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Parade a shining success

by Bonnie James
Press staff

WINCHESTER — The lights twinkled. The crowds cheered. The air was crisp. All the elements were right for Winchester's Country Christmas Parade of Lights on Sat., Dec. 3.

"I thought it was wonderful," said parade committee chair Sandie Puddephatt. The parade had a total of 51 floats and three bands. Organizers were expecting a slightly longer parade, but several floats didn't show up. There were also two bands that did not make it.

"We missed the music a bit, but the parade was long enough the way it was," said Puddephatt. "Anything we had control over went well."

The parade's switch from Friday to Saturday was well received by both parade-goers and those who entered floats. Puddephatt said that one suggestion that was heard and will be considered was to move the start time back to 7 pm to better accommodate the farm community.

Puddephatt will likely be back for another year as parade committee chair.

"I have a great committee," she said. "I thank everyone that helped out." Puddephatt noted that she had no problem this year finding enough volunteers to carry banners for the bands. "I appreciate the young people that came forward."

Bruce Currie was a new addition to the parade committee this year and was put in charge of the set-up yard, making sure the parade started on time.

"Things at our end went quite well," he said. "The missing bands threw us a bit of a curve, but there were a good bunch of people that came out to help."

Currie said he was impressed with the work that went into all the floats. There were also some new floats this year.

"Everyone was in the Christmas spirit," he said about the parade volunteers and those who entered floats. "I didn't hear any grumbling — no humbugs."

Senior OPP constable Al Lummiss, who is also on the parade committee, noted that there were no problems on parade night.

"From a police standpoint, things seemed to go very smoothly," he reported.

Whether the crowds were down or the same as other years depends on who you talk to. Mark Guy and Linda McMahon did a good job of keeping the crowd at Main and St. Lawrence energized with their commentary. From their crowd poll, it appeared that most areas of the township, and many beyond, were well represented. Stephen Ault and Hugh Fawcett were calling the parade action at York and St. Lawrence, naming the floats and providing laughs for the crowd.

Musician Mary Lambert entertained people of all ages at Winchester Public School in the afternoon on Saturday, generating a crowd of about 85.

"She had a great time performing," said Puddephatt, noting that she had received an e-mail from Lambert to that fact.

Before the Lambert show, the Girl Guides' bingo attracted at least 40 children, and offered up some nice prizes.

"I was proud of it," said North Dundas Mayor Alvin Runnalls of the parade.



Littlest reindeer

During her show at Winchester Public School on Sat., Dec. 3, Mary Lambert held reindeer auditions and four-year-old Destiny Workman-Suttle tried out for the job of Rudolph. Lambert, a two-time Juno Award nominee, is a mother of four, so she knows what children like for entertainment. The show was a prelude to the annual Country Christmas Parade of Lights. See more parade photos on page 23. Photo — Barbour

Clean Water Act spurs conservation framework

QUEEN'S PARK — The Government of Ontario introduced the Clean Water Act on Mon., Dec. 5. The legislation is intended to protect the quality and quantity of drinking water across the province.

The Clean Water Act will mediate source water protection. The legislation has only just been presented and is in the beginning stages of discussion in the provincial cabinet.

A press release from Conservation Ontario stated that the organization felt the act is an important step toward ensuring safe drinking water for all Ontarians.

"While we haven't examined it in detail, we are pleased that the government has maintained its commitment to introduce legislation this session," said Peter Krause, chair of Conservation Ontario, the organization that represents Ontario's 36 conservation authorities.

"Significant attention and resources are essential to guarantee enough clean water for Ontarians now and in the future," Krause continued. "Our water supply is not inexhaustible. We have an obligation to care for what we have."

Source protection legislation will provide a framework for how to protect drinking water sources such as rivers, lakes, streams, and groundwater. According to Conservation Ontario, the province needs to protect water sources by managing the influences on a watershed basis. Multiple barriers to prevent contamination include using adequate water treatment and distribution systems, water testing, and training of water managers.

"Prevention really does cost less than clean up," said Angela Carruthers-Coleman, the project manager of source water protection for the South Nation watershed. She was at the North Dundas Council meeting on Mon., Nov. 28, to update the municipal officials about the impending source water legislation.

Locally, South Nation Conservation is paired with Raisin Region Conservation to produce a watershed plan that will mediate the local areas under the provincial legislation.

"Right now we're in the process of collecting technical information for the plan," Carruthers-Coleman told the *Press,* noting that hard copies of the proposed legislation have yet to be circulated. A committee selection process is under way locally to form a steering committee for the watershed plan.

• see WATER on next page

A moment with the PM

Mayor chats with Martin at campaign stop

by Meghan Duncan
Press staff

CORNWALL — Prime Minister Paul Martin made a campaign stop in Cornwall on Thurs., Dec. 1 where he spoke to students at St. Joseph's High School, but only a few others were lucky enough to get a moment with the PM, including North Dundas Mayor and United Counties Warden Alvin Runnalls.

"The ethanol plant, or lack thereof, was a big issue, of course," Runnalls told the *Press* about what issues were discussed with the Liberal leader. "He was surprised. He thought that the [Cornwall] plant was moving forward."

Runnalls said that Martin told his secretary to make a note of it. "He said they would see what they can do about it from their side," Runnalls explained.

But the lack of an ethanol plant seemed to pale in comparison to the closure of other plants in the region, said Runnalls.

"Another big issue was Domtar [closing], but I mentioned [the Nestlé closure], as well," he said. "It's those types of [closures] that will affect the entire region."

Runnalls said that he was "not unimpressed" with the Liberal leader.

"I think he's trying," the mayor said about Martin. "My impression is that he has a pretty good grasp of the issues."

Runnalls was one of a select group of local officials, including the mayor of Cornwall, who had a moment with the prime minister.

This was the second time that Runnalls had the chance to speak with Martin. In 1994, Runnalls spoke to the then finance minister as a member of the Ontario Federation of Agriculture.

"He hasn't changed much," said Runnalls, noting that maintaining supply management was a huge concern then, just as it is today.

But although Runnalls seemed to be persuaded by the PM's political prowess, others were left out in the cold.

St. Joseph's High School students were given the chance to ask Martin questions, but no media, either local or national, were given the opportunity anytime during Martin's visit, and no members of the public were allowed to attend the campaign event.

Conservative MP Guy Lauzon stood outside with John Reynolds, co-chair of the Conservative Party's national campaign and some Domtar employees protesting the plant closure, slated for March 2006.

Santa to appear in Metcalfe

METCALFE — Make sure you've got your list ready. Santa is a busy man. Hot on the heels of his appearances in Winchester, Russell, and Morrisburg, the man in red will be attending another parade in his honor. The Metcalfe Santa Claus Parade will run on Sun., Dec. 11.

The parade, sponsored by the Metcalfe Community Association, will leave Metcalfe Community Christian School on Glen Street at 2 pm and make its way west to Johannes Street, north to Victoria Street, east to Albert Street, and then south to the Metcalfe Community Centre.

There is already a great lineup of floats, but its not too late to get yours in. Call Betty McGowan at 821-1840 to enter a float or to volunteer to help on parade day.

After the parade, everyone is welcome into the community centre for hot chocolate, coffee, and free hot mushroom soup courtesy of Continental Mushroom and AJ's Catering. Children can have their photo taken with Santa and take part in gingerbread activities ($2).

The parade also serves as a food drive. The Metcalfe Lions will be collecting non-perishable items along the parade route.

The Metcalfe Jr. "B" Jets host their Metro-Division rivals the Gatineau Mustangs at 2:15 pm at the Larry Robinson Arena. With the purchase of a ticket, children get a free order of french fries. It's the perfect place to finish the afternoon.

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Greens elect new candidate

CORNWALL — After press time last night (Dec. 6), the Green Party of Stormont, Dundas, and South Glengarry selected its candidate for the Jan. 23 federal election at Cornwall's Ramada Inn. The nomination meeting saw party members choose between Doug Beards of North Dundas, the current president of the local Green Party Riding Association, and Jeanie Warnock, also a member of the Green Party Executive Committee.

Doug Beards is a semi-retired electrical engineer who opted out of the full-time, high-tech "rat race" several years ago in order to pursue his other great interest — small-scale organic farming. He has lived with his wife in North Dundas for the past nine years, and continues to practise engineering part-time at a start-up company in Ottawa.

Beards said he believes passionately that Canadians must make the transition to sustainable practices, particularly in agriculture, in energy usage, and in health care. He supports the Green Party because he wants to inform Canadians about the need for such sustainable practices and to give Canadians a way to tell their government, through their votes, that they demand them.

Jeanie Warnock, describes herself as "a horse trainer, riding instructor, and professor –- in that order." Warnock, who holds a PhD in English literature and teaches literature and composition at the University of Ottawa, has lived in the riding for the last 20 years.

She is excited by the prospect of representing the voters of SD&SG and hopes to bring honesty and integrity to the political arena. "Politics should be about service — to your community, your country, and ultimately, your world," she said. "Not about personal ambition and self-interest." Warnock, who grew up on a beef farm in Quebec, has studied the psychology of environmentalism and has a long-standing interest in organic farming.

The Green Party looks forward to the possibility of seeing the first Canadian Green MP elected on Jan. 23. The party is convinced that SD&SG is one of the top five ridings across Canada where this could occur.



Sparkling procession

The Grenville Parks float was one of 51 to light up the night at Winchester's annual Country Christmas Parade of Lights on Dec. 3. *Press Photo – Duncan*

Continued from the front page...

Water

Carruthers-Coleman said that if the legislation is passed, conservation authorities across the province will have a significant amount of time to complete the respective watershed plans.

"It will be a timeline of years, not months," Carruthers-Coleman said. "We will be reviewing the legislation as soon as possible."

The amount of time to create the plan is a priority to some, who feel that all groups need to be represented and respected when it comes to the controversial management plan.

"One group that isn't being well looked after and compensated is the farmers," said Deputy-Mayor Bill Smirle, noting that the legislation may impose numerous regulations on the agriculture industry. "We can't continue to take advantage of them."

Carruthers-Coleman told council of an old well in a basement of a Glengarry County home. Left uncapped, when the house caught on fire, fire retardant, oil, and other materials got into the well and polluted the entire aquifer affecting 30 homes.

"It really brings to light what can happen," said Mayor Alvin Runnalls.

Councillor Estella Rose is on South Nation Conservation's clean water committee and said that there has been a lot of funding given to cap wells in this area.

"We try to provide incentives to help people with the things that we see as a problem," she said, explaining that a farmer is more likely to fence the area of their property that borders a water source if some funding is available. Rose is also a member of the Rideau Valley Conservation Authority Middle Board Advisory, because some of Mountain Township where she resides falls within the Rideau Valley watershed. Rose said that she would be also be interested in expressing her views on the South Nation Source Water steering committee.

The South Nation Conservation clean water committee is separate from the steering committee that will be formed specifically to deal with the Source Water Protection legislation.

Since the Walkerton Inquiry in 2000, conservation authorities across Ontario have worked with the province and other stakeholders, including municipalities and the farming community, to provide expertise in developing the best approach to source water protection, stated the Conservation Ontario press release.

Locally, the Raisin Region and South Nation Conservation Authority staff will be thoroughly reviewing the legislation content and will provide more detail in the near future.

Elaine MacDonald hits campaign trail

CORNWALL – Elaine MacDonald of Cornwall will once again be the federal New Democratic Party candidate for Stormont-Dundas-South Glengarry.

"I've been looking forward to this rematch since June 2004," said MacDonald. "In that election we made some significant gains and we are building on these, as well as on the spectacular performance of Jack Layton and his team in Ottawa."

MacDonald is a teacher, community activist, and labor leader. She sits on the board of directors for the United Way of Cornwall and District, is a founding member of the SD&G Coalition for Social Justice, and serves as chair of the Status of Women and Human Rights Committee of the Ontario Secondary School Teachers' Federation. She also leads the Cornwall chapter of the Ontario Health Coalition and is president of the Cornwall and District Labor Council.

MacDonald issued a press release stating that she anticipates health care will be the overriding concern in this election. She noted that it was Paul Martin's failure to assure Jack Layton that he would strengthen national public health care that forced Layton to withdraw his support for the Liberals.

Lori Taylor, a Cornwall AIDS activist and teacher with responsibilities for human rights at the provincial level for the Ontario Secondary School Teachers' Federation, returns as MacDonald's veteran campaign manager.



Trouble at the tea party

Loretta Walsh (Diana) and Kathleen Egan Veinotte (Anne) appear in Morrisburg's Upper Canada Playhouse production of *Anne* through Dec. 18. Written by Paul Ledoux, the play is based on the classic Canadian novel *Anne of Green Gables* by Lucy Maude Montgomery.

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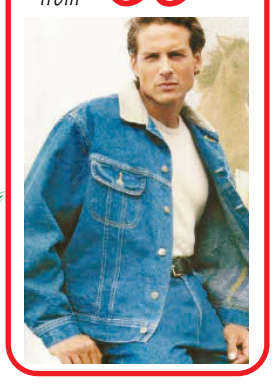

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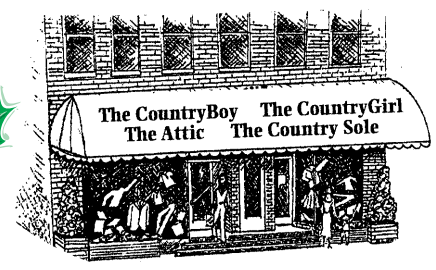

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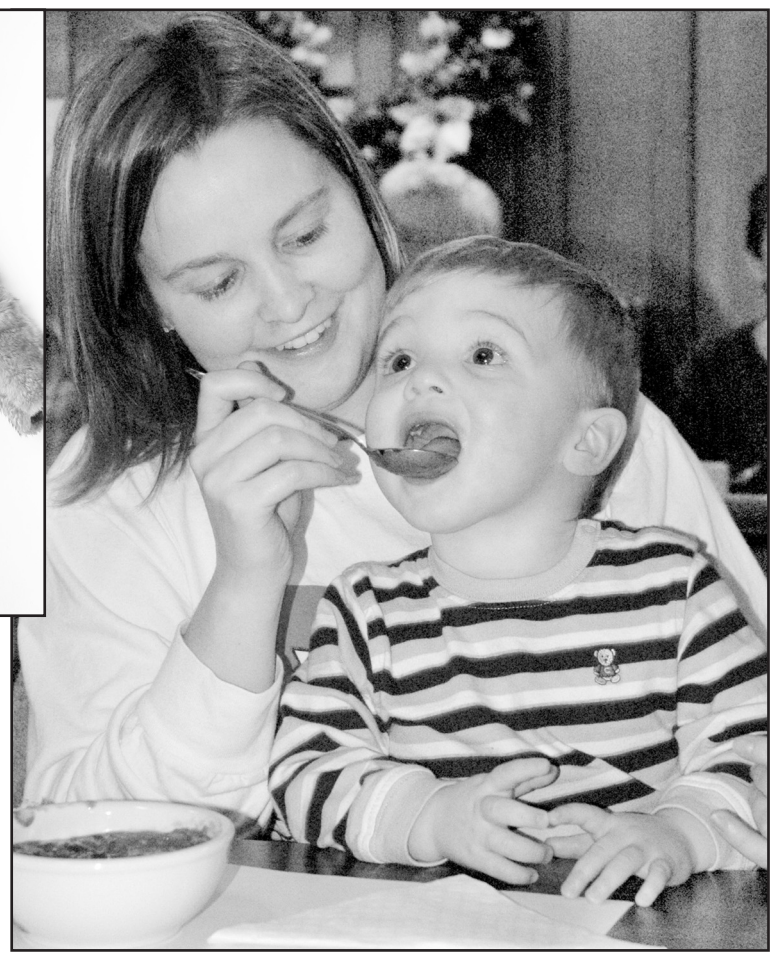


Above: Marion Carkner put out some donuts in preparation for a pre-parade meal of soup and sandwiches at the Winchester Wesleyan Church. Phil Garby was serving up hot dogs at a pre-parade meal at the Lions Hall before donning his fur coat and illuminated hat and heading out to march in the parade



Pre-parade antics

Above: Carmen Musgrave and her two-year-old son, Alex, of Kemptville, were at Winchester United Church's pre-parade chili dinner on Sat., Dec. 3. Alex's verdict on the homemade chili? "Yummy!" At left: Alex VanDelst, 1, of Winchester met the big man in red for the first time at the Winchester Royal Bank before the Parade of Lights on Sat., Dec. 3. Below left: Children gave their undivided attention to Mary Lambert during her show on Sat., Dec. 3 at Winchester Public School, prior to the parade.

Photos — Barbour, Duncan





Four-year-old Hannah Marcellus of Russell (daughter of Hawks coach Todd Marcellus) was among the youngsters who enjoyed hot dogs at the Lions Hall before taking in the parade.

MPAC rep reassures North Dundas council of improved responses

WINCHESTER – The Municipal Property Assessment Corporation (MPAC) is improving.

That was the message that Randy McDonald, municipal and customer relations representative, brought to North Dundas council on Nov. 28. McDonald provided some information about MPAC, outlined some of the changes that have taken place, and then fielded some questions.

MPAC assesses over 4.4 million properties annually and employs 1,500 people in 36 offices. MPAC is governed by a 15-member board of directors, eight of whom are municipal representatives, five who represent property taxpayers, and two that represent provincial interests. All board members are appointed by the provincial minister of finance. Winchester's closest board member is the mayor of Hawkesbury, Jacques Hétu.

The current assessment is based on January 2005 values. McDonald explained that 85 to 90 per cent of a property's value is based on location, lot size, building size, quality of construction, as well as age and condition of the building. Only 10 to 15 per cent of the value is based on amenities such as pools, decks, garages, and fireplaces.

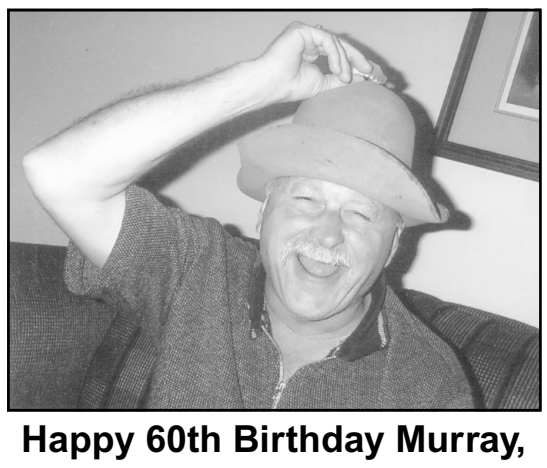
In an effort to respond to property owner enquiries and complaints, MPAC changed its assessment notices to include the previous assessed value of the property and the percentage change from the old value to the new value –- two commonly asked questions. The company has also expanded the assessment mailing period from two weeks to 10 weeks to provide a faster response to enquiries and prevent bottlenecks in the complaint and reconsideration processes. It also added more call centre staff and extended hours.

McDonald outlined the changes that North Dundas has seen since the last assessment. The biggest change was a 49.31 per cent increase for the mutli-residential property class. "It's happening in small markets that are next to big markets," said McDonald. "Smaller investors are coming out of Toronto and Ottawa and paying top dollar for properties. There's a much bigger demand outside of Ottawa and there's no new [multi-res] construction."

With regards to residential properties, McDonald pointed out that on 258 valid residential sales in North Dundas Township the average sale price was $151,095 and the average assessment of those properties was $139,269, making the assessment to sales ratio about 92 per cent.

"We're actually coming in a little low," he said about the assessments.

MPAC can be found on the Internet at www.mpac.ca and can be reached by phone at 1-866-296-6722.



Happy 60th Birthday Murray, You Old Fart

Love you forever, Judy

'Kill-a-Watt' meters available from OPL

OTTAWA — Library patrons in Metcalfe and Vernon and other parts of the City of Ottawa can save electricity and money with the new "Kill-a-Watt" lending program that allows Ottawa Public Library (OPL) cardholders to borrow a compact digital power meter to measure the consumption of home appliances. The Kill-a-Watt meters help people become informed energy users and thus reduce their power consumption and costs.

Approximately 75 Kill-a-Watt meters are in the OPL collection and can be borrowed from any OPL branch for a three-week loan period. OPL viewed this partnership as an efficient way to provide a valuable service to its patrons with relatively little effort because its business is already circulating resources.

"Thanks to support from the City's Community Environmental Projects Grant Program, we're pleased to offer this money-saving service to library users," said Dana Silk, the general manager of Ottawa's EnviroCentre, a non-profit organization that delivers energy-efficiency services.

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NDDHS bands get separate parent council

by Chris Hudson

MAPLE RIDGE — The last meeting of the North Dundas District High School Council came to order at 7 pm on Wed., Nov. 15. Principal Brenda Ramsay was not able to attend — two brand new grandchildren kept her in Toronto.

