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2011: A year of restructuring?

Small changes, not dramatic overhauls, sometimes do the trick, Duncan suggests

by Amanda Smith-Millar
Press staff

WINCHESTER — The next 12 months will be a period of tweaking and restructuring for the Township of North Dundas, according to Eric Duncan.

The 23-year-old discussed 2011 priorities during his first new year's mayoral interview — an annual tradition for area newspapers.

Duncan coasted to victory with 72 per cent support in October's municipal election. With one term's experience, the young councillor was ushered into the mayor's chair after voters responded to his pledge for a more efficient, forward-thinking township.

Following tradition, the Winchester Press *presents our annual new year's interviews with the mayors of both North and South Dundas for our first edition of the year.*

Now, Duncan has a list of promises to fulfil.

The pledges range from reforming the planning and bylaw department to upgrading North Dundas' gravel roads to tar and chip within 10 years.

The new council was sworn in on Tues., Dec. 7. Besides Duncan, the five-member team includes two newcomers — Deputy-Mayor Gerry Boyce and Councillor Tony Fraser — plus returning councillors Al Armstrong and John Thompson.

• see DUNCAN on page 3



Isa Yan and Pierre-Phillippe Rio welcomed their first son into the world on Sat., Jan. 1, a little after 7:30 am. The newborn would not only go on record as the first birth of 2011 at Winchester District Memorial Hospital, but all of Stormont, Dundas, and Glengarry. *Press Photo — Uhrig*

New year's baby born at WDMH

by Matthew Uhrig
Press staff

WINCHESTER — He came into the world just past 7:30 am, not knowing the honour that was about to be bestowed upon him.

Justin Rio arrived on Sat., Jan. 1 and soon claimed the title of being the first birth at Winchester District Memorial Hospital (WDMH) in 2011.

But, the achievements didn't end there.

The brand-new L'Original resident also holds the title of being the first new year's baby born in all of Stormont, Dundas, and Glengarry (SD&G).

Weighing in at seven pounds, eight ounces, he is the first child for parents Pierre-Phillippe and Isa Yan.

"He's just perfect," said Isa Yan.

She said her initial due date was Fri., Dec. 31. However, her desire to have a completely natural birth free of pain medication pushed her into the new year with a 30-hour labour — which began late on Thurs., Dec. 30.

"On the drive, I was just hoping to get here," she said, joking about the roughly one-hour trip from their home. "In the end, we had the time."

Of the labour, Isa Yan said it was long and painful, but nothing she wasn't expecting. Both Mom and baby were in good health after the delivery, with the family leaving the hospital during the morning of Mon., Jan. 3.

Justin's father, who is originally from Cognac, France, said he was absolutely overjoyed when he saw his new son for the first time.

"He's our future now," he said.

Spending funds wisely, 2011 target for Byvelds

Pull rope in same direction for success: mayor

by Matthew Uhrig
Press staff

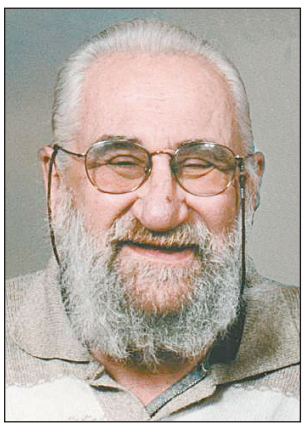
WILLIAMSBURG — Throughout the next year, the buck will stop in the Township of South Dundas.

This was according to Mayor Steven Byvelds during his year-in-review meeting with local media.

The municipality's former deputy-mayor garnered 1,531 votes during the Mon., Oct. 25 municipal election, besting his nearest competitor, former mayor Lyle Van Allen. With the win, Byvelds moved to the head of the council table.

On the campaign trail, Byvelds preached the need for fiscal responsibility throughout all of the township's departments, while also tackling the issue of improving job opportunities in South Dundas and repairing or upgrading various infrastructure.

• see AGING WATER on page 3



Larry Fife

Local man's safe return a 'Christmas miracle'

by Matthew Uhrig
Press staff

WINCHESTER — It was a cold winter's day late last month when Larry Fife set out to visit some old friends in Havelock, Ont.

Colder still during the evening, the Mountain-area resident turned up at a Stittsville gas station confused and disoriented, not certain about how or why he had ended up there.

According to his wife, Monica, Larry — who is nearing 70 — had been showing signs of persistent forgetfulness for a number of months.

Congregation members track down missing friend

Simple things, like remembering where the car keys were, had become a struggle.

During the morning of Mon., Dec. 20, Monica watched as her husband left home wearing nothing more than the pants he had put on that day, an old sweater, and a pair of rubber boots.

According to family friend Rev. Bruce North, Larry's wife was expecting him home that evening, but he never arrived. The next day (Tues., Dec. 21), at approximately 5 pm, Monica received a call from a gas station attendant informing her that Larry was there, but didn't seem to know how to make it home.

Monica said she gave directions to her husband over the phone and expected him home within the hour.

Once again, he never arrived.

The case was handled by the Ottawa Police Service (OPS), which would go on to issue a missing persons report.

• see CHURCH on next page

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Papa Gus' host site for rodeo?

by Amanda Smith-Millar
Press staff

CHESTERVILLE — Plans are in the works to hold the Upper Canada Rodeo in Chesterville again this year.

In an email sent to local media outlets shortly before press time, rodeo co-ordinator Sheila McDonald said that family restaurant Papa Gus' has offered up its space to host the second annual event.

"Now it is time to plan," wrote McDonald. "Our team has expanded but we are still looking for planning members, volunteers, vendors, sponsors and more."

McDonald said that due to Papa Gus' recent expansion, the business and its property will provide a suitable host location.

"The newly expanded bar meets our bar service and nightly entertainment needs," she added.

McDonald said plans are in the works to expand the rodeo to four days. (It was only two days long last summer.)

Crowds flocked to the first rodeo in 2010. It was held across the street from Papa Gus' at the Chesterville Fairgrounds.

The Chesterville and District Agricultural Society, however, declined to offer its fairground space for a 2011 rodeo. At the time, the society didn't elaborate on its refusal, only telling the *Winchester Press* that it was time to move in a different direction.



Plans are in the works to move the Upper Canada Rodeo to Papa Gus' restaurant and property in Chesterville.

Initially, McDonald aimed for rodeo proceeds to subsidize a feasibility study to bring a YMCA pool to North Dundas. While McDonald said she initially expected the rodeo to break even, her subsequent calculations revealed there were about $11,000 in overruns. This was largely due to admission fees lost due to poor gate security and more, McDonald noted.

McDonald explained that because the rodeo is a business registered in her name, she is repaying the debt mostly by herself. McDonald said she has paid back about $2,500 to creditors so far.

Papa Gus' representatives were not available for comment as of press time.

When the *Press* called the Township of North Dundas, planner Calvin Pol said it was the first he'd heard of the rodeo moving to Papa Gus'. He confirmed that nobody from the rodeo committee had contacted him yet about the possible relocation.

Due to a lack of details, Pol noted that it's too early in the process to know what — if any — permits or paperwork will be necessary to run the rodeo at Papa Gus'.

Church members searched Ottawa streets

• continued from the front page

"It's hard to say what I was going through," said Monica. "I was just in a fog... Not able to comprehend."

Another day went by before she received a second glimmer of hope. While doing some banking, she noticed that a purchase had been made at the Old Navy store near Ogilvie Road in Ottawa on Thurs., Dec. 23.

According to Monica, the bank she deals with was not able to tell her what time of day the transaction was made, even after the circumstances were outlined. Eventually, the information was turned over to the OPS, but by then, Larry had moved on.

"All I could think was that he was lost in the snow and freezing cold," said Monica. "It was really hard to fix on any other idea."

During the ordeal, other friends of the Fife family and members of Harmony Church's congregation prayed for Larry's return.

In an email, Rev. North told the *Winchester Press* that on Christmas Day, after four days of Larry being missing, congregation members travelled to Ottawa to search for the missing man themselves. Once in the city's downtown core, they went searching at the missions, calling out for him. Eventually, a man answered to the name and came forward, said North.

"It was a couple members of our church that found him," said Monica, adding that her husband was confused when found, but in alright shape.

The vehicle he was driving has not yet been located.

Rev. North called the safe return of the Harmony Church parishioner a "Christmas miracle."

A reunion for the couple took place at Winchester District Memorial Hospital, where Larry was taken for examination. After that, he was transferred to the Ottawa Hospital - General Campus for further assessment.

According to doctors, Larry is showing signs of the first stages of dementia, Monica said.

POLICE BLOTTER

Family dispute

IROQUOIS — On Mon., Dec. 27 around 10 pm, Stormont, Dundas, and Glengarry (SD&G) OPP officers responded to a report of a family dispute on Broken Second Road, South Dundas Township.

According to police, their investigation revealed that a 47-year-old male was involved in a verbal altercation with another family member when he displayed a loaded firearm. He was arrested and faces charges of: unauthorized possession of a firearm, possession of a weapon for a dangerous purpose, and careless use of a firearm/weapon/ammunition. He was held in custody pending an appearance in Cornwall court.

Racing infractions

MORRISBURG — The OPP recently charged three people in South Dundas with racing along Highway 401, where the speed limit is 100 kilometres per hour (km/h).

According to officials, the cars stopped include: an eastbound Honda, going 151 km/h; an eastbound Honda, 155 km/h; and an eastbound Jeep, 151 km/h.

Those speeds are still shy of the driver allegedly caught almost breaking the 200 km/h mark in South Stormont. The OPP pulled over a Mercedes zooming down Highway 401 at 199 km/h.

Details published in the police blotter are provided by the OPP. All suspects are considered innocent in the eyes of the law unless proven otherwise in court.

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Help WDMH Plan Health Services Close to Home
Winchester District Memorial Hospital is quickly becoming a Centre for Rural Health and Education, bringing together key health care services that our communities need in one place.
We believe that care should be provided close to home for rural communities. And we believe that health professional students who train in rural areas will return to these rural roots.
Now we want to hear from you.
Please join us at our Community Forums to be held on:
• **Wednesday, January 19 at 6:00 pm** at the Winchester District Memorial Hospital in the Cafeteria
• **Thursday, January 20 at 6:00 pm** at the Chesterville Legion
If you cannot attend, please visit **www.wdmh.on.ca** to complete an online survey.
The survey will be posted on the site in mid-January.
Thank you for your feedback as we work together to ensure care close to home.

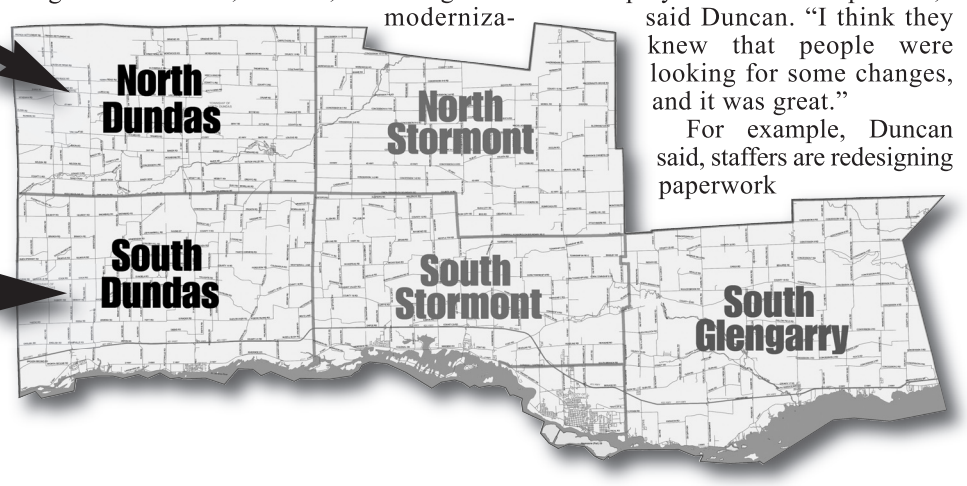
Duncan priority to reform planning, bylaw departments

• continued from the front page

The council's first and only meeting thus far took place in December.







Baby steps for infant council

Council and staff have "the will and the energy" to step up North Dundas' game, according to Duncan.

"The beginning of the new year in 2011 is going to be a process for implementing a lot of foundational changes," he told reporters.

Many improvements involve "small things," not major overhauls, he noted.

For example, departmental reports will be posted on North Dundas' website after each council meeting to improve transparency. The volunteer fire department will now submit a regular report — just like professional departments such as recreation or finance.

The township is also trying to solve an old problem: How do you prevent twice-a-month council meetings from running so late into the evening?

Duncan explained that council may rearrange the material dealt with, and perhaps find a way to make smaller decisions outside the regular proceedings.

"The idea of looking to streamline some of these technical procedures, in itself, is a change — or a modernization — that I think could've been done a while back," said Duncan. "But we're looking at them now."

