being organized at our Branch for April 14. A sign-up sheet will be available in the bar shortly. I am not sure what the route will be but ut is a fun day.

Noella Kirkwood with her score of 1024 managed to come in third.

Gladys Parks enjoyed being the bridesmaid when she managed to have a count of 998. Skunks were pretty scarce as only six made an appearance but not one player picked up two of them.

By the way our team of cribbage players that were fortunate to go to Grand Bend, Ontario for the competition came in fifth place out of fifty-four teams..

Not bad at all and I understand they had an enjoyable time.

This past Saturday, St. Patrick's Day there were a total of twelve players and for the third week in row, "Doubles" was played. Finishing in first place with 1084 was Bernie Montroy while Gladys Parks came in second with 1065, and Roger Coulter claimed the third spot with 1043. Willis Douglas took bridesmaid honors for the day with a count of 1039.

Welcome back Willis, you have been greatly missed. Here is hoping and praying that you have put poor health in the past and now enjoy good health.

A total of eight skunks were found skittering around the Branch and getting two each were Art Ault and Don Hutt.

A quick review of the Pot of Gold now. For march 9 the winner was Scott McKay who was not signed in and for the week of March 16 the winner was Ed Froats who was signed in. Congratulations Ed!.

At Euchre on March 13 there were four tables again.

The first prize was shared between Jean Dunbar and Garfield Wright. Picking up the second prize was Donna Scarfe and Vera Wallace managed to have the low score of the evening.

A few skunks were found in the Branch and picking up one each was Doris Wright, Norma Sherman, Vera Wallace and Jack Shaver.

The menu for this Friday will be lasagna with garlic toast and salad. Dessert will be spice cake with a raisin sauce.

On Saturday March 24 at District euchre which will be held at Carleton Place, competing from our Branch will be Earl Nesbitt Sr., Doreen Eden, Wendy Leslie and Bill Vanderspank.

A pub crawl is being organized at our Branch for April 14. A sign-up sheet will be available in the bar shortly. I am not sure what the route will be but is a fun day.

The next Birthday Bash is planned for April 21.

Many thanks to Vicki Tetley, Dave and Barb Weedmark, and Wendy Leslie for attending our Zone Convention on Saturday past in Spencerville because I was not able to attend.

Thanks to all the Comrades of my Branch for taking on extra chores in my absence.

Until next week, take care.

DON'T LEAVE ME THIS WAY!....



Candle fires are on the rise. Keep lit candles away from children and pets, and snuff them out before you leave the room.

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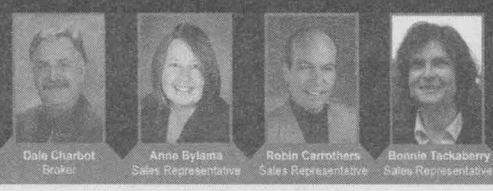

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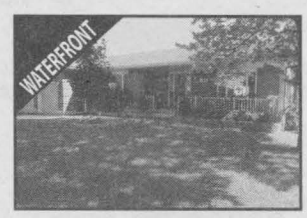

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MPP Jim Brownell says area not for profit groups will receive help from province

The McGuinty government is investing $169,448 in Stormont, Dundas, Charlottenburgh and Akwesasne to help 10 not-for-profit organizations better serve children, youth and families while strengthening the local economy, Jeremy Gowsell announced today on behalf of local MPP Jim Brownell. Gowsell is Brownell's Constituency Assistant.

"This investment will help these local providers of services to children, youth and families upgrade or expand buildings so they can better meet service demands," said Gowsell on behalf of Brownell MPP.

"It will also help create jobs and boost local economic development."

"These are organizations that provide excellent service to families and youths here in Stormont, Dundas and Charlottenburgh," added Brownell. "I'm proud of the work they do, and am pleased that this government is able to assist them through this funding initiative."

Funding for these projects comes from an investment of more than $37 million by the Ministry of Children and Youth Services to help targeted service providers across the province improve or expand more than 900 buildings.

Projects range from general repairs to improve energy efficiency and better meet safety requirements to major construction and renovations to existing buildings.

"These investments will not only help to better serve some of our most vulnerable children, youth and their families, but they will contribute to economic growth and opportunities in these communities," said Minister of Children and Youth Services Mary Anne Chambers.

The ministry's contribution is a key part of the government's recently announced $190 million economic stimulus package aimed at creating the equivalent of 3,000 jobs across the province on top of the 270,000 net new jobs created since 2003.

While the economy remains fundamentally strong, it is important to remember that slower growth has a real impact on people and communities," said Finance Minister Greg Sorbara.

"Investing in these areas that assist families and communities now means a more prosperous and competitive future for Ontario."

"The funds provided to Ottawa Children's Treatment Centre, which serves more than 3000 children and youth in the Champlain Region, has helped us reduce waiting times for children and youth who require physical, occupational or speech and language therapy," said Kathleen Stokely, Executive Director of the Ottawa Children's Treatment Centre.

"In the Stormont, Dundas and Glengarry area, OCTC has been able to serve approximately 85 new clients – which has a positive impact on many Cornwall-area families."

Local organizations benefiting from this latest government investment include:

Ionkwanonhsasetsi Adolescent Group Home
$6,300

Mohawk Council of Akwesasne
$15,288

Mohawk Council of Akwesasne - Furnace
$6,300

Cornwall Youth Residence (Laurencrest) - new kitchen $35,000

Cornwall Youth Residence Inc. $6,760

Cornwall Youth Residence Inc. $7,000

Cornwall Youth Residence Inc. (Laurencrest) $8,000

Equipe d'Hygiene Mentale De SDG
$7,000

Open Hands - Bathroom renovations $5,000

Open Hands - Roof Replacement $8,800

Open Hands - Windows and door replacement $17,800

Open Hands/Mains Ouvertes $15,000

Ottawa Children's Treatment Centre
$15,000

The Children's Aid Society of Stormont, Dundas and Glengarry
$11,200

The Children's Aid Society of Stormont, Dundas and Glengarry
$5,000

Total $169,448

"As a society, we are only as strong as our most vulnerable members," added Brownell. "Providing assistance to these hard-working organizations helps them to provide better service to those Ontarians who need it the most."

Hang this handy calendar on your refrigerator every week!

MARCH - 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Community Calendar

IROQUOIS AND DISTRICT

APRIL - 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

A public service provided by the businesses listed here in co-operation with this newspaper

March 21 – Information Session. There will be a diabetes and high blood pressure meeting in the Conference Room, lower level of the Winchester District Hospital. The meeting runs from 7:00 pm to 8:30 pm.

March 29-31 – March Madness Sale. The House of Lazarus are holding a $5 per bag sale. White tags only. For more information call (613) 989-3830.

March 31 – Ham & Turkey Shoot. Registration will be from 10:00-10:30 am with the event starting at 11:00 am sharp. The cost is $2 per round with the proceeds going to the 1st Iroquois Scouting program.

April 15 – Musical Evening. There will be a musical evening featuring local talent at the Iroquois United Church starting at 7:00 pm. Tickets are $8.00 per person and are available at Beaupre Jewellers, Mustard's Variety and RTK Jewellers.

April 21 – Roast Beef Dinner. St. John's Anglican Church will be hosting a roast beef dinner starting at 5:00 pm. Takeouts are available and tickets can be purchased from any church member.

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Morrisburg @ Alexandria 8:15pm
Friday March 9:
Alexandria @ Morriburg 8:30pm
Sunday, March 11:
Morrisburg @ Alexandria 1:45pm
Wed., March 14:
Alexandria @ Morriburg 8:15pm

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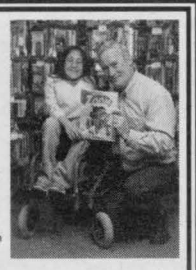
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Hang this handy calendar on your refrigerator every week!

Long term care operators want more in Federal budget

/CNW/ - Long term care residents, families and others have made it known that they are looking to Thursday's provincial budget to fund more resident care and services and address the double standard in resident privacy and comfort between older and newer homes.

That message was delivered in petitions containing some 50,000 signatures that were delivered to MPPs last week by representatives of OLTCA member homes across the province.

"Residents and families are asking government to increase operating funding by $390 million in 2007 and $214 million in 2008 to fund 30 more minutes of daily care, enhance programming and meal menus, provide the ability to enhance dietary services and maintain housekeeping and laundry services," said Executive Director, Karen Sullivan.

"As well, they want government to introduce a capital renewal and retrofit program for the province's 300 older B and C homes starting with a commitment of $9.5 million in this budget to renew the first 2,500 of these beds."

Ms. Sullivan pointed out these issues were front and centre during the recent public hearings on the new Long Term Care Homes Act (Bill 140).

"Presenters told their stories of how, with current funding levels, staff are run off their feet to just try and meet the basic needs of residents," she said.

"They also highlighted the differences in physical privacy and comfort for the 35,000 residents in older homes compared to what government is helping fund for the 36,000 residents who live in new and recently rebuilt homes."

These differences include 3 and 4 bed ward rooms versus a maximum of two residents to a room.

"Since government indicated during the public hearings on Bill 140 that these were budget issues, homes, residents, families and staff are looking to Thursday's provincial budget for government's response," she added.

OLTCA represents the private, not-for-profit, charitable and municipal operators of 428 long term care homes that provide care and services to some 50,000 residents throughout Ontario. This represents approximately 70% of the province's long term care homes and 65% of the total beds.



The Canadian Tire Store in Morrisburg is continuing with its tradition of helping the South Dundas community. The store gave $5.00 for every Christmas Tree it sold during the Chrstmas season and presented a cheque to the Dundas Food Bank in Morrisburg for $500 last week. Pictured here, left to right are: Lawrence Doolan from the food bank, Victoria Davidson represnting the Candian Tire Foundation for Familes and the new Canadian Tire Store owner, Jeff Rice.

CHIEFTAIN PHOTO - J. MORIN

Operation Lookout

Operation Lookout began in 1992 with Against Drunk Driving and Peel Regional Police. The program asks the public to "Call 911 or *OPP" when they see a suspected impaired driver.

Fast forward 15 years to 2007. Today the program operates in almost 30 communities across Canada (the majority of them in Ontario).

It can act as an intervention of impaired drivers and also serves as a deterrent to potential impaired drivers by showing them that they are more likely to be caught.

Another benefit to the program is that it can address all forms of impaired driving (drugs, fatigue) and can even help a driver who may be suffering a medical emergency. How it works is in partnership with police, public health, local business, EMS, government and other interested parties. Program components typically include road signs/billboards, signs in restaurants/businesses, ads/notices in local newspapers, and PSAs.

There is some flexibility for those who wish to run the program, it can be tailored to different communities where the greater concern might be boating, ATVing, or snowmobiling.

Some excellent examples of Operation Lookout can be found in Owen Sound/Grey Bruce County, Peterborough, Belleville, Hastings/Prince Edward County, Ottawa, Kingston, Haldimond/Norfolk, Hawkesbury, Chatham, Cornwall, Elgin/St. Thomas, St. Catharines, Sudbury and more.

Program materials are available for those who may wish to run Operation Lookout in their community groups are given materials (road signs and stickers) to support the program locally along with a "resource and best practice guide". Groups who already run Operation Lookout have a great history with the program and can often offer good advice on start up approaches and insight into local issues or challenges.

For more information onthis program you can visit www.operationlookout.ca.

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TAX TIP OF THE WEEK

If you are self-employed, make sure you know about all of the available tax benefits.

For example, if you operate out of two offices, including one in the home, the costs related to the home office may not be deductible. In addition, only 50 per cent of meals and entertainment expenses you incur for the business are deductible.

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We are currently seeking a ***Clinical Nurse Specialist***. The successful candidate will be currently registered with the College of Nurses of Ontario as a Registered Nurse, with BScN and Master's preparation in nursing or Master's degree in a related discipline with an undergraduate degree in nursing preferred. Certificate in Gerontology or Geriatric or Bachelor level concentration in Geriatrics required. Demonstrated clinical practice at an expert level, and previous program development experience required.