The school bands will perform a series of concerts in the coming weeks. All senior and junior concert and jazz bands performed at Maple Ridge Senior and Nationview public schools on Nov. 29. People attending the Silent Auction on Dec. 3 were able to enjoy a performance by the senior jazz band. Senior concert performers entertained holiday revellers at the annual Parade of Lights, also on Dec. 3. The NDDHS Winter Concert will take place on Dec. 14 at the high school.

In addition, a parent council specifically for the bands has been created. Parents with music skills or who are interested in helping and supporting the bands are encouraged to join. This council held its first meeting on Nov. 8. The next meeting will take place on Jan. 19 at 7:15 pm.

Teachers reported that the Remembrance Day ceremonies were a success and that the joint junior and senior assembly worked well. Particular mention was made about the students' respectful and positive attitude. Stephen Henderson, the staff representative, reported on a busy schedule for the basketball and volleyball teams.

The school fund raising committee held the annual silent auction on Dec. 3.

For all who are wondering about report cards, they were handed out on Nov. 24. If you haven't seen the report, it's time to ask your son or daughter. For most students, the Friday PD way was a welcome break.

Suzanne Grisel, the school council community representative, reported that the stop smoking program "Quit for Life" is enjoying good participation. As well, the dietician will be making presentations to students to prepare for the Fruit and Vegetable Challenge that will encourage classes to compete to be the class that consumes the greatest number of servings of these two food groups.

School council discussed options for fundraising at the school. Areas of interest are to continue to replace the chairs that are used for school events, to increase the number of DVD players for the school, and to purchase other audio visual equipment. School council has supported the annual graduation ceremony with funding, both for the ceremony itself and for the provision of awards. Fundraising discussions ranged from dances and dinners to promotional sales. This item will be on the agenda again for the Jan. 17 meeting.

The next Dundas Committee of School Councils' meeting will take place on Dec. 8 at the Dixon's Corners Public School.



Santa visits House of Lazarus

Patrick Walter of Kemptville was happy to receive a candy cane from Santa at the first annual Christmas Sale at the House of Lazarus on Sat., Dec. 3. The Lazarus House Annex, where larger household items are kept, was open for the occasion — it's usually closed at this time of year. The organization held the sale to raise money for the food bank. *Photo — Barbour*

Police blotter

Body found

LANCASTER— SD&G OPP officers responded to a call on the South Service Road near Lancaster in South Glengarry Township on Dec. 5 at about 5:50 pm, where they discovered the body of an unidentified adult male.

The South Service Road, between Highway 34 and Wesley Road was closed throughout the day on Tues., Dec. 6 while officers continued their investigation into the suspicious death. The investigation is being conducted by the Eastern Region Crime Unit with the assistance of the OPP Criminal Investigation Branch (CIB).

No other details were available at press time. If anyone has information about this death, they are asked to call the SD&G OPP at 613-534-2223 or 1-888-310-1122 or Crime Stoppers at 1-800-222-TIPS.

Drug bust

SOUTH DUNDAS — The SD&G OPP officers, the Criminal Investigation Unit, and the Project Paragon drug enforcement team executed a CDSA search warrant at a residence located along Sir James Morris Drive in South Dundas Township near Morrisburg.

As a result of the seizure of a quantity of narcotics from the home, five adults will face a number of drug related charges.

The investigation is continuing and anyone with information in relation to this incident, or any drug related activity, is asked to contact the OPP or Crime Stoppers.

Have you seen this man?

LONG SAULT — As a result of investigations by members of the SD&G OPP and Criminal Investigation Unit into a rash of break and enters that occurred last week in Stormont and Glengarry Townships, two Cornwall men were arrested on Dec. 1, and each will face charges of breaking and entering in relation to twelve separate occurrences.



A third Cornwall man, 31-year-old Marc Jodoin, is still at large and is being sought by police on a warrant held by SD&G OPP. Jodoin is wanted in connection to the same wave of break and enters.

Anyone with information as to the whereabouts of Jodoin is asked to contact the OPP at 1-888-310-1122 or Crime Stoppers at 1-800-222-TIPS.

OPP Festive RIDE takes aim at impaired drivers

LONG SAULT — The holiday season is almost upon us, and the Ontario Provincial Police wants to remind the motoring public of the danger of mixing alcohol with driving. Until Jan. 2, the OPP will team up with police services across the province for the annual Festive RIDE (Reduce Impaired Driving Everywhere) campaign.

Impaired driving remains the leading criminal cause of death in Canada. OPP officers will be out in an effort to remove the threat of the impaired driver, and reduce the death toll on Ontario roads.

Last year, during the five-week OPP Festive RIDE initiative, officers stopped 450,582 vehicles at roadside checkpoints, 294 persons were charged with criminal code alcohol-related offenses, and a total of 664 12-hour licence suspensions were issued. Officers also issued 315 of the 90-day Administrative Drivers Licence Suspensions. For every 470 vehicles checked at our RIDE locations, one driver was either charged with an impaired driving related charge or was issued a 12-hour licence suspension.

During the Festive RIDE campaign last year, officers investigated 37 fatal collisions in which 41 people lost their lives. Three of these fatal collisions were alcohol related.

In SD&G, officers checked a total of 5,064 vehicles at RIDE checkpoints. There were 19 persons charged with criminal code alcohol-related offenses and 32 12-hour licence suspensions were issued. RIDE checkpoints will again be initiated throughout the United Counties. With several available alternatives to drinking and driving, there is no acceptable reason for getting behind the wheel after consuming alcohol.

OPP officers will be doing their part to remove impaired drivers from our roadways. Please do yours by not drinking and driving.



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Local hydro workers home

WINCHESTER — Five Hydro One workers from Winchester, part of a team of 21 workers sent to help with the Hurricane Wilma impact in Florida, returned home on Sun., Nov. 13. They spent almost three weeks in the sunshine state trying to restore power to the area.

John Durant, the front line manager for the Winchester area, said the crew worked 16-hour days in areas around Miami, but said the damage wasn't as bad as the Eastern Ontario ice storm.

Other members for the crew from Winchester that left on Oct. 26 were Simon Else, Darrel Schelp, Rob Steele, and Carl Zwicker.

Other workers on the crew were from Vankleek Hill, Brockville, Arnprior, and Perth. The crew's 14-truck convoy was obviously Canadian, with the red maple leaf proudly displayed above signs that read "We're here to help" and "We hate Wilma."

Florida Light and Power paid for the workers' expenses.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DROP-IN HOURS 9:00 am-12:00 noon Monday, Tuesday, Thursday & Friday EVENING HOURS 6:00 pm-7:30 pm First and third Tuesday of the month				1 FR/ENG DROP IN Smart Snack 1 of 3	2 DROP IN Stroller Fitness 10 am	3 Parade of Lights! Hot Chocolate 5-6 pm
4 Theme: CELEBRATING THE SEASON	5 DROP IN Watch Me Grow 9:30-11:30 am Watch Me Grow ONLY 1-3 pm	6 AM DROP IN Evening Drop In 6:00-7:30 pm	7 NO DROP IN! L.L.L. Enrichment Mtg. 7:30 pm	8 FR/ENG DROP IN Smart Snack 2 of 3	9 DROP IN Stroller Fitness 10 am	ONGOING ACTIVITIES DURING DROP IN INCLUDE: TOY LENDING LIBRARY, SNACK ATTACK, WATCH ME GROW, FUN WITH BOOKS/ J'AIME LIRE, RESOURCE LIBRARY FOR PARENTS/CAREGIVERS & STROLLER FITNESS
11	12 DROP IN Watch Me Grow 9:30-11:30 am Watch Me Grow ONLY 1-3 pm	13 AM DROP IN *Creative Art w/Kathy Moss 1-3 pm	14 NO DROP IN!	15 FR/ENG DROP IN Smart Snack 3 of 3 La Leche League 7:30 pm	16 DROP IN Stroller Fitness 10 am	
18	19 DROP IN Watch Me Grow 9:30-11:30 am Watch Me Grow ONLY 1-3 pm	20 AM DROP IN Evening Drop In 6:00-7:30 pm *Caregiver Evening 7:00 pm	21 *Christmas Party with Santa Winchester Community Centre 10 am-12 noon	22 AM DROP IN Lynne's Literacy Day! 10:30 am	23 DROP IN Stroller Fitness 10 am	
25 Merry Christmas	26 Hanukkah Boxing Day CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	

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WDMH to participate in smoking cessation initiative

WINCHESTER — Health Promotion Minister Jim Watson announced a grant of $250,000 for the University of Ottawa Heart Institute (UOHI) on Nov. 9 to fund program expansion of the institute's highly successful smoking cessation program. Winchester District Memorial Hospital (WDMH) is one of 10 hospitals that will be participating in the initiative.

Minister Watson said that the Heart Institute has developed an innovative, world-class approach to identify and treat all smokers admitted to the institute.

"We have made important breakthroughs in treating smokers admitted to our facility," said Dr. Andrew Pipe, director of prevention and rehabilitation services at the UOHI. "Last year, 49 per cent of the 1,300 smokers identified by the program were still not smoking six months after being discharged. This improves on the success rate of conventional cessation methods by more than 15 per cent."

A major outcome of the smoking cessation program, as identified by the UOHI, is the reduction of readmission to hospital for heart attacks. A significant portion of smokers are admitted to hospital and they usually require longer and more extensive care. The expanded program is expected to help an additional 2,100 people quit each year.

"We are proud to be a phase one pilot partner for this initiative," said Phil Marleau, vice-president of clinical services for WDMH. "We are entering this study that builds upon best practices developed by the University of Ottawa Heart Institute and applying these to our patients. We will be working with Dr. Bob Reid, chief scientist for this initiative, and Bonnie Quinlan, research co-ordinator for the smoking cessation project."

The day-to-day program administration will be conducted by a nurse who will work with the Heart Institute out of WDMH. The initiative comprises three steps. First, upon admission, a patient is identified as a smoker. Second, the patient is informed about the opportunity to become involved in the research study. Should the patient enroll in the program, he or she will work with the designated project nurse to establish a smoking cessation protocol that works best for the patient. Third, the patient's progress is monitored following discharge from the hospital.

Dr. Graham Jacques is serving as WDMH's physician champion for this program. In that role, Dr. Jacques will promote the benefits of participating in the smoking cessation program to both patients and the medical community.

"I have become a champion for smoking cessation over the years and I even taught smoking cessation classes for some time," said Jacques. "This smoking cessation initiative is exactly the kind of program our hospital must be involved in. We are applying a time-tested and proven methodology to our patient population. The program is financially supported and has the advantage of having dedicated human resources to oversee implementation. I am very pleased to see it is in this hospital. As a physician, it is so disheartening to see someone who is relatively young suffer a heart attack or suffer any ailment that is related to the smoking habit. This project offers a higher level of success in breaking the smoking habit."

Euchre winners

by Jean Casselman

WILLIAMSBURG – The winners of the Williamsburg euchre held on Nov. 23 were as follows: The white cards were won by Everett Froats, Carolyn Dawson, and Irene Carr. The yellow cards were won by Keith Scott, Betty Barkley, and Lorraine Tupper.

The door prize winners were Keith Scott and Harold Gallinger. The draw was won by Joyce Young (2), Audrey McLaren, Dwain Hess, and Muriel Miller.

The next euchre will be held tonight (Wed., Dec. 7). Everyone is welcome.

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Full steam ahead for Alight at Night festivities

MORRISBURG — Since its inception in 2001, Upper Canada Village's Alight at Night festival has brought something new each season for the thousands of visitors who come out to enjoy the lights. This year is no exception.

The newest component to the Alight festival will take visitors outside of the village itself, for a special experience that is certain to be of appeal to families, especially those with young children. Everyone has seen the nostalgic image of a toy train circling around the base of a Christmas tree, ready to bring delight to the children who discover it on Christmas morning. With the help of Scotiabank as a major program sponsor, Upper Canada Village has been able to bring this image of a toy train to life, so now kids of all ages can actually hop on board a real toy train for a magical tour!

"It keeps building and building, and that's what's important," said Stormont-Dundas-Charlottenburgh MPP Jim Brownell at the official opening cermonies of this year's festival on Thurs., Dec. 1.

The toy train is a miniature train that seats up to 60 people at time. It will be covered in lights, and will take visitors on a round trip through Crysler Park to see delightful new light displays along the way. The toy train will run every night (weather permitting) throughout the village's Alight at Night festival.

Tickets for a train ride will sell for $3.50 for adults, $2.50 for children ages five to 12, and $1 for children ages two to four. Thanks to the generosity of numerous companies in the local region, rides for children 12 and under will be free on designated evenings, through nightly sponsorships of the toy train. Visitors are encouraged to visit the village website to view the sponsored nights, and upon arrival, to book their tickets early, as space on the train is limited. Children 12 and under must be accompanied by an adult on the train.

Every night starting at 5 pm from Dec. 1 to Jan. 6, the village will once again be transformed into a magical winter wonderland, with brilliant lights decorating its collection of heritage buildings and much of the grounds around them, including trees and fences — this year with close to 200,000 lights!





Gary Mallon (left) sang to Abby Porter, 8, of Cardinal during Alight at Night's official opening ceremonies at Upper Canada Village on Thurs., Dec. 1. Inset: Twinkling LED lights add to the appeal of the lit-up Village during the fifth annual Alight at Night festival. *Press Photos — Duncan*

Visitors can again enjoy the sights by choosing to stroll around the 19th century village on foot, or they can catch a ride on old-fashioned horse-drawn wagons. Admission to the event remains family friendly, but there is an additional cost for wagon rides.

Back by popular demand, the village will be offering romantic horse-drawn rides for two in a carriage, sponsored by Pommier Jewellers of Cornwall. Couples can cuddle up for their own private tour, and will be provided with a gourmet departing gift featuring village-made bread and cheese, as well as sparkling apple cider. Romantic carriage rides must be reserved in advance. Space is limited; call early to book. Last year the festival's season had to be extended to accomodate the over 140 reservations of the carriage.

Visitors can again top off their visit to Upper Canada Village's Alight at Night festival with a stop at the Harvest Barn, where nightly dinner specials and other warm-you-up foods and beverages will be offered.

The Village Store will be open every night during the festival as well, offering a unique selection of Christmas gift ideas. Photos with Santa will be available Friday, Saturday, and Sunday evenings. Thanks to a new event sponsor, Cadbury, visitors are also encouraged to keep a look out for the Cadbury Magical Elf, who will be in and around the store each evening until Dec. 23, greeting visitors and handing out free chocolate samples. Fresh village-baked bread will be for sale on select evenings at the Village Store (while quantities last). The Village Café will offer a second venue to warm up with hot drinks and snacks throughout the festival.

Special Alight at Night overnight packages for families and couples are also available for out-of-town visitors or anyone wanting to indulge in a little holiday getaway.

For more information, visit www.uppercanadavillage.com.

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CHRYSLER Jeep® DODGE FIVE STAR

A sad reminder

Yesterday (Dec. 6) marked the anniversary of the day that 14 women were murdered at L'École Polytechnique de Montreal in 1989. They were killed because they were women.

The date of the Montreal Massacre, as it has been dubbed, was recognized as the National Day of Remembrance and Action on Violence Against Women by the Canadian government in 1991. It is a reminder to consider the ongoing problems our society has with violence, and particularly violence against women.

The SD&G OPP responds to about 100 domestic disturbance calls every 90 days. Charges are laid in about 30 to 40 per cent of these cases. This is too many. When coupled with the fact that much of domestic violence is unreported, it is even more unacceptable.

Home should be a safe place for everyone. To be assaulted by someone in one's own home — in what should be one's sanctuary from the troubles of the world — is the worst kind of transgression.

We're certainly not saying that only men commit acts of violence. That is clearly not the case. In fact, SD&G is a bit unique in that about 50 per cent of the domestic disturbance calls come from men, according to the OPP. Whether legitimate or a case of "I'll tell on you before you tell on me," men are also sometimes at the receiving end of violence in our area.

Family violence, whether perpetrated by men or women, is especially abhorrent when it is viewed by children. According to a pamphlet about child witnesses of woman abuse distributed by Winchester's Naomi's Family Resource Centre, children exposed to violence are more likely to have behavioral problems, health problems, and problems in school. Boys who witness their fathers abuse their mothers have a 1,000 per cent greater chance of abusing their partners in future relationships than the sons of non-violent fathers.

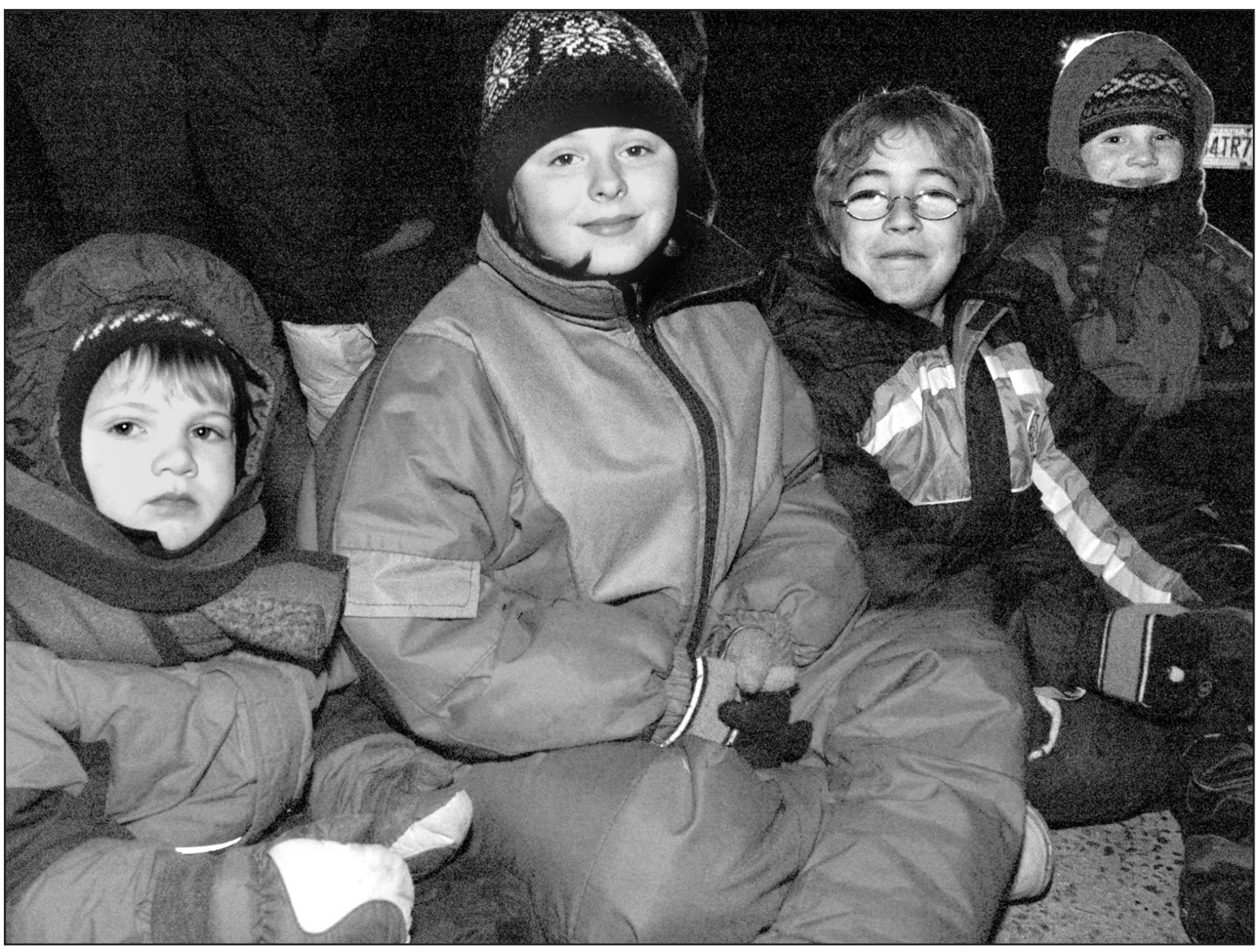
This is why speaking up is so important. Violence is a cycle that affects generations to come.

What can you do? Support safe havens such as Naomi's Family Resource Centre. Be open to hear reports of violence from children and adults that you know — telling the first person is the toughest. Call the police when you suspect violence. Model non-violence with your actions and with your words. Talk to your children about violence and monitor what they watch on TV and the videogames they play.

We must not tolerate violence. We should not encourage it among our athletes. We can not stand for it in the school yard. And we must do our best to stamp it out in the home.

Each year, the death of 14 Canadian women should give us pause. Remember them and the many others that die each year in Canada as a result of violence.

B.J.



Three-year-old Dawson Givan (left), Riley Cronin, 10, Zack Cronin, 8, and Jackson Givan, 5, were all bundled up and eagerily awaiting the start of the Parade of Lights on Sat., Dec. 3. The Givan family from Williamsburg and the Cronin Family from Winchester watched the 51 floats go by from a spot along the south eastern part of Main Street.

Press Photo – Duncan

Maybe a genius, but John Lennon was no hero

From the Other Side
by Jeffrey Morris



Am I the only one in the world who doesn't like the Beatles?