Tall order for short-staffed department

A pledge to reform the planning and bylaw departments was a cornerstone of Duncan's platform.

He said township employees have not only been co-operative with his suggestions so far, but are bringing forward their own ideas to improve efficiency.

"I've been very happy with how they've been offering suggestions themselves as to how they can play a role in the process," said Duncan. "I think they knew that people were looking for some changes, and it was great."

For example, Duncan said, staffers are redesigning paperwork to make it more user-friendly.

Whether you're building a house or launching a business, the labyrinth of documents and supporting information can be challenging to navigate.

"Very often, there's a miscommunication where there are a couple of [items of paperwork] missing, and people have to come back and hand something in," said Duncan.

The township also might offer outreach courses to help local industry professionals stay abreast of the ever-changing building code.

"There are a lot of small things we can look at doing," he said.

While Duncan is pushing for a more customer-oriented and efficient township, the planning and bylaw departments are short-staffed — and have been trying to fill a vacancy for some time.

The hunt continues for a front-desk employee with top people skills and technical knowledge. Finding the right person will alleviate the stress on two full-time staffers behind the scenes, who are supported by a pair of part-time building inspectors, Duncan noted.

Aging water, sewer lines top consideration for Byvelds

• continued from the front page

Now, he has some work to do, with a list of promises residents are hoping Byvelds and council will fulfill.

The township's new government was sworn in on Tues., Dec. 7. Aside from Byvelds, the five-member unit includes two newcomers — Deputy-Mayor Jim Locke and Councillor Archie Mellan. Both Jim Graham and Evonne Delegarde are returning councillors.

The council's first and only meeting thus far took place late last month.

Wearing two hats

Coupled with his mayoral duties, Byvelds was also inaugurated as the newest warden of the United Counties of Stormont, Dundas, and Glengarry (SD&G) council.

"I'm certainly up for the challenge," he said. "People say I've been fast tracked, but really, everything just fell into place."

Now, he must not only manage a hefty workload from South Dundas — such as rebuilding the floundering Iroquois Golf Course — but also issues affecting the united counties, such as the work being done to repair county roads.

New council, new possibilities

South Dundas' mayor is quick to point out that previous councils ensured ample funds remained in township reserves, and Byvelds has pledged to keep it that way.

"Money has been set aside by South Dundas council," he said. "We've had a lot of funding [in the past], but those days are gone. It's time to monitor what we've got."

> ***"We've had a lot of funding [in the past], but those days are gone. It's time to monitor what we've got."***
>
> *— Mayor Steven Byvelds*

But, Byvelds said it won't be a matter of pinching pennies, but instead earmarking money for where it belongs.

On a list of projects to get done, he targeted repairs to South Dundas' aging water and sewer lines as one of the biggest priorities.

"Three inches of rain in two hours is a problem," he said. "But, it's time to deal with the big rain events that caused a lot of havoc."

Byvelds said regular maintenance of the infrastructure is necessary, while staffers have been collecting data in an effort to target lines that need upgrading.

The mayor outlined two other goals: hiring a full-time fire chief to oversee the amalgamated fire department and redeveloping the old Morrisburg High School.

"I'm really hoping we get someone with experience," Byvelds said of the yet-to-be-hired fire chief. "In the end, I think the current chiefs will realize this is the right thing to do... Obviously it's something we need to do."

As for the former school site, Byvelds speaks of the project with optimism.

"Some people want to move on this project very quickly," said Byvelds. "If we do it, it will be the whole nine yards. Money will be spent if we can do it right."

Right now, the township and staff at the adjacent St. Lawrence Medical Clinic are discussing how to progress with restructuring the facility. For the medical staff, moving in next door would give them more space than they currently have, while a full overhaul of the building could allow South Dundas to move its headquarters out of the cramped site in Williamsburg.

Through the looking glass

Now that Byvelds is at the head of the table with new councillors surrounding him, he said he knows what needs to be done.

"Looking ahead to the next year or two, I think working with the budget will be challenging," said Byvelds. "We all know that the dollar has to stop here, and we will spend it wisely."

The new mayor also used the words of his predecessor, Robert Gillard, saying that "the days of easy money from provincial and federal governments are over."

"The world won't stop, but we'll try to drive it forward," he said of the next four years. "Any growth will be sustainable growth, and what we really need to focus on is good governance and making sure things get done."

Provincial funding up for 2011

by Matthew Uhrig
Press staff

WILLIAMSBURG — After taking away in 2010, the provincial government has decided to give again in 2011.

Last year, the Township of South Dundas' annual allotment from the Ontario Municipal Partnership Fund (OMPF) was slashed by $173,000, bringing the total to $953,000 — significantly less than the $1,126,000 payment in 2009.

For the coming year, the municipality will receive $1,023,600.

"Must be an election year," Mayor Steven Byvelds joked at a recent meeting. "But seriously, we are appreciative of what we do get from the province."

It is now up to council to determine what will be done with the excess funds, a positive change from last year, when politicians had to cut budgetary expenses to make up for the financial loss.

The OMPF assists municipalities with social program costs, includes equalization costs, addresses challenges faced by northern and rural communities, and responds to policing expenses in rural communities.

Not all local governments are getting more this year, though. According to the Ontario government's website, 372 municipalities will receive $577 million in 2011, which is down from $625 million to 382 municipalities in 2010.

The Township of North Dundas' 2011 portion from OMPF will be $962,400, up by $12,000 from 2010, while the City of Cornwall's funding was decreased to $9.1 million from $12.6 million in 2010.

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Press Photo – Smith-Millar

Kicking the habit: Not a drag with online help?

WINCHESTER — As a lead-up to National Non-Smoking Week in January, the Eastern Ontario Health Unit (EOHU) is launching a new campaign offering more options to people who want to quit smoking.

In addition to its in-person quit smoking support programs, the EOHU is now offering quitters support and strategies through Twitter, Facebook, YouTube, and the EOHU website at www.eohu.ca.

The EOHU will be tweeting regular tips and updates on Twitter, as well as airing a series of videos with "quit smoking coaches" providing supportive check-ins, encouragement, and strategies.

The first video, "Preparing to Quit," is now available on the EOHU website and Facebook page. It features Shawn Pilon, a quit smoking coach and health educator/promoter at the EOHU. Pilon will discuss the challenges and benefits of quitting smoking, how to create a quit plan, nicotine replacement therapies (NRTs), and other strategies.

"Quitting can be tough, there's no doubt about it," said Pilon in a prepared media statement. "But having a support system can really help a lot. The great thing with this campaign is that people can get that support not just through our in-person quit smoking courses, but also on their smart phones or from the comfort of their own homes."

Coaching for 'Twitter quitters'

From Sun., Jan. 16 to Tues., Jan. 25, the EOHU will air videos daily, providing supportive check-ins aimed at helping quitters through the first 10 days of quitting, which are often the toughest. The videos will be available through Facebook and YouTube, as well as on the EOHU website, and can be accessed at any time of day or night via computer or smart phone with Internet access.

"We're encouraging everyone who's thinking about quitting to join us," Pilon added.

You can access the EOHU's Twitter, Facebook, and YouTube accounts through the home page of the EOHU's website. Quit smoking support groups and courses are also available. The EOHU's quit smoking services and programs are free. For more information or to register, call the EOHU at 613-933-1375 or 1-800-267-7120, and ask for Health Line.

WDMH strategic planning underway

WINCHESTER — In January, Winchester District Memorial Hospital (WDMH) will embark on an internal and external consultation process to review the board of trustees' strategic plans for the future of the hospital.

"The board has been an active partner in regional planning, and has considered several scenarios for WDMH, based on the best available data, experience, and common sense," reads a statement released from the hospital.

The next step is to hear from the communities that WDMH serves.

There are two community forums that will be held in Winchester and Chesterville in January. The first is set for Wed., Jan. 19 at the Winchester District Memorial Hospital cafeteria at 6 pm; the second, for Thurs., Jan. 20 at the Royal Canadian Legion Chesterville Branch 434, also at 6 pm. A meeting guide is scheduled to be available online at www.wdmh.on.ca prior to these meetings.

As well, WDMH's Community Ambassador and Board Alumni groups will meet, and sessions will be held with staff, physicians, and volunteers.

Finally, an online survey for all community members will be launched on the WDMH website in early January.

"It may seem like the paint is barely dry on the new WDMH, but in reality, there is still much more to do," said John Polak, board chair, in a prepared statement. "We have been an active partner in developing an interconnected health care system for our rural population that brings together key local health care services on one campus for care close to home. It also includes 'highways' to regional providers. In addition, our partnerships with universities and colleges allow health professional students to train in rural areas and eventually return to these rural roots. We call it the Centre for Rural Health and Education."



Press Photo – Uhrig

WDMH has retained the services of the Hay Group to lead consultation sessions during the month of January. The Hay Group has experience in health care planning and consultation, and has been asked to review the board's work from the perspective of regional and provincial planning.

"We are working to meet the unique needs of the rural populations that we serve, and we want to hear from you," said Polak. "We hope everyone will take the time to attend a forum or complete the on-line survey."

Watch for updates on the WDMH website at www.wdmh.on.ca.

Fundraiser in Finch on Saturday

FINCH — A fundraiser is taking place this Saturday (Jan. 8) in Finch to help cover a Newington man's mounting expenses as he awaits a liver transplant.

As of press time, Sheldon Ouderkirk was still on a wait-list for a new organ. Expenses related to transportation to Toronto, medication, and other ancillary costs continue to pile up in the meantime. To make matters worse, Ouderkirk is not working due to his illness.

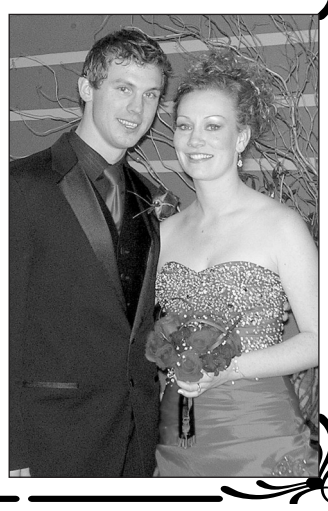
The party will take place from 8 pm to 1 am at the Finch Arena. Donations will be accepted at the door.

Wedding Announcement

PAAS-ARNOLD

Jyl and Tom Paas and Shirley and Bill Arnold are proud to announce the marriage of their children, Nik and Laura, which took place on December 4, 2010.

Congratulations and special love to you both.

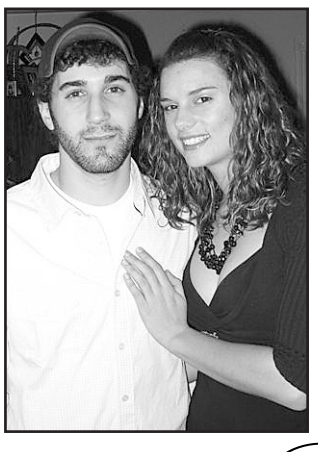


Engagement Announcement

TAYLOR-MORRIS – Diane Taylor and Derek Taylor are pleased to announce the engagement of their daughter, Jamie Taylor, to Brad Morris, son of Jackie and Steve Morris.

Congratulations to a wonderful couple!

Love you both and wish you all the best!!



Keeping Health In Mind

"Keeping Health in Mind" is a monthly newspaper column made possible with the help of the Mental Health Programs of the Cornwall Community Hospital and the Winchester Press.

Coping with Feelings of Grief and Anger

In one way or another, we are all affected by death. Losses are a fact and are ever-present in our lives. We all must cope with bereavement at some stage in our lives. Grief is a normal and natural, though deeply painful, response to loss.

The process of grieving a loss can become an even more difficult one to go through when feelings of anger are added to the mix of other painful emotions. It is very common after a death of a loved one to experience feelings of anger and bitterness. You may find yourself angry at yourself, at God, the doctor, the system, life in general for the injustice of the loss, even the person who died.

Anger can be one of the most confusing feelings for the grieving person. It is a frequent response to feeling powerless, frustrated, or even abandoned.

All emotions are valid, including anger. It is most important to be honest with how we feel. When anger comes upon us as we grieve, it must be faced and dealt with squarely so that it does not cause us long-term harm to our health, as unprocessed emotional reactions tend to do.

We do not choose to feel angry, but we can choose to release it in a healthy manner. There are several ways to cope with feelings of anger. Talking to a concerned listener can be one way that you can help yourself. We need to express our thoughts and feelings – to speak the words that come to us as we grieve. We can then benefit by working through these thoughts and feelings, after they have been openly acknowledged. It takes a tremendous amount of courage to share one's painful inner experiences with another person, and yet doing so can be a very healing thing to do. Writing down your feelings may also provide an outlet for expression. Sometimes it is difficult to put feelings into words. If this is the case, try expressing your feelings in a creative fashion, such as painting or working with clay. Feeling angry causes tension in our body. Practicing deep breathing exercises brings on the relaxation response. Visualization is an effective technique - visualizing being in a peaceful place can provide us with a 'mental vacation' and subsequently, a global sense of relaxation. It is also very important to attend to your basic needs and practice a healthy lifestyle, such as paying attention to your sleep and eating habits, as well, as your need for regular exercise.