To pursue this opportunity, please forward your resume on or before March 30th, 2007 to Karen Ball, HR Coordinator, Winchester District Memorial Hospital, 566 Louise Street, Winchester, Ontario K0C 2K0. Fax: 613-774-7231. E-mail to: kball@wdmh.on.ca

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

62889-1207

Toshack

ANNOUNCEMENT



Toshack is pleased to announce that **Mr. Bob Barkley** is the recipient of the

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South Dundas Economic Matters

Anne Marie Waddell, a local resident for over forty years, is the economic development officer for the Township of South Dundas. edo@southdundas.com

Students - Health & Safety and Your Summer Job

This summer, thousands of students across Canada will become employed in small and medium-sized businesses and in institutions such as hospitals and schools. Some will be ambassadors at community festivals, while others will create Web pages for local businesses. Entrepreneurial youth will create their own jobs or volunteer to help on hundreds of community projects. It is important for young Canadians to be aware of health and safety in the workplace, especially as they begin their summer jobs. Both employers and employees have responsibilities when it comes to health and safety in the workplace.

Why is health and safety awareness important?

It could save your life! It could prevent you from getting injured. Something tragic could happen to you, even on your first day of work. You need to be aware of the potential hazards in the workplace. You need to help others become aware. You need to know what protection and compensation is available to you. Proper training is vital for your safety.

You have three fundamental rights: the right to know, the right to participate, and the right to refuse unsafe work.

Employer and employee responsibilities

(Source: Canadian Centre for Occupational Health and Safety (CCOHS) at **www.ccohs.ca**)

Employer's responsibilities: Provide a safe and healthy workplace. Train employees on potential hazards and ensure employees have required certification. Correct unsafe acts and unsafe conditions. Ensure personal protective equipment is available and is being used. Report and investigate all accidents and incidents.

Employee's responsibilities

Know and comply with all regulations. Protect yourself, your coworkers and members of the public who may be affected by your actions. Report unsafe acts and unsafe conditions to your employer. Use personal protective equipment as required by the employer. Report any accident, incident or illness immediately to your employer.

Observation, learning and experience are key to recognizing potential safety hazards in the workplace!

Myths & Realities

Myths	Realities
1. I can take risks. I won't die.	1. In 2004, 107 workers between 15 and 29 died in the workplace in Canada.
2. I can handle anything. I'm young and fit.	2. Close to one third of all occupational injuries happen to workers between the ages of 15 and 29.
3. Nothing will happen to me. I'm safe at work.	3. More people are injured on the job than in traffic accidents.
4. I must do any job my employer tells me to do.	4. You have the right to refuse unsafe work.
5. I am not responsible for workplace safety. This is my employer's responsibility.	5. You are responsible for knowing and complying with all workplace regulations.

www.southdundas.com

January 2007 saw the most visits in a one-month period since the site was created in May of 2004. A total of 20,555 distinct visits were made to the site. The average visit lasted 2 Minutes and 47 Seconds. 186 distinct web pages were viewed a total of 41,509 times.

The average visit contained 2.02 page views. People spent an average of 1 Minute and 22 Seconds viewing a page. Downloadable files were requested 2,090 times. On average 0.10 files were downloaded per visit.

The most viewed pages are the calendar of events and business directory. There is a unique feature in our website which allows the user to post things such as meeting dates and fundraising events, recreation events, etc., to our calendar of events page.

One simply goes to the calendar of events page http://www.southdundas.com/livinginsd/calendarofevents and follows the instructions. The event will not show up immediately as it has to go to the web administrator for approval before posting. This process can take one to two days

The website is also visited by people from all over the world. Of the 20,555 visits 29.07% of all visits were from a known geographic location. 23.14% were from North America, 3.59% from Europe, 2.24% from Asia, 0.06% from Oceania, 0.00% from South America and 0.03% from Africa.

The top European country again this year for the same period was Switzerland with 272. Following were the United Kingdom, Germany, France and Sweden. Top Asian country was China, followed by South Korea, India, Japan and Saudi Arabia. The North American average was dominated by the US followed by Canada, and Mexico.

50,000 Canadians are poisoned each year

CNW - Every year, more than 50,000 people in Ontario are poisoned. An estimated 95 per cent of these poisonings occur in the home.

"Poisons are everywhere and affect everyone. Young children are at the highest risk for poisoning, but 44 per cent of our cases involve adults. Nearly any substance can be poisonous if it is used in the wrong way, by the wrong person or in the wrong amount," says Heather Ferries, nurse educator for the Ontario Poison Centre.

The Ontario Poison Centre offers several tips on how to reduce the risk of unintentional poisoning in your home: Store products in their original containers. Harmful products are packaged in distinctive containers that are labeled with important instructions and warning symbols. When a poison is moved to a different container for convenient use, it immediately becomes less recognizable as a dangerous substance and essential safety information is lost. Never put harmful products in a drinking container. Chemicals can easily be confused with beverages, especially if placed in a water or pop bottle. Never leave bleach sitting in a tea or coffee pot. Someone may be tempted to drink from it.

Never leave a poison unattended. If you are using a cleaning product and are called away by the telephone or doorbell, take the cleaning product with you. It only takes a second for a child to swallow chemicals. Even those products that are used on a daily basis, such as toothpaste, vitamins and prescription medications, should be returned to a locked cupboard or box immediately after use. Never leave a purse containing perfumes, cosmetics or lotions in an accessible place. Return expired medications to your local pharmacy and chemicals such as antifreeze and paint to your local hazardous waste depot where they can be disposed of properly. Store chemicals away from foods. It is easy to mistake cleaning spray for cooking spray when in a hurry.

Never mix chemicals or cleaning products. The combination can produce toxic fumes.

What to do in the event of poisoning:If a person ingests a possible harmful substance, give sips of water. If the substance is breathed in, go outside or into fresh air. If eyes and skin are exposed, flush with room-temperature water for 15 minutes. Do not induce vomiting. This can lea For more information, call 1-800-268-9017 / 416-813-5900 or visit www.sickkids.ca/ontariopoisoncentre.

Canada Pageants searching for next Iroquois Queen

A once in a lifetime opportunity is being offered to Iroquois residents. The search is on for titleholders to represent their city at the National Canada Pageants competition. One candidate from each city or town throughout Canada will be selected. The local winner will become a contestant and be an ambassador for her area participating in local community events including fairs, expos, and parades. She then advances to the National Audition which will take place in Niagara Falls, Ontario at the Hilton Fallsview Hotel August 26-29, 2007.

Education, Opportunity, Safety, and Career advancement are our goals. Canada Pageants looks for beautiful people, talented people, athletes, funny people, interesting people, people with personality, and people with dreams. Canada Pageants is for beginners through to professionals. Canada Pageants looks for young women from positive families. Canada Pageants can be the perfect jump start for talent in local markets to find national work. Canada Pageants contestants come from all over the country!

To become a contestant, you must submit an application. Potential contestants are invited to do a telephone interview. Once selected, Canada Pageants contestants begin to prepare for the competition. During competition week, contestants and their parents will learn through workshops and seminars taught by National Experts. Competitions are held in Interview, Evening Gown and Fashion Wear. Other optional competitions include TV Commercial, Monologue, Runway and Photography.

Winners receive a cash prize, academic scholarship, and an entrance scholarship to the prestigious Actors Model & Talent Competition (AMTC) valued at $3500 where they will meet Agents, Managers, and Casting Directors from all over the world.

Disney, Nickelodeon, Warner Brothers, Twentieth Century Fox, New York Models, Elite, and Wilhelmina New York have all attended; Sandra Gillis from Premier Talent Management and Erin Lundgren from New York Models will be in attendance for this year's Pageant. Grey's Anatomy, Zoey 101, Next Top Model, Gilmore Girls, The Practice, ER, Seventh Heaven and Law & Order; AMTC Alumnae are everywhere. Canada Pageants' winners have moved on to work with Ford, Elite, Images, Buchwald, Premier, and more, in markets such as New York, Toronto, and Asia.

Canada Pageants also gives young women the opportunity to have their voice be heard. Through partnering with programs such as Absolute Leadership and Hero Holiday, winners have the opportunity to travel internationally on Humanitarian Aid Projects.

Megan Punnett, Miss Canada Scholarship 2005, traveled to New Orleans for Hurricane Katrina relief efforts and then province to province inspiring high school students to reach for their dreams and live life with purpose. She is now living her dream as an international model and has appeared in a NARS campaign and Elle Magazine Editorial.

Like past titleholders, many women will find that this pageant system opens doors and helps them achieve their dreams while making a positive difference in the world.

Iroquois titleholders will be announced April 9, 2007.

For further information, visit www.canadapageants.com or call 1-866-574-STAR (7827).



The 2007 navigation season for the Great Lakes and the St. Lawrence River all of the way down to Montreal opened on Wednesday, March 21. On Tuesday at noon the first ship came through the Iroquois Locks was the light icebreaker the Martha L. Black. The icebreaker is a Class Type 1100. It displaces 3,818 tons and is 272 feet long and 53 feet wide. The Martha L. Black is driven by 3 Bombardier/Alco 16 cylinder diesels, 5,250 kw, utilizing twin shafts. It can cruise at 15.5 knots. The Martha L. Black has a compliment of 25 sailors and can carry one helicopter. The icebreaker was commissioned in 1986 and is based at the City of Quebec.

CHIEFTAIN PHOTO – J. MORIN

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Multiple Sclerosis Society of Canada

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United Church of Canada
Matilda Pastoral Charge
Brinston and Hulbert Valley Worship -
Regular Sundays Contact office for worship times - 652-4997.
Clergy: Yvonne Willis

Roman Catholic Churches
St Mary's, Morrisburg
Saturday - 7:30pm
Sunday - 11:00 am
St. Cecilia's Iroquois
Sunday - 9:00 am
Rev. Father R.J. Chisholm
Phone 543-2544

Community Christian Reformed Church
Winter Hours
Sunday Worship - 10:00 am
Evening Service - 6:30pm
Dixon's Corners, Ontario
Pastor: Rev Clarence Witten Phone 652-2400

The Presbyterian Church in Canada
***St Andrew's, St James, Cardinal**, - 9:30*
***Knox Church Iroquois** - 11am*
Sunday School - 9:45 am
Rev. Geoffrey Howard 652-6215

United Church of Canada
Cardinal-Johnstown
***Johnstown United** - 9:30am*
***St. Johns Cardinal** - 11:00pm*
Rev. Doug Carneige 657-4702

Community Family Church
Iroquois Civic Centre
***Every Sunday** 10 am & 6 pm*
Bible Study - Wednesday - 7 pm
Pastor A.R. Leavit
Anglican Church of Canada
Parish of Morrisburg/Iroquois/ Riverside Heights
***8:00 -9:15** St. James*
***11:00 am** - St John the Baptist*
11:00 am - *Holy Trinity*
1st & 3rd Sunday of the month
The Reverend Craig Bowers , Rector 543-3904

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He said to them, 'go into the whole world and proclaim the gospel to every creature.'- Mark 16:15

Crysler Park Sugar bush season has arrived

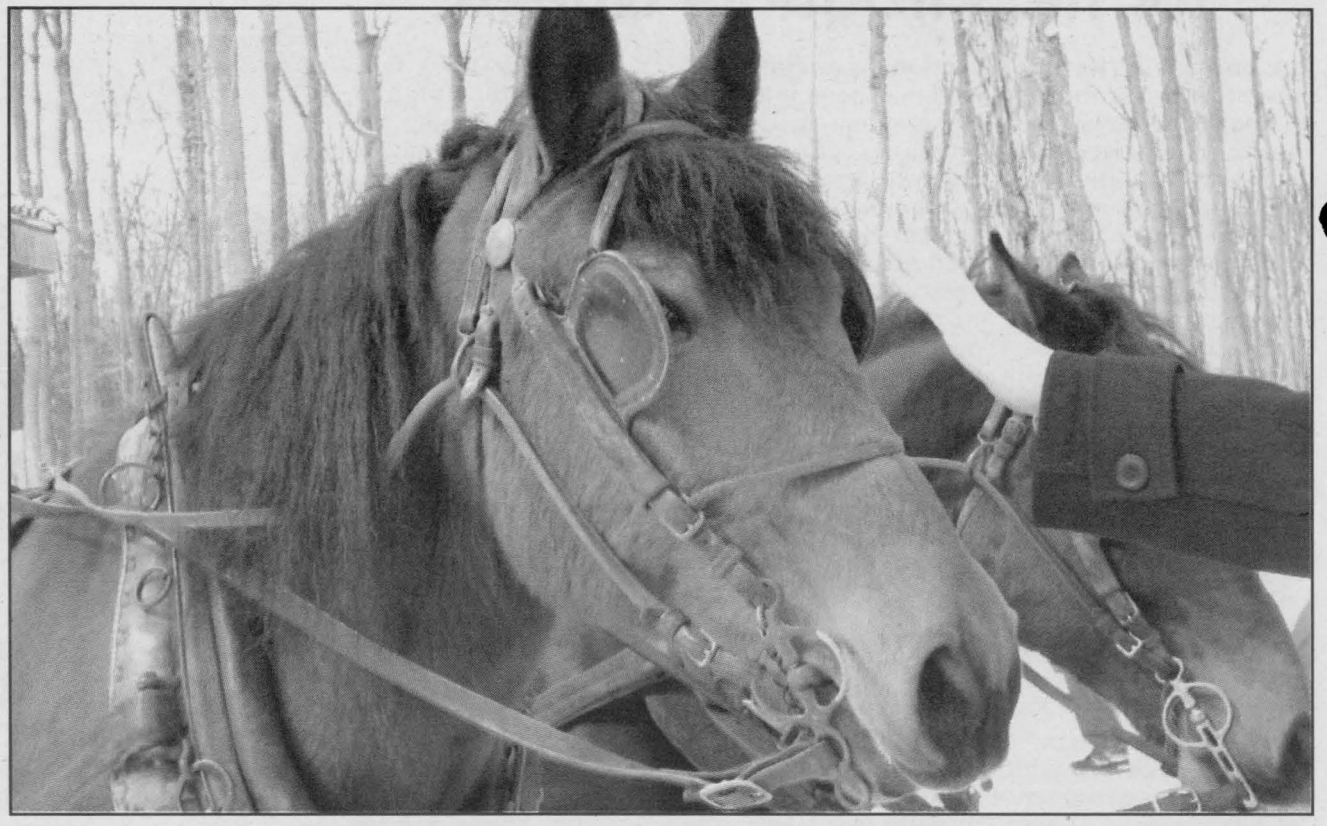
BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