I can't stand sitting around with people talking about music because inevitably, the Beatles come up. I used to hide my dislike for them because I was afraid of being even more ostracized and feeling more socially isolated than I normally did. But now, as I've grown reckless and irreverent, I have no problem throwing something into a discussion like Twist and Shout' is okay but I think most of their music sucks."

Are they the best band ever? No. I've got U2, Queen, INXS, Abba, Alabama, and even Men Without Hats and many more way ahead of them. As far as I'm concerned, the Beatles are probably the fourth best band to ever come out of Liverpool, behind Frankie Goes to Hollywood, the Human League, and Flock of Seagulls.

So I'm expecting you and I are not on the same page musically, and I'm fine with that, as long as you are.

But this week, as we are getting pounded with Beatles music and stories about the saintly John Lennon and the deranged man who shot him 25 years ago, we should all stop and think about what an idol or role model is and who should warrant our hero worship.

John Lennon's death was tragic, but I am not going to fall into the grandiose abyss of myth surrounding him. John Lennon was a talented musician who some call a musical genius. That's it. He was no role model and he was no hero, even though we try to see him that way because he was gifted. Our culture does not want to deal with the thought of John Lennon as a weak man, a coward, a drug addict, an exhibitionist pervert, or a terrible father.

I remember thinking it was sad and disturbing when John Lennon was murdered, but I thought the people that came to high school wailing in each others' arms and wearing black arm bands and writing poems about John Lennon carried it a bit too far.

When Julian Lennon burst on the scene later in the 1980s and I saw an interview with him, he painted a dark and unpleasant picture of the man so many worshipped. In the recently released book John, written by Julian's mother, Cynthia Lennon, Julian bluntly tells it like it is in the foreword.

Julian Lennon describes his father as "the father I loved and who let me down in so many ways" and as a "remarkable man who stood for peace and love in the world. But at the same time, he found it very hard to show any peace and love to his first family — my mother and me."

Cynthia Lennon's book isn't a hatchet job on her former husband. It's just their story. It is what it is. It's the underbelly of fame that hits musicians, athletes, actors, politicians, and even CEOs and lawyers. For many people driven to succeed, there can be a devastating path of emotional debris that those close to them must deal with. John Lennon was not above that.

Cynthia Lennon recalls how Julian was subjected to violent outbursts and hurtful mocking. Julian, she says, rarely laughs to this day. She also talks about how she came home one day in 1968 to find Lennon with Yoko Ono in their bedroom, and Ono was wearing Cynthia's bathrobe. She was informed of their divorce through the media.

John Lennon is just one of many icons to have skeletons — or an abandoned family — in his closet. Lance Armstrong is coming to town. He will probably bring rock star Sheryl Crow with her. He hooked up with her before the ink was dry on his divorce from the woman who stood behind him and their children. Lance Armstrong is an amazing athlete and a story of determination for his fight with cancer. He's an A-list celebrity who is the greatest winner in the history of the Tour de France. In the Tour de Parenthood, he has tested positive for neglect. I wonder how his family feels when they see people wearing those ridiculous yellow wristbands.

When someone asks me who my hero is, it's simple. My Dad is my hero. If someone asks my kids who their hero is, some day I hope they will say that I am, though I am competing with Harry Potter right now. It doesn't matter if you are married or if you are divorced and a weekend parent. You can still be a hero and role model for your kids. You just have to put your family first and maybe downsize some of your dreams and aspirations to be there for those who need you and love you.

If you can put your family first, then you have done something that John Lennon, Lance Armstrong, and countless other "heroes" could never do. It's just too bad Nike won't sell colored wristbands to honor you.

Jeff Morris is the publisher of the Manotick Messenger, *a sister paper to the* Winchester Press.

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2003 BLUE RIBBON

This week in...
by Meghan Duncan



1935

Results were in from the municipal election in Morrisburg, Iroquois, and Williamsburg townships. Acclamations were recorded in Morrisburg and Iroquois while voters chose a new slate of councillors in Williamsburg Township. Oscar Beckstead's 520 votes won him the title of reeve, while E. Matthew Beckstead (433 votes) was defeated. Edgar Whitteker won the spot of deputy-reeve with 419 votes against his competition, Oscar Coughlar, with 410 votes. Three new councillors were Ezra McMillan, Ross Hess, and Frank Darling. Robert Colquhoun was the fourth council candidate, defeated at the polls.

1955

When the 457 eligible voters in Winchester were asked if they were in favor of a $285,000 debenture for the installation of a water and sewer system, the majority said no. The motion was defeated 209 to 137. More than 100 property owners in the serviceable area did not vote on the issue.

1965

More than 1,500 packed the streets of the village for the annual Winchester Santa Claus Parade. The Morrisburg Police Band led an entourage of floats through the village. Featured in the parade were the Dundas County Dairy Princess Lois Stoodley, and NDDHS's Snow Queen Carol Chambers. Miss Ottawa Rough Rider, Karen Craig, fresh from her appearance at the Grey Cup in Toronto, waved gallantly from her convertible, and got perhaps more attention than the man in red himself, who had traveled all the way from the North Pole for the event. Ken "The General" Grant visited the village from his post at CFRA, and said that he enjoyed the antics of local clowns Jack McIntosh, Al Scott, and Jim Helmer the best.

1975

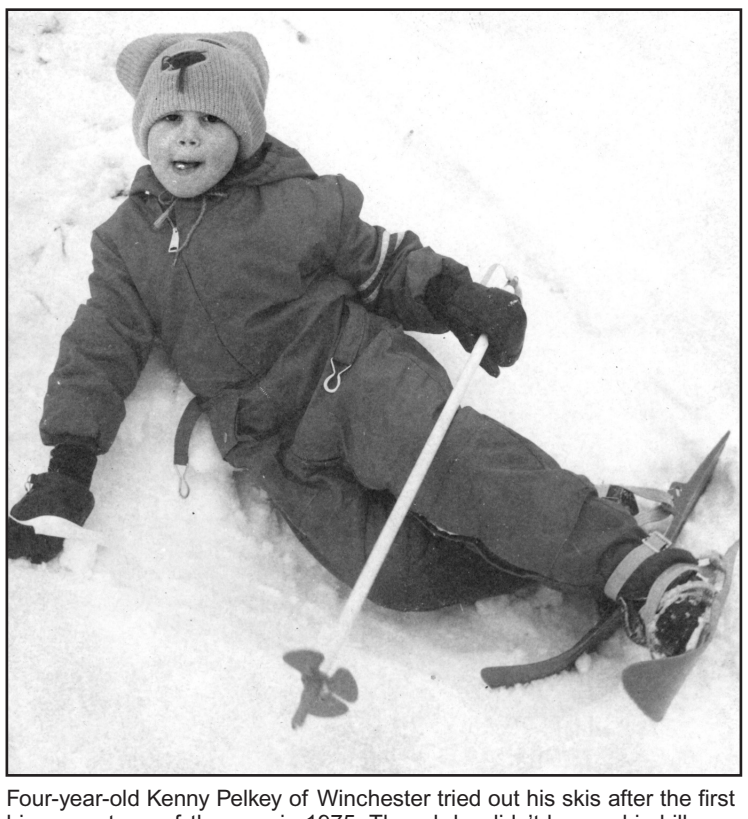
George Beverly Shea returned to Winchester, his place of birth, for a concert sponsored by the Winchester Ministerial Association. The concert was to take place at North Dundas District High School, the only venue in the area big enough to hold the crowds of people who had already bought tickets — the event sold out quickly. Shea was featured weekly on CBC television and radio, and said that upon his return to the village he wanted to see his former home, where Ran Wylie and family were then residing. Shea's father was once pastor of Winchester Wesleyan Church.

1985

A Mountain Township youth was sentenced to 15 months in jail for his part in the theft of two snowmobiles and several break-ins in the area earlier in the year. The 17-year-old was handed the sentence when he appeared in provincial court in Brockville, following several charges laid by SD&G OPP officer Ken Hawkins the previous February.

1995

Kitty litter, paper lunch bags, and candles help make Christmas a little brighter in one corner of Winchester. Each year, the residents of Fred Street did their part to help construct a runway for Mr. Claus, and 1995 was no exception — it would be the fourth year in a row the neighbors had joined together for a little Christmas spirit. By placing kitty litter or sand in a brown paper bag, and placing a lit candle inside, the bag would not blow over and the candle would not blow out, organizers explained. Enough lamps along the end of residents' driveways helped Santa's reindeer find their way to the Fred Street houses and the village of Winchester. The candles also attracted drive-by spectators.



Four-year-old Kenny Pelkey of Winchester tried out his skis after the first big snowstorm of the year in 1975. Though he didn't have a big hill or a ski lift, he seemed to enjoy himself.



Parade marks season

The Williamsburg Oddfellows float, lower left, was one of the more than 40 entries in the annual Morrisburg Santa Claus Parade. Parade marshal George Davies was pleased with the results. "It was a super parade — again," he said.

At left, Larry Bilmer travelled from Long Sault with his mules to take part in the annual Morrisburg Santa Claus Parade.

Photos — Barbour





Who's been naughty? Who's been nice?

Santa Claus tried something different during his annual Morrisburg parade appearance on Sat., Dec. 3. Instead of riding in his sleigh, he stood and sometimes sat at a table, writing names into a large book.

Letters To The Editor

Misguided mail

This letter was forwarded to the Press *by mistake. We print it here in hopes it will reach its intended recipient.*

Dear Santa:

This is my first time writing to you. I am 100 years old and my name is South Mountain Library. I was a good library this year and I have many Friends.

I saw many activities and improvements this year. You may not know that there was a tea party and a quilt raffle for my 100th anniversary in April. The Great Willie showed some of his magic tricks to people of all ages.

Some of the other activities I took part in this year included a garden workshop, a book signing by local author Steve Thompson, a summer reading program, a parents' workshop on Internet safety, a Harry Potter fun day, a gingerbread house workshop for families, an open house, a March Break program with a local author, a teen book club, and computer training.

I enjoyed those activities with my readers, and best of all, more books have been borrowed, which improves my monthly statistics. Thanks to all the avid readers, I've received an extra librarian for some hours. Wow!

The Canada Day book sale was a success as a fundraiser, and I got more books for my shelves.

People can now donate to the Friends of the South Mountain Library and receive a charity receipt, because the group is now a registered charity. People can donate through the United Way as well. Tote bags are for sale at all Friends' activities.

I received some improvements this year, such as coat hooks, storage bins, decorations, a telephone message machine, curtains, and a donated water cooler supplied with water. There will soon be hot water for my bathroom.

Santa, I was told we are never too old to wish. I would like to wish for a bicycle rack. Quite a few people visit me with their bikes during the warm season. My second wish is to have a donation to cover the teen book club books. You can ask Peggy to order some on your behalf — she will be happy to see you before Christmas.

My third wish is to have some French junior books –- again, ask Peggy. I have only one shelf of junior French books and need some more, as young kids prefer to see the books than order them on the Internet.

My last, but not least, wish is to get some goodies to pass on to my librarians during the holidays. They supported and guided me through the whole year.

My address is still Lough Road in South Mountain, across from the fire hall. You can visit me on Tuesday from 2 to 8 pm, on Wednesday from 10 am to noon, on Thursday from 6 to 8 pm, and Saturday from 10 am to noon.

Merry Christmas, everyone.

South Mountain Library

Buying votes

The Editor:

Just this week the federal Liberal Party again reached into its bottomless pit, hauling out another $189 million for aircraft flight simulator CAE of Montreal. This government aid can not be overturned by any future government. Buying Liberal votes in Quebec not only helps the ruling federal Grits, but helps ensure a financially secure future for an independent Quebec. Unfortunately for Domtar Cornwall and Nestlé in Chesterville, the well was dry earlier in the year.

Glen Runions
Cornwall

SLPC receives funds to explore tourism options

MORRISBURG — The St. Lawrence Parks Commission (SLPC) has secured provincial funding to conduct an analysis of how best to increase future tourism business, including a review of the Crysler Park asset, SLPC chair George Assaly announced recently.

The business analysis will identify development opportunities, along with financial projections, including return on investment. When completed, the study will provide a foundation for the development of potential initiatives including new heritage products, accommodation, recreation and retail expansion and related infrastructure requirements.

"The commission looks forward to working with the Ministry of Tourism on this important initiative in building tourism in Eastern Ontario," said Assaly.

The Ontario Ministry of Tourism is providing the SLPC with $400,000 for the business analysis.

"The St. Lawrence Parks Commission plays a key role in supporting tourism in Eastern Ontario," noted Ontario Tourism Minister Jim Bradley. "It is important to provide support to the commission to ensure long-term sustainability of its assets, including potential for development as a catalyst for Eastern Ontario tourism. The economic and business analysis will ensure due diligence necessary to acquire information for decision-making purposes."

For further information contact Michael Paradis, general manager of the St. Lawrence Parks Commission at 613-543-3704.

The St. Lawrence Parks Commission is an agency of the Government of Ontario's Ministry of Tourism and manages tourism and recreational areas from Kingston to near the Quebec border.

Your Opinion Counts

The *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.

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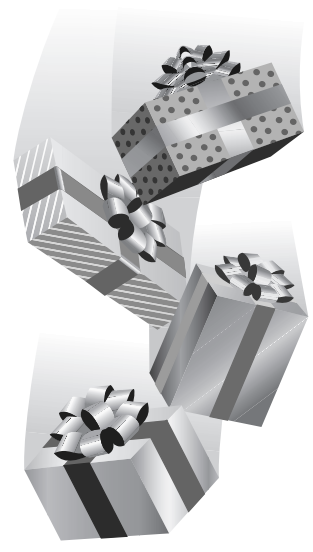

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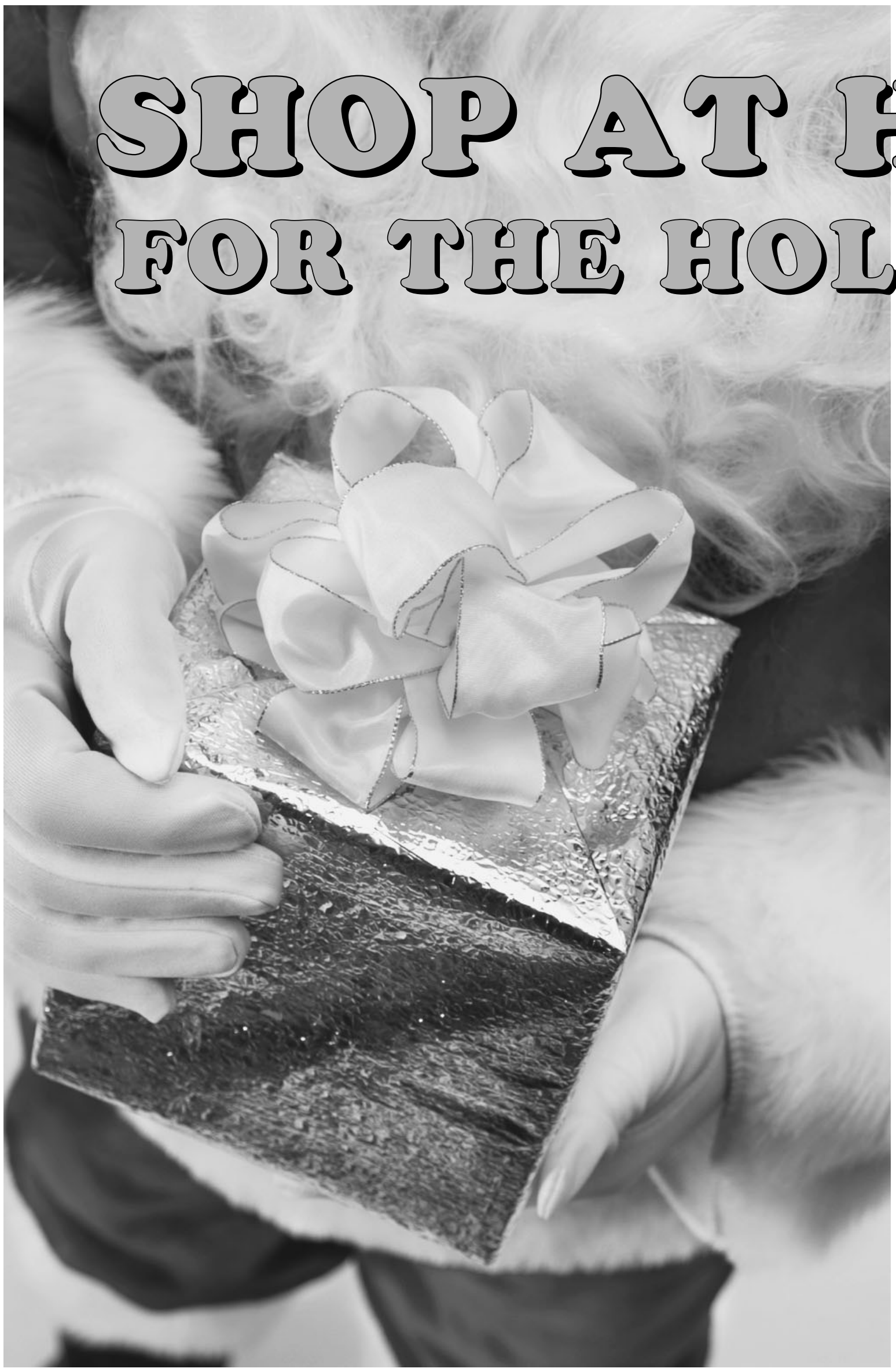

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OTHS bandathon

A long day of music raises thousands

METCALFE — What do you get when you combine 300 music students, five dedicated music teachers, and a passion for global issues? You get a bandathon of immense proportions.

Music students at Osgoode Township High School (OTHS) and Castor Valley Elementary School were among those who took part in a 10-hour bandathon on Nov. 25.



These students were among the 63 who took part in a 10-hour bandathon at Osgoode Township High School on Nov. 25 to raise money for the Red Cross.

"I thought it would be a great thing to do," said OTHS music teacher Reg Lavergne, who was the original organizer. He said he planned to organize a bandathon at his school and then decided to branch it out and get other schools in the board involved. Each school organized its own event, but Lavergne provided some paperwork and structure.

There were 63 OTHS students who participated and 40 students from Castor Valley Elementary School. Stuntman Stu from 106.9 The Bear dropped by, as did Nepean-Carleton MP Pierre Poilievre.

"The kids had a great time," said Lavergne. "The energy in the room was quite amazing."

The band members collected pledges for their 10-hour musical odyssey and raised over $3,600 for the Red Cross.

"There have been so many tragedies in different parts of the world," said Lavergne, who noted he was inspired after reading about the Pakistan earthquake. "We couldn't help with all of them, but the Red Cross is a group that tends to be the first on the ground to any type of emergency."

Five schools agreed to participate on the same day — Nov. 25. Along with OTHS and Castor Valley Elementary, Nepean High School, Broadview Public School, and South Carleton High School hit the stage. Featherston Drive Public School (FDPS) was already in the planning stages of a bandathon, so it too will donate the funds it raises to the Red Cross. FDBS will hold its bandathon in December.



Soup's on!

Once again, students from the family studies class at North Dundas District High School prepared the food for the school's annual Silent Auction and Tea, which took place Sat., Dec. 3. Three kinds of soup were served up by Grade 12 student Sam Long (right) and teacher Jane Boire. The event raised $2,200, which will be used to purchase suppplies for the school, such as audio-visual equipment and musical instruments. *Photo — Barbour*

www.winchesterpress.on.ca

School reaches out to parents to help improve student literacy

WINCHESTER — In mid-November, Winchester Public School opened its doors not just to students, but to parents and guardians. The school hosted a literacy night to help families get off on the right foot when it comes to reading.

"One of the goals we had for the year was to improve reading – the literacy of the students," explained principal Dave Corney.

The literacy night was organized by the primary teachers (Kindergarten through Grade 3) and all parents of primary students were invited. It consisted of three 30-minute workshops that provided parents with tips on selecting materials to read, how to assist a child in learning to read, and helping a child better comprehend what they read. Lynne Walsh was the lead organizer for the evening, and she was assisted by Sherri Guiness, Jennifer Helmer, Martha Hutchison, and Anne Blackburn.

The evening drew a small, but very interested turnout. It was the first time for this sort of program at Winchester Public School and the principal classified it as a success.

"The teachers did an excellent job," said Corney. "Hopefully we can do it again."

He stressed how important it is for families to be involved in reading at home. It helps children view books and reading as something fun versus something that is just hard work.

Winchester Public School started a reading recovery program this year. The program is aimed at Grade 1 students and identifies those that need help. A resource person works with identified children one on one for 30 minutes each day to help bring them up to their grade level in reading and to teach them strategies for learning that they can continue to apply once they reach that level.