Some bereaved persons do not experience anger as a significant feature of their grief, the reason being that each person experiences their grief in highly personal ways and in ways unique to them.

Lise Pilon, RN, CPMHN (C)
Community Mental Health Nurse
Tri-County Mental Health Services

For more information or to receive the French version of this article, or to seek professional advice, please call 613-932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall and Alexandria.

This message is brought to you in part by:

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10 YEARS AND COUNTING



Horse-drawn wagon rides were one of the many highlights of the festival. Pictured with Peter Wensink at the reins are horses Maggie and Fanny.



Winchester resident Elliot Delage worked at the village pantry.



At left:
"Gingerhouse guard" and Chesterville resident Lauren Casselman worked at the festival this year. One of her responsibilities involved supervising gingerbread houses in Crysler Hall. The site was the host location for winning entries in the 2010 Canadian Gingerbread House Championships. Casselman is pictured here beside one of the demonstration houses, a model of Christ Church at Upper Canada Village.



Upper Canada Village's Alight at Night Festival wrapped up its 10th anniversary on New Year's Day. Here are some photos from the season.

At left:
Kees van Engen is pictured here in the village bakery, where roughly 150 loaves of bread were baked on-site each evening for customers.

Inset:
During one of the sound and light shows outside Crysler Hall, visitors Gail and George Rouleau started dancing when the winter classic, "Let it Snow," started playing.

Press Photos — Smith-Millar



At right:
Tavern-keeper Chris Vallom has many jobs — but his favourite is tending the fire.

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Building Your Financial Future



Shown, left to right: Shirley Stewart, Tanya Riddell, Jeff Riddell, Carrie Oosterheerd and Joanne Moran.

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WINCHESTER PRESS
EDITORIAL
WEDNESDAY, JANUARY 5, 2011 PAGE 6

Killed by convenience: It is time to rediscover the kitchen

This edition of the *Winchester Press* comes out on Wed., Jan. 5. New Year's Day was last Saturday, during which three-quarters of Canadians made a resolution — mostly in vain, according to a Sun Life Financial survey conducted by Ipsos Reid. Realistically, most of our readers will have already dumped their diet by the time they get around to reading this. (Sorry to rub salt in the wound!) The same Ipsos research suggests most Canucks attempt — and fail — the health-related challenges. More than two-thirds of us who make resolutions (74 per cent) pledged to exercise more or lose weight in 2011. Eating healthier (31 per cent) was the third most popular choice.

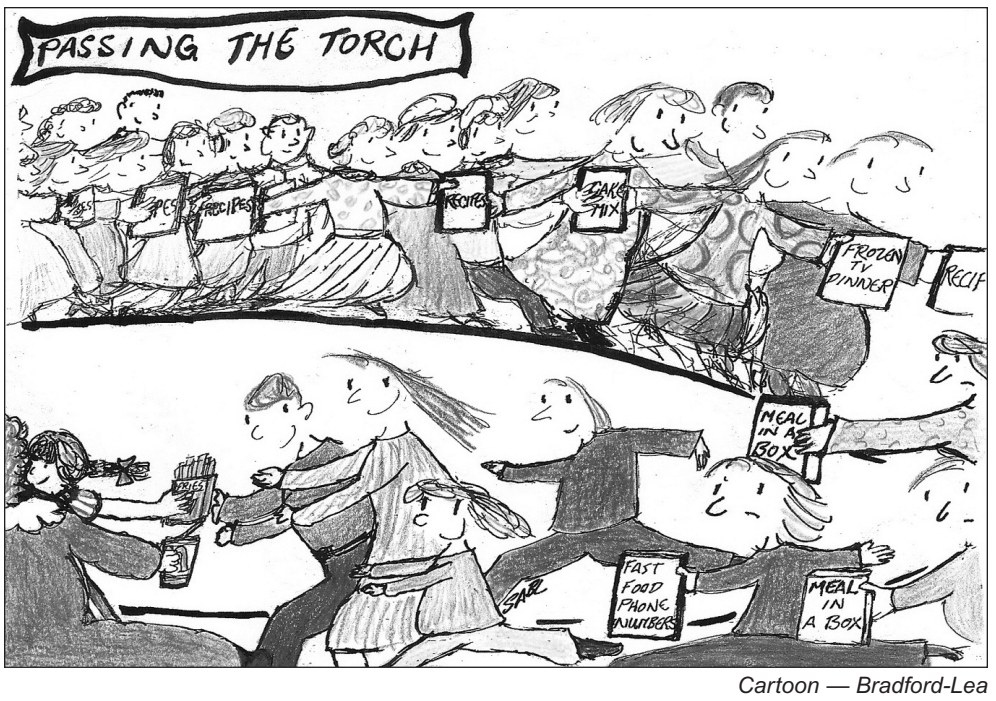
Both boys and girls should learn to cook. It's just as important as homework, dance class, or hockey.

Eight out of 10 of us are pretty bad at keeping these promises. The survey participants blamed past failures on lack of time (35 per cent), lack of money (38 per cent), and most of all, lack of motivation and willpower (a miserable 76 per cent).

We're going to make an unconventional argument here and say that the obesity epidemic does not necessarily signify a lapse in health consciousness. The problem is largely due to the fact that the art of old-fashioned, healthy cooking has been forgotten. A sugar-laden, fast food-dominated diet is not the result of a lack of self-discipline or a hectic lifestyle, *per se*. It's because too many of us have forgotten the art of cooking, and failed to pass this knowledge down to the next generation.

Almost half (48 per cent) of Canadians are now classified as either overweight or obese, according to stats from the Canadian Institute of Health Information. As mammals, we're hard-wired to crave fatty, salty, preservative-drenched foods to maintain our bodies' reserves in the case of famine. Biologically speaking, humans are not equipped in the same manner to defend ourselves against the modern threats to our diet. Our ancestors did not need to resist slick fast-food advertising campaigns, prepared snacks at seemingly every street corner, or the ubiquitous vending machine.

As our schedules have ballooned, free time has receded. Cooking often takes a back seat to other priorities. Families spend less time dining together than ever before. As a result, fewer young people know how to cook a healthy meal. Nor do they have confidence in the kitchen. Fast-food market researchers lust after what they call the Young Hungry Guy demographic. These are typically men aged 18 to 34, who cannot navigate a kitchen to save their souls and are more likely than any other group to consume fast food.



Cartoon — Bradford-Lea

It's true that we live in a free market economy. As consumers, yes, we can refuse to purchase unhealthy products. But it appears it's harder to say "no" than logic suggests. Bad food is rotting our teeth, expanding our waistlines, filling our hospitals, and in some cases, prematurely ending our lives.

Maybe instead of focusing on weight, we should make mealtime sacred. And not just for the first few weeks of January, but the whole year. Cooking is a crucial skill for boys and girls alike. It's just as important as homework, dance class, or hockey practice. Many of our seniors know a lot about the kitchen, and they're an excellent resource when it comes to old-fashioned meals. For cooking neophytes, the Internet provides a fabulous database of recipes. Don't forget to check out YouTube, where food fanatics have posted instructional videos that will walk viewers through the basic steps of many meals.

Of course, exercise is important to both weight loss and a long, healthy life. It may be a good idea to take advantage of a gym like SteeleWorks. Or, you could sign up for a public fitness program, like zumba or yoga offered through the Township of North Dundas' rec department. Alas, weight loss is — at its core — all about math. If you're ingesting a couple thousand more calories than your body knows what to do with, even a vigorous sweatfest at the gym will only burn a couple hundred at best.

It's just better to stop counting calories altogether, and focus on cooking nutritional, delicious meals instead. Nothing in the mortal world is more important than health. It's all we have.

Remember when...

1931

An inventory of the decorations and gifts presented to Col. Charles Lindbergh following his flight from New York to Paris in 1927 was recently compiled for posterity, the *Winchester Press* reported. There were nearly 2,000 items in the collection, which was housed in St. Louis, Missouri. Besides medals and silver cups, there were 18 keys to cities, three lamps, 44 membership passes, 17 wrenches, 11 hats, and two tables. There was also a map he used during a flight.

1941

The list of so-called luxuries that could no longer be imported into Canada from the U.S. due to war rationing was being questioned by the *Press* this week. Most non-essential food items, such as oysters and nuts, were on the barred list, but fruits and out-of-season vegetables were still being imported into the country in large quantities, and viewed as unnecessary by this paper.

1951

A fire that broke out around 4 am at Hotel Winchester forced the 15 occupants of the building to make their exit via fire escapes, clad only in their night clothes, the *Press* reported. Several residents trapped on the second and third floors escaped by sliding down emergency ropes. Damage to the building, built in 1908, was estimated at $15,000.

1961

The selection of a carnival queen was again to highlight the Winchester 100 Club's annual Winter Carnival, the *Press* said. The contest was open to any girl in Winchester and district over the age of 15. The previous year's winner, Ann Ladouceur, was to be on hand to crown the new queen inside the Winchester Community Centre.

1971

Complete counter service on Saturdays in Canada Post offices was to begin this week, the *Press* reported. A survey had proven there was a demand on weekends for services such as the sale of stamps.

1981

Trespassing charges laid against TransCanada Pipeline (TCP) by a Williamsburg farmer were dismissed in provincial court this week, according to the *Press*. The judge said he thought the evidence brought against TCP was "sketchy." The farmer allegedly brought the charges after his lane was damaged while he was off the farm.

1991

The seven per cent federal goods and services tax (GST) was being applied for the first time this week, the *Press* reported. At Valu-Mart, owner Andy Hamel said he didn't get adequate information about which items the new tax applied to until the last minute. He also said he expected a lot of confusion among customers and planned to spend much of the week at the checkout counter trying to explain the rationale behind the GST. Puzzling situations included why a single serving of yougurt was subject to the tax, but a package containing half a dozen containers was not.

2001

A suspicious shooting in Morewood was under investigation by local OPP this week, the *Press* reported. Donny Guzzo called the police to report that he had accidentally shot himself in the leg. Soon after, OPP officers surrounded Guzzo's residence on Alyssa Crescent. According to this paper, the incident was particularly strange because Guzzo had also been shot in the leg the previous August.

WINCHESTER PRESS

Published by 2woMor Publications Inc.
545 St. Lawrence Street, Box 399,
Winchester, Ontario, K0C 2K0
Tel: 613-774-2524; fax: 613-774-3967
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ocna *Member of Canadian Community Newspapers Association and Ontario Community Newspapers Association*

The *Winchester Press* was established in 1888 and is published Wednesdays at Winchester, Ontario.

Subscription rates: $36.75 per year within 40-mile radius except door-to-door delivery; $47.25 per year outside 40-mile radius plus door-to-door deliveries; $168 per year outside Canada. GST included.
We acknowledge the financial support of the Government of Canada, through the Canada Periodical Fund (CPF), for our publishing activities.
The *Winchester Press* is printed in Canada and mailed under publications agreement # PM40034447.

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Canada

Don't refudiate our new words



From the Other Side
by Jeff Morris

As I type "refudiate" to start this week's column, the first of the new year, the red squiggly line appears under the word.

That's because, according to the fine folks at Microsoft, refudiate is not a word.

Well, it is now.

The *New Oxford American Dictionary* has announced that refudiate, a non-word made famous by Sarah Palin during a July appearance on Fox News' *Hannity* show and then later on a tweet.

"From a strictly lexical interpretation of the different contexts in which Palin has used 'refudiate,' we have concluded that neither 'refute' nor 'repudiate' seems consistently precise, and that 'refudiate' more or less stands on its own, suggesting a general sense of 'reject,'" Oxford University Press said in a press release.

"Refudiate" became an instant classic back in July when national media and Palin watchers ridiculed her for using a non-existent word that seemed to be a cross between "refute" and "repudiate." In 2006, Ohio Republican Senator Mike DeWine said on *Fox and Friends*, "I think anyone that is associated with him campaigning needs to refudiate these comments."

"Refudiate" was named word of the year over "bankster" (a member of the banking industry perceived as a predator that grows rich at the expense of those suffering in a crumbling economy) and "gleek" (a noun used to describe a fan of the television show *Glee*.)

Refudiate joins a list of other word of the year winners that includes tweet, bailout, truthiness, plutoed, metrosexual, weapons of mass destruction, chad, and Y2K.

I guess, being a columnist, there is some fascination with these words which, every year, work their way into our vocabulary. I love new words and expressions, but we have to be so careful to know when words and expressions are played out. "My bad" was once so cool, but it is now so 20 minutes ago.