Chilly weather didn't keep folks away from the Crysler Park Sugar Bush this past weekend when it opened for the season. The cold temperatures, however, did stop the sap from running, but Roger Labelle, the evaporator operator, thinks the warmer weather forecast for this week will have the sap flowing freely. "When the temperature drops to around -5 at night and goes up to 5 or 6 during the day the weather is perfect for collecting sap," he explained. A long time employee of the St. Lawrence Parks Commission, Labelle has been working at the sugar shack every Spring for the past four or five years. "When the sun is shining and you can smell the sap it is great to be in the bush." According to Labelle, the bush taps approximately 1500 trees. They are all hard maple, both sugar maple and black maple. "One year we tried to tap a yellow birch just out of curiosity, but we didn't get anything."

Saturday's snowstorm kept visitors to a minimum on March 17, but Sunday was a busy day in the bush. After parking in the lot directly opposite Prehistoric World, visitors to the sugar bush can take a scenic five minute walk up to the canteen and sugar shack or they can hitch a ride on a wagon pulled by Doc and Jenny, two of the horses that work in the summer at Upper Canada Village.

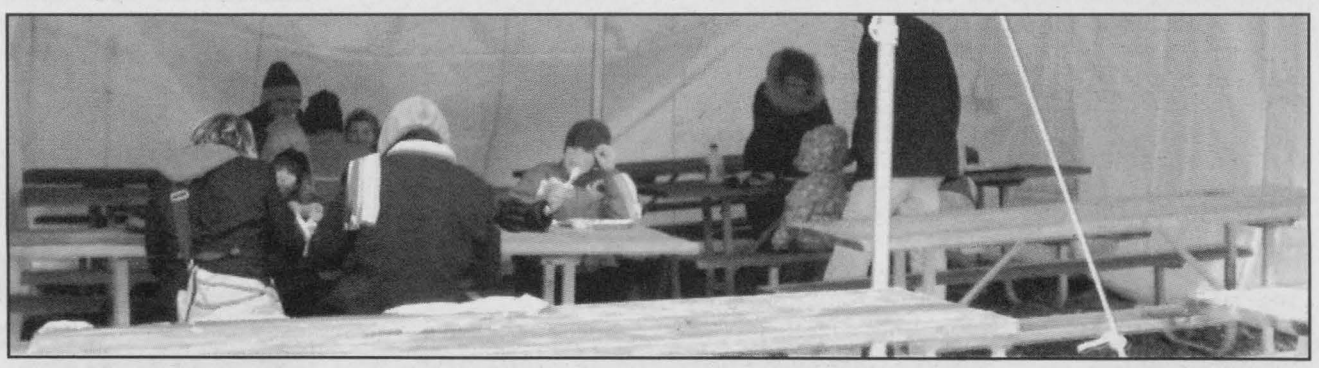
Visitors can explore the nature trails and see how sap is transformed into syrup. Plaques have been erected which explain the history of maple sugar production, and the methods employed by the First Nations people in days gone by. For those who wish to take a sweet souvenir of their trip home with them, maple products are on sale, and breakfast is available during operating hours. The Crysler Park Sugar Bush is only opened on the weekends between the hours of 10 am and 4 pm. The season is short as once the buds appear on the trees, the sap is no longer good for producing maple syrup. Because the weather is temperamental at this time of year, visitors are encouraged to call ahead or visit the sugar bush website to make sure it is opened before heading out for a visit.

In order to confirm operating dates information can be obtained at 1-800-437-2233 or 613-543-4328 locally, or by visiting the sugar bush web site at www.cryslerparksugarbush.com.

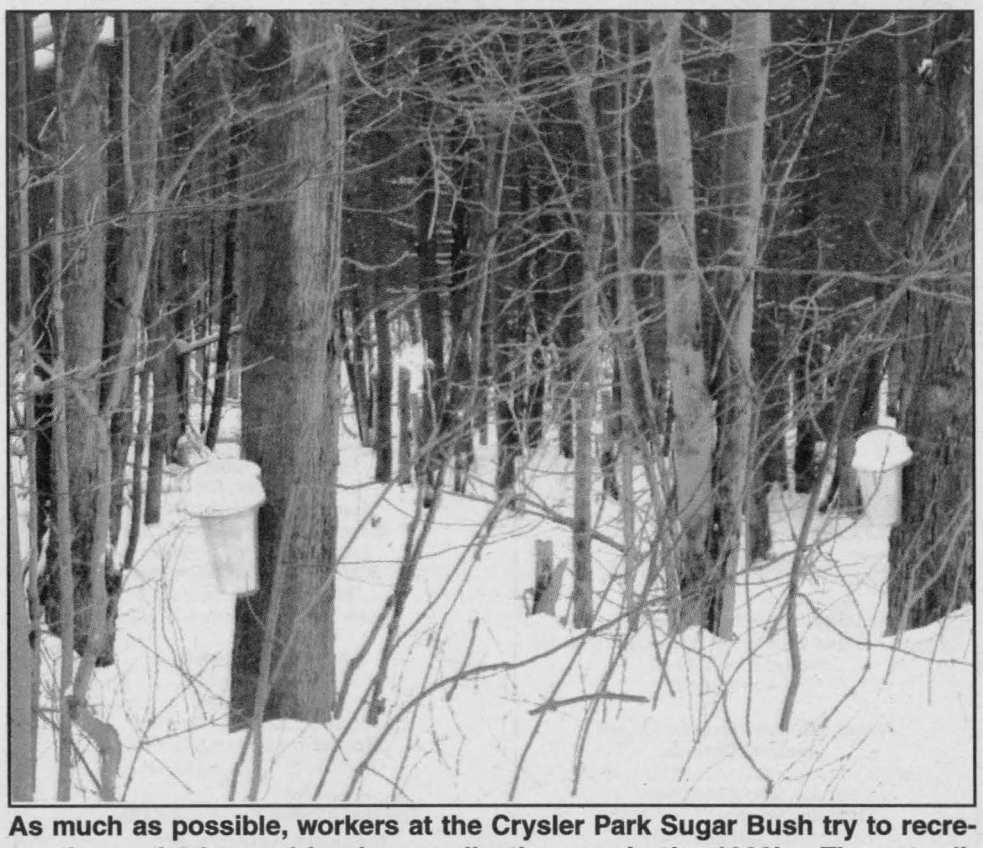


Doc & Jenny teamed up to take visitors back and forth from the parking lot to the Crysler Park Sugar Bush last weekend. The Sugar Bush will be opened for the next three weekends for those with a taste for nature and a little maple syrup.

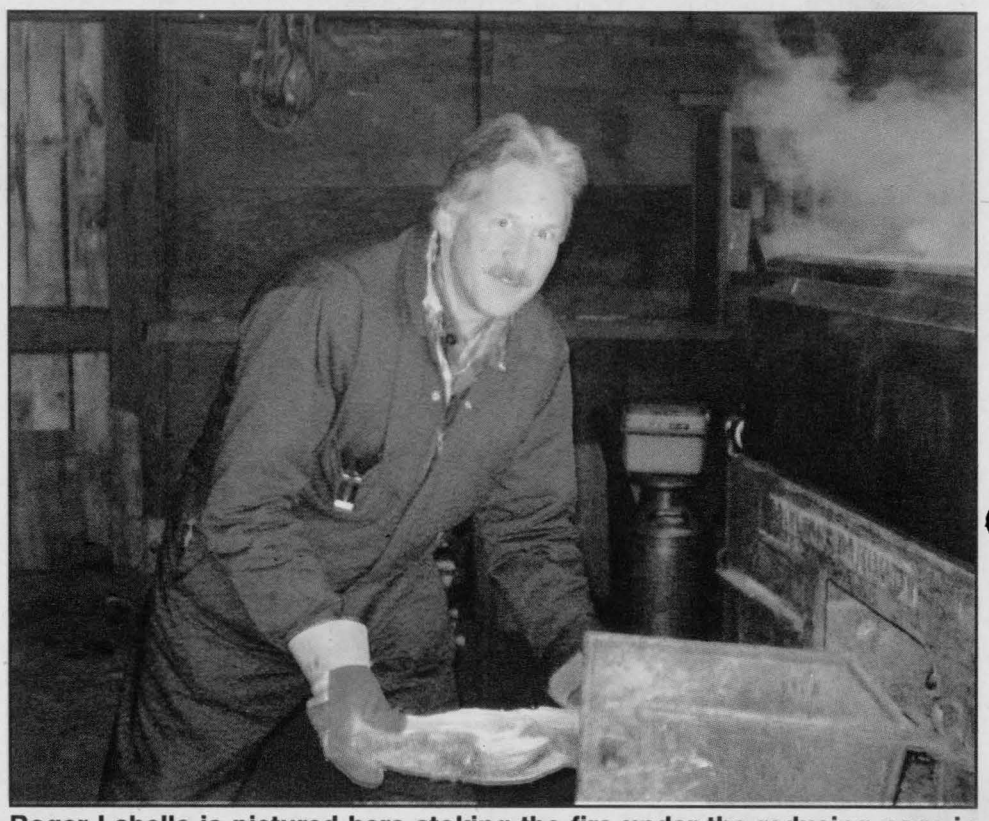
CHIEFTAIN PHOTOS - A. CARTIER



Pancakes and maple syrup are what the sugar bush are all about. Breakfast will be served from 10 am til 4 pm the next three weekends at the Crysler Park Sugar Bush.



As much as possible, workers at the Crysler Park Sugar Bush try to recreate the methods used by those collecting sap in the 1860's. These traditional buckets will fill up quickly when the daytime temperature reaches 6 or 7 degrees Celsius.



Roger Labelle is pictured here stoking the fire under the reducing pans in the sugar shack at the Crysler Park Sugar Bush. He thinks the forecast means the sap should be running well by next weekend.

St. Patrick's Day Tea & Bazaar a fine community tradition

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

The blustery weather last Saturday didn't keep people away from the Catholic Women's League annual St. Patrick's Day Tea and Bazaar. The event was held at the Royal Canadian Legion in Morrisburg and was busy with shoppers and diners from the time the doors opened at 11 am until they closed at 2 pm.

The event, which has been a yearly occurrence for as long as anyone can remember, is a community favourite. "We are happy we have such a good turn out despite the weather," stated Catherine Lortie, the Chair of the organizing committee. "This is our big fundraiser and we spend almost all year planning it."

The admission fee entitled the attendees to be automatically entered into a draw for a number of great door prizes. There were also opportunities to purchase 50-50 tickets, as well as tickets for a raffle which offered $300, $200, and $100 as prizes.

Baked goods were offered for sale, as were homemade preserves, jams and jellies, and a good selection of house plants. The door prizes were made possible by the generous donations from 35 local merchants.