A word to the wise. . .
ADVERTISE

WINCHESTER PRESS Holiday Deadlines

Wednesday, Dec. 28, 2005 Edition
Classified advertising deadline
Thursday, Dec. 22, 2005 at 5 pm
News and display advertising deadline
Wednesday, Dec. 21, 2005 at 5 pm

Wednesday, Jan. 4, 2006 Edition
News and advertising deadline
Monday, Jan. 2, 2006 at 5 pm

Our office closes at 5 pm on Friday, December 23, 2005 and reopens at 9 am on Monday, January 2, 2006 (closed Dec. 26-30 inclusive)



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Speedy spree



Bill Vermilyea (back, left), Murray Blair, Barb Scott, Hugh Fawcett, Nora Brown, Rhonda Steele (front, left), Judy Peddle, Dianne Fawcett, and Andy's Foodland owner Andy Hamel. *Press Photos — James*

WINCHESTER — Andy's Foodland in Winchester was the site of some seriously speedy shopping on Sat., Dec. 3 as five women took to the aisles in a tag-team three-minute shopping spree. The spree had been purchased at the Winchester District Memorial Hospital gala auction in June by Dianne and Hugh Fawcett; Judy Peddle and Murray Blair; Barb Scott and Bill Vermilyea; Nora and Gary Brown; and Rhonda and Joel Steele. The ladies managed to rack up $918.85 in groceries.



Nora Brown



Rhonda Steele



Dianne Fawcett



Barb Scott



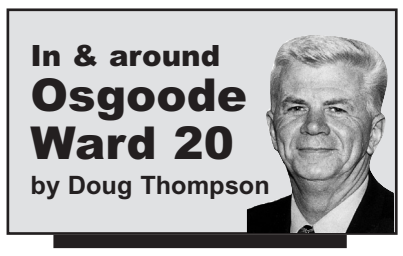
Judy Peddle

Loucks-Boothby



Lynn and Gisele Loucks of Morewood are pleased to announce the marriage of their son, Carl Kevin, to Julie Ann, daughter of James and Joan Boothby. The wedding took place on Sept. 24, 2005 in Perth. They now reside in Perth.

Budget, Christmas make for busy season



METCALFE — I truly appreciated all the responses, whether personal, through e-mail, or by phone to me by residents about the municipal budget. Your comments have been very beneficial as I begin the long process of dealing with the City's budget for the coming year. The main priorities seem to be road construction and maintenance, fees for use of municipal facilities (rinks, halls, sports fields), and ambulance and police services. The budget will be finalized early next week.

SURVEY RESULTS

Our office is tabulating the results of the survey that was e-mailed or hand delivered to a portion of our residents. We received a total of just over 1,000 surveys. The results will be made public next week.

CHRISTMAS ATMOSPHERE

This past weekend our community officially kicked off the Christmas season. St. Catherine's Catholic School in Metcalfe held its Santa Pancake Breakfast last Saturday morning at the Metcalfe Community Centre — a great turnout, great pancakes (I ate too many), and a tremendous community event. At the Osgoode Community Centre, the Co-operative Nursery School held its annual Santa Pancake Breakfast. Nice to see Matt Nesrallah in his summer attire. This event is fast becoming a "must attend" event. At noon, Gord Hawkes and Jim and Renee Devenny, marshalled a truly remarkable parade. I was pleased to provide a bus for the Osgoode Seniors, Osgoode Guides, and Sparks. Afterwards we attended the St. James United Church Bazaar for a light lunch. Later in the day, the Stanley Apartment residents held their annual Christmas dinner. Wow. What a delicious Christmas treat.

Sunday afternoon Mary Lynne and I attended the Three Choir Christmas Concert at the Our Lady of the Visitation Catholic Church in South Gloucester. It was great to hear the children's choir and the Concordia German-Canadian Male Chorus, the Ottawa Carleton Male Choir, and Our Lady of the Visitation musical groups. Thanks to June Peters for co-ordinating this marvellous concert.

Completing the weekend was the Family Christmas Carol Sing and Dessert Fundraiser. Over $500 was raised for the Osgoode Home Support Program.

FISH, GAME AND CONSERVATION CLUB BANQUET

Last Saturday night, the Greely Community Centre was filled with hunting and conservation enthusiasts from Osgoode Ward and beyond. Paul Mussell again was a remarkable emcee for this truly outstanding annual banquet. Our residents are so blessed to have such a dynamic group which is dedicated to ensuring safe, enjoyable hunting and fishing. As well, the Osgoode Township Fish, Game and Conservation Club is one of the most admired conservation groups in Ontario. Here are the 2005 club executive members who deserve our admiration: president –- Chris Spring, past president –- Tony D'Aviero, vice-president — Jeff Laniel, secretary/treasurer -– Randy Nelson, membership rep –- Radiq Tallim, bulletin editor -– Gord Atkinson, directors –- Dave Craig, Paul Mussell, Roger Deschamps, Joanne Saunders, and Dave Hotchkiss.

NEW PROGRAMS

Above the Rim Basketball Program, Thursday nights at Osgoode Public School, 6 to 7:30 pm Jan. 12 to March 2. Ages 6 to12 years, barcode: 227817, $91.75 residents, $114.75 non-residents.

Christmas Workshop, Sat., Dec. 17, 9 to 11 am at Greely Community Center, Ages 6 to 12 years. Barcode: 227106, $20 residents, $25 non-residents.

CHRISTMAS CRAFT FAIR

The Country Christmas Artisan and Craft Fair will run until Dec. 11 at 5531 Main St. in Osgoode from 10 am to 5 pm. It is open until 8 pm on Thursdays and Fridays. Catholic High School in Stittsville. Chris Day of CTV Ottawa will host this entertaining evening of Christmas fun and cheer — all for a great cause! Tickets are $25, and are available through TicketMaster. More information can be found at www.otmc.ca.

FARMERS MARKET

Metcalfe Farmers' Market presents Country Christmas on Sat., Dec. 10 from 10 am to 4 pm at a new location — Greely Legion, 8021 Mitch Owens Rd. You will find lots of great gift ideas!

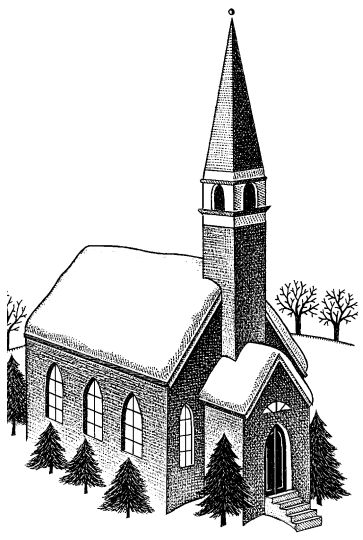
JACK AND THE GIANT BEANSTALK

Jack and the Giant Beanstalk is the sixth annual pantomime fundraiser at Osgoode Public School. Bring the kids for this perfect family outing where audience members cheer on the good guys and boo the nasty giant while having a non-stop rollicking good time! Performances take place at Osgoode Public School on Fri., Dec. 9 at 7 pm and Sat., Dec. 10 at 1 pm. Tickets are $7 per adult; $5 for children/students and can be purchased by calling Leann Petrie at 826-1058 or drop by the Osgoode Public School office (826-2550).

SANTA CLAUS

Nothing's better than fun-filled Christmas play for the family! Come join the Metcalfe Public School Drama Club for their production of *The One and Only Santa Claus*, a comedy by Pat Cook, on Dec. 15 at Metcalfe Public School. The curtain rises at 7 pm and admission is free. Donations to support the program will be gladly accepted.

Church Directory



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10:30 am - Worship Service and Sunday School
6:30 pm - 4-F Club - Family and Friends Focus on Faith.
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thurland@gmail.com
Children's Pastor: Sarah Brown
thesarahbrown@gmail.com
774-3137 - 537 Main St., Winchester
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Farmers first: Iroquois activist leads NFU

by Bonnie James
Press staff

IROQUOIS — From her farm near Iroquois, Colleen Ross is in touch with farmers across the country and across the world. It's all in a day's work for the new women's president of the National Farmers' Union (NFU). Ross was elected at the annual national conference held in Ottawa from Nov. 17 to 19.

"It was a natural progression," said Ross, who has served three terms as women's vice-president for the progressive farm organization.

She explained that in the NFU executive, people are often grandfathered into a position because they are the best fit. The annual stipend is small and there isn't a lot of cutthroat competition for the positions.

"You do the work because it needs to be done," she said.

"We believe it's important that we have gender equality," said Ross about the fact that the organization has a women's president and a president. She pointed out that there is also a youth president. All presidents are involved in forming policy and in all aspects of running the organization.

"It's so important to have women in leadership positions and involved in decision making," she said, noting that most Canadian farms have women working on or off-site to support them. According to Ross, the NFU is seen in a positive light internationally as an organization having solid gender equality.

Ross farms 200 acres with her husband, John Weatherhead. They cash crop grains and oilseeds, have some Limousin cattle, and farm vegetables as well. Their farm has been certified organic for several years, a decision that Ross said is paying off.

"For us, it has definitely saved the family farm," she said. Ross noted that organic farming is more work, but at a time when most grain and oilseed producers are bemoaning extremely low commodity prices, Ross has no problem turning a profit on her organic soybeans.

Ross and her husband have three children, 21, 18, and 14. "My kids know what it is to work hard," she said, joking that she raised her own farm labor.

The newly elected women's president is well spoken and well informed, switching easily from discussing how open borders for rice in South Korea are devastating farmers there, to how non-communication between the silos of Canada's Agricultural Policy Framework is resulting in the misspending of federal dollars.



Colleen Ross of Iroquois is the newly elected women's president of the National Farmers Union, a Canada-wide organization supporting the family farm. *Press Photo — James*

"I consider myself a lobbyist – an advocate for agriculture," she said.

The NFU is action oriented and family oriented, explained Ross. The organization is very quick to take positions and has no problem causing friction with politicians or other lobby groups.

"Our priority is farmers first," she said. "We ask 'who pays?' and 'who profits?' Too often farmers pay and someone else profits."

Ross explained that the NFU consists of farmers representing all provinces. It includes producers farming from two acres to thousands of acres. Their products range from dairy to grain, to buffalo, to potatoes.

"We really do represent all the commodities," she said. "It's very diverse."

Ross is off to Hong Kong next week to represent the NFU at the World Trade Organization talks. She is registered for the conference under the Dairy Farmers of Canada and has the ultimate goal of protecting supply management for Canadian dairy, egg, and poultry producers. The networking is also important, she explained, especially with other farm organizations from around the world.

"The WTO is not working for us (farmers)," she said, adding that agriculture should be taken out of the WTO all together.

The NFU takes a global view of agriculture, and is active on a global scale by participating in organizations such as Via Campesina –- which aims to build a peasant and farmer based alternative model of agriculture and engage in collective action.

Much of Ross's job involves meeting with politicians and government employees with regards to the struggles Canadian farmers are facing.

"We are going to lobby them (politicians), but first we have to educate them," she explained, expressing disappointment with how little politicians and government employees seem to know about agriculture.

One bright light for the NFU is the report Empowering Canadian Farmers in the Marketplace released in July by Wayne Easter, MP for Malpeque, PEI and parliamentary secretary to the minister of agriculture and agri-food. The report looks at the farm income crisis and makes 46 recommendations to the government.

"It's an excellent report," said Ross. "This report should be the foundation and the filter for everything we do."

It's not just the Canadian government that needs to change, the public needs to change too, said Ross. "Canadians need to be way more pro-active," she emphasized, adding she feels there is a lot that non-farming Canadians can do to assist Canadian farmers, at the grocery store especially. "Have you tried to buy a Canadian pear at the grocery store lately?" asked Ross. "It's not easy." Ross said she believes the public must pay more attention to where food comes from and make decisions that support farming in Canada.

Ross functions with so much information flowing around her and is pursuing so many goals with the NFU, it seems as though it must be overwhelming at times. However, each new bit of information, each new injustice to family farmers somewhere in the world, is just fuel for the fire that keeps her going.

"We are being effective," she said about the NFU. "We're letting them [government, big business, and industry] know that we are watching."

"I don't know why more farmers don't join the NFU," she said honestly. "It's the smartest farm organization out there."



New MTAS executive

Members of the Mountain Township Agricultural Society held elections for executive positions on Sat., Nov. 26 at the annual general meeting. The board directors are Sabina de Stecher (front, left), Annette Angus, Terresa McIntosh, Carol Ace, Amanda Lewin — new second vice-president, Francine Payne, Kerri Payne, Barb Findlay — second term as secretary (back, left), Kimberly Havekes, Gerry Boyce, Ed Duncan — second term as president, Doug Boyd, Bill Williams, Darren Stitt — second term as first vice-president, and Cindy Schoenfeld — second term as treasurer. Absent from picture is past president Karen Lewin. Photo — Barbour

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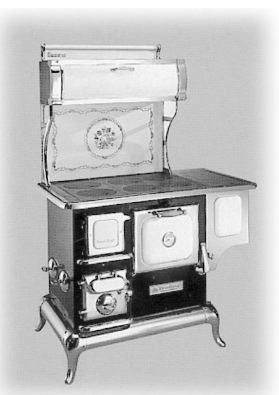
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War brides remembered through quilt

by Bonnie James
Press staff

WILLIAMSBURG — Members of the Riverside Heights Women's Institute and their guests had the chance to take an interesting view of history on Dec. 2 — through the eye of a needle.

Barbara Vant'Slot of Stittsville was at the Park Lane Seniors' Support Centre to share her war bride quilt. She was inspired to make the quilt to honour her parents, Ralph and Rosemary Morin. Rosemary was a seam checker with the British Land Army and a war bride and Ralph was in the Canadian Armed Forces.

"It started out to be a small wall hanging," said Vant'Slot. "As you can see, it grew."

The quilt contains photos — that were copied onto special paper and then ironed on to white cotton — of many Richmond and Stittsville area war brides in their youth. It includes a photo of the Queen Mary, which is the ship that many war brides crossed the ocean on. In its four corners, the quilt has flags representing England, Holland, France, and Belgium — the top four countries that Canadian war brides originated from.

Vant'Slot was accompanied by Gloria Stewart, one of the war brides honored on the quilt. Stewart was born in England and was in the women's branch of the Royal Air Force when she met a Canadian soldier.

"He asked me to marry him on our third date, and we got married on our fourth date," she said. Stewart came to Canada on the Queen Mary in 1946. She was 22 with a 10-month-old son.

Williamsburg was the 36th place to which Vant'Slot has been invited to show off her quilt. The most exciting place her quilt has been is Rideau Hall, where the former Governor General Adrienne Clarkson, her husband John Ralston Saul, and the Dutch and French Canadian ambassadors viewed it. Vant'Slot said she was awed to receive a personal phone call from Clarkson in which Clarkson explained that the quilt held special interest for the couple as Saul's mother was a war bride.



Barb Vant'Slot (right) made this war bride quilt to honor her mother and other war brides. Gloria Stewart is one of the brides featured on the quilt. She points to her photo. The pair were showing off the quilt at the Park Lane Seniors' Support Centre in Williamsburg on Dec. 2. *Press Photo — James*

While there is no room for more photographs, Vant'Slot is still adding the names of war brides to the back of the quilt. She received a list of 15 from the Riverside Heights WI. The quilt is currently being considered for display in the new Canadian War Museum.

"My greatest wish is to donate the quilt to the war museum so everyone can see it," said Vant'Slot. "I've learned so much and it's been a wonderful experience," she said about researching the quilt and touring around with it.

Jean Paquette of the Riverside Heights WI had seen Vant'Slot's presentation in Ottawa and asked her to come to South Dundas.

"It's fabulous," she said of the war bride quilt.

The quilt ties in well with the Year of the Veteran and the 60th anniversary of the arrival of most war brides to Canada.

Safeguard your valuables

LONG SAULT — We are experiencing a number of daylight break and enters in the area north of Cornwall. The culprits are stealing jewellery, appliances, and anything else of value.

We have had some information that has assisted us, but I am surprised at how many people are commenting after the fact that they had seen a car in the neighbor's driveway or someone knocked on their door looking for someone and then left.



From the desk of the **Detachment Commander**
by Inspector Ray Westgarth

These are the types of calls we need to know about right away. I would rather have officers checking on people and vehicles and finding out they are legitimate than not getting the call and having your neighbors or you becoming a victim.

These criminals quite often knock on the door and when the door is answered they give the name of a person they are looking for or say they are looking for a lost dog or give some other excuse. Call us right away. If you didn't answer the door you would probably have been a victim, and if you call police perhaps your neighbor won't become a victim.

At this time of year the criminals know you are buying Christmas gifts and your cars and homes become targets if you don't take proper precautions. Keep your doors and windows locked. Cover your purchases in the car with a blanket or store them in the trunk. If you are going to be away from home have a neighbor check on your property. If you are at home during the day, pay attention to your neighborhood and call in suspicious persons and vehicles. We see so many people out walking for exercise who can be our eyes in the neighborhood and we know they have information but don't know what to do, so please call.

Be a crime fighter and not a crime victim. If you have information call Crime Stoppers (1-800-222-TIPS) and if you have a computer you can now send in tips on the Internet at www.623tips.com.

United Way assists local Red Cross

CORNWALL — The Cornwall branch of the Canadian Red Cross is able to provide many services within our community through the support of the United Way of SD&G. The mission of the United Way is to improve lives and build the community by working together. Through its support, the Cornwall branch of the Red Cross can direct the following services to the community and to those in need.

SENIORS TRANSPORTATION PROGRAM

This program helps to provide transportation for seniors to out-of-town medical appointments. Volunteer drivers take approximately 1,000 round trips from Cornwall to Ottawa yearly, providing transportation to approximately 400 individuals. The funding from the United Way helps make this program available to vulnerable people in the community.

HOME HEALTHCARE EQUIPMENT SERVICES

Affordable loans of health care equipment allow seniors and those with a temporary disability to remain safe in their own homes. The Red Cross currently operates lending cupboards in Cornwall, Morrisburg, and Iroquois. More than 100 items are loaned out yearly to more than 80 individuals who need health care equipment for a short term. The United Way funding helps the Red Cross with the repair and purchase of equipment.

DISASTER SERVICES

Working together with the surrounding townships, the Red Cross has developed partnerships that have allowed it to train volunteers. The Red Cross has more than 50 volunteers trained in registration and inquiry and ready to assist in the event of a disaster in our community. The Red Cross also has 12 volunteers trained at the provincial level of disaster response. The organization continues to train volunteers and to work with all the municipalities in SD&G to be prepared in the event of a disaster. Funding from the United Way allows the Red Cross to purchase supplies for its comfort kits that are provided to affected people during a disaster, and to train volunteers to be ready to help out in whenever needed.

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Hawks hold on to earn point in OT tie with Glens



Key draw
Alexandria center J.F. Fournier (#8) and Hawks centre Nik Paas (#19) clashed during a face off in the Glens' zone in the second period of Sunday's St. Lawrence Division contest. Paas leads Winchester in scoring with 52 points while Fournier is the top point man on his squad with 37.
Press Photo — Van Bridger

WINCHESTER — A third-period meltdown erased a 4-1 lead and cost the host Winchester Jr. "B" Hawks a very valuable point in the St. Lawrence Division standings.

A goal by Darren Trenholm, scored with 17:06 left in Sunday's (Dec. 4) matinee, put the Hawks up 4-1 on the visiting Alexandria Glens. But when the clock stopped at the end of regulation time the visitors had evened the count at 4-4. Five minutes of sudden-death overtime failed to decide the issue.

Hawks' assistant coach Dereck Holmes was discouraged after the afternoon tilt. "It's sickening. We have a 4-1 lead, take bad penalties and settle for a tie. We just keep shooting ourselves in the foot."

The tie enabled the Hawks to take their fifth (of a possible eight) point from the Glens in four meetings. Winchester enjoys a 2-1-1 record against the top-ranked Glens (16-6-2-0) who share first place in the standings with the Morrisburg Lions (17-7-0-0).

Versus the Lions, the Hawks are struggling. Their mark against their Dundas County cousins sank to 1-4 following Friday (Dec. 2) night's 11-4 shellacking.

"We came out hard and dominated the first five or six minutes of the second period and generated four or five good scoring chances," said Hawks head coach Todd Marcellus of the 11-4 loss to the Lions.

"We hit a couple of goalposts. They score, and that lucky goal completely deflated our bench. It was downhill after that."

Marcellus was pleased with the first two periods of Sunday's game against Alexandria. "But, we should have had two points — the game was in our hands. It was nice to be on the right end of the 4-1 score — but we made some bad decisions and took some bad penalties. We were our own worst enemies."

HUGE WEEKEND

General manager Craig Smith described this weekend's home-and-home series with the fifth-place Char-Lan Rebels, the team trying to knock the Hawks out of the fourth and final play-off berth, as a big test for the Winchester hockey club.

"This weekend is critical for us. Char-Lan is six points behind us so we have to get some points, four would be nice. We should have had two (points) against Alexandria on Sunday. But when you take 12 and they (Glens) take two penalties in the third period you're not going to win. Lack of discipline was the thing again. And it is not because the players haven't been told about staying out of the box," said Smith.

Game one of the Hawks - Rebels mini-series is set for Winchester Friday (Dec. 9) night at 8:15 pm. Game two will go in Williamstown on Saturday (Dec. 10) at 7:45 pm.