If you read the column regularly, you will know that I love to make up words and expressions. You will have read that Diet Coke and theatre popcorn butter are both "chemicalicious", that I am "ruralsexual" and was fascinated with "religitainment" when I lived in the U.S. bible belt, that I am still trying to get my weight below two-thirty-twelve, that last January it was colder than Karla Homolka, and you will know that after I got my flu shot last year I felt so sick that I had to stop the car and Olson Twin at the side of the road.

One of the best examples of creative wordsmithing was brought to us by the *Washington Post* and their Mensa Invitational New Words Contest. The *Post* asked for new words that could be created by changing one letter of an existing word, and then supplying a definition. Being a hockey fan, the best I could do was "Memorabilya", which is an NHL jersey of Ilya Kovalchuk.

Their winning word was "cashtration" (n): The act of buying a house, which renders the subject financially impotent for an indefinite period of time.

Runners up included "intaxicaton" : Euphoria at getting a tax refund, which lasts until you realize it was your money to start with; "Reintarnation" : Coming back to life as a hillbilly; "Inoculatte" : To take coffee intravenously when you are running late; "Decafalon" (n.): The grueling event of getting through the day consuming only things that are good for you; Beelzebug (n.) : Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out; and "Karmageddon" : It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

The *Post* had also asked for alternate meanings for existing words. Readers came up with some gems in this category.

They included coffee, n. the person upon whom one coughs; Flabbergasted, adj. appalled by discovering how much weight one has gained; Abdicate , v. to give up all hope of ever having a flat stomach; Esplanade , v. to attempt an explanation while drunk; Willy-nilly, adj. Impotent; Lymph , v. to walk with a lisp; Balderdash , n. a rapidly receding hairline; Rectitude, n. the formal, dignified bearing adopted by proctologists; Pokemon, n. a Rastafarian proctologist; Oyster, n. a person who sprinkles his conversation with Yiddishisms; and Circumvent, n. an opening in the front of boxer shorts worn by Jewish men.

So, with the new year upon us, I hope that my "From the Other Side" column entertains you and keeps you abreast of the latest trends that the English language and our new age of media pop culture has to offer.

And, by the way, speaking of words and phrases, aren't you glad that it's finally 2011? It's the first time since 1999 that we have all actually known what to call the current year.

Remember all of those people 10 years ago that thought they were all that and a bag of chips when they kept saying the year was Twenty-aught-one?

I'm glad that "aught" jumped the shark quickly.

I bet they would all like to refudiate that expression.

Lauzon looks ahead to the coming year



From Parliament Hill
by MP Guy Lauzon

OTTAWA — As 2010 comes to an end, I would like to share my resolution for 2011, which is to continue to represent you, the constituents of Stormont, Dundas, and South Glengarry (SD&SG), to the best of my ability in Ottawa.

Over the past year, I have done my best to voice your views and concerns to the prime minister, cabinet ministers, and my caucus colleagues. My staff and I work hard to ensure we are aware of your concerns so I can effectively be your voice in Ottawa. Through mail surveys, personal contacts, phone calls, and visits to our offices, we have garnered the opinion of 9,856 constituents over the past year on a variety of issues. It is important that my constituents make me aware of their views so I can effectively represent you, even if you don't agree with our government's position.

The way in which our economy is managed over the next 12 months is going to be critical for both our government and Canadians from coast, to coast, to coast. Over the past year, our country has weathered the global economic recession better than most. Despite its fragility, our economy has started its recovery sooner and unemployment rates have remained lower than most countries.

The economic devastation experienced by other countries was felt less here in Canada due to our government's Economic Action Plan, which invested huge sums of stimulus funding into infrastructure projects across the country. This stimulus funding performed as expected. It created jobs, prevented layoffs, and kept the economy functioning reasonably well over the past two years. However, it also resulted in a more than $50 billion deficit that must be addressed. Our government has made reducing the deficit a priority for 2011.

I believe we can expect a very prudent budget in 2011. I do not envision any major program expenditures. But, I also do not foresee drastic cuts to government expenditures. Our recovery here in Canada remains fragile, therefore, we must be very careful not to disturb the progress made to date. I believe major cuts or expenditures could disrupt our recovery. Although Finance Minister Jim Flaherty is looking to pay down our deficit in a planned methodical way, he has already ruled out cuts to transfer payments to the provinces. The provinces will receive increases of 6 per cent in health care and 3 per cent in education transfer payments. Further, all government ministries will be required to find 5 per cent savings in their day-to-day operations.

Another priority for our government in 2011 is to create an economic climate that will encourage the private sector to create employment. This begins with the 1.5 per cent decrease in corporate taxes effective Sat., Jan. 1. We have also limited increases to EI and the CPP. Experience has taught us that if we put more disposable income in the hands of small business owners and entrepreneurs, they will invest it in expansion resulting in job creation and additional revenue.

I feel these two priorities, along with sound financial leadership by Prime Minister Stephen Harper and Minister Flaherty, will keep our recovery on track and allow us to reduce the deficit as planned.

The only "fly in the ointment" could be a general election. As you know, Liberal leader Michael Ignatieff is planning to defeat us over the budget. I am hopeful that one of the other parties will see how foolish an election would be at this point in our recovery. An election would put our recovery on hold for 4 to 6 months and cost upwards of $300 million.

Further, it will probably result in a minority government very similar to the one we have now. I hope our opposition colleagues put the economic recovery of the country first.

I wish you much success in 2011.

Shepherd Talk



by Rev. D.B. North, Harmony Church

The meaning of Emmanuel

"Behold, the Virgin shall be with child, and bear a Son, and they shall call His name Emmanuel," which means, God with us. (Matthew 1:23)

Andreas, a Latin American young friend from a local group home, came up to me recently at evening service with a question: "Pastor, what does the name Emmanuel mean?" Apparently, about every other male in his village in Honduras is named "Emmanuel," and he would hear what he thought was a "Spanish name" mentioned occasionally during Christmastime.

My answer was to direct him to the scripture passage mentioned here.

But I could tell that while he had found out what the Hebrew word translates into, I am not so sure he really understood the meaning of Emmanuel.

Yes, there can be a difference between what something is merely translated into, and what it really means. I can give you the cold semantical facts but that may not "mean" much to you.

The theological term to categorize the meaning of the "Emmanuel principle" is called the doctrine of the incarnation, stemming from the Latin Carno, meaning flesh. John's gospel describes the incarnation as, "In the beginning was the Word and the Word was with God, and the Word was God... the Word [the divine Christ] became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth." (John 1:1,14) Eternal God merged with humanity in such a way that a man was born who was fully human, yet with a divine nature.

The virgin birth is an essential doctrine collaborating with this because Jesus was born without a sinful nature, the desire to do evil, but not without free will to choose to do the Will of God or not. He was the second Adam, and thus a second chance for the human race to walk with God eternally.

He came to undo what had been done by his human ancestry in sin by offering himself as the perfect sacrifice for sin.

So, what does it mean to you that Jesus is Emmanuel — God with us? Is it purely a theological idiom to be relegated to seminarian lecture halls?

Or is it an important truth that empowers the follower of Jesus to daily worship and service? Is Jesus, the Emmanuel, still "God with us?"

Or have you dumbed down the miracle of the incarnation to just a nice guy who came and died and left us with a great example and a few nice teachings?

For all those who are truly followers, Jesus isn't just a part of the picture, he is the artist himself.

The *Winchester Press* welcomes letters on subjects of interest to the community. Letters must be signed and include the writer's telephone number. Letters may be edited for length, grammar and libellous statements. Op-ed content does not necessarily reflect the views of the *Press*.

Letter to the Editor

Lions roar a 'thank you' to all those who helped

The Editor:

From the Metcalfe Lions Club, "Merry Christmas and a Happy New Year." We would like to thank all the businesses, groups, and individuals that made 2010 a success.

A thank you to all the businesses that donated to our annual Farmers Auction in November. We would not have been able to bring in $13,000 without you. From the big spender to the small, it all adds up. A thank you to all the people who came out to our annual turkey bingo in December. We handed out 17 turkeys, and had lots of fun doing it. A special thank you goes out to the Road Gang that came through with a $1,200 donation again this year, and the St. Andrew's United Church in Metcalfe gave $50 for our annual Christmas baskets for the unfortunate families that are in need at this time of year.

Without you all, Lions Clubs would not succeed, and the need in our area is great. From youth to seniors, hearing impaired and blindness, fire victims, and families in need, we are there to give a helping hand, if not with money then with our time. All profits from our events go out to our community, including our local hospitals and senior care centres.

So please take our thanks and wishes for the future, and we will see you all in the new year.

Helen Porteous, Lion
Vernon

‘Most difficult decision’ for MPP

Health, family commitments trump political career: Jim Brownell



From Queen’s Park

by MPP Jim Brownell

The beginning of a new year is always a time of reflection and also one of optimism.

It is my hope that 2011 will be one that is filled with new growth and challenges for the communities throughout Stormont, Dundas, and South Glengarry (SD&SG), and prosperity will result from our collective foresight and work.

My work as MPP throughout the past year has provided me with memories that will last a lifetime. I recall wonderful moments, both in the riding and at Queen’s Park, and shall never forget the visit to the riding by Premier Dalton McGuinty when he announced Ontario’s Feed-in-Tariff (FIT) energy program. Besides being a day of a provincial announcement, it was also the day that I knew a decision had to be made concerning my work as your MPP.

On that particular day, I had a personal lunch with the premier to give a first indication that my political career was probably coming to an end. It was also the day that I had my second relapse of a medical problem that had sent me to the hospital in December 2009.

As I reflect on the past year, the most significant memory was my November announcement that I would not be a candidate in the 2011 provincial election as the representative for SD&SG. While the decision was made public in November, it had been on my mind for much of the year, as I weighed the pros and cons of life outside public service. Certainly, it was on my mind at the April luncheon with the premier. Ultimately, the opportunity to spend more time with my family, including my two little granddaughters, won out.

This was one of the most difficult decisions I have ever had to make, but a number of constituents have told me that my wife has been smiling ever since that announcement. Never comfortable with political life in Toronto, she will certainly be pleased to have the end come to my 22 years in politics.

I have been honoured to serve the constituents of this riding at Queen’s Park for the past seven years, and I look forward to the same hectic pace and challenges during the next year. Serving the public is something that will always be in my blood.

There will be a void when I finally step down next October, but, with that being said, there is still much to do as we progress in 2011. I will still be working hard through the next year, and I still have goals I would like to accomplish at Queen’s Park.

I am very proud to see the fruits of our labour with the refurbishment of our riding’s hospitals nearing completion and new community health centres taking patients, but our health care still needs our attention. We must continue to advocate and work for the very best opportunities in health care for the constituents.

> ***“A number of constituents have told me that my wife has been smiling ever since that [retirement] announcement.”***
>
> *— MPP Jim Brownell*

Our municipal infrastructure, such as roads and bridges, need constant upkeep, and I shall continue to keep in close touch with my colleagues at Queen’s Park concerning community needs. In the riding, I would very much like to see Highway 138 extended to four lanes, or at least some intermittent passing lanes added, to increase the safety of that busy route through our riding from Cornwall and the U.S. border.

This is just one of the many projects I hope to see approved to ensure SD&SG continues to have strong, sustainable infrastructure for years to come.

Hopefully, my private members bill, Bill 12, *The British Home Child Day Act*, which will proclaim Sept. 28 British Home Child Day, will receive third reading and royal assent in 2011.

Between 1869 and 1940, during the child emigration movement, more than 100,000 British children were sent to Canada from Great Britain. The British home children were sent to Canada on the belief that the children would have a better chance to live a healthy and moral life.

The resulting experience faced by many of these children was not what had been expected. With little monitoring by the organizations involved, many of the home children faced considerable challenges and tremendous hardships in Canada.

With courage and determination, they help to shape the identity of a province and a nation. They deserve to be recognized.

Mostly, I look forward to serving this community with the same passion and commitment that I have in the past.

As I look back at the large benchmarks of the year, I also think of the concerns of our citizens that my office staff and I have dealt with on a daily basis and that don’t necessarily make the media. From the family that needs help with their social assistance, to seniors that need quality services, to the student who needs help toward their new education program or career, these are the issues that my staff and I take pride in working on and bringing to successful resolve.

As I finish this final term of my political career, I wish to let constituents know that my door continues to be open to your concerns. Please do not hesitate to call, write, or visit. As your MPP, I wish you peace and prosperity in 2011.

Our parliamentarians keep in touch with constituents through the Winchester Press

The *Winchester Press* regularly publishes columns from

Conservative MP Guy Lauzon
and
Liberal MPP Jim Brownell.

Lauzon has made a commitment to a shorter weekly column, while Brownell submits a longer piece about once per month.