The Knights of Columbus were on hand to sell tickets for an Ontario-wide draw to be held on May 20th. Draw prizes include 7 different vehicles as well as 5 trips. According to the gentlemen selling the tickets, last year M. Casselman of Morrisburg was among the lucky winners, receiving a trip to Disney World.

Father Chisholm was present to enjoy some of the tasty treats prepared by parishioners and to do a little shopping.

He was also impressed by the number of people who showed up to support the event. "Looking around you can see all the tables are full," stated Father Chisholm. "The event is doing very well." The CWL usually realizes between $2000 and $2500 from the tea, and all this money is given out to support good causes.

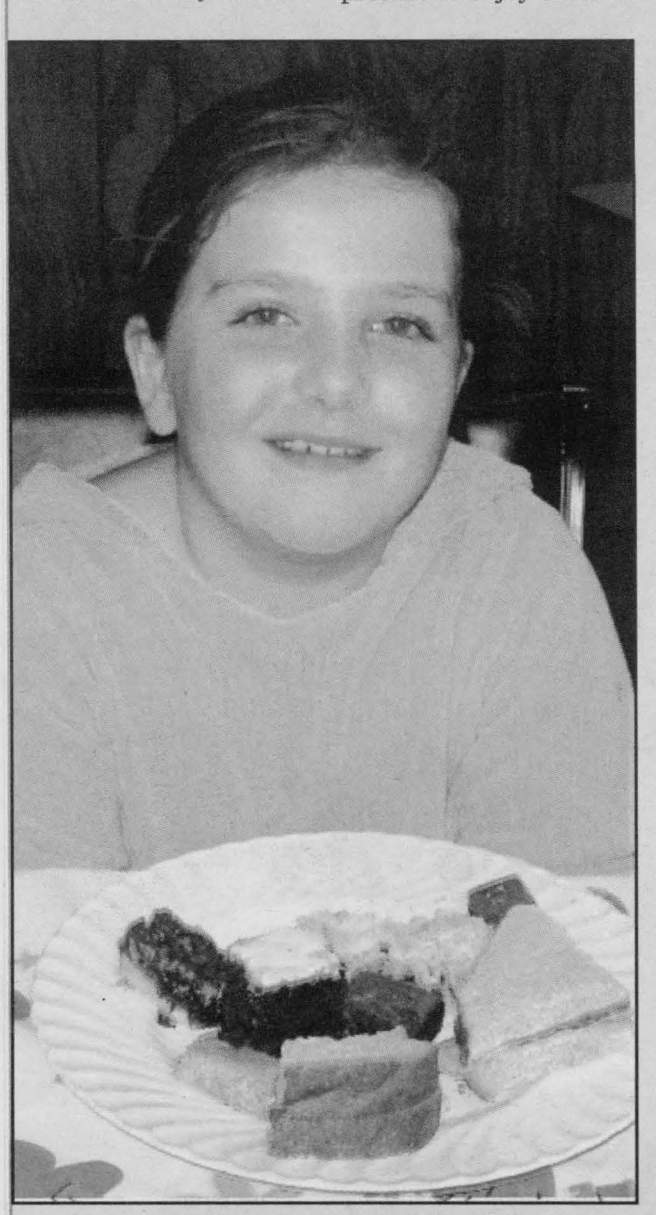
The women sponsor a family in India, and they also give funds to the Food Bank and other worthy causes as well as providing bursaries for St. Joseph's, St. Michael's, and Seaway District high schools.

A special undertaking by the CWL is the provision of gifts for young people on their Confirmation and their First Communion.



Father Chisholm found a plant he liked at the St. Patrick's Day Tea & Bazaar held last Saturday at the Royal Canadian Legion in Morrisburg. He is pictured here with Aline Duggan and Esther St. Peter.

CHIEFTAIN PHOTO - A. CARTIER



Shailinn Richer was a great help at the Catholic Women's League annual St. Patrick's Day Bazaar. She worked the admissions table.

CHIEFTAIN PHOTO - A. CARTIER

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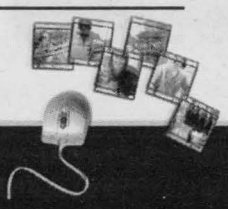

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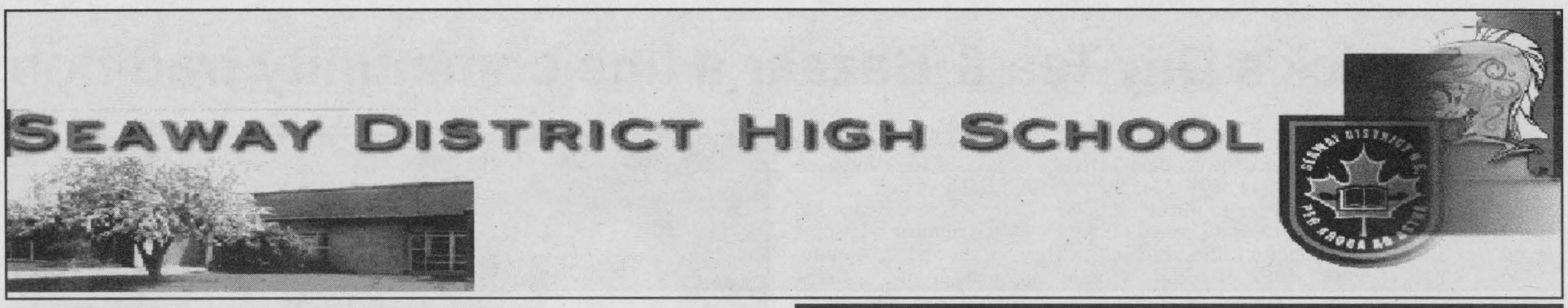
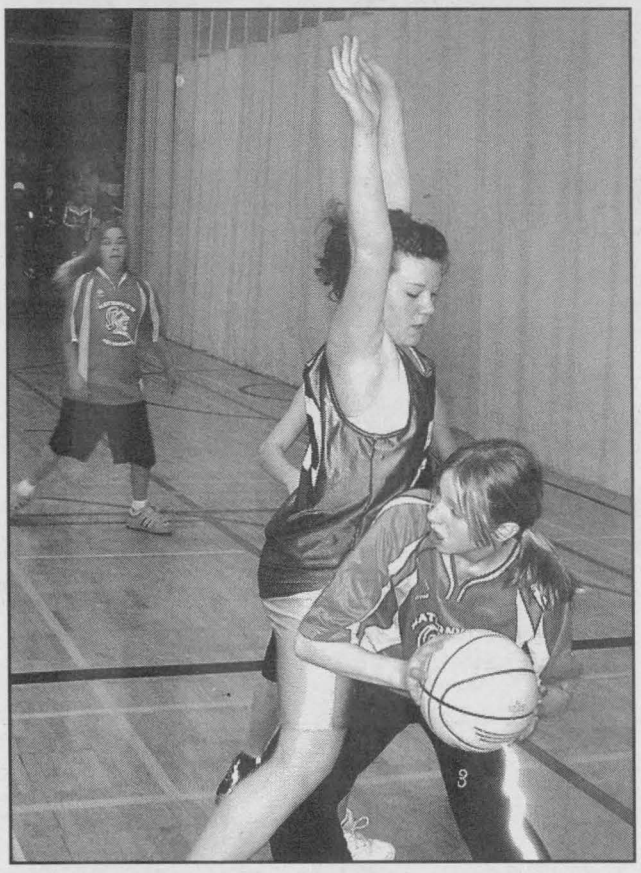




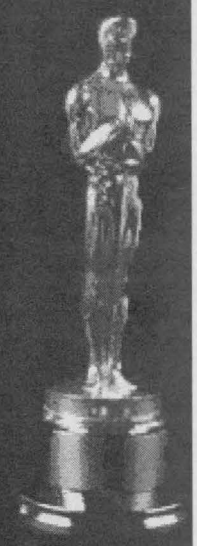
The Seaway District High School is as known for its academic record as it is for its great sports progams. The school's spirit rides on the shoulders of all of the students who go there.

Welcome to Seaway District High School

The *Iroquois Chieftain* is excited to announce that a co-op student from the Seaway District High School will be creating a special page each week for the *Iroquois Chieftain*. The page will be all about the Seaway District High School.

The co-op student, Hudson Cochrane, will be responsible for the collection of photos and text for the page as well as for the layout. He will also be putting the page together on the computer.

STUDENT COUNCIL PRESENTS: OSKAR NIGHT AT SEAWAY MARCH 30TH



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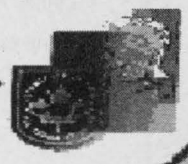

Mr Mozzarella™

Atom B House host March Break tournament

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

The South Dundas Atom B House Lions hosted a successful tournament on Tuesday, March 13, winning the B Championship. The tournament saw four teams vying for the championship and taking part in a number of skills competitions. Teams from South Stormont, Kemptville and Gananoque competed with South Dundas in the day long event.

The South Dundas Lions played their first game against Gananoque, coming back from a deficit to tie the game with only 1 minute left. The first period belonged to Gananoque who went into the second period up 2 to 0. At 6:31 of the second period the Lions got on the scoreboard when Christyn Veinotte scored with assists going to Justin Schwerdtfeger and Shannon van Moorsel. Gananoque scored less than a minute later making the score 3 to 1. At 3:03 of the second Gananoque got yet another goal, but with just 31 seconds left in the period Kyle Markell scored the Lions second goal with help from Shannon van Moorsel.

The third period saw two more Lions goals. Cameron Chayer scored from Justin Schwerdtfeger and Trevor Nicholaassen, and then Spencer Heldens scored from Christyn Veinotte. Kristopher Alexander was in nets for the South Dundas team. The second Lions game was a 6 to 0 loss to South Stormont.

Before the finals, the young hockey players took part in a skills competition. The team from South Stormont won the relay race, and the South Dundas team had the fastest skaters. In a shoot-out competition Kemptville had the best offensive players, and Kristopher Alexander of South Dundas was the number 1 goalie.

The A final was won by the team from South Stormont when it defeated Gananoque by a score of 4 to 2. South Dundas defeated Kemptville 4 to 1 to win the B Chamipionship. In the first period, Spencer Heldens scored from Cameron Chayer and Kyle Markell. In the second period Spencer Heldens scored again with assists going to Kyle Markell and Trevor Nicholaassen. Before the end of the second period the Lions scored again with Kyle Markell getting the puck in the Kemptville net with help from Spencer Heldens and Trevor Nicholaassen.

Kemptville got its lone goal at the top of the third, but South Dundas player Shannon van Moorsel scored an unassisted goal to make the final score 4 to 1 before the game was over.

The Atom B House team donated all funds raised through the prize table and the 50/50 draw to the Caylen Laberge fund.

The donation reached a total of $600. The team's manager, Cheryl Alexander, expressed gratitude to the South Dundas Minor Hockey Association for allowing the tournament to go forward despite the fact that only four teams registered.

"I would also like to thank Bruce Mullin, Terry Veinotte and Al McNairn for supporting the idea of fundraising for Caylen Laberge, as well as Jeff van Moorsel for his help with the skills competition."



The South Dundas team won the B Championship at their tournament last week.

SUBMITTED PHOTO



Four teams participated in a March Break Atom B tournament hosted by the South Dundas Atom B House Lions. All the young players are pictured here.

SUBMITTED PHOTO

Brockville Speedway ready for 2007 season

The countdown is well underway as May 19th nears and with it the start of another exciting season of DIRT racing at Brockville Ontario Speedway.

The fast quarter mile clay oval just north of Brockville recently released it's 2007 racing schedule. It includes visits by both the Advance Auto Parts Super DIRT series Big Block Modified tour in July and the DIRT 358 Modified tour in September in addition to another 100 lap small block event as part of the Lucas Oil Canadian DIRT Challenge. For the small blocks, the September 15th event will be the only double point race on the tour this season. Sprint Car fans will be treated to a pair of runs by the ASCS Sprint Car tour along with an appearance by the always popular Empire Super Sprints.

The regular Saturday night programs will feature 358 DIRT Modifieds, DIRT Sportsman, Street Stocks and Rookies along with fairly regular appearances by the McNamee Concreate Vintage Cars. Some new sponsors have come on board for 2007 as the BOS welcomes Jiffy Auto Service and Goodyear as the backers of the Rookie or four cylinder division. Street Stock drivers will be encouraged that their rule book has been aligned closely with Cornwall Motor Speedway, so they they can run both tracks with virtually the same rules this season. Riverside Pontiac Buick have taken over as the crate engine supplier to Brockville's DIRT Sportsman division.