Smith also reported that veteran forward Chris "Cookie" Thompson remains on the injured list with a hand injury. J.P. McEvenue joined Thompson on the IL last week and will be out of action for an undetermined amount of time. Veteran centre Bruce Hamelin missed both weekend games and his status with the team is unclear. Nick Cox didn't play in either game due to a family matter. Darren Trenholm missed the Morrisburg match, but played against the Glens and scored two goals and picked up a pair of assists. He has collected eight goals, six assists and 14 points in five games.

• see HAWKS on next page

Devils open volleyball season on positive note

CORNWALL — A road trip to Cornwall proved to be a profitable one for the North Dundas District High School Devils.

Both the junior and senior squads registered perfect results on opening day (Nov. 29) of the SD&G "AA" girls high school volleyball season at St. Lawrence High School.

Coach Patti Hall and the Senior Devils had just one match on their menu and they swept the St. Joe's Panthers three sets to none posting 25-14, 25-20, 25-19 decisions.

Hall reports she has built this year's squad around veterans Nathalie Gillen, Kelsey Hilborn, Julie-Anne Kerr, Laura Melenhorst and Michelle Savage. Alaura Kennedy is a new comer to the Devils while Rebecca Bowie, Clara dePaiva, Andre Jose and and Kate Enright have graduated from the junior squad.

The same afternoon, Cheryl Williams and the Junior Devils tangled with both the host St. Lawrence Saints and St. Joe's.

"Everything went very well and the girls played very well. We beat St. Joe's 25-19, 28-25, 25-19 and St. Lawrence 25-8, 25-11, 25-9," reported Williams who noted the team centres around setter Christine Stewart — her only returning player.

North Dundas visited the Seaway Spartans (Dec. 6) this week and will take on L'Heritage on their hardwood next week (Dec. 15). The Devils' first home date is set for Tues., Dec. 20 when CCVS/GV and Russell will provide the opposition.

TEAM ROSTERS

Members of the 2005-06 NDDHS junior girls volleyball team are: Lauren Casselman #12, Stephanie Coyne #11, Teal Gove #9, Kaitlyn Hay #18, Chelsea Heuff #10, Andrea Hudson #7, Jill Kirkwood #6, Shauna Lynch #13, Shaelynn McCadden #1, Christine Stewart #17, Erika Vandekemp #3, Andrea Wouters #16, coach - Cheryl Williams.

Members of the 2005-06 NDDHS senior girls volleyball team are: Rebecca Bowie #9, Clara dePaiva #11, Kate Enright #4, Nathalie Gillen #2, Kelsey Hilborn #1, Andrea Jose #6, Alaura Kennedy #12, Julie-Anne Kerr #8, Laura Melenhorst #5, Michelle Savage #7, coach - Patti Hall.

Giberson fires in four, Demons blank Rebels



Triple coverage
North Dundas goaltender Justin Diederich received plenty of support in preserving his perfect game Monday (Dec. 5) evening. Peter Klein-Swormink and Paul Gibson dropped back to help out during the third period to make sure the Rebels didn't shatter the goose egg. The Pee Wee "B" Demons blanked the Rebels 11-0.
Press Photo — Van Bridger

WINCHESTER — All 14 North Dundas skaters put their numbers on the score sheet as the Pee Wee "B" Demons mounted a solid team effort and ripped the Char-Lan Rebels 11-0.

While his mates were busy filling the Rebel net, goaltender Justin Diederich was stopping everything the visitors fired at him during Monday (Dec. 5) evening's UCMHL contest. The Demons' shutout victory was the second win in as many meetings with Char-Lan and improved North Dundas' East Division record to 8-3-2. In their last nine games the Demons have outscored their opponents by a 64-20 margin.

North Dundas led Monday's match 3-0 after a period and 8-0 after two.

Dylan Giberson led the offence cracking in four goals. Captain Dylan Fawcett had the hat trick while Peter Klein-Swormink potted a pair. Singles went to Matt Jarvis and Ryan Byers. Emma Fraser (2), Jarvis (2), Derek Simms (2), Ryan Switzer, Brandon Cousineau, Joshua Freake, Braydon Schenk, Brent Simms, Paul Gibson, Eric Prusila, Byers, Fawcett, Giberson and Klein-Swormink all collected assists.

DEMONS 7 - REBELS 1

Steady defensive coverage and Diederich's solid netminding held the visiting Char-Lan Rebels to one goal on Nov. 28. Justin McFarlane was the only Rebel to find twine and his goal, scored at 6:23 of the second period, only cut his team's deficit to 5-1. North Dundas went on to post a 7-1 decision.

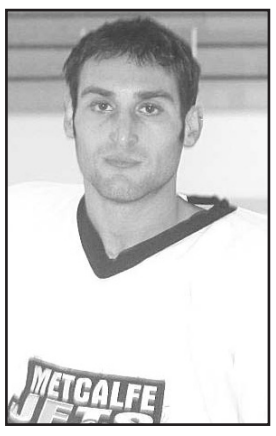
Klein-Swormink whipped in a feed from Jarvis at 14:46 of the first period to get the Demons started. Fawcett then made it 2-0 when he clicked for what would be the winning goal at 12:58. Freake and Byers set up the play. Byers was next to find net and did so at 10:38 when Freake and Fawcett provided the pass. With 5:02 left in the first frame Freake made it 4-0 when he finished off a play generated by Byers and Fawcett.

The remaining three North Dundas scoring plays took place in the second session. Giberson cashed in a pass from Schenk 12:24 and opened up a 5-0 lead. The Rebels shattered the Demons goose egg at the 6:23 mark and provoked a two-goal response by the home team. Cousineau scored from Klein-Swormink at the 1:38 mark and Giberson put in his second tally 18 seconds later to record the seventh and final North Dundas goal. Fraser and Schenk helped out on the final marker.

Period three was scoreless. North Dundas drew four and Char-Lan three minor penalties.

Piltzmaker overtime goal earns Jets 9-8 victory

METCALFE — Jourdain Piltzmaker played a key role in Metcalfe's 9-8 overtime victory over the visiting South Ottawa Junior "B" Canadians.



Jourdain Piltzmaker

The 20-year-old centre assisted on two of the Jets' four goals in the third period of Sunday (Dec. 4) afternoon's Metro Division contest. Piltzmaker pocketed a second helper point when Adam Clark punched in a puck with 2:33 left in regulation time to knot the score at 8-8.

With 2:36 left in the five-minute overtime session Clark returned the favor by presenting a pass to Piltzmaker, who buried it to hand the Jets two points and a 9-8 victory.

"It was a great game. We were losing 7-4 and came back and dominated the game," reported Metcalfe manager Frank Oliviero. "We had a good week getting five of six points. We are settling in back at our rink and I think we have a team that can go right to the end."

Oliviero is eager to welcome fans to come out to home games noting there is plenty of local content including Brad Nixon, Curtis Nooyen, Brett Holmes, Kory Churchill, James Martin and Neil Campbell to cheer for. The Metcalfe manager also noted they have just signed Gloucester's Mike Testa and defenceman Jansen Simpson.

"We want the fans to come out and enjoy some good hockey. And remember all of the kids get a free order of french fries with their ticket," added Oliviero.

Metcalfe began the week edging South Ottawa 4-3 at the Brian Kilrea Arena on Nov. 29. Friday (Dec. 2) they hosted the Ottawa West Golden Knights and tied them 5-5 when Aaron McLeod cracked in his third goal of the game 1:30 before the final buzzer. Sunday's 9-8 OT win over the Canadians netted the Jets five of a possible six points and improved their record to 12-7-2 (28 points).

This week the Jets welcome a pair of division rivals to the Larry Robinson Arena. The Clarence Creek Castors visit on Fri., Dec. 9 (8 pm) and the Gatineau Mustangs on Sun., Dec. 11 (2:15 pm).

THREE GAME STRING

South Ottawa led Sunday's matinee 4-2 after 20 minutes and 5-3 after two periods. They were up by 7-4 and 8-5 margins in the final frame but could hold on as Churchill (6:37), Ryan Carisse (4:44), Aaron McLeod (3:15) and Clark (2:33) blasted in clutch goals to tie it up 8-8 and send it to OT. Piltzmaker then broke the tie scoring from Clark.

Carisse (2), Aaron McLeod (2), Churchill, Jeremy McLeod, Clark, Greg Chorkway and Piltzmaker counted the goals. Ryan Lee (2), Jeremy McLeod (2), Clark (2), Chorkway (2), Piltzmaker (2), Testa, Martin, Campbell, Aaron McLeod and Jordan McKenzie collected assists. Cody Jansma posted the win.

Aaron McLeod rammed in three goals and Piltzmaker supported him with a deuce as the Jets tied the Ottawa West Golden Knights 5-5 on McLeod's third goal 1:30 before the final buzzer. Lee had two assists including one on the tying goal. Carisse earned one helper point. Andrew Syrett worked the Jet nets. Metcalfe led the Knights 1-0 after a period and 4-3 after 40 minutes. Third-period markers by Knights' Harley Paterson and Paul Tremblay forced the Jets to rally for the tie.

Aaron McLeod whacked in a feed from Brett Holmes with 1:24 left in the second period stood up as the Jets held on for a 4-3 victory over South Ottawa. Testa and Churchill were the other goal getters. Assists went to Adam Clark, Carisse, Chorkway, Jeremy McLeod, Martin, Corey Roberts and Holmes. Jansma posted the victory. Nick Gianetto, Kevin Creppin and Scott McLean replied for the Canadians.

Angus skates to gold at Morrisburg Invitational

MORRISBURG — Alicia Angus received top marks from the judges and earned a gold medal for her freeskate performance at the 2005 Morrisburg Invitational Skate Competition.

Angus's gold for her effort in Preliminary Women Level 1 C was one of five medals members of the Winchester Skating Club collected at the November 26 - 27 event.

Samantha Shelp, struck silver for her solo (Preliminary Women Level 1 C). Hilary McQuaid also skated to a silver medal in the improvisational event (Improv Women C).

Katey Churchill and Jannah Vanderlaan each received bronze medals. Churchill's freeskate earned her third place (Introductory Women A G2) while Vanderlaan picked up her bronze in the elements competition (Pre-Preliminary Elements Women B).

WSC also had three skaters receive fourth-place marks as Kelsey Ellis (Introductory Women A G2), Josee Vanderlaan (Preliminary Women Level 1 C) and Jessica Vanderlaan (Junior Bronze Elements Women C) all just missed the podium.

TEST DAY RESULTS

The Winchester Skating Club held a Primary Test Day on Nov. 25 with 14 individual tests passed including: Alicia Angus - Jr. Bronze Skills; Freeskate - Jr. Bronze Elements - Elizabeth Gibson-Crowder, Victoria Gibson-Crowder, Jr. Bronze Program - Elizabeth Gibson-Crowder; Dances - Amanda Giles (Dutch Waltz and Canasta), Marina Crober (Baby Blues), Delanie Coughler (Baby Blues), Julia Smith (Swing), Samantha Shelp (Swing), Blythe Armstrong (Fiesta), Elizabeth Gibson-Crowder (Willow), Kiersti McMillan (Willow), Jessica Vanderlaan (Ten Fox).

At a test day held in Russell on Nov. 30, the following dance tests were passed: Leah Ann Smith (Kilian) and Katrina Loggie (Westminster).

Three-way tie for top spot in WDLHL standings

Blues, Classics move into share of first place

WINCHESTER — Kelly Zeron snapped in both goals and led the Annable's Jewellery Blues to a 2-1 win over the CountryGirl Gold Diggers and into a share of first place in the Winchester District Ladies Hockey League standings.

A three-way tie for top spot in the rankings was created when the Classics nipped Andy's Foodland Maroons 1-0 and the Reds and Double Beauty Stylists battled to a 1-1 tie in Sunday (Dec. 4) morning's other two encounters.

Currently the Blues (5-3-1), Maroons (4-2-3) and Classics (4-2-3) are tied with 11 points. The Reds (4-3-2) are next with 10 points. The Stylists (2-5-2) have six and the Gold Diggers (2-6-1) have five.

Judy Littau finished off a play started by Cathy Corkery and Cheryl Hamilton at 10:08 of the first half as CountryGirl took a 1-0 lead on the Annable's Blues. The lead didn't last long as the jewellery store crew tied it with 3:57 left in the opening session on Zeron's first goal, which was unassisted. Christina Rombough created the play for Zeron's winning marker 2:30 before the intermission.

Goalies Sandra Brunner (Blues) and Barb Wigney (Diggers) were unbeatable in the second half.



No room

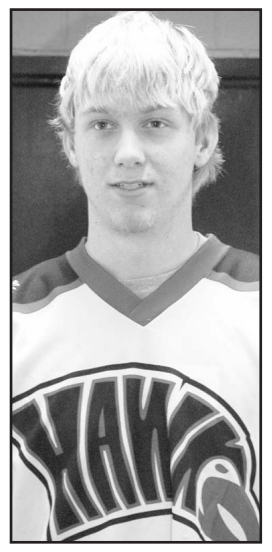
Reds' Kelly Hamilton (left) was closing in on Stylist forward Courtney Barkley during the second half of Sunday's (Dec. 4) WDLHL 8 am game. Hamilton scored the Reds' goal and Barkley assisted on Jenny VanGurp's marker as the teams played to a 1-1 tie. Press Photo — Van Bridger

It took just one shot to decide the winner of the Classics - Maroons match and it was fired by Classic captain Amy Fraser at 14:12 of the first half. Cathy Lee Shaw picked up an assist on the game-breaking play. Carrie McCadden posted the shutout and Sylvie Renaud suffered the one-goal setback.

Kelly Hamilton put the Reds up 1-0 when she cashed in a feed from Sherri Palmer and Kim Perry at 15:03 of the first half. That lead held up until Double Beauty tied it 1-1 at 18:37 of the second session. Jenny VanGurp saved the point for the white team finishing off a play started by Shannon Thompson and Courtney Barkley.

Roxanne Backes (Stylists) and Kristie Wade were the opposing goalies.

Meet the Hawks



Steve Cameron # 20, Forward

Steve Cameron, 19, is in his second year with the Winchester Junior "B" Hawks. The Russell resident, in spite of several injuries, counted 12 goals, eight assists and 20 points in his rookie season of 2004-05. He also was named the recipient of the Brackenbury Memorial Trophy as the Hawk's most gentlemanly player. This season he has drawn 32 minutes in penalties. The left-hand shot has appeared in all 25 games and has netted 20 goals, including nine on the power play, and earned 24 assists. The former Gloucester "AA" Midget Ranger attends Algonquin College and wears Winchester jersey No. 20.

Cyclones, Rams remain undefeated in WTHL play

WINCHESTER — Francis Dagenais and Craig "Bud" Holmes provided the winning goals as Currie's Rams and Bud's Cyclones retained their undefeated status in the seven-week-old Winchester Town Hockey League standings.

Dagenais finished off a play started by Stef Gravelle and Wes McLeod with 13:55 left on the clock as the number-two ranked Currie Rams (4-0-3) stopped the third-place Blake Rangers (1-5-1) 5-3.

The Tuesday (Nov. 29) twin bill opened with Holmes notching his 11th goal, the winner, as Bud's first-place Cyclones (5-0-2) outscored Willy's fourth-place Flyers (0-5-2) 8-6.

Early goals by Darryl Moore and Will Gallangher gave the Flyers a brief 2-1 lead, but Matt McBean tied it up at 2-2 at 13:14 and John Guy put the Cyclones up 3-2. Moore cracked in his second with 3:49 left in the opening half and pulled the Flyers into a 3-3 tie. The tide turned in favor of the Cyclone's when Sadler potted back-to-back goals 2:30 and 0:46 before the intermission to make it 5-3.

Trevor Morozuk, Chris Williams and Kevin Williams matched goals with Sadler, Craig Holmes and Troy McNaughton in the first 8:42 of the second half but the Flyers couldn't make up the two-goal difference and fell by an 8-6 count.

Mike Deighton (4), Sadler (2), Holmes (2), Nathan Hutchinson, McNaughton, Guy, McBean and John Chambers assisted on the Cyclone goals. Gregg Griffith posted the win.

Will McLean (3), Cal Marshall (2), Morozuk (2), goaltender Colin Ion, Kevin Williams, Moore, and Gallagher were the Flyer set-up men.

RAMS 5 - RANGERS 3

Second-half goals by Francis Dagenais at 13:55 and Stef Gravelle at 12:44 were the difference as Currie's Rams nipped Blake's Rangers 5-3.

Rams Scott Baldwin and Josh McLean answered a goal by Ranger Justin Heuff who had handed his team an early lead when he scored at 23:02 of the opening half of the nightcapper.

Currie's crew carried the 2-1 advantage into the second and held on until Al Christophersen tied it up (2-2) for the Rangers at 18:31 of the second session. Dagenais and Gravelle whacked in their goals to open up a 5-2 lead. Dana Schofield gave the Rangers new hope when he scored to close the gap to 5-3 with 10:24 left on the clock, but that was as close as the Rangers would get to tying it up.

Dagenais (2), Travis Rowe, Justin Morozuk, Wes McLeod, Spencer Dawson, Derek Vingerhoeds, Gravelle and McLean collected helper points. Ram captain Chris Currie was the winning 'tender.

Tory Baldwin (2), Paul Pilotte, Christophersen and Schofield set up the Ranger goals. Gregg Griffith filled in for Barret Brundige.

Hawks

• continued from previous page

Rookie 'tender Kyle Neville worked both weekend tilts without any back-up as Jon Thornton was excused due to prior commitments.

LIONS 11 - HAWKS 4

Morrisburg led Friday's match 3-1 after 20 minutes and by a 9-3 margin after two periods. The home team made the most of Winchester's four minor penalties clicking for three power play goals.

Tyler Lafortune (3), Peter Barnett (2), Dylan Graveley (2), Pat Mainville, Justin Elliott, James Kirkwood, and Brad Greer counted the Morrisburg markers. Greer (4), Cory Cassell (3), Cory Gove (3), Graveley (2), Lafortune (2), Mainville (2), Noah VanMoorsel, Elliott, Kirkwood, and Barnett drew the assists. Andrew Pearson was the winning 'tender.

Steve Cameron (2), Bobby Little and Nick Enright replied for the Hawks. Enright, Mitch Scott, Shawn Prince, Nik Paas and Brent McFaul provided the passes.

HAWKS 4 - GLENS 4 OT

Winchester led the Glens 1-0 on a goal by Trenholm (from Cameron and Paas at 19:12). It was 3-1 after 40 minutes thanks to goals by Cameron (from Trenholm and Paas at 18:03) and Trent McBain (PPG from Trenholm at 1:40). Trenholm (from Cameron and Paas at 17:06) pumped in his second to open up a 4-1 lead in the final frame.

Eric Morter scored three consecutive third-period goals (10:15 PPG, 7:43 PPG and 2:51) to give the Glens the tie. Rejean Leduc supplied the single shot.



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NCSSAA Tier 2 final

Junior Panthers defeat Stittsville All Saints

METCALFE — Trailing the visiting Stittsville All Saints 20-15 with eight minutes to play, the Osgoode Township High School Panthers rallied and posted a 22-20 victory to claim the 2005 National Capital Secondary Schools Athletic Association Tier 2 junior girls basketball title.

The silverware, claimed on Nov. 28, marked the first NCSSAA basketball championship for OTHS since 2001.

The Junior Panthers qualified for the board final posting a pair of close decisions in the Eastern Conference semi-final and final games. OTHS defeated Elmwood 36-35 in overtime on a pair of last second free throws by Hannah Wijsman. In the conference final the Panthers knocked off number-one seeded Samuel Genest 36-35 on a last second three-point jumper by Nastasia Wasilewski.

All Saints started the championship tilt off with a zone defence that the Panthers were prepared for, but slow to respond to. Both teams traded buckets in the first quarter which ended tied 8-8.

The score remained knotted (12-12) at the half. The back-court ball handling of Wijsman and Karley Bezanson combined with the post play of Pauline Catling and Wasilewski, and the clutch rebounding of Marissa Hatherall and Val Keast highlighted Osgoode's first-half play.



Proud Panthers

Osgoode Township High School claimed its first NCSSAA basketball championship since 2001 when the junior girls defeated Stittsville's All Saints Secondary School 22-20 in the Tier 2 city final on their home hardwood on Nov. 28. The Junior Panthers are: (not in order) Nastasia Wasilewski, Pauline Catling, Valerie Keast, Jelaine Elliott, Sarah Seely, Leah Melbourne, Karley Bezanson, Marissa Hatherall, Mel Barry, Hannah Wijsman, Laura Vizena, Kristen MacDonald, Courtney Stevens, coaches - J. Fisher (second left), M. Brooks, Dave Buckingham.

The Panthers coaching triumvirate of Brooks, Fisher and Buckingham went from a man-to-man to a zone defence and put Jelaine Elliott and Mel Barry into the game to rest some of the starters.