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Thompson notes 2010 Osgoode Ward highlights

METCALFE — I would like to briefly outline, in random order, the top 10 positive stories in our ward. The outstanding work of the Community Associations in the villages of Greely, Kenmore, Metcalfe, Osgoode, and Vernon; the construction of the Osgoode-Leitrim multi-use pathway; the repaving of Dalmeny Road and Nixon Drive; the reconstruction of 8th Line Road in Metcalfe; the complete reconstruction and surface treatment of Belmeade Road; the continuing excellent work of the O-YA Centre in Osgoode; the remarkable support we receive from the Greely, Metcalfe, and Osgoode Lions Clubs; the magnificent support of our community, as well as our veterans by the Greely and Osgoode Royal Canadian Legion branches; the tireless efforts of all volunteers who have made so many personal sacrifices in order to give time to so many of our residents; and the 2010 municipal election where we saw the arrival of a new mayor and 10 new councillors.



In and around Osgoode Ward
by Councillor Doug Thompson

I also want to thank Osgoode Ward residents again for their solid support of my re-election.

Organics collection

City of Ottawa staff have just released the 2010 totals for the Organics Collection Program, showing that 53,000 tonnes were actually collected in the first year of operation.

In January 2010, single-family homes were the first group of residents to have organic collection, with multi-residential properties being added to the program in the summer.

Apartment buildings are in the process of being added to the City of Ottawa Organics Collection.

City staff have been working with the local school boards to implement pilot organic programs in city schools.

St. Mark High School is the first local school to be part of the pilot, and others are contemplating joining.



Score two for Team Thompson

Councillor Doug Thompson named the Mon., Oct. 25 municipal election as one of 2010's success stories. The veteran politician reclaimed the City of Ottawa Osgoode Ward council seat that night. Later, he would visit the Township of North Dundas on Tues., Dec. 7 to participate in that municipality's swearing-in ceremony. In this file photo, he's pictured introducing his nephew, North Dundas Councillor John Thompson, who also reclaimed his title during the October election.

Press Photo — Smith-Millar

Just Kiddin's next session

Registration is currently underway for Just Kiddin' Theatre's mainstage and stagecraft programs, which run from February to May. Mainstage, for children ages nine and up, will run on either Saturdays or Thursday evenings, while stagecraft, for youth 13 and up, will be held Wednesday evenings. Visit www.justkiddintheatre.com for more details.

Sandwich makers

Sandwich Makers of Metcalfe is a group of individuals who each make two loaves of sandwiches once a week. The sandwiches are pooled in Metcalfe on Mondays, driven to the Ottawa Mission on Tuesday mornings, and distributed from there. To participate in the sandwich making, contact Sally Gray at 613-821-2640.

Losing hair for a cause

Now's the time to let your hair down. On Sat., Feb. 5, the Make-a-Wish Foundation of Eastern Ontario's Go Bald for Wishes event will be held at the Metcalfe Lions Den from 9 am to noon. For more information, contact Kim Sheldrick at 613-821-3033 or by email at kimsheldrick@yahoo.ca.

Swimming lessons registration

There will be a registration session on Thurs., Jan. 6 for the next round of Red Cross swimming lessons in Greely. The sign-up location will be at the Greely Indoor Pool at the Poplar Grove Trailer Park on Bank Street. There have been no times determined yet, but those interested can call 613-821-2973 for more information.

Homecoming celebration on Friday

EDWARDS — The local area will honour troops serving overseas this Friday evening (Jan. 7) at Stanley's Olde Maple Lane Farm.

The Edwards facility will be the host location for a homecoming celebration, running from 8 pm to 1 am.

Several local military representatives, as well as their loved ones, are scheduled to attend the event.

Admission is by donation. All proceeds will go to the Military Family Resource Centre. Event sponsors include Quality Entertainment and bus line company M.L. Bradley.

Stanley's Olde Maple Lane Farm is located at 2452 Yorks Corners Rd.



BABIES OF 2010





Chloe Pringle

June 15, 2010

Daughter of Jon and Tanya Pringle.



Holden Thomas Porteous

February 18, 2010

Excited we expanded our herd by one! Evan and Jacquie Porteous.



Chelsea Mary Ann Ibbetson

August 11, 2010

Daughter of Jason and Tina Ibbetson.



Charlotte Suzan Harty

September 8, 2010

Daughter of Sherry (Holmes) and Joe Harty. Bennett and Samuel's baby sister.



Zaurek Wilhelm Moore

February 12, 2010

Son of Ryan and Jaime (Cass) Moore.



Dara Marguerite Dorothy McNaughton

August 6, 2010

Welcomed with love by Jason and Lori and big sister Mhari.



Elisabeth May Crump

January 20, 2010

Daughter of Dawn Crump and Jeff Boyer.



Jacob James Erwin

May 5, 2010

Son of Wayne and Mel. Baby brother of Shayanne, Noah, Kurtis and Josh.



Logan Steven Feeley

August 21, 2010

Son of Adam and Sara (Cauvier) Feeley.



Kelty Lee Adams-Thomas

October 21, 2010

Daughter of Heather and Chris. Little sister for Chloe.



Cali Brenda Ann Olive

May 5, 2010

Daughter of Adam Olive and Laura Leifso. First great-great grandchild of Lillian Rowan.



Austin Antonio Lester Holmes

January 14, 2010

Son of Dereck and Antonella Holmes, little brother to Ava, 7th grandchild for Lester and Jeannette Holmes, 3rd grandchild for Antonio and Maria La Riccia.



Ainsley Edith Holmes

April 6, 2010

Proud parents Warren and Kimberly Holmes were delighted to welcome a baby sister to Caden and Ashton Holmes and the 8th grandchild to Lester and Jeannette Holmes.



Caleb Dylan Miller

August 28, 2010

Proud parents Rob and Jill (LaPierre) Miller.



Emma Grace McLean

March 8, 2010

Proud parents are Josh and Stephanie McLean.



Alexis & Keirsten Tupper-Crowder

April 9, 2010

Daughters for Gerry Crowder and Heather Tupper. Sisters for Cynthia.



Lilly Ann Beauregard

November 13, 2010

Proud parents Dan Beauregard & Melissa Tessier. Cousin for Brock Tessier-Simser.



John James Watson

January 11, 2010

Son of Allan and Alison Watson.



Ericka Ann Mathers

September 2, 2010

We love you sweetie! – Daddy, Mommy & Taylor.

BABIES OF 2010





Eli Jacob Van Gilst
September 12, 2010
Son of Daniel and Sara, little brother to Haley and Micah.



Owen Bryce Winter
February 8, 2010
Son of Nolan and Savannah.



Reese Williams
May 21, 2010
Love Mommy, Daddy & Carter. (Sean & Lisa Williams).



Lily Victoria May Carkner
April 29, 2010
Daughter of Phil and Janice Carkner. Sister to Dylan.



Paisley Wicks
October 2, 2010
Our treasure to cherish. Love – your family.



Caroline Grace Dejong
April 15, 2010
We love you so much. Parents Jenn and Tim, and big sister Ashleigh.



Nate Aurel Casselman
July 13, 2010
Proud parents, Rodney and Louise Casselman. Little brother to Aaron.



Bryson Amos Saddlemire
September 2, 2010
Son of Stacey Hitsman and Mark Saddlemire.



Emily Ann Velthuis
March 2, 2010
Daughter of Robert and Katherine Velthuis. "Our Little Poodle".



Sara Lynne Stewart
November 18, 2010
Daughter of David & Jennifer Stewart, Newington
Love Grandma and Grandpa Stewart.



Emerson John Kee
August 4, 2010
Son of Lee Anne and Jason Kee.



Gabrielle Lise Ménard
November 12, 2010
Parents: Maxime and Shanon (Gasser) Ménard.



Savanna Mercedes Schuler
November 1, 2010
Daughter of Dan and Sharon Schuler. Sister for Samuel. 8 lbs. 6 oz. of love!



Leah Lillian Crump
July 27, 2010
Love Mommy and Daddy.



Jordyn Rasa
June 28, 2010
Proud parents Alison and Troy, Grandparents Doug and Lori Scott & Willy and Judy Rasa.



Caden Ranger Heuving
July 3, 2010
Son of Jonathan & Danielle Heuving. Grandson of Mike & Rita Heuving. Great Grandson of Jane Devries.



Noah Westh-Buske
September 13, 2010
Son of Ryan and Naja Westh-Buske.



Taylor Rebecca & Morgan McKenna Simpson
February 15, 2010
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Daughters of Rhonda and Stephen Simpson, Addison's little sisters.

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All in fun

Defender Emma Fraser (white jersey) and forward Amy Darling collided in front of North Dundas District High School (NDDHS) goalie Lindsay Chambers during a charity hockey game played at the Winchester Arena on Monday afternoon (Jan. 3). Darling scored twice, including the winning goal, in the Winchester District Ladies Hockey League's 4-3 win over the NDDHS Blue Devils. The community tournament, organized by the NDDHS Grade 12 leadership class, raised approximately $1,300 for the Ryan Williams CHEO Fund.

Press Photo — Van Bridger

Lose 8-4 to Wolves

Hawks run out of gas

CORNWALL ISLAND — It was bound to happen. Playing junior hockey with 10 skaters will cost you.

The Winchester Jr. "B" Hawks used a 10-man squad to defeat the Char-Lan Rebels 5-3 in Williamstown on Tues., Dec. 21. They then had to face the Wolves in their barn on Cornwall Island on Sunday (Jan. 2) — again with just 10 skaters. But the second time around, there just wasn't enough left in the tank and the Hawks wound up on the short end of an 8-4 score.

"We had 10 skaters and the kids played their hearts out, but it was not to be," explained Hawks coach Tom Kirkwood.

"We played the trap perfectly in the first two periods," said rookie forward Josh Stubbings. "But when they got ahead 7-2 we ran out of gas."

Kirkwood said Akwesasne took advantage of a couple of turnovers and grabbed a 2-0 lead in the opening 20 minutes on goals by Bryan Dewit and Jordan Sourwine.

The coach reported his team took advantage of its chances in the second and tied it up on goals by Stubbings (14) and Graham Loyst (16). Ramsey Wheeler and Jordan Moran set up Stubbings at 5:55 and Moran and Mack Weegar assisted Loyst at 9:08. Unfortunately for Winchester the Wolves responded with a Brandon Labelle marker and a pair from Dominic Coyle, fashioning a 5-2 lead after 40 minutes.

"We decided to go for it and outshot Akwesasne 20-9 in the third," said the coach. "They [Wolves] called a timeout at the 13:00 mark when they couldn't get out of their end."

But all the Hawks received for their all-out offensive was two more goals from Coyle, who cashed in four in the game, and an 8-2 deficit. The visitors did manage to pot a pair in the final three minutes to make it an 8-4 final. Loyst (17 PPG) and Wheeler (10) counted the last Winchester markers. Brett Ashton assisted Loyst with 17:07 left on the clock and Weegar set up Wheeler at 19:26.

• continued on page 14

Helmer to drop puck on Kings Day

WINCHESTER — Bryan Helmer, a three-time Calder Cup champion who launched his hockey career playing in the Winchester Minor Hockey Association, will be in Winchester this week to take part in the Rideau St. Lawrence "AA" Kings 2010-2011 showcase — a game that will feature seven local players.

Helmer, who went on to play 17 seasons of professional hockey in both the NHL and American Hockey League, will drop the puck in a ceremonial face off prior to Friday night's (Jan. 7) King's Day game between the Major Bantam "AA" Kings and the Cumberland Jr. Grads. The Ottawa District Minor Hockey Association league contest is set for 8 pm.

Local talent

The King's Day game will showcase seven players who were introduced to the sport as members of the North Dundas Minor Hockey Association. The former North Dundas Demons are: #4 Dylan Marshall; #5 Dawson Fawcett; #12 Dayton Kelly; #39 Bryden van Kessel; #44 Travis Marshall; #51 goaltender Jason Buma; and #91 Shawn Simms.

'C2' Demons prevail in all North Dundas showdown

CHESTERVILLE — It came down to the third period before a winner in the 2010 North Dundas Minor Hockey Association's Guildcrest Homes Novice House "C" Tournament championship game could be declared.

The first two periods of last week's (Tues., Dec. 28) "A" final between Kevin Bell's Novice House "C2" Demons and Peter Marriner's Novice House "C1" Demons were scoreless.

Ryan King used a feed from Ben Weber to break up the scoreless deadlock between goaltenders Liam Antille (C2) and the "C1" combination of Nicholas Michaud and Riley Stinson and give the "C1" squad a 1-0 lead with 8:17 left on the clock.

It didn't take long for the "C2" Demons to reply as Curtis Bell converted a Shelbey Liezert relay into a 1-1 tie at 7:34. It was Mason Carr who teamed up with Joshua Foley and fired the winning goal into twine with 6:50 left on the clock. Just 17 seconds, later Bell cashed in an unassisted shot, made it a 3-1 final and locked up the tourney title.

Amanda Shay was named the winner's player of the game.