Enduro fans will be treated to some Saturday night appearances by their favorite kind of racing in addition to the traditional two major enduros in June and September presented by Kanes Towing. Go Kart racing will again be the order of the day on Wednesday's on the inside track. It gets underway May 30th this year.

The Speedway will officially close the 2006 season with it's annual awards banquet on April 7th at the Brockville Memorial Centre.

A season preview mall show is set for March 22nd to 24th at the Frontenac Mall in Kingston.

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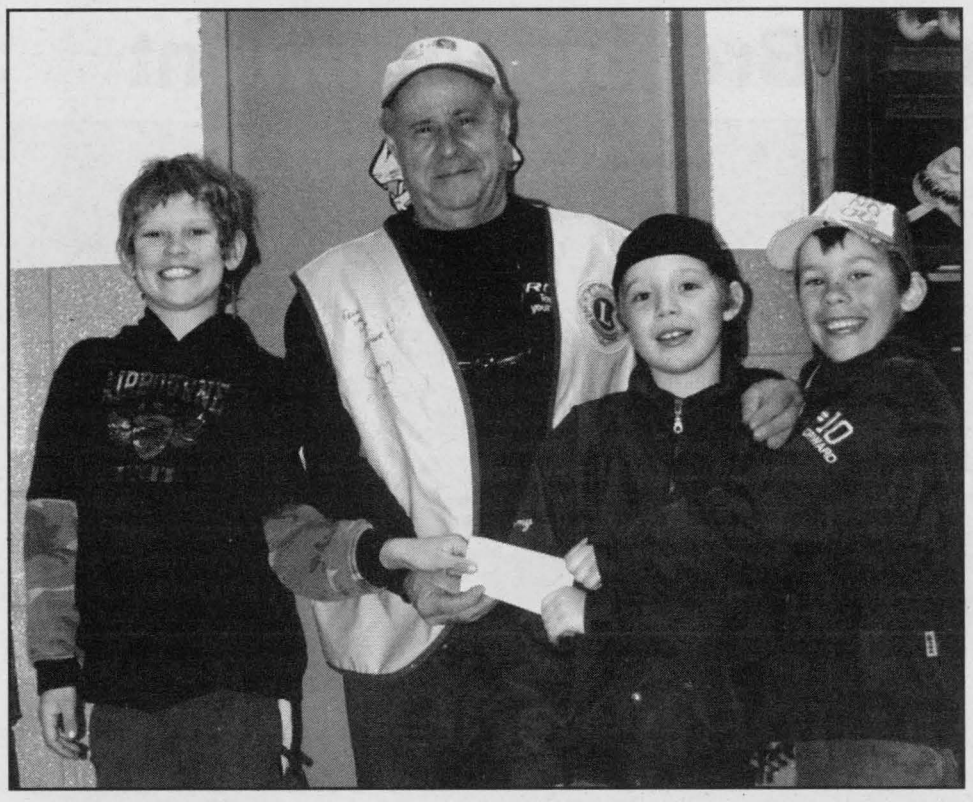

The Atom B House Lions donated the money they raised at their tournament to the Caylen Laberge fund. Some players are pictured here giving their donation to Lions Club President Carl Robinson. From left to right are Kristopher Alexander, Carl Robinson, Cameron Chayer and Spencer Heldens.

SUBMITTED PHOTO

Glens defeat Lions in five games

In the end it turned out that the Alexandria Glens had too much firepower for the Lions to handle. Heading into Wednesday's game 4 the Lions were looking to tie the series at two, instead they found themselves down 3-1 in the series, as Morrisburg dropped a wild one in overtime by a 9-8 score. The Lions were unable to rebound in game 5 as they were beaten 8-3, sending the Glens to the Rideau-St. Lawrence final against the Westport Rideaus.

Game 4
Alexandria 9 – Morrisburg 8

In a true display of both team's offensive power the Lions came out on the short end of a wild 9-8 overtime loss. A total of eight goals were scored in the first period with each team scoring four. Chad Galipeau scored two power-goals, while Cory Gove and Devon Brunet scored at even strength to keep the Lions even at four at the end of the first period.

Things looked good for the Lions in the second period as they were able to score two more power-play markers and one short-handed goal to give them a 7-4 lead after two. Cory Gove scored two while Chad Galipeau added a single to complete the hat-trick.

Alexandria was able to reverse the table in third as they scored four goals to Morrisburg's one. Cory Gove completed his hat-trick in the third, but it was Rejean Leduc that scored the tying goal at 16:10 of the third to send the game into overtime.

In overtime it was Alain Michaud scoring an unassisted goal at 5:52 to give the Glens a win and put them up 3-1 in the series. Kyle Neville started the game for the Lions but was pulled in favour of Jesse Labrecque. Neville only lasted for 14:29 letting four goals before he was pulled.

Game 5
Alexandria 8 – Morrisburg 3

Looking to stave off elimination the Lions once again looked to Kyle Neville to get them a win in nets. Neville had done so in the earlier series while he was playing with the Winchester Hawks.

This night however it was not to be as Alexandria built an insurmountable 6-1 lead after two periods of play. Neville was pulled at the 11:23 mark of the second after letting in 5 goals. Scoring for the Lions were Kyle Jarvis, Christopher Ayotte and Chad Galipeau.

ODHA holds March Break Skills Camp

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

The Ottawa District Hockey Association hosted a number of free skills camps for minor hockey players over the March Break. The events were held in Kanata, Orleans, Alexandria and Spencerville, and according to the ODHA Technical Coordinator Jeff Baker, they were all very successful. "The response has been great. The camps in Kanata, Orleans and Spencerville had full registration and the feedback has all been very positive."

The skills camps were available to all Initiation, Novice, Atom and Peewee players registered in a minor hockey association run under the umbrella of the ODHA. Registration was limited to 35 players and 4 goalies at each level and was on a first come first serve basis.

Each registrant had 1 ½ hours of on-ice skills development, and 1 ½ of off-ice activity. Every child taking part in the camp was given a free jersey and lunch was provided. "All the on-ice drills come out of the Hockey Canada Skills Book," explained Baker. "And the sessions were run by coaching instructors with the help of the local hockey associations."

The off-ice portion of the day was spent playing soccer and dodge ball. Baker explained that many of the skills involved in soccer can be helpful to hockey players. "Passing the ball back and forth in soccer helps kids develop passing skills they can apply to the game of hockey."

The money to run these four camps was made available by Hockey Canada for grass roots development. When asked if the ODHA will be running a similar program again next year, Baker responded, "If the money is available we will be doing this on an annual basis."



The ODHA sponsored a number of skills development camps over the March Break. These Peewee players received a free jersey and 11/2 of ice time in Spencerville on Wednesday, March 21.

CHIEFTAIN PHOTO - A. CARTIER

The ODHA has been involved in the development of minor hockey players for over 75 years. According to the association's website in the 75 years since its inception, hundreds have come through the ODHA's leagues and associations on their way to careers in the NHL: players such as Ted Lindsay, Larry Robinson, Denis Potvin, Mike Gartner and Steve Yzerman; officials like Cooper Smeaton, Bob Kilger and Wayne Bonney; and coaches like Bryan Murray, Terry Murray, Doug Carpenter and Marc Crawford. From Allan Cups to Memorial Cups, Centennial Cups, and Olympic Gold Medals, ODHA teams have won a wealth of national championships in that time.

Today, its teams continue to win against teams from larger markets, but its real stamp is its innovative development programs. Through courses unsurpassed anywhere in Canada, the ODHA is developing the coaches, officials, trainers and players of tomorrow.

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Morrisburg Curling Club News

The City of Ottawa Men's Bonspiel was on last week, and three teams from the local club entered. Joe McCooeye, John Toonders, John C. Toonders and Allan Black defeated a Rochester team, but dropped out of the running Saturday when they lost to another team from that city. Robert Houze, Sam and Josh Laurin and Bev McQueen finished off with three wins, just missing the quarter final in their trophy division. Ian and John Wilson, Scott Lane and Michael Staebler had a good bonspiel, winning a hard-fought match Saturday at the R.A. Centre. They then played Saturday night in the quarter-final, but lost out. This year we had no men in the seniors or senators division entered. Maybe next year?

League play is drawing to a close. Our Thursday competitive curlers have already finished regular season play, with Ian and John Wilson, Scott Lane and Mike Staebler in first place. They, along with Larry Cooper's second place team, have a bye, while the others play off Thursday night for the right to challenge the two leaders next Monday. The prize for the eventual winners is the Dodge Trophy, symbolic of the club championship.

Recently, we had a pleasant chat with Jim Jordan, longtime curler and supporter of the club. He's an avid historian, and is compiling a history of the Morrisburg Curling Club, including seldom-seen pictures. He will donate a copy to the club once it is completed, and we'll keep it in a secure place, bringing it out for viewing on special occasions. Jim has also found a few more pictures of past presidents, and we'll continue to put those up as we get them.

Four club curlers were in Winchester for a Grandmothers' Bonspiel last week. Alice Thompson, Betty Locke, Susan McIntosh and Dorothy Culkin played well, and were tied coming home in their two matches with Metcalfe and Navy. They returned late, and praised the lunch and dinner they had also enjoyed. They plan to compete again next year in this interesting annual bonspiel.

Speaking of specialty events, the Winchester Stick Bonspiel had to be cancelled for lack of interest, but the organizers will advertise earlier next year and hope to get sufficient teams. The bonspiel seems like a good idea, with so many of our curlers extending their years on the ice with this device. Maybe we could host one like this, or a grandmother's 'spiel next year. Is anyone up to organizing them?

Sid Morrell, Bob Bedingfield, Peter Zeran and Gerry Thompson are off to Toronto's Thornhill Country Club for the Provincial championships in their age division. They play Friday and Saturday against the fifteen other zone champions in the province.

The location is a beautiful six-sheet facility, a golf and country club not unlike the one in Brockville. Our team should feel right at home. Have you considered planning a trip to cheer on our champions?

There are "friendly" matches on today, with three teams of daytime mixed curlers at Metcalfe, and three senior men's teams in Cornwall. We'll have the details next time.

Apologies to Jeannine Beaupre, whose name somehow became "Jeannette" in last week's column. It's a fine name, but not Jeannette's. Sorry!

That's about it for now. Local curling is winding down this month, but a few teams from the club are involved in bonspiels, and there are still events going on internationally, many of them televised.

Until next week, good curling to all!

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"your local FIX for all your seasonal sporting needs"
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FREE ESTIMATES

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We have free information & gifts reserved for you.
This service is provided by the civic-minded businesses of this community
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Your Neighbours & Friends Welcome Your Business
NOW BOOKING FOR APRIL 2007 (613-652-4395)

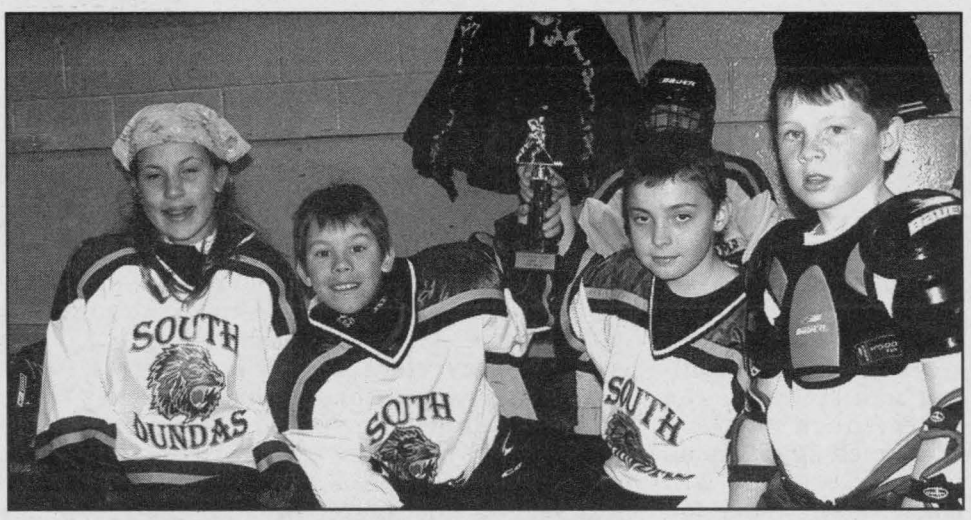
South Dundas Trade Show Back to the Future

Circle the date for one of the biggest events of the year: The South Dundas Chamber of Commerce invites you to hit the Show and browse the streets of Morrisburg for second hand treasure this Victoria Day weekend.