Sarah Seely and Leah Melbourne came off the bench in the third quarter to provide some back-court support. All Saints shooter Jasmine McCrimmon, who finished the game with 12 points, swished some key shots and gave her team a 20-15 lead.

A solid fourth-quarter man-to-man defence by Catling, Keast, Melbourne, Bezanson and Wijsman along with some clutch shooting by Hatherall and Wasilewski stalled the All Saints assault and powered the Panthers to the their 22-20 championship victory.

Wasilewski drained a dozen points for the new champs while Hatherall finished with nine.

Midget "C" Lions knocked out in tourney semi-final

KANATA — South Dundas finished the round-robin portion of the 2005 Kanata Midget "B" Girls Hockey Tournament with two wins in three starts, only to be knocked out of contention for the title in the semi-finals.

The Nepean Wildcats put an end to the Lions' hunt for the tournament silverware dealing them a 7-1 defeat on Nov. 26. Brittany Lortie cracked in the lone Lion marker when she scored from Lisa Hey with 4:45 left in the first period. Hey was named the South Dundas player of the game.

Chantal Thurler and Ali Tait were the scorers as the Lions opened the tournament losing 6-2 to those same Nepean Wildcats. Tait was the Lions' player of the game.

Back-to-back victories over the Smiths Falls Cubs and Russell Warriors enabled the Lions to finish the opening round with a 2-1 record.

Melissa Primeau netted the game-winning goal as South Dundas blanked the Cubs 1-0. Hey and Jessica Goulet drew assists on the play. Lori Casselman registered the shutout and received the player of the game award.

South Dundas trailed Russell 1-0 after two periods, but roared back and posted a 2-1 win. Hey scored from Tait with 8:13 left in the game to tie it and then Tait connected on a feed from Hey with 15 seconds left on the clock to win it. Courtney Keicks was named the Lions' player of the game.

McRae leads Atom "B" Demons to 5-2 victory

KEMPTVILLE — After getting off to a rough start, the North Dundas Atom "B" Demons have turned their Upper Canada Minor Hockey League season around.

Paced by Mark McRae's two goal, four-assist effort, the Mark Guy-coached Demons stretched their win string to three games with a 5-2 win over the host Panthers on Nov. 27.

The win followed a pair of 4-2 wins over the NGS Braves, the first in Maxville on Nov. 15 and the second in Chesterville on Nov. 21. Also figured into the mix is a 3-3 draw with the South Dundas Lions.

With 10 games in the books, the Demons sport an East Division record of 3-5-2.

The North Dundas goaltending tandem of Jason Buma and Cameron Hunt had a shutout going against the Panthers until the home team snapped in a pair of pucks in the final 3:52 of the game.

Shawn Simms completed a play started by Mark McRae and Aaron Burns at 9:28 of the first period and opened up a 1-0 lead. Mitchell Kirkwood then struck for a pair of markers and extended the lead to 3-0. Dylan Comeau and Pat Gibson engineered the first at 5:16 while Simms and McRae assisted on the second 1:29 before the buzzer.

McRae counted his first marker with 2:36 left in period two. Simms and Gibson helped make it a 4-0 game. The difference rose to 5-0 with 6:26 left in the final frame after McRae connected after taking a pass from Dayton Kelly and Bryden VanKessel. Kemptville followed with goals by Brendan Keating and Dain Gourgon but got no closer than 5-2.

North Dundas played a penalty-free game.

SWEEP BRAVES

Kirkwood (2), Nevin Guy and Comeau (winning goal) were the marksmen in the Demons' 4-2 win over NGS on Nov. 21. Kelly, McRae and Guy earned the assists.

Guy was the two-goal shooter in the 4-2 win on Nov. 15. He also picked up assists on the third-period goals scored by Kirkwood (winning goal) and McRae. Kirkwood also drew an assist.

McRae provided the pass and Kirkwood pulled the trigger on the tying goal 46 second before the final buzzer as the Demons tied the Lions 3-3. Dawson Fawcett and Kirk Henike netted the other goals. McRae picked dup two helper points in the game.

Andrew Moulton (2) and Ryan Brown counted the South Dundas goals.



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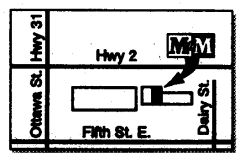

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Keys to the sled

Debbie Strader of the Nation Valley Snowmobile Association turned over the key to a brand new 2006 Ski-Doo Adrenaline to Mike Fawcett of Chesterville on Sat., Dec. 3. Fawcett won the machine in the association's annual fundraising draw. Pictured are Kyle Fawcett (left), Mike Fawcett, Debbie Strader, and Jim Primrose of Jim's Performance Plus in Iroquois, which supplied the snowmobile for the draw. *Photo — Barbour*

Atom Russell River Rats post pair of league wins

RUSSELL — Cody Lavictoire posted his second shutout of the season and Shane Letts cracked in the winning goal as the Russell Major Atom River Rats whitewashed the Nepean Raiders 2-0.

Letts netted the Rats a 1-0 lead scoring from Eamon Colvin in the first period. Wade Kropp then pumped in the insurance marker finishing off a play started by Tommy Olney and Matthieu Lussier to make it 2-0. Lavictorie's goaltending and solid team defence preserved the Rats win.

Travis Smith took his turn in the cage in Russell's second game of the week and he went on to register a 4-2 win over the Cumberland Barons. Eric Smith scored from Adam Guilbault for a 1-0 lead only to have the Barons quickly tie it up 1-1. Colvin was able to convert a play started by Shane Letts and Connor Letts to put the Rats on top 2-1 before the first period was over. The Barons made it a 2-2 contest early in the second, but 2-2 was as close as they would come to earning a point. An unassisted shot by Kropp broke up the tie and made it 3-2 for the Rats. Colvin pumped in the insurance shot after take a feed from the Letts boys and made it a 4-2 final.

Johnston leads Belle "B" Hornets to 4-3 victory over host Gatineau

GATINEAU — Cara Johnston whipped in three consecutive goals to lead the Metcalfe Belle "B" Hornets to a 4-3 National Capital Region Ringette League victory over the host Gatineau Gee Gees.

Allison Somers and Erika Cochrane assisted Johnston on her first marker while Kelly Dunne helped her make it 2-0. Johnston then made it a 3-0 game scoring an unassisted marker. Gatineau cut their deficit to 3-2 with a powerplay goal, but Jessica Croskery was able to convert a pass from Michaela Beuman into a 4-2 lead.

The Gee Gees were able to squeeze one more shot in behind Metcalfe goalie Cara-Lynn "Buff" Little with 1:38 left on the clock, but Metcalfe held on for the 4-3 win.

Stitt cards Men's Night low gross

SOUTH MOUNTAIN — Rod Stitt carded the low gross score during Men's Night at Sandy Row Golf Course's Indoor Golf 'O' Max.

Rick Cauvier put his shot closest to the pin on Nov. 30, while Al Reeve registered the second low gross score of the evening.

This week's stop on the Wednesday night indoor circuit was Castle Pines.

Sports Scoreboard

Eastern Ontario Junior "B" Hockey League

Rideau - St. Lawrence Division

RECENT RESULTS:

Dec. 2: Alexandria 8 - Akwesasne 2
Morrisburg 11 - Winchester 4
Dec. 3: South Grenville 12 - Athens 6
Char-Lan 6 - Kemptville 5 OT
Dec. 4: Winchester 4 - Alexandria 4 OT
Morrisburg 8 - Kemptville 4
Char-Lan 11 - Akwesasne 5
Athens 3 - Brockville 1
Westport 5 - Gananoque 4
S. Grenville 15 - N. Frontenac 1

STANDINGS:

Rideau:	W	L	T	GF	GA	PTS
Westport	20	4	0	176	89	40
S. Grenville	17	5	0	135	73	34
Brockville	10	11	2	111	88	22
Gananoque	9	14	1	125	121	20
Athens	3	19	0	75	161	7
St. Lawrence:	**W**	**L**	**T**	**GF**	**GA**	**PTS**
Morrisburg	17	7	0	154	99	34
Alexandria	16	6	2	122	87	34
Kemptville	15	8	0	135	118	31
Winchester	10	12	3	94	118	23
Char-Lan	7	13	2	105	130	17
Akwesasne	1	21	1	74	174	3

**Teams losing in OT receive one point*

TOP SCORERS: Rideau Division:	G	A	PTS
Scott Leppard, West.	32	37	69
Matt Steele, West.	25	30	55
Bill Donaldson, West.	21	34	55
Steve Biscaro, West.	16	23	39
Tom Dickson, Gan.	20	15	35
St. Lawrence Division:	**G**	**A**	**PTS**
Pat Turcotte, C-L	13	43	56
Steve Jarvo, C-L	32	21	53
Cory Gove, Morris.	30	23	53
Dylan Greveley, Morris.	17	35	52
Nik Paas, Win.	16	36	52
Mike Moher, Kempt.	22	27	49
Peter Barnett, Morris.	19	29	48
Tyler Rasa, Kempt.	22	24	46
Steve Cameron, Win.	20	24	46

EOJBHL

Metro Division

RECENT RESULTS:

Nov. 29: Metcalfe 4 - South Ottawa 3
Dec. 2: Metcalfe 5 - Ottawa West 5
Dec. 4: Metcalfe 9 - South Ottawa 8 OT

NOTE: *Updated scores, standings, and top scorers not available in time for publication.*

STANDINGS:	W	L	T	GF	GA	PTS
Clarence Creek	17	3	1	120	65	35
Ottawa West	13	5	1	95	58	28
South Ottawa	12	8	1	98	95	26
Metcalfe Jets	12	7	2	98	99	28
Gatineau	9	10	1	93	98	20

**Teams losing in OT receive one point*

METRO TOP SCORERS:	G	A	PTS
John Deavy, CC	16	23	39
Shawn Tremblay, Gat.	20	16	36
Martin Paquette, CC	12	23	35
Kevin Sousa, Gat.	19	25	34
Mark Mitchell, CP	18	16	34
C. Thibaudeau, SC	12	21	33

Winchester & District Ladies Hockey League

RECENT RESULTS:

Dec. 4: Double Beauty 1 - Reds 1
Blues 2 - Gold Diggers 1
Classics 1 - Andy's Maroons 0

STANDINGS:	W	L	T	GF	GA	PTS
Annable's Blues	5	3	1	14	11	11
Andy's Maroons	4	2	3	19	12	11
Classics	4	2	3	16	12	11
Reds	4	3	2	12	11	10
DB Stylists	2	5	2	17	22	6
CountryGirl	2	6	1	11	19	5

TOP SCORERS:	G	A	PTS
Edith Dagenais, Classics	6	3	9
Dianne Downey, Maroons	3	6	9
Carrie Gilmour, DB	6	2	8
Sandra Clouthier, Maroons	5	3	8
Amy Darling, Maroons	3	4	7
Shannon Thompson, DB	3	3	6
Allison Wigney, Classics	0	6	6
Laura McDonell, Blues	4	1	5
Sonia Clement, DB	3	2	5
Jen Manley, Maroons	2	3	5
Chris Carruthers, DB	2	3	5
Francis Brisson, DB	2	3	5

Winchester Town Hockey League

RECENT RESULTS:

Nov. 29: Cyclones 8 - Flyers 6
Rams 5 - Rangers 3

STANDINGS:	W	L	T	GF	GA	PTS
Bud's Cyclones	5	0	2	43	28	12
Currie's Rams	4	0	3	34	24	11
Blake's Rangers	1	5	1	22	29	3
Willy's Flyers	0	5	2	25	41	2

TOP SCORERS:	G	A	PTS
Craig Holmes, Cyclones	11	10	21
Robyn Sadler, Cyclones	11	10	21
John Guy, Cyclones	7	8	15
Francis Dagenais, Rams	6	9	15
Mike Deighton, Cyclones	4	11	15
Scott Baldwin, Rams	9	5	14
Stef Gravelle, Rams	6	5	11
Will McLean, Flyers	4	7	11
Tory Baldwin, Rangers	2	9	11
John Drew, Flyers	1	9	10
Al Christophersen, Rangers	6	3	9
Josh McLean, Rams	5	4	9
Darryl Moore, Flyers	6	2	8
Trevor Morozuk, Flyers	3	5	8
Derek Vingerhoeds, Cyclones	2	6	8

EOJBHL

Rideau-St. Lawrence Division
Winchester Jr. "B" Hawks
Home Game
Fri., Dec. 9
8:15 pm
Char-Lan Rebels vs. Hawks

Metro Division
Metcalfe Jr. "B" Jets
Home Games
Fri., Dec. 9
8 pm
Clarence Creek Castors vs. Jets
Sun., Dec. 11
2:15 pm
Gatineau Mustangs vs. Jets

Parade of Lights another success

WINCHESTER — The Parade of Lights event last Saturday went off without a hitch. Changing it to a Saturday didn't appear to have a negative effect. Actually, I had many people say that they liked it better because there was less rushing to get into town and it certainly ended earlier as well. The afternoon children's events at Winchester Public School were well attended, so that appears to be an area for the committee to build on for the coming years. Thanks to those who entered floats. They were spectacular. A big thanks to all the volunteers who spent time ensuring the parade was a success.

Remarks
by Mark Guy, Director of Recreation & Culture



The Ormond/Harmony/Cloverdale Recreation Association will be holding its Christmas Potluck Supper and Party this Sat., Dec. 10 at the Morewood Community Centre, starting at 7 pm. You are encouraged to bring your favorite dish or dessert. The committee will provide refreshments, buns, turkey and ham. There will be games, crafts, a special guest from the North Pole, and a raffle for Christmas gift items.

For all of you, especially males, take note that the Hallville Recreation Association will be providing gift wrapping services Dec. 10, 17, and 24 from 10 am to 2 pm at Loughlin's Country Store in Hallville.

Starting Sat., Dec. 10 the NDMHA Mega House tournament gets underway in both arenas. Come out and enjoy some exciting hockey played by local youth. The Hawks have a home game Friday night versus Char-Lan. Game time is 8:15 pm.

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Fall-proof your home:

- When changing a diaper, have everything within easy reach and always keep one hand on your baby. It wouldn't be safe to leave baby alone, not even for a single second.
- Newborns need special protection. Ensure the crib has no missing, improperly placed, loose or broken parts.
- Check that the spacing between crib slats is no more than 6.03 cm ($2^{3/8}$ inches) to keep baby from sliding through the opening.
- To prevent you from falling when baby is in your arms, install nightlights and non-slip mats under rugs, keep the floor clear of clutter, and fix or install stair railings.
- Don't leave baby alone in a highchair, stroller or baby swing and always use the safety straps.

More importantly, supervise children at all times. Constant supervision is key to helping your children grow up safe and healthy.

Questions?
Call **(613) 933-1375** or **1 800 267-7120** and ask for Health Line.

Sources
1 Safe Kids Canada - Injury Prevention Program of the Hospital for Sick Children in Toronto
2 Canadian Pediatric Society & Ross Pediatrics

Eastern Ontario Health Unit
Bureau de santé de l'est de l'Ontario

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38

FOR RENT – 1-bedroom apartment ideal for seniors, Riverside Place Apartments (close to Morrisburg). Call 543-4235.
38tfc

Accommodation

FOR RENT – Large 2-bedroom apartment centrally located in Winchester. Includes fridge, stove and laundry facilities, $625 per month, utilities extra. Call 839-3855.
37-40

FOR RENT – 2-bedroom country farm house, Hallville area. Heat and hydro included. Available January. Call 989-2917.
37-38

FOR RENT – 1200 sq. ft. 2-storey duplex, large lawn, separate driveway. Phone 774-3317.
38

FOR RENT – Spacious 1-bedroom apartment. All appliances, heat and hydro included. Quiet building. No pets. Phone 774-3317.
38

FOR RENT – 1/2 duplex in Mountain village. Heated, no pets, non-smokers. Hydro extra. References required. Available January. Call 989-5743.
38-39

FOR RENT – 2-bedroom apartment in Chesterville. $700 per month, plus utilities. Available immediately. Call David, 299-1520.
38-39

For Sale

Photographs appearing in the *Winchester Press* are available in color. They must be prepaid when ordered and can be paid for by VISA or MasterCard. Order at the Winchester Press office, 545 St. Lawrence Street, Winchester, or phone 774-2524.
7stf

PIANOS AND ORGANS FAWCETT'S, WINCHESTER
Heintzman upright and grand pianos. Kurzweil digital uprights, grands and keyboards. Rebuilt pianos and organs. For appointment phone 613-774-2205, www.c360.ca/winchester
43tfc

CHRISTMAS GIFT BASKETS
Ready made or made-to-order. **APPLES** many varieties, **CIDER, APPLE PRODUCTS** and **APPLE GIFTWARE**. Smyth's Apple Orchard, 20 km south of Winchester, follow the signs. Open 7 days per week. 652-2477. www.c360.ca/iroquois/smyths
37tfc

FOR SALE – Fresh, frozen cranberries; cranberry juice; cranapple juice. Upper Canada Cranberries. 798-6232 or 822-6036.
36-40

BIRD SEED SPECIAL
NEW Crop: 50 lb. Black Oiled Sunflower $13.90; 50 lb. Striped Sunflower, $16.40; 20 kg "Rooney's" Course Bird Seed, $12.40; 18 kg Finch Seed, $17.10; 50 lb. Niger Seed, $34.40; Assortment of bird feeders and other bird seed available. Rooney Feeds, Iroquois 613-652-4382, open until noon Saturdays. South Gower 613-258-1567, open until 4 pm Saturdays. Special ends December 16.
37-39c

CHRISTMAS TREES
Choose and cut your own or select from pre-cut balsam/pine/Fraser/spruce. Weekend campfire and wagon rides (with horses Dec. 10 and 11), Patterson's Tree Farm, English Road, Iroquois. 613-652-1927.
37-39

SNOWBLOWERS
Toro and Husqvarna, 10.5 hp, 30", $1,399. Eastern Engines, County Road 31, Williamsburg, 613-535-2488.
37-38c

FOR SALE – Pruned spruce and scotch pine Christmas trees. Call 989-1852.
37-39c

FOR SALE – Mixed wood and straw. Call 613-652-4797.
37-38

FOR SALE – Gerhard Heintzman piano with storage bench. Phone 989-2619.
38

FOR SALE – Sears snowblower $800; Freud router table set $800; Abitibi 16' canoe $600. 821-3201.
38

FOR SALE – Corn fines, bulk. Call 229-8662 or 448-3316.
38-39

BASKETS
On hand 150 pre-made baskets. Extended hours: now open Mondays noon-5 pm for the month of December. Creative Baskets, 774-3427.
38-40c

CHRISTMAS TREES
Cut your own Balsam, Fraser Fir, Spruce, up to 9' $30. Taller trees available. Pre-cuts, wreaths and swags, JOHNSTON BROTHERS, 2 locations, Porter Road and Townline Road. Both open weekends 9-5; Porter Road, only 1-5 weekdays. Call 613-925-1980. West on County Road 43 to VanBuren Road, turn left, left at Townline, 1 km south of tracks.
38-40c

For Sale

FOR SALE – Kid's train table and set. Asking $200 or best offer. Call 989-1534.
38

FOR SALE – Mixed firewood, dried for 3 years. $75 per cord, picked up. Call 821-1281.
38tfc

FOR SALE – Weider home gym. Like new, only used 1 year. Asking $250 or best offer. Call 989-1534.
38

FOR SALE – 2005 Gas Pocket bike. Black, only used 3 hours. $500 or best offer. Call 989-1534.
38

FOR SALE – Mixed firewood, dried 1 year. $50 per cord. Call 613-346-5568.
38-39c

FOR SALE – Snowblower, 5 hp, 24", $400, well maintained and runs well. Daytime, 227-7877 or evenings 774-4773.
38-39

Automotive

CREDIT PROBLEM? We can help with over 50 late model cars, trucks or vans, all safetied and serviced and "E" tested prior to delivery. Only the highest quality vehicles offered. 24 hour approval and delivery. Call Car-O-Line Auto's 613-448-2488 or long distance 1-877-820-5598. Now online www.car-o-line.com.
38c

FOR SALE – 1992 Grand Am, asking $1,800, as is. Call 613-652-2515.
30stf

FOR SALE – 1989 Corsica, $500, as is. Call 613-652-2515.
30stf

FOR SALE – 4 Michelin Arctic winter tires, P185/70R14, excellent condition, 4 hole rims. Call 774-1953.
37-39

Farm

FOR SALE – Complete DeLaval milking system: track, take-off, auto wash, 3-years old. Call Pat Lynch, 448-2819.
38-39

FOR SALE – Round and square bale feeder, Call John, 774-2531.
38-39c

FOR SALE – Wheat straw, 7.5' large squares and small squares. Call 229-8662 or 448-3316.
38-39

Household

RBS APPLIANCE SALES AND SERVICE
Used appliances: fridges, stoves, washers, dryers, etc. 258-2613, 1-800-465-0874.
15tfc

FOR SALE – Ottoman, $50; chesterfield $50; La-Z-Boy chair $100; Maytag washer, 4 years, old $200, or best offer. Phone 774-6688.
37-38

Pets/Livestock

AL BECKSTEAD 3B LIVESTOCK – Dairy, beef, calves, old cows, licenced buyer 24-7. RR #1, Oxford Station, 613-258-5100 or cell 613-246-3959.
35-45c

FOR SALE – Simmental heifers, cow and a bull. Call 821-0804.
37-39

FOR SALE – Jack Russell puppies. 4 females and 2 males. Extremely well bred. Asking $375 each. Call after 6 pm, 445-0446.
38

FOR SALE – Beautiful female calico kitten foundling looking for a kind home. She is about 10 weeks old and in good health, litter trained and OK with dogs. Our older cat is not willing to share his home. Please call 774-0206 if you are interested in adopting this kitten. 38-39

Klein's Agri Services Ltd.
CUSTOM SNOW REMOVAL, SNOWBLOWING OR SNOWPLOWING, SALTING AND SANDING
Per season or per trip.
Commercial or residential.
Call Chris for a free estimate.
613-774-0909
613-229-8654

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12032 Dawley Dr., Winchester
BESIDE THE LICENCE BUREAU
COMPARE OUR PRICES!
PASSENGER AND LIGHT TRUCK TIRES INSTALLED AND BALANCED
All Makes of Tires Available
National Tire MICHELIN BFGoodrich KUMHO GOODYEAR
774-0718

ALL CANDIDATES MEETING ON AGRICULTURAL ISSUES
Monday, Dec. 12
1:00 pm
Winchester Community Centre
(Upstairs Arena)

CORN FUEL
Quality cleaned, bagged corn for your corn stove or furnace
Convenient 40 lb. bags
Delivery available
D&T Farm Services
Call Dave or Tammy Zollinger
774-5373
• Bulk cleaning also available

CLASSIFIEDS

Read the Classified Advertising listings on-line at www.winchesterpress.on.ca

Birth Notice

IT'S A BOY!