The South Grenville Rangers edged the South Stormont Selects 3-2 on a goal by Ross Quinlan to take the "B" title.

Nolan Henry potted a pair of markers and led the South Dundas Lions to a 5-1 victory over Les Predateurs de Casselman in the "C" final.

Getting there

Mason Carr turned in a MVP performance and led the "C" Demons to a 4-2 win over the South Dundas Lions in their opening game. Carr netted three goals and drew an assist on a Curtis Bowman tally with 5:34 left in the game. Bowman and Kelly Forrester also picked up assists. The Demons led 2-1 after a period and 3-2 after two.

Carr, Bell and MVP Maxime Paquette (GWG) each potted a pair of goals as the "C2" Demons improved to 2-0-0 with a 6-2 win over the South Grenville Rangers.

Jaymen Heuff, Amanda Shay and Bell collected helper points.

'C1' Demons

Ryan King scored unassisted with 1:37 left in the second period of the "C1" Demons opening game. Sarah Messervey was able to salvage a 2-2 tie with the South Stormont Selects for North Dundas when she finished a play created by Lucas Menard and Ben Weber 1:27 before the final buzzer. Period one of the 8 am contest was scoreless. North Dundas led 1-0 after two and the Selects to a 2-1 lead after Justin McDonald scored with 5:49 and 5:05 left in the game.

The Demons qualified for the "A" final by trimming Casselman 8-1. King crowned the opposition defence scoring four times. Preston Shelaga potted a pair while Messervey and Menard each chipped in a single shot.



Digging in

Justin Schoenfeld (left), Curtis Bowman (No. 15) and Kelly Forrester (right) converged on the puck along with a member of the South Grenville Rangers during a second round game in the 2010 North Dundas Minor Hockey Association's Guildcrest Homes Novice House "C" Tournament in Chesterville. The North Dundas House "C2" Demons posted a 6-2 victory over the Rangers before claiming the event's "A" title on Tues., Dec. 28.

Press Photo — Van Bridger

Guy goal snaps tie

Novice House 'B' Demons take tourney title

WINCHESTER — Owen Guy's unassisted third-period goal broke up a 2-2 deadlock and lifted the North Dundas Novice House "B" Demons to a 3-2 gold-medal victory over the Alexandria Glens.

Guy also picked up an assist in the first period of last week's (Tues., Dec. 28) North Dundas Minor Hockey Association's Guildcrest Homes Novice House Tournament championship match.

The host Demons and Glens dominated the round robin portion of the event, blasting their first two opponents. The Demons, under the guidance of coach Aron Sherrer, blanked the Richmond Royals 11-0 in their first game and slammed the Canterbury Hawks 13-1 in their second outing. Meanwhile the Glens, coached by Marc Sauve, whitewashed Canterbury 9-0 and ripped Arnprior 15-1.

The competition's highest scoring squads then squared off in the "A" final. North Dundas grabbed a 1-0 lead at 8:29 of the first frame when Koby Young finished a play started by Guy.

Alexandria tied it up 56 seconds before the end of the session on Zachary Deschamps goal and gained a 2-1 lead with 9:07 left in the second stanza when Addison Hay scored.

North Dundas rallied in the third period. Cam Sherrer used a pass from Delaney Johnston, and tying it up with 6:56 left on the clock. Guy then stepped up and clinched the championship on an unassisted play 2:53 before the final buzzer.

Getting there

James Morley and Toby Byrne shared the shutout in the Demons 11-0 win over Richmond.

Cam Sherrer's first of four goals, set up by Emily Eikelboom at 9:03 of the first period held up as the winner.

Kobey Young (2), Guy, Owen Richardson, Adam Barkley, Elyssa McLeod and Eikelboom also scored. Assists went to Guy (3), Barkley (2), Eikelboom (2), and McLeod.

The Canterbury Hawks managed a late second-period goal against the Demons who cruised to a 13-1 win in round two.

North Dundas snipers Sherrer and Young each found the back of the Hawks cage four times. They each also earned an assist. Guy (1-1-2), Barkley (1-1-2), Eikelboom (1-1-2), Richardson (1-0-1), Xavier Leclerc (1-0-1) and Johnston (0-1-1) all contributed to the points production.

Tourney Tales

The North Leeds Stars (2-0-0) defeated the Arnprior Packers (0-2-0) 7-3 in the "B" final.

The "C" title went to Canterbury (0-2-0) who nipped Richmond (0-2-0) 2-1 in the fifth period of overtime.



Tourney champs

The North Dundas Novice House "B" Demons edged the Alexandria Glens 3-2 in the "A" final of the 2010 North Dundas Minor Hockey Association's Guildcrest Homes Tournament on Tues., Dec. 28. The Demons outscored the opposition 24-1 in two qualification games. Members of the championship squad are (not in order): Adam Barkley, Toby Byrne, Emily Eikelboom, Tyson Ferguson, Ethan Guy, Delaney Johnston, Xavier Leclerc, Elyssa McLeod, James Morley, Owen Richardson, Cam Sherrer, Kobey Young, Aron Sherrer - head coach, Ken Byrne - ass't coach, Kent Young - ass't coach, Jeff Johnston - ass't coach, Chris Eikelboom - trainer.

Koekkoek sets up winning goal

Team Ontario going to gold medal game

WINNIPEG — Slater Koekkoek combined with Thomas Wilson and created a break for Sean Monahan who converted the opportunity into the goal that qualified Ontario for the gold-medal final of the 2011 World Under-17 Hockey Challenge.

Monahan scored 1:52 into overtime, broke up a 1-1 tie and lifted Ontario to a 2-1 victory over Quebec in Monday's (Jan. 3) semi-final match at the MTS Center in Winnipeg. The USA dumped Pacific Canada 6-5 in OT earlier in the day to set up a meeting with Ontario in the title match.

The gold medal game, slated for last night (Tues., Jan. 4), was a rematch between the USA and Ontario that took place at the 2008 and 2010 tournaments. Ontario claimed the gold in 2008 and the Americans took it in 2010.

Ontario and the USA finished the tournament with identical 5-0-0 records and 14 points. Ontario outscored the opposition 22-7, while the USA compiled a goal differential of plus 21 (32-11).

Koekkoek, a former resident of Inkerman Station and now a defenceman with the OHL's Peterborough Petes, scored one goal (PPG vs. Czech Republic) and picked up an assist in four round robin games.

Ontario defeated the Czech Republic 7-1, Slovakia 5-0, West Canada 4-3 and Pacific Canada 4-2 to reach the semi-final round where they eliminated Quebec 2-1 in OT.

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Your Hawks

No.	*Player*	*Position*
#29	Adam Laderoute	Goalie
#32	Logan Gunn	Goalie
#3	Lucas Richardson 'A'	Defence
#6	Ross Urbankiewicz	Defence
#8	TJ Dorn	Left Wing
#9	Brodie Boulanger 'A'	Right Wing
#10	Ramsey Wheeler	Left Wing
#12	Brock Burge	Centre
#13	Josh Stubbings	Left Wing
#15	Evan Walker	Centre
#16	Ryan MacDonald	Defence
#17	Graham Loyst 'C'	Centre
#18	Paul Hennesey	Defence
#19	Jordan Moran	Centre
#24	Aaron Dickenson	Defence
#25	Mack Weegar	Defence
#27	Brett Ashton 'A'	Right Wing
#49	Sebastian Last	Forward
#51	Michael Evelyn	Left Wing
#61	Jesse Barbier	Centre

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Cavill backs Cooper Physio in 3-0 victory over Truckers

WINCHESTER — Dominique Cavill registered her third shutout and helped the Cooper Physio Pinks open 2011 on a winning note.

Cavill and the Pinks blanked the W. S. Trucking Company 3-0 in the 10 am game of Sunday morning's (Jan. 2) Winchester District Ladies Hockey League's triple bill. The victory improved the Pinks' sixth-place record to 2-4-5 and pulled them into a tie with the Truckers (4-6-1) at nine points.

Kelly Zeran's unassisted goal 3:15 before the half proved to be the winner. Zeran then drew an assist, along with Christina Lukyx, on an Alecia Jones marker at 13:22 of the second half before she finished the game by making it 3-0. Lukyx drew an assist on the final scoring play 5:29 before the final buzzer.

Zeran was named player of the game for her two-goal, one assist effort.

Reds 3 - Stylists 2

Joanna Gilmer scored with 22.5 seconds on the clock and lifted the top-ranked Andy's Foodland Reds (5-1-5) to a 3-2 victory over the third-place Double Beauty Stylists (4-4-3) in the 8 am contest. Her last-minute marker earned Gilmer player of the game honours.

Lana Begg and Amanda Rylaarsdam picked up assists on Gilmer's game winner which broke up a 2-2 deadlock created when Kelly Verhoeven fired in a feed from Joanne McMillan and Edith Dagenais with 1:17 left in the game.

Dagenais put the Stylists on the board, finishing a play set up by Susan Marsden and McMillan at 19:41 of the first half. An unassisted shot fired by Rylaarsdam tied it 1-1 at 15:48 of the second session. Trisha Leduc used a play created by Jill Kirkwood and Kaitlin Hay to put the Reds ahead 2-1 with 4:42 showing on the clock and set up the 3-2 finish.

Lorie Casselman posted the win and Karina Damato took the loss.

Fit to be tied

CountryGirl Sonia Clement engineered Edithe Rivet's first-half goal and then used a pass provided by Rivet to tie the final score 2-2 with 47.7 seconds left to play in the 9 am match. Clement earned player of the game status in the 2-2 draw between the fourth-place CountryGirls (4-5-2) and the second-place Annable's Jewellery Blues (4-3-4).

Amy Fraser (from Amy Darling at 10:39) netted the Blues a 1-0 first-half lead. Sarah Grady (from Kathy Kerr at 7:58) then scored in the second session to give the Blues a 2-1 edge.

Carrie McCadden (Blues) and Kristie Wade (Girls) were the opposing goalies.



Face off for charity

The Grade 12 leadership class at North Dundas District High School (NDDHS) organized a community charity hockey tournament and donated approximately $1,300 in proceeds to the Ryan Williams CHEO Fund. Entries in the fun event included the Township of North Dundas Fire Department, NDDHS teachers, Winchester and District Ladies Hockey League, NDDHS boys and NDDHS girls hockey teams. Taking part in the opening ceremonies Monday morning (Jan. 3) were Stephen Henderson (NDDHS teachers), Emma Fraser (organizer), Josh Stubbings (organizer), Township of North Dundas Mayor Eric Duncan, Kim Williams (representing Ryan Williams), Brent Simms (organizer) and Sandy "Fire" Johnston (Team Fire Fighters).

Press Photo — Van Bridger

Hawks

• continued from page 12

Kyle MacDougal made it an 8-4 final netting a feed from former Hawk Ryan Leckie two seconds before the final buzzer.

Kirkwood also reported Brodie Boulanger was awarded a third-period (12:25) penalty shot. He had Wolves 'tender Quade Smoke down and out, but missed the net.

The loss left the Hawks with a third-place record of 20-8-1-1 and two points behind the second-place Alexandria Glens (21-7-0-2). It also snapped Winchester's winning string at five games. The Hawks are 11-3 in their last 14 starts.

Winchester outshot the Wolves 48-31. The Wolves drew three of the four minor penalties called.