The 2007 South Dundas Spring Home & Trade Show runs May 18, 19 and 20 at the Morrisburg Arena, coinciding with the popular Community Yard Sale held throughout the village.

The Show features free admission, major door prizes, mini seminars, informative displays from local businesses, and a host of fun and educational activities for all ages.

If you wish to participate as an exhibitor, please contact Geraldine Fitzsimmons at 652-1753, fax at 652-4120 or e-mail at gerri@persona.ca.



This group of South Dundas players was the fastest in the skills competition. Pictured here from left to right are Christyn Veinotte, Spencer Heldens, Kyle Markell and Toby Mullin.

SUBMITTED PHOTO

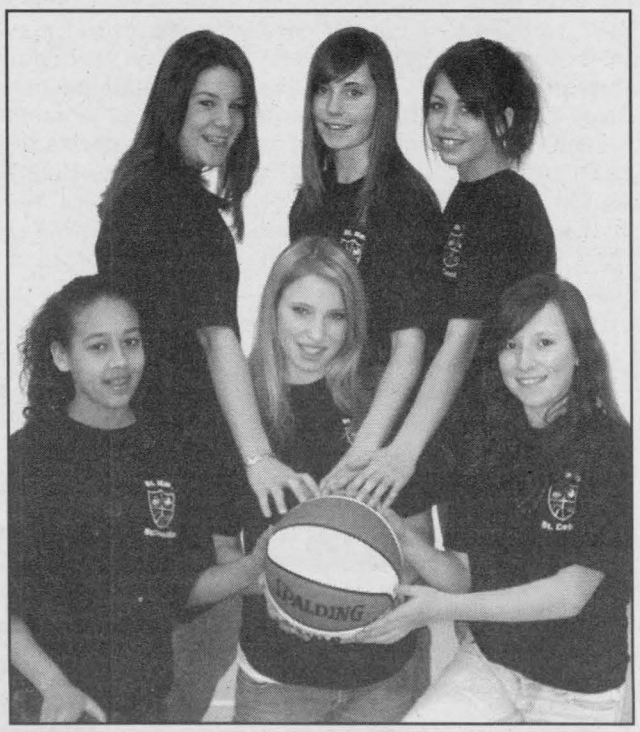


The South Dundas team is pictured here sitting on the boards watching the skills competition.

SUBMITTED PHOTO



These boys had a great tournament at Maple Ridge on Wednesday, March 7, making it to the Championship game. Pictured here in the front row from left to right are Brendan Gallivan, Brian van Moorsel and Connor Woodmass. In the back from left to right are Dylan de Jong, Curtis Pashak, Bobbie Robichaud, and Sam Hodgson. The team was coached by Christina Lapierre.



These St. Mary's girls played in the Tournament of Champions in Brockville on Wednesday, March 7. In the front row from left to right are Kailyn Bowman, Sarah Casselman and Morgan Hass. In the back from left to right are Amy Veltkamp, Amelia Wickwire, and Danyelle Tessier. (Missing from the picture are Marcie Baldwin, Hanna van Moorsel, Kaitlyn Merkley, Jennifer Smith, and Candace St. Peter.) The team was coached by Trish Wooters.

CHIEFTAIN PHOTOS - A. CARTIER

CELEBRATION FOR



Beatrice Shaver

What - 90th Birthday
When - March 24, 2:00-4:00 pm
Where - Presbyterian Church Hall, Morrisburg

Best Wishes Only

63506

Are You An Empty Nester?

Could you open your home to foster a child on a temporary or long term basis?

Could you consider adoption?



For more information about fostering, adopting or volunteering with us, please call.

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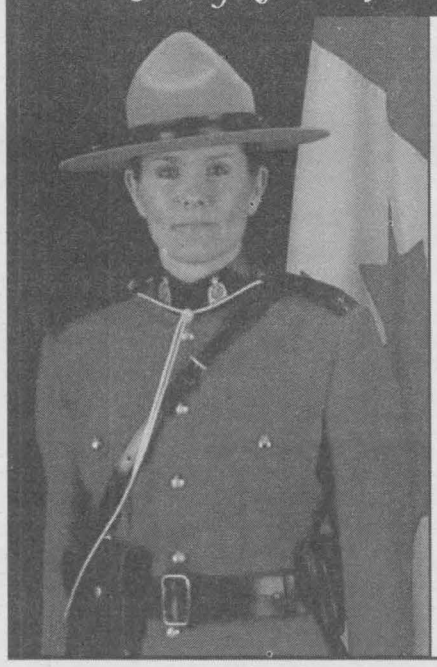
www.fosteradoptwinningkids.com 933-2292

Building a Stronger Community ... One Family At a Time

CONGRATULATIONS

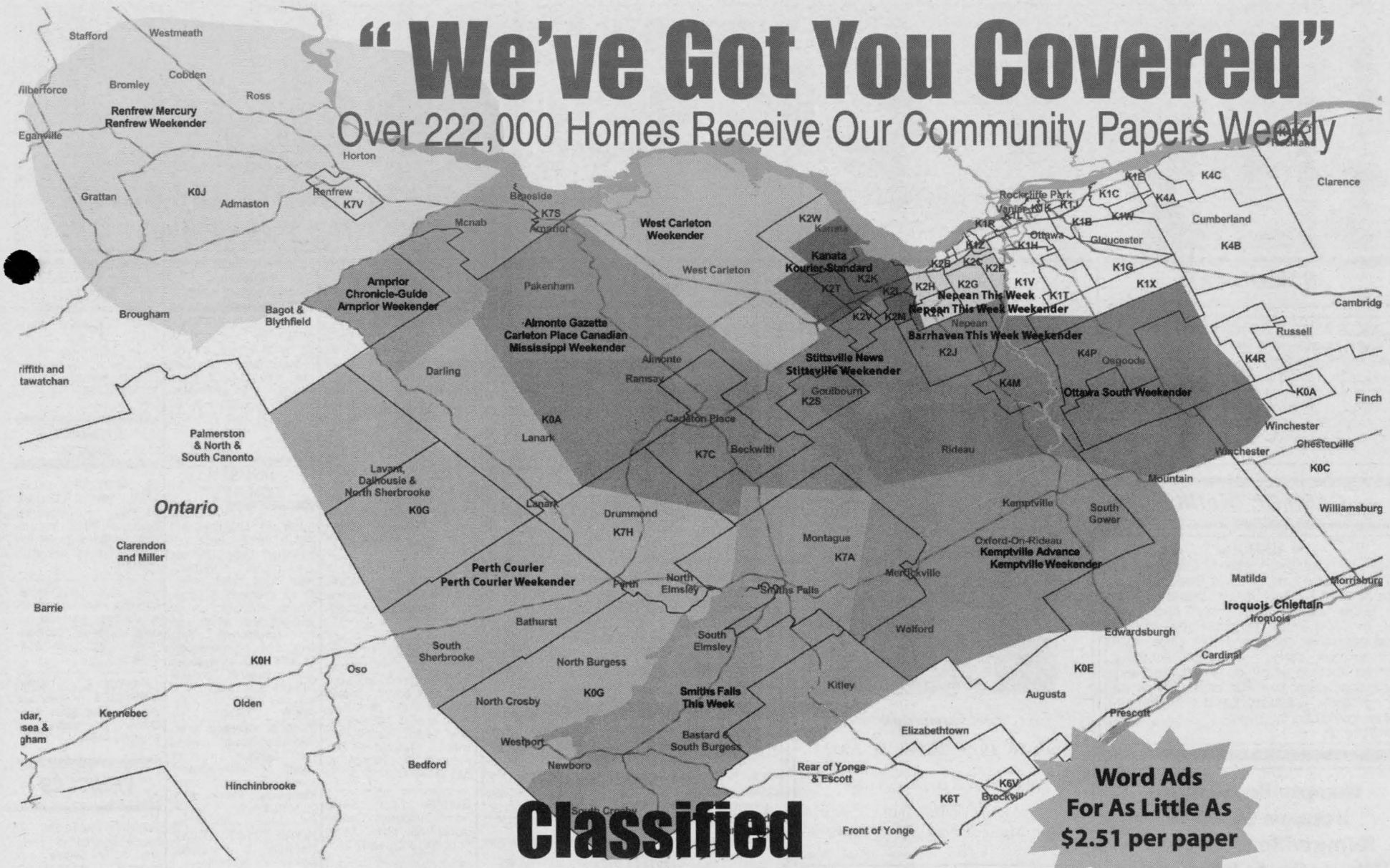


Tammy Mullin, daughter of Dorine and the late Donald Mullin, graduated on February 26, 2007, from the RCMP Depot in Regina, Saskatchewan. Tammy has accepted a position as an RCMP officer in Sherwood Park, Alberta CongratulationTammy! We are very proud of you. Good luck and best wishes in your new career. Love always, your family.

63577

"We've Got You Covered"

Over 222,000 Homes Receive Our Community Papers Weekly



Classified Super Combos

Word Ads For As Little As $2.51 per paper

Total Market
21 Newspapers
Over 222,000 Homes

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Word Ad $56.60+ GST/ 25 Words
or
Display $4.95 agate line

Total Weekender Market
12 Newspapers
Over 168,000 Homes

Kanata Kourier - Standard, Stittsville Weekender, West Carleton Weekender, Mississippi Weekender, Nepean This Week Weekender, Barrhaven This Week Weekender, Ottawa South Weekender, Kemptville Weekender, Renfrew Weekender, Arnprior Weekender, Smiths Falls This Week, and Perth Courier Weekender

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Display $3.13 agate line

Ottawa Market
9 Newspapers
Over 127,000 Homes

Kanata Kourier - Standard
Stittsville Weekender
West Carleton Weekender
Stittsville News
Mississippi Weekender
Nepean This Week Weekender
Barrhaven This Week Weekender
Ottawa South Weekender
Kemptville Weekender

Word Ad $25.00 + GST/ 25 Words
or
Display $1.87 agate line

To place your advertisement or for more information contact our Classified Offices:

Metroland

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Nepean:	613-723-7951	**Email:**	gsteele@runge.net	**Carleton Place:**	613-257-1303	**Email:**	klyons@runge.net
Kemptville:	613-258-3451	**Email:**	cseguin@runge.net	**Smiths Falls:**	613-283-6222	**Email:**	blawson@runge.net
Renfrew:	613-432-3655	**Email:**	tsteffens@runge.net	**Perth:**	613-267-1100	**Email:**	bwatson@runge.net
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29137



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IN MEMORIAM

JAMES ALBERTUS KENNEDY (BERT)
In loving memory of a dear Dad who passed away March 13, 2001.
Sadly missed along life's way,
Quietly remembered every day;
No longer in our life to share,
But in our hearts he is always there.
Always loved your daughter Carole Reid (Don).

CARD OF THANKS

UNRUH
I wish to thank the Kemptville District Hospital for the kind care given to Erwin while he was a patient there. Special thanks to Doctor Evans and the nursing staff. Also, thank you to Grant Brown Funeral Home for their kindness shown to us and Rev. Linda Harrison for her caring words and kindness. Thanks again to all of you and many friends for making our loss a little easier. Thank you to my family, especially David and Margaret for the loving care for Erwin.
Jean UnRuh

Kemptville Advance
Iroquois Chieftain
Kemptville Weekender
Ottawa South Weekender
206 Prescott St.,
Box 1402, Kemptville, ON, K0G 1J0
Phone: 613-258-3451 Fax: 613-258-0617
Email: cseguin@runge.net

CLASSIFIED ADVERTISING
Circulation 28,402

Classified Display
Combo Line Rate $ .90

Kemptville Advance (Tuesday)	$0.46/agate line
Iroquois Chieftain (Tuesday)	$0.41/agate line
Kemptville Weekender	$0.63/agate line
Ottawa South Weekender	$0.63/agate line

Classified Word Rates

25 words or less	$12.50
Per additional word	$0.47
Box replies	$3.00
Word ad with box	$2.00
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Found/Reuse/Recycle	FREE
In Memoriams 75 words or less	$12.50
Per additional word	$0.47

Social Announcements
The following are boxed display ads and will appear on the classified pages
Births, Birthdays, Engagements, Graduations, Anniversaries and Weddings
Price includes 75 words,
$0.47 per additional word

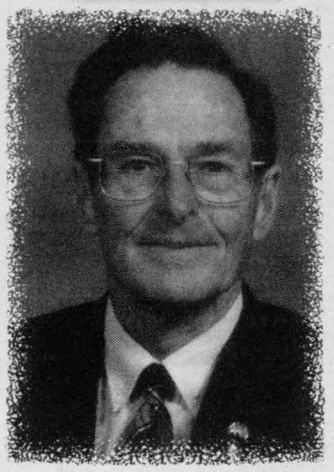
No Photo	With Photo
1 col.....$17.92	$22.64
2 col..... $33.02	$37.74
3 col..... $46.22	$50.94

Cards of Thanks, Death and Obituary Notices are $33.02 for 300 words
(additional $0.47 per word over 300),
$4.72 for photo (2 column classified)
Classified Word Ads and Social Announcements Will run in all four (4) papers.