MARCELLUS – Todd, Melissa, and big sisters Hannah and Ally are pleased to announce the arrival of Nolan Samuel. Nolan was born on Monday, November 21, 2005 at the Ottawa General Hospital, weighing 7 lb., 11 oz. Proud grandparents are Dale and Jeannine Marcellus of Chesterville and Dale and Juliette Harrison of London.

38

Card of Thanks

CARD OF THANKS – Once again, we send our sincere "Thank You" to our friends. To lose Mom and now Dad so close together has been difficult, but your support and friendship has certainly helped us. Your kindness has and always will be appreciated.
John and Carolyn Rowe

38

CARD OF THANKS – We, the family of Jo-Anne Bouck would like to thank our many friends and relatives for their flowers, cards and donations to CHEO and A.L.S. Society of Ontario in memory of Jo-Anne. To Rev. Janet Evans for her comforting words. We would also like to thank the Iroquois United Church Women for their excellent luncheon after interment. Thanks also to harp player Carlene Ellis who is Jo-Anne's great-niece for the two selections she played during the service; to Jean Payette and William Fraser who provided the eulogies; to the nurses honor guard for your presence at the service; and to Jack Yourt for playing the bagpipe selection at the graveside service. Special thanks to David Lapier and Dan McLaughlin of Marsden McLaughlin Funeral Homes.

38

CARD OF THANKS – I want to express my thanks to all those who sent cards, visited me and remembered me in prayer. Many thanks to the doctors and nurses for their excellent care while I was a patient in the Winchester and the General Hospitals.
– Carl Docksteader

38c

In Memoriam

McBAIN – In loving memory of my father, Vincent, who passed away December 4, 1995 and my brother, Stewart, who passed away December 1, 2004.
Memories don't fade,
They just grow deep.
For the one we loved,
But could not keep.
We hold our tears,
When we speak their names.
But the ache in our hearts,
Remains the same.
– Always loved and sadly missed
– Sherry and family

38

GIBSON – In loving memory of a dear wife, Una, who passed away December 9, 1998.
Just when your life was brightest,
Just when your years were best,
You were called from this world of sorrow
To a home of eternal rest.
– Lovingly remembered
– Your husband, Doug

38

MARQUETTE – In loving memory of a dear father, grandfather and great-grandfather, Keith, who passed away December 11, 2000.
If tears could build a stairway,
And memories a road.
We would climb our way to Heaven
To bring our father home.
– Sadly missed by your family 38

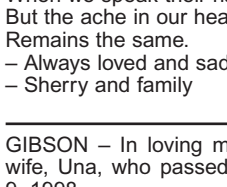
Coming Events

ATTENTION

Office parties, banquets, corporate gift giving ideas. Call Lorna at Creative Baskets, 774-3427.

38-40c

METCALFE FARMERS' MARKET
presents
'Country Christmas'
Saturday, Dec. 10
10 am-4 pm
Greely Legion
8021 Mitch Owens Rd.



Christmas baking, produce & crafts by local producers and artisans

www.metcalfefm.ca

Coming Events

WINCHESTER LIONS CLUB
515 Albert St. 774-2630
BINGO
Every Monday
HALL RENTAL
THRIFT STORE
OPEN: 9 am-3 pm, Tuesday to Saturday

3tfc

METCALFE LIONS CLUB

2803 8th Line Road Metcalfe. **Euchre:** Every Thursday at 7 pm, Lions Den. **Lion's Christmas Bingo:** Tues., Dec. 13, 7:15 pm, Lions Den. **Hall Rentals:** Contact Jean 821-1933 or Bruce 821-2221.

35-41c

BLUE CHRISTMAS SERVICE

Sun., Dec. 11, 7 pm at Hallville United Church. This season is often difficult for many. We invite you to join us and experience a small glimmer of light in December's darkness. Fellowship and refreshments to follow.

37-38

CHRISTMAS CANTATA

Russell St. Andrews and St. Paul's United Church will be performing a Christmas Cantata on Sun., Dec. 11 at 7 pm. There will be a goodwill offering for the Russell Food Bank. Refreshments served.

37-38

CENTENNIAL CHOIR OF CORNWALL

Get in the Spirit of Christmas! Come and enjoy the Centennial Choir of Cornwall, Sun., Dec. 11, 2 pm, St. Paul's Presbyterian Church, Winchester. Refreshments served. Tickets $8 each. Available at the door or call 774-3693 or 774-2457. Proceeds to local charities.

37-38c

NEW YEAR'S EVE DANCE

Chesterville Legion New Year's Eve Dance tickets available at the Legion, $25 per couple, $15 single. Limited amount to be sold. All seats reserved. Call 448-1997.

37-38

YE OLDE BARGAIN SHOPPE

A great place to shop! Open Wednesdays from 1-3 pm and Thursdays from 1-3 pm and 6-8 pm. Holy Trinity Anglican Church Hall basement, Queen Street, Chesterville. Come in and browse!

38c

WILLIAMSBURG ODDFELLOWS COMING EVENTS FOR DECEMBER

Sat., Dec. 10: WRD; **Sat., Dec. 17**: Oddfellows Christmas Party: Social Hour 6 pm, Pot Luck Supper 7 pm. Oddfellows supply turkey, dressing and gravy.

38

SEAWAY VALLEY SINGERS ANNUAL CHRISTMAS CONCERT

Fri., Dec. 9, 7:30 pm at Williamsburg Christian Reformed Church. Tickets available at the door. Admission $10. Seniors/children $8. Refreshments will be served.

38c

TURKEY DINNER

With all the trimmings, Fri., Dec. 16-noon until food is all gone. Iroquois Legion Branch 370. $7 per person. Take-outs available. All are welcome. Sponsored by Legion Ladies Auxiliary.

38-39c

SAVE! SAVE! SAVE!

Up to 20%. Check out the SAVINGS at LOU'S PANTRY BULK & HEALTH FOOD STORE here in Morrisburg, 2 doors down from Curves. Selection of Baking products, Wheat/Gluten Free products and much more! Drop by, Lou and Leslie will be expecting you!

38c

ANNUAL OPEN HOUSE CINDY AND FRIENDS

Second annual open house showcasing a variety of special gifts offered by Cindy Laneville and Friends, Sat., Dec. 10 from 12:30-4 pm, 422 Victoria St., Winchester, 774-5547.

38c

COOKIES AND CAROLS SERVICE

At the Winchester Baptist Church on Thurs., Dec. 8 at 7:30 pm. Come and bring a friend!

38

CHRISTMAS CRAFT WORKSHOPS
Dec. 19 to 22
6 pm to 7:30 pm
Ages 4 & up
Sign up for one day or all! Call us to get the schedule. Each day has a 'theme'!
Discounts for family and/or more than one workshop.
The Academy of Expressive Dance & Imagine That Boutique
320 Latimer Road
South Mountain 989-3418

Coming Events

BREAKFAST WITH SANTA

Elma Public School Council invites you to join us on Sat., Dec. 10 from 8-11 am at the Williamsburg I.O.O.F. Hall for a Pancake Breakfast. Bring a food donation for the food bank and get $1 off your breakfast!

38c

GIFT WRAPPING

The Hallville Recreation Association will offer gift wrapping service, Dec. 10, 17 and 24 from 10 am-2 pm at Loughlin's Country Store. Donations appreciated.

38-40c

NEW YEAR'S EVE PARTY

Sat., Dec. 31 at the Cork & Barrel, featuring "Rogue". Tickets available in advance. Call 448-1737.

38-41

KID'S CHRISTMAS WORKSHOPS!!!

No need to shop! Create your own gifts! Thurs., Dec. 8, "In-Jean-ious", Journal/Diary; Fri., Dec. 9, "Cork" Picture Frame; Thurs., Dec. 15, "Angel Ornament"; Fri., Dec. 16 "Funky Felt Pillow". Each workshop is from 4:30-5:30 pm. Cost of each workshop is $12 (taxes included). Pre-registration is required. Cindy Laneville, 774-5547 or Sandra Pym, 989-6180.

38c

MIXED TEXAS HOLD-EM POKER TOURNAMENT

At the Cork & Barrel Sun., Dec. 11, start 1 pm sharp. Sign up prior. Call 448-1737 or 448-3814.

38

Be wise... advertise

50% Off Sale
ONE DAY ONLY!
To celebrate our
15th Anniversary season,
on Thursday, Dec. 15,
from 10 am to 7:30 pm,
everything in the Boutique
will be ***50% off!***
Don't miss it!
–Call for more details–
The Academy of Expressive Dance & Imagine That Boutique
320 Latimer Road
South Mountain 989-3418

Thank You

We, the family of the late Audrey Pelkey, would like to extend a very heartfelt thank you to the nursing staff as well as the kitchen and housekeeping staff of the WDMH. Thank you to Vicki Byers and the Byers Funeral Home. A special thank you to Dr. Burke for his kind and compassionate care for someone who was loved so dearly. To all of our family, friends, and co-workers, your kindness and support at this difficult time will long be remembered.

– Greg and Family

Card of Thanks

The Williamsburg Christian Reformed Church wishes to take this opportunity to thank the following individuals and businesses for their generous donations of goods and services for our local Food Grains Plots.

• Fife Agricultural Services • Tim Van't Foort
• B. Simpson and D. Acres at Synagri • Rutter's Elevators
• Kevin Leader • Ginus Joldersema • Westergreen Farms
• Winchester Elevators • Riveredge Farms • Gasser Ag Services

Because of these generous donations, we were able to raise approximately $61,900. This will make a significant difference in the lives of many people around the world who suffer from hunger and adverse conditions.

Praise the Lord.
Williamsburg Christian Reformed Church

In This Season of Giving...

A very big 'thank you' to **Andy Hamel** (Andy's Foodland) and **Chris Laflamme** for their help in putting up as well as taking down the flags throughout the downtown. Neither heat nor cold will stop these guys – as always, giving to the community.

Winchester Merchants' Group

Winchester Skating Club

Registration for January
Thursday, December 8 from 6:30 to 8:00 pm
in the lobby of the
WINCHESTER ARENA

2006 REGISTRATION FEES

Winter Session

****NEW** Pre-CanPower Program** (4-6 years old)
• 1 night/week, Thursday (6:30-7:20 pm from Jan. 3 to March 30) **$100***

Tiny Tots Program (Jan. 3-March 30)
• 1 night/week, Tuesday (6:30-7:20 pm) **$100***

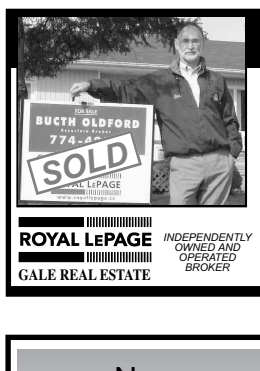
Canskate Program (Jan. 3-March 30)
• 2 nights/week, Tuesday & Thursday (6:30-7:20 pm) **$125***
• 1 night/week, Tuesday only (6:30-7:20 pm) **$100***

***Please add:**
Mandatory $20 Skate Canada fee per skater, due at registration

- Fee for NSF cheques is $25
Canskate Program: includes levels 1 to 7

For more information please contact
Marg Mackler at 448-2523 or Cheryl Beasley at 774-2224

OTTAWA CARLETON MALE CHOIR
'Sounds of Good Tidings'
Saturday, December 10, 7:30 pm
Christ Church Cathedral
(Sparks at Bronson)
Special Guests:
Croatian Folklore Ensemble 'CROATOAN'
Tickets $12 in advance, $15 at the door
Net Proceeds to The Canadian Cancer Society
For information call 224-1597 - www.ocm-choir.cityslide.com/



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Votre nouvel emploi vous appelle
Nous embauchons des agents pour le service à la clientèle

Emplois disponibles immédiatement

Vous désirez faire partie d'une entreprise en pleine croissance, énergique et cotée en Bourse? Êtes-vous une personne autonome qui cherche les défis et les récompenses ? Est-ce qu'une entreprise dont les buts sont axés sur la croissance et la promotion représente une occasion que vous ne pouvez laisser passer ?
Nous sommes présentement à la recherche de personnes dynamiques pour joindre notre équipe du service à la clientèle à notre centre d'appels de Cornwall.

Les candidat(e)s recherché(e)s doivent posséder un excellent sens des communications, de l'expérience antérieure au service à la clientèle, un bon doigté sur clavier et une bonne connaissance du système d'exploitation Windows. Ils(elles) doivent aussi posséder un diplôme d'études secondaires (12e année ou équivalent).

Salaire de 10 $/heure plus plan d'avantages sociaux disponible après 90 jours. Doit être bilingue (parlé et écrit)

POSTULEZ À: StarTek Canada Services Ltd.
1400, prom. Vincent Massey, Cornwall, Ontario
(613) **937-7003** ou par courriel à: cornwalljobs@startek.com

Thank You

The Bouck family would like to take this opportunity to thank each and every one who made JoAnne's final journey so much easier. Her wish was to remain at home and each and every one of the following had a part in that. First and foremost would be Dr. Thomas and his staff in Morrisburg and Cardinal. Thank you Sharon, Rosemund and Amy. Thank you Andy, for the house calls day and night.

Nurses and staff from Bayshore Nursing: Primary care nurses Cindy Bennis at the start, then Nancy Graham and finally Linda Dumolin. Daytime nurses Joyce Edgerton, Georgia Belis and Tracey Antille. Nighttime nurses Julie Sideratos and Madeline Vander Zweep.

Winchester and District Memorial Hospital: Thanks to staff in admitting, emergency and on first floor. We showed up at your door about half a dozen times and every time we were treated with courtesy and respect and were ushered through the channels in very appropriate time. Your prompt care and concern for Jo and I was greatly appreciated. There is something to be said about smaller community hospitals.

Community Care Access Centre for the Eastern Counties: Case Manager Lucie Brisson and staff. Thanks for arranging for equipment and nursing hours. A call in the morning would mean we would have the equipment that night. Great stuff.

Gilmer Pharmacy in Iroquois: Ron, Doug, Tracey, John and staff. Thanks for ensuring that JoAnne's medicinal needs were met. I know it was a challenge by times but you always came through. THANKS!

Dundas County Hospice: Reina DeJong and staff. JoAnne always looked forward to your monthly get-togethers. A few hours away to socialize and forget about your illness could do wonders.

JoAnne's personal care professionals: Classic Cuts in Morrisburg; Kathy Morrell and staff, you were all so good to JoAnne. She would look forward to her trip to the salon each Friday and she always had many compliments on her hair. The Esthetic Centre in Kemptville: Caroline MacDonald. She loved her twice-monthly trips to get her facials and nails done. They always looked the best. THANKS GIRLS!

Wendall Ault Construction: What a change in an old house. We gave you some ideas and then left for the warmer climate. When we came back two months later it met and exceeded our expectations. Jo was pretty proud of her new surroundings. THANKS WENDALL!

Neighbors Donald and Shirley Barkley, Donny and AnnMarie Gibbons: We could travel easier knowing you were keeping an eye on things. Thanks. Shirley, the quilt was an unbelievable tribute to Jo's life – everyone couldn't help but admire it when they were in that room.

Thanks, Charlie, Donald and Bob: Crops were the farthest thing from my mind. You made sure that things were done and I didn't have to worry about such trivial things.

Paul Saddlemire: Thanks for looking after mail delivery when we were away, bringing parcels and taking time to feed Barney.

Family and friends: Mother and Dad, thanks for understanding where my priorities had to be. Dean, Robin, Carter and Dryden: Thanks for understanding that long weekend visits became too hard for JoAnne and that short visits would enable JoAnne to keep up her strength longer. Dean, thanks for giving the boys such great care that enabled Robin to be with her mother for the past while. Same goes for Wes, Jan and Will. Clare and Cay Brown – Thanks for being just a phone call away, we needed you many times.

Thanks to everyone who made phone calls and inquiries about JoAnne's health over the past three years. Thanks for the numerous cards and letters – they all helped to keep our spirits up.

Thanks to everyone who contributed to her ALS fundraising and were on Jo's 'A' Team.

– Sincerely, Gary Bouck

CLASSIFIEDS

Read the Classified Advertising listings on-line at www.winchesterpress.on.ca

Auction Sales

AUCTION SALE
ANTIQUES, COLLECTIBLES, GLASSWARE, MUSICAL INSTRUMENTS AND MUCH MORE
To be held at our Auction Facility, Civic #15093 County Road 18. From Highway 401 Ingleside Exit #770, travel north 1.5 km to Osnabruck Centre, turn east, travel 1/2 km.
SATURDAY, DECEMBER 17
commencing at 9:30 am

Dining room table, 6 chairs and buffet; large, 2-door armoire with bird's eye panels; 2 rose carved balloon-back chairs, walnut Victorian parlor table and others; Victorian sofa; gentleman's dresser in over paint; hall table with matching mirror; washstands; press-back rocker; nursery rocker; high-back mirrored sideboard with stained glass; dressers; dove-tailed carpenter's box; Northern Electric tool box; 2-drawer over 2-door primitive pine cupboard; small oak store display case; ornate mirror; humpback trunk; miniature Singer sewing machine; Roxton table and chairs with matching hutch; gingerbread clock; large assortment of old toys including Lincoln, Dinky, die cast, wind-up tin toys, model cars in boxes, Radio Flyer fire engine pedal car, Gilbert Erector set and much more; C.P.R. lighting fixture; stag image lamp; Indian beaded purse and boots; Christmas ornaments; candy containers; white cut to cranberry lamp, paintings and prints including old lithographs; oils and 44x34 signed Bateman print (Intrusion); crocks and jugs; cast iron match-holder; old hooked rugs; old pocket watches; assorted old store tins; butter boxes; table-top cream separator; stained glass windows; old advertising signs; old advertising including N.Y.C. timetable 1926; old stamps; books; Rapid Prince postcards and menu; postcard albums; signs including 2 "Nichol Cola", tin signs, Pepsi, BP oil, general store signs, etc; excellent selection of glass and china including omnibus pattern breakfast set, Moorcroft cigarette box, carnival, Shelley, Chintz, Fiesta, cranberry, cornflower, Carltonware, Nippon, 2 blue opalescent vases, Torquay china, Capodimonte florals, cups and saucers, and much more.

Musical Instruments: Old European classical guitars; 3 small guitars; 60s Harmony arch-top guitar (project); auto harp; ukelin; Hawaiian art violin; Chinese lute; many other articles too numerous to mention.

Note: Be sure to attend our Annual Christmas Sale!

Owner and Auctioneer not responsible for loss or accident.