Short bench

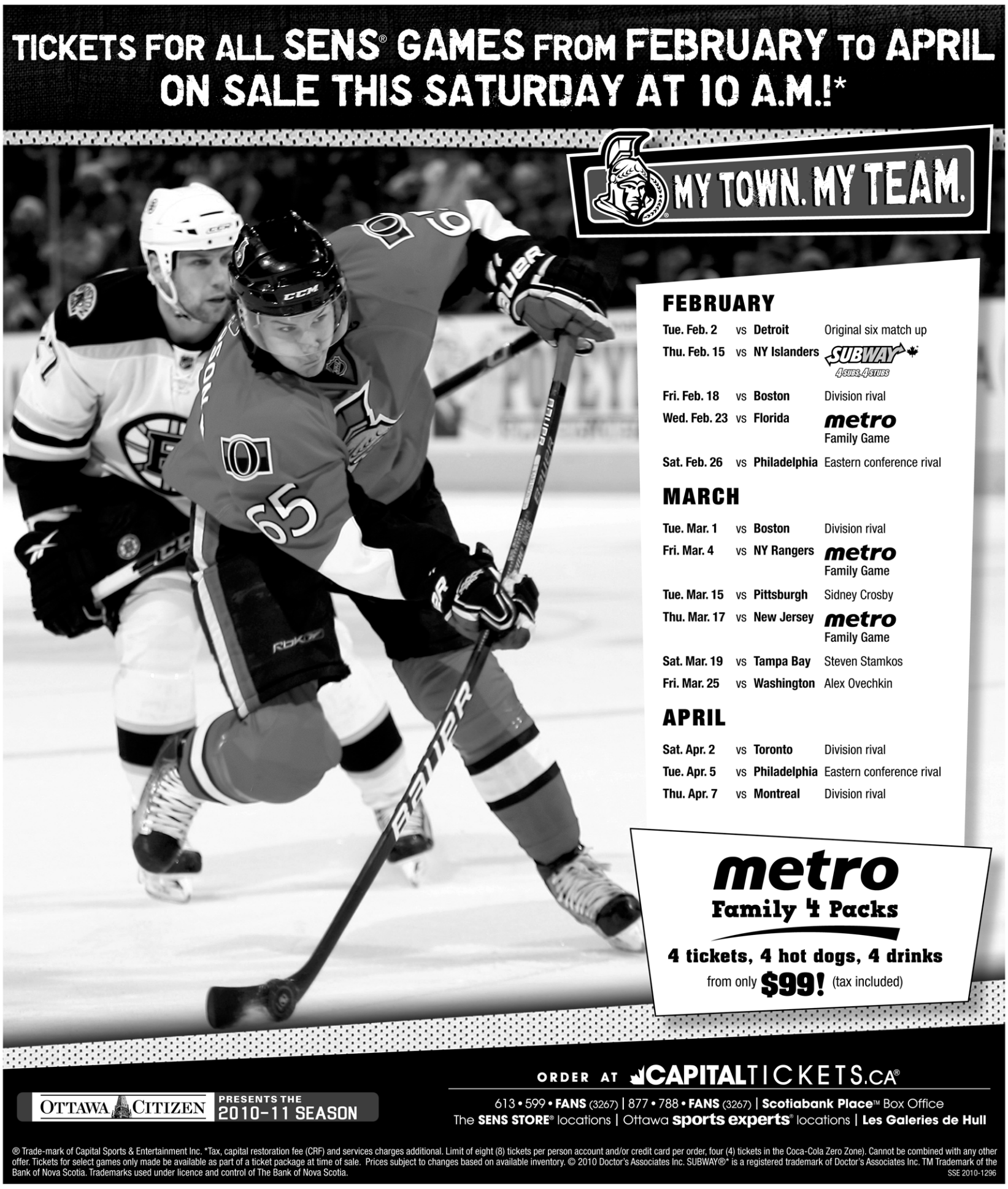
Rookies Weegar and 15-year-old Liam Widowfield formed one pair of the Winchester defensive crew, while forwards Loyst and Ashton made up the other duo. Moran, Mike Evelyn and Wheeler were one of Winchester's forward units. Brodie Boulanger, Sebastian Last and Stubbings skated together on the other line.

Logan Gunn (8-2-0, 3.59 GAA) took the loss and was backed up by Adam Laderoute who is almost ready to return from the injured list.

Tough sked

The Hawks have three road games on their slate before returning to home ice on Fri., Jan. 14 when they host the Brockville Tikis.

Friday night (Jan. 7) they are in Alexandria for an important meeting with the Glens. Saturday morning (Jan. 8) the Hawks have to be in Westport for a 9:30 am Rideau St. Lawrence Showcase game against the Gananoque Islanders. They then move on to Williamstown on Tues., Jan. 11 to challenge the Char-Lan Rebels.





Tops in tourney

The North Dundas Novice House "C2" Demons posted a 3-1 win over the Novice House "C1" Demons and claimed the North Dundas Minor Hockey Association's Guildcrest Homes Tournament championship on Tues., Dec. 28. The "A" champions are: front (left) - Shelby Leizert, Jaymen Heuff, Justin Schoenfeld, Kelly Forrester, Liam Antille, Amanda Shay, Curtis Bowman (standing), Curtis Bell, Mason Carr (sitting), Owen Carkner-Pocock, Maxime Paquette, Joshua Foley; back (left) - Kevin Bell - head coach, Cindy Schoenfeld - trainer, Peter Forrester, - ass't coach/trainer, Lance Bowman - ass't coach.

Meet the HAWKS

Sebastian Last

No. 49, Right Wing



Sebastian Last is a 20-year-old winger with the Winchester Jr. "B" Hawks. The Prescott native joined the Winchester club after being traded by his home town South Grenville Rangers to the Hawks for Taylor Davis in October. His father, Doug Last, played his minor hockey in Winchester and grew up in the former Mountain Township. In 21 games this season, Last has produced two goals, four assists and six points. He was second in scoring with the Rangers in 2009-2010, collecting 12 goals, 28 assists and 40 points. His No. 49 jersey is sponsored by JED Express and R/T Auto.

Green Berets win back-to-back games, edge Has Beens 4-2

WINCHESTER — Robyn Sadler's 18th goal of the season proved to be the difference as the Green Berets doubled the Has Beens 4-2 and extended their winning streak to two games.

Last week's (Tues., Dec. 28) Winchester Town Hockey League game was tied 2-2 at the half. Sadler then used a feed from Will McLean to break up the stalemate at 17:36 of the second session of the opening match. A late goal fired by Al Christophersen made it a 4-2 final.

The Berets' win improved their record to 3-10-1 and followed an 8-6 decision over the third-place McLean's Flyers (6-8-0), who dropped a 7-4 verdict to the top-ranked Chesterville Maulers (10-3-1) in the second encounter on the Tuesday night twin bill.

Berets 4 - Beens 2

The second-place Has Beens (8-6-0) got their first-half markers from Kyle Dearing (from Darrel Moore and Jon Nadobny at 20:46) and Ryan Thompson (from Nadobny at 0:26).

Will McLean gave the Berets a 1-0 lead when he finished a play set up by Sadler and Christophersen at 23:09. Chris Embury was next to find the back of the Beens cage when he gave his squad a 2-1 lead, finishing a play engineered by Aron Sherrer and McLean. The Beens were able to knot the count at two with Thompson's tally.

Sadler combined with McLean for the winner at 17:36 and Christophersen buried a relay from McLean and Sadler to lock up the 4-2 verdict, securing the win for 'tender Jesse White.

Maulers on the move

The Chesterville Maulers continued their march toward locking up the town league pennant when they shot down the McLean Flyers 7-4 for their 10th win in 14 starts.

Tyler Jones and Tyler Brown paced the Maulers attack with hat tricks and a pair of helpers. Justin Morozuk sniped the single and picked up an assist. Jeff Lewis (2), Kelly "Rubber" Beckstead and Dana Schofield also collected helper points. Chris Currie posted the win.

Scott Baldwin potted a pair of markers for the Flyers. Derek Vingerhoeds and Phil Duncan snapped in single shots. Travis Froats set up three scoring plays. Nik Paas (2), Duncan and Baldwin also provided passes.

SPORTS SCOREBOARD

Eastern Ontario Junior Hockey League

RIDEAU - ST. LAWRENCE CONFERENCE

Recent Results
Dec. 29: Gananoque 5 - Brockville 4
Jan. 2: Akwesasne 8 - Winchester 4
South Grenville 3 - Athens 2
Gananoque 7 - Westport 3

STANDINGS

Rideau	W	L	T	GF	GA	PTS
Athens	28	4	0	203	97	56
Westport	20	13	0	171	127	40
Brockville	10	19	0	109	162	22
Gananoque	9	22	0	113	174	19
S. Grenville	7	24	0	100	181	16
St. Lawrence	**W**	**L**	**T**	**GF**	**GA**	**PTS**
Casselman	27	1	1	185	77	55
Alexandria	21	7	0	150	105	44
Winchester	20	8	1	147	98	42
Akwesasne	9	16	1	115	143	21
Char-Lan	7	20	0	95	172	16
Morrisburg	5	22	0	84	167	12

**Teams losing in OT receive one point*

TOP SCORERS	G	A	PTS
Rideau Division			
Nathan Slack, Athens	24	57	81
Steve Parker, Athens	35	34	69
Ben Blasko, Gan.	25	37	62
Kyle Couvieau, West.	29	21	50
Frank Hart, Athens	17	30	47
Shane Melcher, West.	22	24	46
Max Ming, West.	17	29	46
St. Lawrence Division	**G**	**A**	**PTS**
Adam Wensink, Cass.	40	30	70
Curtis Chennette, Cass.	27	43	70
J.F. Dubois, Alex.	26	35	61
Marcel Groulx, Cass.	22	25	47
Graham Loyst, Win.	17	24	41
Dillan Barr, Akwe.	19	21	40
Steven Knapp, Alex.	20	19	39
Grant McDougall, C-L	20	18	38
Shane Kitchen, Alex.	19	18	37
Brett Ashton, Win.	19	18	37
Dominic Coyle, Akwe.	17	20	37
Adam Simpson, Alex.	15	22	37

METRO - VALLEY CONFERENCE

Recent Results
Dec. 28: Renfrew 5 - Perth 4 OT
Jan. 2: Perth 6 - Stittsville 4

STANDINGS

Metro	W	L	T	GF	GA	PTS
Clarence	23	4	2	158	82	49
Ottawa Jrs.	20	10	2	122	89	42
Ottawa West	17	12	0	137	116	34
Metcalfe Jets	10	15	3	88	120	24
Gatineau	12	19	0	109	116	24
Valley	**W**	**L**	**T**	**GF**	**GA**	**PTS**
Perth	20	7	1	150	103	46
Arnprior	17	11	2	132	109	36
Almonte	13	11	1	107	101	28
Renfrew	12	14	3	114	112	27
Stittsville	8	19	1	92	142	19
Shawville	6	23	0	89	177	14

**Teams losing in OT receive one point*

Ladies Hockey League

Recent Results
Jan. 2: Andy's Reds 3 - Double Beauty 2
Annable's Blues 2 - CountryGirls 2
Cooper Physio 3 - W.S. Trucking 0

STANDINGS	W	L	T	GF	GA	PTS
Andy's Reds	5	1	5	22	14	15
Annable's Blues	4	3	4	15	13	12
Double Beauty	4	4	3	17	16	11
CountryGirls	4	5	2	15	16	10
W.S. Trucking	4	6	1	15	20	9
Cooper Physio	2	4	5	12	17	9

TOP SCORERS	G	A	PTS
Trisha Leduc, Reds	8	4	12
Edith Dagenais, DB	5	5	10
Sonia Clement, CG	5	5	10
Sandra Cloutier, WST	8	1	9
Kelly Zeran, Cooper	5	4	9
Lisa Brunet, Reds	6	1	7
Jada McNaughton, Blues	4	3	7

Winchester Town Hockey

Recent Results
Dec. 28: Green Berets 4 - Has Beens 2
Chesterville Maulers 7 - McLean Flyers 4

STANDINGS	W	L	T	GF	GA	PTS
Maulers	10	3	1	108	66	21
Has Beens	8	6	0	81	89	16
Flyers	6	8	0	90	96	12
Green Berets	3	10	1	75	98	7

TOP SCORERS	G	A	PTS
Nik Paas, MF	33	25	58
Dean Byvelds, HB	22	21	43
Tyler Jones, CM	23	19	42
Robyn Sadler, GB	18	23	41
Rob Thurler, CM	12	27	39
Trevor Gilmer, CM	22	16	38

Hawks Home Games

Fri., Jan., 14 vs Brockville Tikis 8:15 pm

Hawks Dream Vacation tickets on sale at all home games. Trip winners will be announced at Fri., Feb. 11 home game vs Char-Lan Rebels

Hawks 50/50 Draw Winners
Fri., Dec. 17 - Rick Wilson - $3,415
Jackie Symonds - $500
Deb Disheau - $500
$350 Early Bird Dream Vacation winner - Stephen Hardy

Novice House 'C2' Demons take down Panthers 4-1

CHESTERVILLE — A three-goal, four-point effort by Curtis Bell helped the North Dundas Novice House "C2" Demons finish 2010 on a winning note.

North Dundas improved its Upper Canada Minor Hockey League record to 12-1-1 with the 4-1 win over the Kemptville Panthers in Chesterville on Thurs., Dec. 23.

Bell rang up an unassisted marker with 1:09 left in the first frame and made it a 2-0 difference on another solo effort (GWG) with 7:54 left in period two. Bell then provided the pass that Mason Carr used to give the Demons a 3-0 lead with 8:32 to play in period three.

Kemptville ruined Liam Antille's chances of posting a shutout when a shot fired by Tyler Lavoie beat him with 3:14 left on the clock.

Bell's third unassisted marker made it a 4-1 final 54.8 seconds before the final buzzer sounded.

North Dundas played a penalty-free game.