Deadlines
All classified word ads and display ads must be submitted by
MONDAY 4 P.M. for Weekend Editions
FRIDAY 4 P.M. for Tuesday Editions
Cash, Cheque, Visa, Mastercard
ALL RATES SUBJECT TO GST
Classifeds Must Be Pre-Paid before the Deadline

IN MEMORIAM

In Memoriam



Earl Gummeson

July 18, 1929 - March 22, 2002

Always Loved and Remebered
Joan, Sandy & Burt,
Rob, Maureen, Nick, Sam & Alyssa

CL2867

OBITUARIES

ERWIN UNRUH
Erwin UnRuh passed away at the Kemptville District Hospital on February 26, 2007 at the age of 84. He was born in South Russia on November 3, 1922, his parents David Henriel and Olga Regier. In 1924, he came to Lucky Lake, Saskatchewan, where he lived many years. He was a World War II veteran, later a farmer associated with the John Deere Company, also worked with an Irrigation Company and was a hail adjuster. He played a big part in the Lucky Lake Legion and town council. He enjoyed curling and his family and friends. On July 6, 1996 he was married to Jean Valcour in Kemptville, Ontario and had ten happy years in Kemptville until his death. He enjoyed bowling, his new friends and his extended family. He is survived by his wife Jean, daughter Wenda MacIntosh (Don), son Scott(Jo-Anne), son Laurie (Donna) stepsons David (Margaret), Dan (Sandy), six grandchildren, 2 great-grandchildren, his brothers Warner, Victor, Robert, three sisters Ilsa, Erma, Melita, many nieces and nephews. Predeceased by his first wife Bertha Clifford in 1994, also brothers Ernest, Herbert and sister Margaret Brand. Visitation was held on February 28 from 7:00 to 9:00pm at the Grant Brown Funeral Home and the funeral service, officiated by Rev. Linda Harrison of the United Church was held in the chapel at the funeral home on Thursday, March 1 at 11:00 o'clock. Words of remembrance were given by his daughter Wenda, son Scott and stepson David Valcour. Interment in Spring.

A booklet of commemorative verses is available at this newspaper. We sincerely hope it will prove to be of service to readers who are desirous of selecting a suitable verse for their In Memoriam.

OBITUARIES

JOYCE (JACKSON) WESTOVER
Joyce (Jackson) Westover of Kemptville passed away peacefully at Kemptville District Hospital on Wednesday, March 7, 2007 at the age of 83. She is the adored mother of Ann Haws (Keith) of Lyn, Mary Everett (Wally) of Kemptville, Edwin Jackson (Diane) of Delhi, Nelda Bellinger (Donnie) of Manotick, Harry Jackson (Dale-Lynn) of Brockville, Arthur Jackson (Wendy) of Kitchener-Waterloo and Fred Jackson (Diane) of Stittsville. She is the dearly loved grandma of 13 grandchildren and 10 great-grandchildren, and special friend of Lynn Jackson and Pat Forget. She was predeceased by her first husband Gordon Jackson and second husband Douglas Westover, her parents and two sisters in England. She will be sadly missed by 11 stepchildren, numerous step-grandchildren and step-great-grandchildren. Visitation was held at Grant Brown Funeral Home Rolston Chapel, Kemptville on Saturday, March 10 from 1 to 2 pm. Funeral Service followed in the Chapel of the Funeral Home at 2pm officiated by Pastor Chris Haggith. Jean Newans was the organist. Special thanks to Debbie, Donna and Karen Van Stoken for helping with the luncheon. Those who wish may make memorial donations to the Canadian Cancer Society. For condolences and on-line guest book please visit: www.grantbrownfuneralhome.com

BIRTHS



He's finally here!

Aeverie Lane is happy to announce the safe arrival of her long awaited baby brother,
Ethan Jack Lane, born at 3:32pm
February 14, 2007 weighing 6lbs 10oz.
Equally proud are Ethan's parents, Christopher and Jacqueline Lane of Kemptville, and grandparents Maurice & Réjeanne Alarie of Orléans, and Gord & Robin Lane of Morrisburg.
Special thanks to our beloved Doula, Julie Keon, as well as to the physicians and nurses of the Ottawa Hospital Civic Campus' birthing unit and special care nursery.

CL2828

FOR SALE

1987 CASE 580E Backhoe $15,000.00. 1992 Chev 1500 truck, $650.00. 1991 Suzuki 250 ATV, 2150 km, $1700. 1937 Plymouth coupe, GM power train, $2500.00. 1967 Triumph GT6 coupe, $2500, Ultra lights, Quick Silver MX $1500.00. Sky seek MKII with floats, needs TLC $1400.00. 613-432-8971.

200 SMALL SQUARE bales of hay. Call 613-258-3894.

FOR SALE

APPLES, JAMS, jellies, sparkling and cider. Smyth's Orchard, 613-652-2477. Between Williamsburg and Dixon's Corners.

BOOKMARKET - Quality used books. Tremendous selection plus book search service. We buy and sell. 144 Prescott St., Kemptville, across from Scotiabank. New winter hours: Thurs. 11am-5pm, Fri.-Sat., 10am-5pm. 613-258-5509.

FOR SALE

BIRD SEED SPECIAL: NEW crop, 50lbs. Black Oiled Sunflower $13.50; 50lbs. Striped Sunflower $14.15; 20kg. "Rooneys" Coarse Bird Seed $12.40; 18kg. Finch Seed $17.10; 50lbs. Niger Seed $31.25. Assortment of bird feeders and other bird seed available Rooney Feeds, Iroquois, 613-652-4382. Open until noon Saturdays. South Gower 613-258-1567, open until 4pm Saturdays. Special ends March 31st.

FISHER WOOD STOVE, big heater, $350 o.b.o. Call Shannon 613-269-4452.

FULL COLOUR COPIES!! Now available...bring in your favourite colour photos and w will photocopy them to 8" x 10" size for only...$4.95 each!! Advance Stationery, 206 Prescott St., Kemptville, 613-258-4615.

GUITAR FOR SALE Fender Acoustic, Gemini model. All white. $400. Bob @613-720-6043

HOT TUB (SPA) Convers-Best Price. Best quality. All shapes and colours. Call 1-866-585-0056. www.thecoverguy.ca

ROUND BALES for sale, Kemptville area. Phone 613-349-4055 after 5:00pm.

SPA OWNERS: Dr. Mebron professional skin care line for sale. Perfect for spa facials. 613-258-3152 or 613-322-1243 for more info, leave message.

WANTED TO BUY

WANTED TO BUY - Estates, partial estates, odds & ends around the house, cottage or barn. We purchase antiques, furniture, glassware, china, silverware, collectibles. Most any old thing!! Get the most for your belongings. Call Bradley 613-297-3199.

FIREWOOD

WHY BUY LOGS and spend all summer cutting wood, when you can buy a tandem truck load already cut 15" to 20" long & split. Oak & maple $1000 per load. Book now for March or April 613-203-4341

REAL ESTATE FOR SALE

RIDEAU RIVER WATERFRONT, 3 bedroom 2 storey home, built in 1998. 20 minutes to Ottawa, no locks for 27 miles, $434,900. Anita Maloney, Royal LePage Gale Real Estate. 613-258-1990.

INDUSTRIAL COMMERCIAL SPACE

COMMERCIAL/OFFICE SPACE for rent, 1000+ sq. ft., 3+ offices, 2 bathrooms, large reception area, ground level, kitchenette, $1,000/month, water included, hydro extra. Call Rob 613-913-5450.

HOUSES FOR RENT

EASY 15 MINUTES TO KEMPTVILLE. Brick unfurnished Cape Cod on 2.4 acres, riverfront, near golf and town. Three bedroom, 3 baths, jacuzzi, fireplace, energy efficient heat pump with air conditioning. First and last, references, $1,300/month includes lawn mowing service. 613-989-5397.

FREE RENT for 12-hours weekend work. Two bedroom, wood heat. Suitable for small family (stay-at-home mom), 5 miles from Kemptville. Phone 613-258-2958.

HOUSE FOR RENT, Cardinal. Renovated home, 3 bedrooms, 2 bathrooms, gas, yard, $700 plus utilities. Bradley 613-297-3199.

APARTMENTS FOR RENT

2 BEDROOM APARTMENTS available Arnprior or April 1 & April 15. Gorgeous, renovated, many extras. California shutters, hardwood, river view, non-smoking, pet free building. 613-296-4521

APRIL, single occupancy, one bedroom, power and heating included, near Burritts Rapids. Phone 613-258-1947.

FRESHLY RENOVATED 3 bedroom apartment for rent in Kemptville, available March 1st, $900/month. References required. 613-234-3769.

KEMPTVILLE, one bedroom plus apartment, large yard, quiet street, water included. Available May 1/07. Evenings 613-838-5688.

MORRISBURG: 2 bedroom apartment $525/month plus utilities. Cable, stove and refrigerator included. Apply to P.O. Box 367, Morrisburg, ON K0C 1X0.

OVERWHELMED by housework? We can help. Reliable, thorough, honest, with references. 613-989-1449.

TWO BEDROOM apartment in four-plex, $723/month. Heat and hydro extra. Ground floor, central location, separate entrance. First, last and references. Call Tim or Margaret 613-258-2663.

TWO BEDROOM apartment, $750/month, includes heat and hydro at Sandy Mountain. No pets. 613-989-2100.

APARTMENTS WANTED

TWO BEDROOM townhouse for rent in Iroquois. Furnished recreation room, $615 plus utilities. Available May 1. 613-652-4923.

STORAGE SPACE

10 LARGE DRY STORAGE UNITS, located centrally in Kemptville. Units available immediately. Large units for low prices! Please call 613-258-0695.

416 MINI STORAGE, secured, fenced property, 24 hour key pad access. Various compartment sizes. 613-258-1146.

KEMPTVILLE MINI-STORAGES: individual units, various sizes, residential or commercial. 613-258-6464.

VEHICLES

CREDIT PROBLEM! In house finance is easy, just apply on-line and become pre-approved. For clean, low mileage vehicles www.car-o-line.com or call Car-o-line Auto's at 1-877-820-5598 or 613-448-2488.

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THERE IS A Critical shortage of Medical Transcriptionists. Start your on-line career training today! At-home and on-site employment opportunities. Contact CanScribe today for a free information package. 1-800-466-1535 or www.canscribe.com

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"SHELLEY'S HOME DAYCARE" Fun, energetic, loving mother of 2 has spots available. CPR, First Aid, lots of outdoor time, crafts, and story time. 613-258-0382.

NURTURING, PRE-SCREENED NANNIES available from $340-per week, Benefits:Quality childcare, tidy house & help with dinner, Review 100's of Nanny profiles on www.international nannies.com. Full-support & extensive follow up. Celebrating 11 years in Business, for info call International Nannies Ottawa @ 613.845.0641.

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C12306

SERVICES

AVON: Receive a free gift when you join my successful team in the month of March. Call Judy at 613-543-2110.

CAREERS

COMPANIONS

DOES YOUR SPRING to-do list include taking part in the "love is in the air" thing? Dust that to-do list off and give us, Misty River Introductions, a call today! 613-257-3531 www.mistyriverintros.com

PERSONALS

AL-ANON FAMILY GROUPS: Are you troubled by someone's drinking? For information call Al-anon, 613-258-3049 - Al-ateen 613-860-3431.

PERSONALS

ALCOHOLICS ANONYMOUS: Do you want to stop drinking? There are no dues or fees for A.A. Membership. The only requirement is a desire to stop drinking. Phone 613-258-3811 or 613-826-2202.

IN THANKS for favours received, repeat this prayer 9 times a day for 9 days with the promise to publish. Most sacred heart of Jesus, may thou be most revered, adored and glorified throughout the world, forever and ever. Amen L.C.