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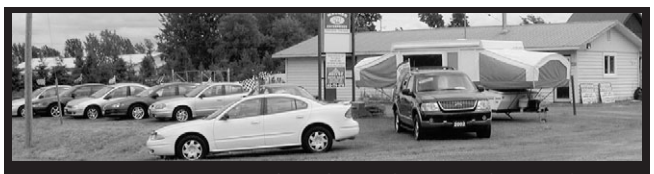
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– Forever in our hearts
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43

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– We Miss You!
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ANNUAL GENERAL MEETING
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43-44c

GYS EUCHRE
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43

COMMUNITY DIABETES INFORMATION SESSION
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43c

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43

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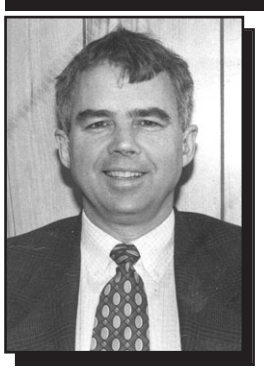

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Invitation to Tender

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Any interested parties wishing to provide a tender price are requested to submit their quotations for:

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Specifications and architects sketches may be obtained by contacting Sue Brousseau at the Metcalfe Agricultural Society office located at 2821 8th Line Road, Metcalfe, Ontario, K0A 2P0, or Cheryl Sullivan at 613-821-4136, after office hours.

Office phone: 613-821-0591; office fax: 613-821-0137; office e-mail: metfair@bellnet.ca

Office hours are Monday, Wednesday and Thursday from 9:00 am to 3:00 pm.

For further detailed information, contact Ben Fisher at 613-229-0989.

Quotations must be received no later than 5:00 pm on Friday, January 14th, 2011.

Lowest or any quote may not necessarily be accepted.

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WINCHESTER — It will soon be that time again at Winchester Public School.

On Thurs., Jan. 13, from 1 to 8 pm, Canadian Blood Services will be hosting a blood donor clinic inside the educational facility's gymnasium.

To book an appointment, call 1-888-2-366283 (DONATE) or visit www.blood.ca.

Canadian Blood Services is a national, not-for-profit charitable organization that manages the blood supply in all provinces and territories outside of Quebec. The organization also oversees the country's OneMatch Stem Cell and Marrow Network.



Dinner donation top-up

Scotiabank in South Mountain has presented a $5,000 donation to the Mountain detachment of the North Dundas Fire Department. Through Scotiabank's matching program, the department received the cheque due to the success of its dinner fundraiser held in the fall. Pictured are: Susan Toll (left), Scotiabank investment specialist; Virginia Wright, personal banking officer; Sharon Ruth, branch manager; Fern Duchensneau, customer support representative; Marilyn Williams, customer representative; and Jeff Hyndman, fire prevention captain for the Mountain detachment. Hyndman would like to thank Scotiabank and everyone who contributed to the dinner for making the fundraiser successful.

Press Photo — Smith-Millar

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OBITUARIES

Eileen Merkley

A resident of the Bayfield Manor Nursing Home in Kemptville for the past eight years, Eileen Merkley passed away there on Fri., Dec. 24, 2010. She was 101.



Eileen was born on the family farm in Nation Valley on July 23, 1909, to her parents, George and Mary Merkley (nee Bogart), and she lived there with her family for most of her life.

While on the farm, she faithfully did her daily chores. In her spare time, she enjoyed fishing. When the farm was sold she moved to Kemptville, and lived there for eight years. In her later years, while living in Kemptville, she spent countless hours looking through her photo albums, Ideal magazines, and books on the Royal family. Her kind heart and gentle spirit touched all those who knew her.

Eileen was the loving aunt of Barbara Ann (Morris) Dewe, Carol (Bill) Coulthart, Doug (Eleanor) Merkley, Lorraine (Charles) Pollock, and George (Sandra) Holmes. Eileen will be fondly remembered as a great-aunt and great-great-aunt to many nieces and nephews. She was predeceased by her parents, George and Mary Merkley, her sister, Lenora (Harry) Holmes, her brother, Lloyd (Leila) Merkley, and her niece, Muriel (George) Wood.

Friends called at the Marsden and McLaughlin Funeral Home in Chesterville on Wed., Dec. 29 from noon until the time of the funeral service at 1:30, at the funeral home, with Rev. Christine Lowson officiating. Interment followed at Maple Ridge Cemetery in Chesterville. The pallbearers were Ron Merkley, Steven Coulthart, David Clermont, Martin Viktora, Jamie Pollock, and Philip Pollock. The honourary pallbearers were Glen Vasey and Marius Korevaar.

Donations to Bayfield Manor or the charity of your choice would be appreciated by the family.

Robert C. Holmes

Robert C. Holmes passed away on Fri., Dec. 24, 2010, at Dundas Manor in his 101st year.



Robert was born on Aug. 18, 1910, to Albert and Louisa Holmes in Winchester Springs. He was the beloved husband of Helen Fawcett, the loving father of Douglas (Heather), Merilyn (Garry) Carbino, and Elaine, and was predeceased by his son, Allen (Sheila). He was the cherished grandfather of five granddaughters, four grandsons, seven great-granddaughters, seven great-grandsons, and two great-great-grandchildren.

Robert began working on his father's farm in Winchester Springs. He moved to Holmvale Farm in 1940, and continued to farm for about 30 years.

He enjoyed hunting and fishing with his brothers and nephews. He also enjoyed golfing and curling with his friends.

The funeral service was held on Wed., Dec. 29, at Daniels Funeral Chapels Inc. in Winchester, followed by interment at Maple Ridge Cemetery in Chesterville.

Donations may be made to the Winchester District Memorial Hospital or the Dundas Manor Activity Fund.

Evangeline Weiman

It is with sadness that we announce the passing of Evangeline "Van" Weiman (nee Summers), on Tues., Dec. 21, 2010, in Courtney, B.C.

She was predeceased by her husband, Clete, and parents Art and Alyse Summers. She was the loved mother of Robert (Maureen), Steven (Darcy), Teresa (Brian), and Andy (Sandy). She will be missed and loved by seven grandchildren, and many nieces and nephews. She is survived by her sister Louise, Alyse Jean, and her brother Dan (Melody).

Van lived with ALS for the last four years, and she did so with dignity, grace and humour. Laughter was one of her great attributes, and helped us all through what was happening to her life.

At her request, there was no visitation or funeral.

Donations to the ALS Society was requested by the family.

We love you Van, in our hearts. Forever missing you – Your Family.

DEATH NOTICE

Lera Jones

Valiantly and with her family at her side, Lera Jones (nee Baindese) passed away at Dundas Manor on Fri., Dec. 31, 2010.

She was the devoted wife of the late Stewart Jones. She was greatly admired and loved, and will be deeply missed by her children, Bonnie (Tom Clark), Ronnie (Karen), and Stephen (Liz), and her grandchildren, Ross and Doug May, and Tyler and Scott Jones.

In keeping with Lera's wishes, there will be no visitation. Cremation has taken place. Family and friends are invited to attend the grave-side service at Maple Ridge Cemetery in Chesterville on Sat., Jan. 8 at 11:00 am. A reception will follow in St. Andrew's Presbyterian Church Hall in Chesterville.

In lieu of flowers, memorial contributions to the Winchester District Memorial Hospital or the Dundas Manor Activity Fund would be appreciated by the family.

The arrangements are entrusted to Daniels Funeral Chapels Inc. in Winchester (613 774-1117).

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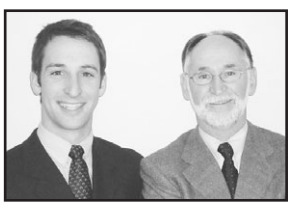

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GLEN STEWART: 2002 built home for you to enjoy on a quiet, county cul-de-sac. Features a 21'+ porch, 15x24 enclosable carport, and major appliances. Enjoy the view of your scenic and private treed yard from the spacious back deck. Don't miss the main-floor laundry, partly finished basement and 2 sheds for storing your toys. MLS 760156 **$199,900**



WILLIAMSBURG: Charming country property with room to grow. With no immediate neighbors, this home has lots of space outside and in. Come see the updated electrical, 2002 windows and metal roof, 2009 septic, spacious eat-in kitchen and the massive master bedroom with attached office/dressing room. MLS 771358 **$149,900**



WILLIAMSBURG: This 3-bedroom bungalow is in great shape. Enjoy the large side and rear deck that looks out over your landscaped lot. The basement is ready for your finishing touches - it's all drywalled and painted and the ceiling is in, too. Get away from it all on this quiet street just minutes away from Williamsburg. MLS 757385 **$174,900**

North Dundas Gospelfest to return for fourth year

by Amanda Smith-Millar
Press staff

WINCHESTER — Gospel music fans are in luck again this year.

North Dundas Gospelfest is scheduled to return to Terrace Green Bed & Breakfast from Fri., Aug. 26 to Sun., Aug. 28.

The fourth annual event will draw some of the genre's top performers to Winchester.

Event raised $400 for charity in 2010

Organizer and Terrace Green owner Annette Angus is hoping for sunny skies all weekend. Fair weather prevailed during Gospelfest 2010 — a nice change from the downpours that drenched the festival both years prior.

"It just tore up our lawns," Angus said with a laugh, recalling the muddy mess that took over the bed and breakfast's trademark green grounds in 2009. "But we got it all back in shape."

Angus said, however, that rain doesn't seem to hurt attendance. About 500 people came by during the first-ever Gospelfest. The event has attracted between 600 and 700 people in subsequent years, she noted.

"It has been pretty steady," Angus said. "It [rain] doesn't deter people from coming."

There's no charge to attend Gospelfest. Instead, a freewill offering is collected. Gospelfest 2010 raised $400 in proceeds. The amount was split evenly between the Dundas County Food Bank and the House of Lazarus, a Mountain-based outreach mission.

The 2011 lineup is still under development. Planning will get underway this month, Angus noted.





'Go, tell it on the Mountain'

Gospelfest 2011 is set to return from Fri., Aug. 26 to Sun., Aug. 28. Pictured here in file photos are organizer Annette Angus and Michael John, an Elvis impersonator who rocked the stage last year.
Press Photos — Smith-Millar

ADESA OTTAWA

Wholesale Public Car Auction

Saturday, January 8, 2011

***REPOSSESSED VEHICLES**
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FEATURING: Cars, Trucks, Vans, SUV's, and more

Over 250 Vehicles range from $300 to $15,000

www.adesapublicauctions.com

Phone: 613-443-4879
Email: publicinfoottawa@adesa.com
Location: 1717 Burton Road, Vars, ON
Exit 88 off Hwy. 417, East of Ottawa
Sale Date: Saturday, January 8, 2011 at 10 am
Time: Viewings January 7, 2:30-4 pm
and January 8, 8:30 am-10 am

Note:
- *Children Under 16 years of age not permitted in lanes.*
- *$500 non-refundable deposit required for each purchased unit.*

Moose Creek Mall's

JANUARY Sale & Clearance

Sale starts Thurs., Jan. 6, 9 am sharp
and continues until all winter inventory is sold!

Our Entire Stock of
Canadian Made Suits
Save $50 to $150
off our regular low price

Young Men's All Occasion Suits
Black only
$149

All Winter Sports Jackets
Starting at
$99 **and up**

All Winter Coats
including Leather Coats
Save 20%-50%
off our regular price

CLOSED SUNDAY

BLIZZARD OF BARGAINS

All Winter CASUAL WEAR
Shirts, Sweaters, Pants
20%-50% off

2011 Tuxedo Rental Catalogue and Cruisewear available in store

Mercerie RICHARD
Men's Wear
613-538-2465

Winter Groups
• Dresses • Blouses • 2-pc. Pant Suits • Pants
• Cardigan Sweaters • Skirts • Sweaters • Vests
***Save up to* 50%**

WINTER COAT SALE

Swimsuits
TAKING A HOLIDAY?
Now in stock!
Spring 2011 Swimsuits
by Alia & Nygard Collection

Winter Coats & Jackets
Regular and Petite Lengths
• Columbia, Nuage, Alia, Thunder Bay, Fen-nelli and more...
30%-50% off

All Winter Alia and Tan Jay Groups
30%-50% off

Columbia Sportswear Clothing
***Now* 40% off**

All in-store
Ingenuity
Blazers, skirts and pants with matching co-ordinates
Come in and browse the entire selection!
1/2 Price

Chez Thérèse
Ladies' Wear
613-538-2333

Winter Boots
Ladies' or Men's Casual or Dress Boots
Rieker, Blondo Canada, Sorel and more...
Waterproof Leather - Selling Fast!
***Save up to* 60%**

Rieker Shoes
Discontinued Styles
Many colours to choose from
Regularly priced up to $125.00
$69.95

Special Men's Section
Assorted Dress and Casual Styles
Regularly priced up to $169.95
$99.95

Visit our Bargain Room
***Discounts up to* 70%**

Merrell Casuals
Many Selected Ladies' & Men's Styles
Regularly priced up to $170.00
$59.95-$99.95

Handbags
Fiona, Derek Alexander, LaVia and many more...
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Genuine Canadian Moccasins

Was $60.00
$39.95 *Full Sizes*
Suede uppers with real fur trim and glass beads. Colours: Mocha, Sky Blue, Black, Fuchsia

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