CAREERS

We are seeking high energy, service oriented individuals for the Eagle Creek Golf Club in Ottawa and Kanata Golf and Country Club in Kanata....

Mechanics
(permanent, full-time)

Your strong working knowledge of small engines (electrical and hydraulics) is coupled with a good sense of preventive equipment maintenance.

Please apply in writing to the location of your choice, to: **Derek Therrien, Eagle Creek Golf Club**
fax: (613) 832-2955
e-mail: dtherrien@clublink.ca
OR **Colin Hindle, Kanata Golf and Country Club**
fax: (613) 592-1216
e-mail: chindle@clublink.ca

Kanata Golf & Country Club
Eagle Creek Golf Club
CLUBLINK ONE MEMBERSHIP more golf
www.clublink.ca

We are an innovative leader in the newspaper industry and are currently seeking candidates to join our production team in the role of:

Press Person

Runge Publishing is looking for an experienced press person. The candidate must have a minimum of 5 years' experience on Goss or Goss related equipment.

JOB SUMMARY:
This position is responsible for the management of crew in the efficient operation of the printing units and maintenance to achieve a quality printed product.

REPORTS TO: Plant Manager

COMPETENCIES/SKILLS AND EXPERIENCE:
- Must have a thorough working knowledge of press setup and layout
- Must have a minimum 5 years' Ventura or Goss community web press related experience
- Able to work shifts
- Must be a motivated self starter
- Assist in maintaining and improving quality standards and production performance

FORWARD RESUME TO:
Dennis Girard
Plant Manager, Runge Newspapers
P.O. Box 400, Renfrew, ON K7V 4A8
Fax: 613-432-6689
email: dgirard@runge.net

Metroland is an equal opportunity employer. We thank all applicants for their interest, however, only those selected for an interview will be contacted. No telephone calls please. All resumes will be kept on file for future consideration.

Runge Newspapers
A DIVISION OF METROLAND PRINTING, PUBLISHING & DISTRIBUTING LTD.

COMING EVENTS

OPEN HOUSE in celebration of the 80th Birthday of Jim Bennett of RR#2, Spencerville. Roebuck Community Hall, Sat.,March 31, 2:00pm-4:00pm. Everybody welcome. Best wishes only.

SPENCERVILLE LEGION, Saturday, March 24, retirement party for Ruth Chouinard, Bar Manager from noon to 6pm. All patrons and friends welcome.

HELP WANTED

ADULT CARRIERS & DRIVERS NEEDED!! Drivers & carriers are needed for weekly delivery of a local community newspaper in Ottawa. No collections required, great exercise & easy money! To earn extra money, please call: 613-224-3330 ext. 226.

ATTENTION: Customer Service agents to promote services to new & existing customers. Avg. $20+ hr. Full training provided, FT/PT. 613-730-6465 or e-mail: resumes@dedistributor.ca

AZ DRIVER REQUIRED for Auto Transport Company. Must have clean abstract and ability for long haul work. Please fax resume to 613-652-2020.

CLEANER/COOK required immediately by Canadian Guide Dogs for the Blind, Manotick. Responsible individual for full-time position. Single live-in accommodation included. Duties include housekeeping of residence and offices; cooking meals for clients; shopping and laundering. Driver's license and good interpersonal skills required. Fax resume 613-692-0650 or email cgdb@sympatico.ca by March 31st. No phone calls please.

FULL-TIME Landscape Labourers required immediately. Must have transportation to Village of Richmond. Please call 613-838-4066 or email resume to: harmonygardens@sympatico.ca

JOB AT HOME
$375.75 weekly
Coupon Processors required immediately for this area.
EASY work, at your leisure.
Get details at
www.couponcollector.net
CL1819

HELP WANTED
Start with Primerica, a subsidiary of Citigroup, and build a new career in financial services. Full or part-time. Training provided. Call **Ellie Proulx** at 613-723-1139

HOMEWORKERS NEEDED!! To assemble products, stuffing envelopes, mailing/processing circulars, on-line computer work available. Up to $1,500/week, no experience needed! Free information at www.Jobs-WorkConnection.com Reference 3-100.

HELP WANTED

HOUSEKEEPER NEEDED, experience an asset but will train. Drop resume off at Howard Johnston Inn, County Road #43, East, Kemptville.

LOOKING FOR OPERATORS and laborers for upcoming summer season to help build a golf course. Experience not necessary. Contact Greg 519-465-8806.

HELP WANTED

PART-TIME HELP WANTED: Mature, reliable retail sales person. Duties include telephone and front line customer service, sales and store upkeep. Must have patience, nerves of steel, sense of humour and a permanent smile. Please forward resume to jobs@spencerville.ca

HELP WANTED

SECURITY OFFICERS REQUIRED IMMEDIATELY!!! Top pay & benefits. Call 613-829-5555. www.securityinstitute.ca

WANTED PART-TIME Parts Person, Motor Sports World Kemptville. We are looking for you to join our team. Experience preferred but we are willing to train the right person. Please state related experience. Candidates can fax their resume to 613-258-9591.

HELP WANTED

RIDEAU HILL CAMP summer positions, apply by 03/31/07. Lifeguards, activity leaders, specialists. www.rideauhillcamp.com or info@rideauhillcamp.com 613-826-2046.

HELP WANTED

OXFORD MILLS FAMILY looking for babysitter for Saturdays between 9am-4pm. Must be at least 16 years-of-age. Starting late April. Children aged 7, 4, and 2. Please call 613-258-7420.

BUY IT. SELL IT. FIND IT. IN THE CLASSIFIEDS

Network Classifieds: Advertise Across Ontario or Across the Country!
For more information contact Your local newspaper

COMING EVENTS

TRAIN/TOY SHOW, March 31 - 10am-5pm; April 1 - 10am-4pm; W.B. George Centre, Kemptville College Concession Street, Kemptville (follow hospital signs!). Operating Layouts, Lego, Thomas, Model/Toy Train Vendors, Meccano Display. Bring the family! www.027trains.com, 613-592-9402.

AUTOMOTIVE

MOTOR VEHICLE dealers in Ontario MUST be registered with OMVIC. To verify dealer registration or seek help with a complaint, visit www.omvic.on.ca or 1-800-943-6002. If you're buying a vehicle privately, don't become a curbsider's victim. Curbsiders are impostors who pose as private individuals, but are actually in the business of selling stolen or damaged vehicles.

BUSINESS OPPS.

DISTRIBUTORS WANTED for U.S. product now available in Canada. Fuel Re-formulator proven to save 7%-19% on gas or diesel costs! No inventory required. 1-800-851-7017, www.canadasavesongas.com.

FOOD/BEVERAGE LEASE SPACE: Woodlands Inn Hotel, Fort Nelson, BC. www.woodlandsinn.bc.ca. Sales potential: two million annually. For complete details, contact Ed Bulley at 250-775-0333, woodlandsinn@yahoo.ca.

MONEY MAKER. Local route. No selling on your part. For more info call 1-866-821-2569; www.telecardinfo.com

NO JOB SECURITY? Bad boss, crappy hours, lousy pay? CHANGE IT!!! Teach children, adults to ballroom dance in your own business! Training provided. www.ddddance.com, 1-519-846-8806.

SELLING OR BUYING A SMALL BUSINESS. Post your business for sale, or buy a small business online at www.business2sell.ca. For the month of March you can post your small business for free.

CAREER TRAINING

EARN YOUR CAREER DIPLOMA with affordable at home training programs with STRATFORD CAREER INSTITUTE. Over 50 programs are available. Call Toll-Free 1-800-363-0058 ext.7841 or visit www.sci-online.com/OCNA06.

THERE IS A CRITICAL SHORTAGE of medical transcriptionists. Start your on-line career training today! At-home and on-site employment opportunities. Contact CanScribe today for a free information package! 1-800-466-1535 or www.canscribe.com.

EDUCATIONAL OPPS.

MARITIME DRILLING SCHOOLS entry-level training for land and off-shore oilrigs. Excellent wages, benefits and opportunities to travel the world. April 2-21, 2007, April 30-May19, 2007. Information contact: 1-866-807-3960, www.mdslimited.ca.

EMPLOYMENT OPPS.

$$$ ATTENTION CHOCOLATE $$$. Here's a great opportunity to make extra income by selling chocolate bars and new products. Managers Wanted. Fundraising services available. Call now: 1-800-383-3589

CHEAP TELEPHONE RECONNECT! Switch for Free - limited time offer, call for details! Disconnected? Monthly service only $39.95 and low connection fee! Phone Factory Reconnect 1-877-336-2274; www.phonefactory.ca.

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DELL PC/Laptop Sale! No money down! Credit Builder Program! Ideal for education, business, entertainment. National Computers (*easy payments, *easy approval) 1-866-858-0660 (*simple conditions).

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QUEEN ORTHOPEDIC MATTRESS SET, never used, still in plastic. Retails $1100, asking $350. 613-686-1104.

SAWMILLS from only $3,495.00 - Convert your LOGS TO VALUABLE LUMBER with your own Norwood portable band sawmill. Log skidders also available. www.norwoodindustries.com - FREE Information: 1-800-566-6899 Ext:400OT

HELP WANTED

FIVE HOME PARTY CONSULTANTS NEEDED IN YOUR AREA. Earn a Wonderful Income for a few hours of work. Call 1-866-597-1507 or email cperlock@golden.net.

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MOVIE EXTRAS, ACTORS, MODELS! Make up to $800/day. NO EXPERIENCE REQUIRED. FT/PT. All looks and types needed! For Casting Calls! Call Now! 1-800-556-6103 extension 701.

NIAGARA FALLS GENTLEMEN'S CLUB searching for Exotic Dancers. Transportation, Training, safe and clean accommodations available. Excellent pay. Agents welcome. Please call Domenic 905-321-6168.

$$$$ PAID WEEKLY! Company needs part-time/full-time help to process unclaimed bank accounts. Call 1-800-731-0126.

WORKERS COMPENSATION CONSULTANTS Representing Injured Workers. Free Consultation Call Toll-Free 1-866-717-9728.

SKILLED HELP WANTED

AME'S AND APPRENTICES: Prism Helicopters (Pitt Meadows, BC) is a company operating a fleet of MD500's, AS350's and a B205 looking for licensed engineers and apprentices to join our team. MD500 experience an asset. Fax resume to (604) 465-7970, or email: hr@prismhelicopters.com. No phone calls.

OLYMEL is a world class Canadian Pork and Poultry Product Producer, with more than 9,000 employees throughout Canada. Our Red Deer location is now hiring FOOD PROCESSING WORKERS. COMPETITIVE WAGES, RELOCATION PROGRAM, EMPLOYEE INCENTIVES!!! Send resume to OLYMEL 7550-40th Avenue, Red Deer, Alberta T4N-6R7. Phone 1-866-926-3544 Fax: (403) 309-7547 apply@olymel.com, www.olymel.ca.

VOLUNTEER OPPS.

HOST FAMILIES NEEDED. Northern Youth Abroad is looking for families to host 2 youth from Nunavut/NWT, volunteering in your community July/Aug. www.nya.ca. Call 613-232-9989.

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PERSONALS

Are drugs and alcohol affecting your life? Information about treatment services is available. Call the DRUG AND ALCOHOL TREATMENT INFORMATION LINE TOLL-FREE, 1-800-565-8603, www.dart.on.ca.

CRIMINAL RECORD? Seal it with a PARDON! Need to enter the U.S.? Get a 5 year WAIVER! Call for a free brochure. Toll-free 1-888-9-PARDON or 905-459-9669.

DIVORCE...SAVE ON LEGAL COSTS. Uncontested Divorce from $398 (Ontario only). Can't afford a lawyer? Represent yourself? The Family Law Centre. We can help...CALL TOLL-FREE 1-866-459-4529. www.flcdivorce.com.

Do you or someone you know need information about mental health services in Ontario? Call MENTAL HEALTH SERVICE INFORMATION ONTARIO TOLL-FREE, 1-866-531-2600, www.mhsio.on.ca

DON'T SPEND THIS YEAR wishing you had someone special in your life. Make it happen. Misty River Introductions, Ontario's traditional matchmaker. (613) 257-3531.

Gambling too much? If you or someone you know has a problem with gambling, call the ONTARIO PROBLEM GAMBLING HELPLINE TOLL-FREE 1-888-230-3505, www.opgh.on.ca

SERVICES

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