TERMS: Cash or Cheque with Proper ID
AUCTIONEER
Peter Ross Auction Services
Ingleside, Ontario
613-537-8862
www.theauctionfever.com

38c

Auction Sales

ESTATE AUCTION SALE
ANTIQUES, COLLECTIBLES, MODERN HOUSEHOLD EFFECTS SNOWBLOWERS, QUANTITY OF WINDOWS (LIKE NEW)
Estate of Mildred Ross and Inclusions
To be held at our Auction Facility, Civic #15093 County Road 18. From Highway 401 Ingleside Exit #770, travel straight north 1.5 km to Osnabruck Centre, turn east, travel 1/2 km.
SATURDAY, DECEMBER 10
commencing at 10 am

Household: Maple table and 6 chairs, buffet and hutch; two 3-piece bedroom sets; hall table; beautiful grandfather clock, modern; Hardwick Century II gas stove, like new; Kenmore refrigerator, like new; 2 sofas; La-Z-Boy chairs; Kenmore heavy duty washer; Frigidaire dryer; glider rocker; maple desk; kitchenette set; electric stove; Yamaha keyboard; sewing machine; Sharp TV; Emerson VCR; good assortment of pots, pans, kitchenware and small kitchen appliances; 2 vacuum cleaners; knitting supplies; glass and china including pink depression, crystal, Fire King, cottageware, refrigerator dishes, Fiesta, Nippon, cups and saucers and more.

Antiques and Collectibles: 5 Kierstead prints; antique sofa, tiger maple; cuckoo clock; handmade rugs; quilts; oil lamp; 2 violins; silverware set; selection of old radios; clocks including gingerbread, Sessions mantle, railroad, Pepsi, MacGregor socks and more; lantern; brass school bell; old cameras; Bibles; postcards; trunk; old wooden sleighs; old fishing lures; sad irons and trivets; old magazines, farm manuals and brochures; old photos.

Miscellaneous: Noma Christmas Santa; 17 various sized windows, like new; White 10 hp walk-behind snowblower, electric start; White 8 hp walk-behind snowblower; Bolens 8 hp snowblower Gem woodstove; 2 stepladders; assorted hand and power tools; many other articles too numerous to mention.

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Thank You

The "Tag Team" would like to extend our sincere thanks to Andy & Louise Hamel (Andy's Foodland) for their continued support in our community. Their donation of a three-minute shopping spree to the 2005 WDMH Gala is another way that our community benefits from the generosity of "Andy's Foodland". Thanks again for the fun and excitement…we had a blast.

Rhonda & Joel Steele, Nora & Gary Brown, Judy Peddle & Murray Blair, Barb Scott & Bill Vermilyea and Dianne & Hugh Fawcett

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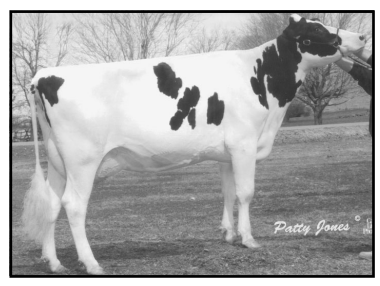

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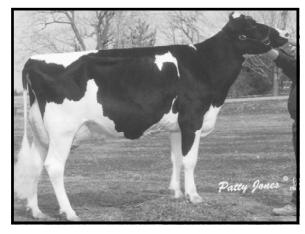

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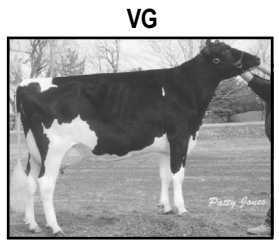

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OBITUARIES

JoAnne Kathlene Bouck

JoAnne Kathlene Bouck (nee Fraser) passed away peacefully at home in the arms of her loving family on Sat., Nov. 26, 2005, following a three year battle with ALS, more commonly known as Lou Gehrig's disease.



She was born in Vancouver, B.C. on Jan. 26, 1949 to William and Ada Fraser. JoAnne moved with her family to Cambridge (Galt) at the age of nine. When she finished high school, she moved to Cornwall where she attended the Cornwall Regional School of Nursing, graduating in 1970. JoAnne married Gary Bouck on Aug. 2, 1969 and together they had two wonderful daughters, Robin and Janis.

She started her career working in Winchester for two years and then in Brockville for the last thirty years until being diagnosed with ALS in November 2002. JoAnne loved her work as an obstetrical nurse, and made many friends over the years, both patients and co-workers.

She enjoyed reading and knitting. Even after her illness was discovered, she made sweaters for her nephews and grandchildren. JoAnne loved to travel to warm climates in the winter. She and Gary went on a cruise to celebrate their 25th anniversary, and another two years later. They discovered Aruba — she loved that island. She and Gary managed to travel to Aruba four times, the last time being in January 2005. The highlight of her recent years was being able to take her family to the Dominican Republic for a week. She had great pleasure watching her grandchildren frolic in the sand and water. That was a trip the family will always remember.

In the last three years JoAnne became a dedicated worker for the ALS society. She raised money for society taking part in three walks, the latest one being on Sept. 24 of this year. She was a volunteer for the Canadian Cancer Society for a number of years and loved to help CHEO whenever she could.

She is survived by her loving husband Gary, her daughters Robin (Dean) Armstrong of Cambridge and Janis (Wes) Campeau of Spencerville, and her brother William (Marg) Fraser of Cambridge. She was a loving Nana to her three grandsons, Carter and Dryden Armstrong, and Will Campeau. She was a great aunt to many nieces and nephews and she will be fondly remembered by her many friends throughout the area.

Friends called at the Marsden and McLaughlin Funeral Home in Iroquois on Nov. 30. The funeral service was held in the funeral home with Rev. Janet Evans officiating. Inurnment followed at the Iroquois Point Cemetery. Pallbearers were Gary Bouck, Dean, Carter, and Dryden Armstrong, and Wes and Will Campeau. A luncheon was held at Iroquois United Church immediately following inurnment.

Memorial donations made to the ALS society or CHEO will be gratefully acknowledged by the family.

William Sherman Hanes

William Sherman Hanes passed away at Ladysmith Hospital in Ladysmith, B.C. on Nov. 6, 2005. He was born in Vernon, Ont. on July 9, 1929.

He is survived by his loving wife Anita of 52 years, by his sister Ida Blonski of London, Ont., and his brother Jack (Myrlah) Hanes of Cayuga,Ont. He is also survived by brother-in-law Archie Kovisto, sister-in-law Mae (Paul) Laukkanen, brother-in-law Robert (Julie) West, and by nieces and nephews.

He attended Vernon Public School and Winchester High School. He was a member of the Ontario Provincial Police for 34 years. He had been a member of the Lions Club and Rotary Club and a past member of the Masonic Lodge and Shriner's Club.

A celebration of Bill's life was held on Nov. 19, in Ladysmith, B.C. Cremation has taken place and he will be interred at Maple Ridge Cemetery in Chesterville at a later date.

Arrangements were confidently assigned to Telford's Mid-Island Memorial Services.

Graham R. Smith

A lifetime resident of Chesterville, Graham Smith died at home on Nov. 24, 2005, surrounded by his family. He was 89.

He is survived by his wife of 63 years, the former Gladys Wingard of Williamsburg. Together, they operated Legacy Lodge, a heritage dairy farm, until their retirement in 1980.



Smith was the proud father of Barbara, Robert, and Brenda. He was the cherished grandfather of Geoffrey, Laura (Peter) Maher, and Jason (Cheri-Lee) Smith. He was also rewarded with an adorable great-granddaughter, Allison Maher.

Smith is survived by his sister, Ruth Widdows of Brockville, and his brother, Dr. Douglas (Rita) Smith of Peterborough, as well as several nieces and nephews.

He was predeceased by his parents, Malcolm F. and Charlotte (Rae), and his youngest sister, Amorette in 1979 in Montreal.

Smith was a former member of the Egan Lake hunt camp and was nicknamed "Dead-eye Dick." He always enjoyed a game of cards with friends and was an avid reader who could still recite many selections of poetry learned in school.

In keeping with Smith's wishes, there was no visitation. Inurnment took place at the family plot at Maple Ridge Cemetery on Sat., Dec. 3.

Donations made to the SD&G Public Library Chesterville branch, the Winchester District Memorial Hospital, or a charity or organization of choice will be greatly appreciated.

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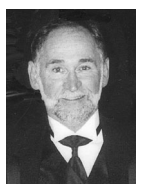

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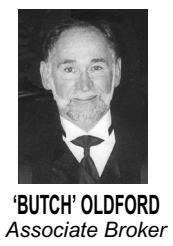

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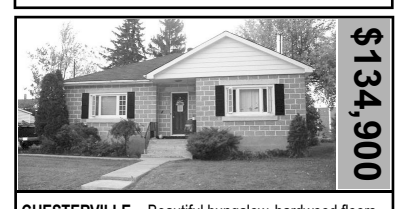

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$179,000. 10.11 ACRES, horse barn, 4-bedrooms +, classic home with 2 lofts. Huge wood shed which would make a beautiful garage. Hardwood flooring and tin ceilings. A must see!



REDUCED! OWNER MOTIVATED TO SELL. $229,000. A ten! 1,900+ sq. ft. completely redone, new kitchen, bathroom, flooring, hardwood and ceramic, family room on main level, 2 full baths. 2-car garage, full unfinished basement. 1.5 acres.



REDUCED TO SELL! $229,900. 1.83 ACRES, 3 bedrooms, well maintained up-to-date home. Hardwood throughout, semi-finished basement, 4-car shop, 2 storage sheds, wraparound verandah, gazebo. You have to look at this one. A ten!

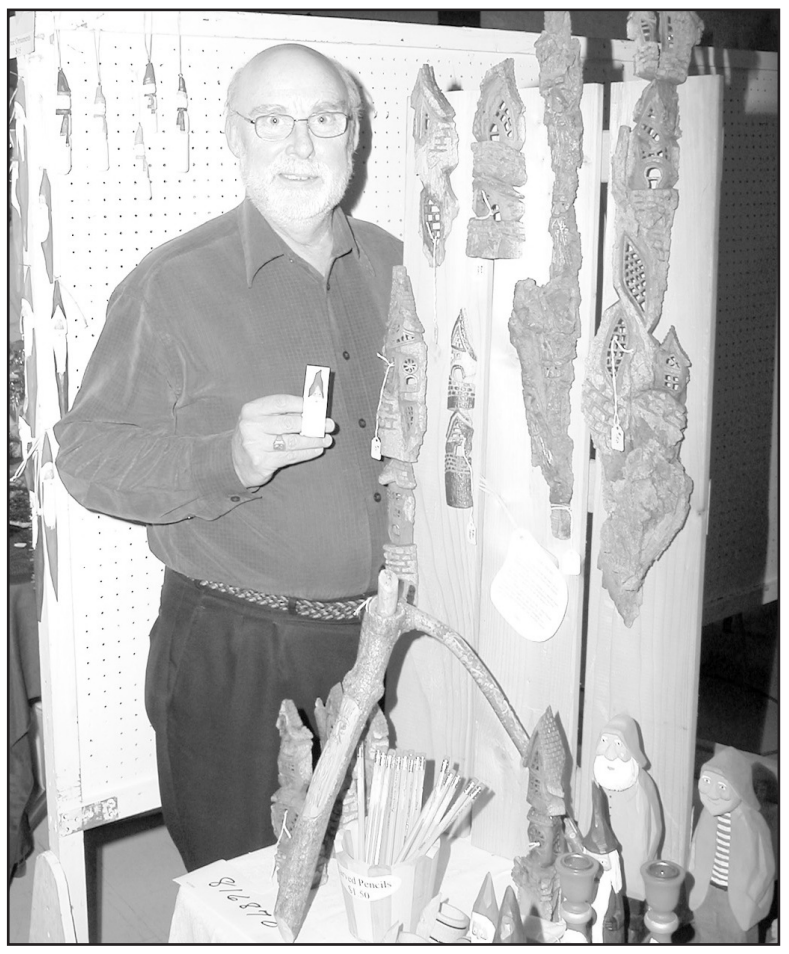


$99,999. VERY AFFORDABLE, comfortable family home with newer addition with full basement. Oil furnace with aux. woodstove. Large back yard and storage shed. Why rent?



$375,000. SPACE GALORE and 2.31 acres. Five bedrooms, 2-1/2 baths, 2-1/2-car garage, 3-storey, full basement. Built in '85. Three-season sun room, quiet rural setting. A must see! Call to view.





South Mountain shopping

Easy ingredients-in-a-jar for cookies and soup were being sold by Vicki Bisson (above) of Kemptville at the 22nd annual Lion's Craft Show held in the South Mountain Agricultural Hall on Sat., Dec. 3 and Sun., Dec. 4. Bisson was selling the items to raise funds for the North Grenville Co-operative Pre-School. Right, John Southcott of Merrickville has been carving wood for about five years. He is shown here holding one of his basswood fridge magnets at the craft sale. He also carves unique designs into cottonwood bark.

Photos — Barbour

Tickets still available for luncheon

By Huguette Shaver

MOUNTAIN — President Muriel Milne opened the November meeting of the Mountain Seniors with 35 members and guests in attendance followed by a reading. "O Canada" was sung, followed by the Lord's Prayer. There were four birthdays and one anniversary for the month of November. The minutes of the October meeting were approved as read by the president. This was followed by the treasury, kitchen, and hall reports. A moment of nostalgia was also read.

The euchres for this month are Dec. 5 (South Mountain in charge), Dec. 19 (Hallville in charge), and Jan. 2 (Mountain in charge). A reminder: there are still tickets available for the annual Christmas luncheon on Dec. 14 at noon. Please contact with Mavis Graham for tickets. The cost is $10 for members and $12 for non-members. On this occasion, it would be nice to bring food donations to help the needy in this community.

An application for a $200 grant was sent to the John Stewart Foundation. Get well wishes were sent to Margaret Hyndman and Helen Dyment for a speedy recovery. Audrey Gibson introduced the guest speaker Lynn Levere, who gave a detailed presentation on her trip to Ireland this past September. Her report was geographically and historically informative. Her photographs were appreciated by everyone. Grace was said, followed by a fantastic and plentiful luncheon.

As this wonderful and holy season approaches, the Mountain Seniors offers its greetings to one and all. The next meeting will be on Jan. 25 at the Mountain Community Hall at 11:15 am.



Let The Holiday Spirit Ring!

CHRISTMAS DRAW

Starting December 10th, with every $20.00 or more of gas purchased you are entitled to enter our draw:

1st Prize: $100 Gift Certificate
2nd Prize: $75 Gift Certificate
3rd Prize: $50 Gift Certificate

Don't forget to fill out your ticket! Draws to take place December 23rd, 2005.

Mon.-Fri. 6-7; Sat. 7-7; Sun. 8-6

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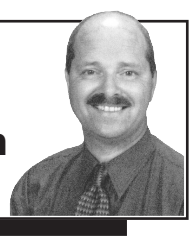
Debt-elimination drive raises $70,000

Notes from Timothy Christian
by Gary Postma



WILLIAMSBURG — We are checking in the "finished" column a number of objectives in our school's strategic plan.

We talk a lot in the school about our SP, which is short for strategic plan, but as our SP co-ordinator pointed out, it can also stand for So Pray — Isaiah 40:31 — "those who wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary."

At last check, our debt-elimination drive had raised about $70,000!

Our Grade 8 class travelled to Bowmanville to participate in a huge volleyball tournament. They all had a great time, arrived there and back safely and the boys came home with a second place in their division.

An options program is being planned for the older students in January and February. If you have interests or skills in an area and would like to pass along this hobby to the students of TCS, please call us. In previous options sessions, kids have learned about quilting, tole painting, cooking, woodworking, and jiu jitsu, among others.

Our annual chocolate bar sale is going very well, with about $1,700 of a total of $6,800 being sold. If you bought a chocolate bar from a TCS student, thanks.

The students have been involved in two Christmas gift related projects. The younger students collected boxes of items that were given to Samaritan's Purse as part of Operation Christmas Child. The students in Grades 7 and 8 are currently contributing to a program administered by World Vision that we call Rabbits and Roosters. Both programs aim to help our kids realize how God has richly blessed them and that lots of kids around the world can benefit from our gifts to them, whether it be a toothbrush or a chicken.

In June 2006, 17 students will graduate, nine of whom are the last TCS children in their family. That's a lot of families to leave all at once. We have a structure in place that sees the school growing again if we gain six new families a year and retain all of our current families. Over the last ten years, we have averaged 6.8 new families per year, so we're quite confident that we can do so again, with the Lord's blessings.

We will be having our annual Discover TCS sessions for any parents that are interested in Christian Education on Jan. 20 at 7:30 pm and Jan. 21 at 9:30 am.

Metcalfe area children to lose play structure

METCALFE — Metcalfe Public School administration was recently informed that the school play structure is scheduled for demolition in the spring/summer of 2006.

The structure, which has been in use for almost 20 years, was inspected by school board maintenance personnel who declared the playground equipment had served its useful purpose and will be removed.

Replacement of the structure, however, is not part of the board's plans. "It is up to us as a school community to replace it," stated Mike Chartrand, principal of Metcalfe Public School. "Quite simply, there are no school funds in our budget to do so."

This announcement has left many parents concerned. "Losing this play structure is devastating not only to our school's kids, but to all the kids in the neighboring community," said Ellen Everson, chair of MPS Council. "I cannot imagine what kids will do at recess and on weekends if they no longer have this place to burn off energy. Our play structure is an important place for kids to engage in constructive social activities."

A new structure, estimated to cost upwards of $30,000, has subsequently become the focal point for the school's parent council which has mobilized to raise funds to install a new one.

The council has produced a 2006 calendar containing high-quality images of both the school and community aimed at raising funds exclusively for this purpose.

"The play structure is a vital part of our community and this calendar aims to celebrate all aspects of that community," explained Everson. "We are hoping others will agree and support the community by purchasing one."

Calendars may be purchased through the school or at select local businesses during the month of December.

Outlets include Metcalfe Pharmacy and the Main Street Grill. All profits will be directed to the new play structure.

For information please contact Andrie Nel at 821-1734 or andrie@andrienel.com.

Thank You

On behalf of the Metcalfe and District Lions Club, we would like to thank the following businesses and people for their donations for the Farmers Auction this year. Most of these groups have given year after year. If it was not for them it would be impossible to put on the event. Also to the Lions members, because this is a year-round job, from picking up the articles, storing them, making lists for next year, etc. It takes special people to pull this off. Thanks to Stewart James, Carson Hill and Erin James their time and talents as auctioneers for the auction. If we have missed someone we are very sorry. At this time it is undecided where the money is going, but it will be kept in the area. Around $8,000 was made this year. A special thanks to Lion Helen and Lion Bert for all the time and hard work put into this event.

Stillwater Distillers, Lion Howie James, Winchester Auction, Shadbolt's, CountryBoy, Tom's, Barry's Hardware, Larry Bazinet, Lion Phil Potter, Al Heron Garage, A&T Service, Ray's Haulage, The Door Company, Crerar's Honey, UAPA, Al Bezanson, BGM, Osgoode Sand & Gravel, Weagant Farm Supplies, Karen Hair Care, Avon - Sue Porteous, Robb Wallace, Hick's Insurance Brokers Ltd., Al Johnston, Metcalfe Royal Bank, Metcalfe Pharmacy, Metcalfe Pizzeria, Hawley's Corners, Mr. Gas, Changes for Women, The Feed Barn, Clarmo Auto Repair, Frank & Guy Auto Body, Snake Island Auto, McVey Insurance, Wild Cranberry Cafe, Metcalfe Variety, Metcalfe Post Office, Skuce Repairs, Dundas Feed & Seed, Lion John Fuller, Lion Bruce Patterson, Lion Gerry Ross, Upper Canada Motors, Stittsville Trailer Ltd., John Ferguson Milk Transport, Lion Bert Velthuis, Green Tech Ag & Turf, Agri Partners, Gib Patterson - Emerald Links & Cloverdale, Metcalfe Golf Course, Country Flowers, Sleepy Hollow, Lourie Shields, Lion Archie Sayant, Lion Ben Fox, Ralph Murray, Manulife Financial, Brian Scharf, Stagra Automotive, Greely Sand & Gravel, Lannin TIM-BR-Mart, B&C Construction, B. Dewan Fuels Ltd., T.P. Diak Trucking, Subtec Ltd., Taylor & Taylor Design & Drafting, Annis O'Sullivan Vollebekk, Continental Mushroom, Frank Mercier Monsanto Canada, Laura Harvey, Tile Crop Farms, Jeff Robinson, Lion Trevor Roberts, Hugo Theiler, Greg Summers, Lion Helen Porteous

Thank you all so very much!

Two houses tie for first place in Osgoode contest

OSGOODE — Santa had no trouble finding Osgoode on Dec. 3 and 4. The village's annual Light up the Village contest guided him through the sky.

He wants to send his appreciation to two households that tied for first prize in the contest — 3412 Regburn and 5765 Andrassi. The decorations were spectacular. Second place, with a splendid display, went to 3250 Wild Cherry. Gift baskets were presented to the three winning households.

The contest was judged by Steve and Stefan Quinn and Lee and Colby Carey. New houses are selected each year for the award, but an honorable mention goes to everyone who lit Santa's way.

If you're taking a drive to see the winning houses, other shining displays can be seen on Taggart and Taylor streets in the village, as well.

Winchester Seniors euchre winners

WINCHESTER – The winners at the Winchester Seniors' euchre held Nov. 24 were as follows: The cream cards were won by Audrey McLaren and Orma Earl. The blue cards were won by Earl Hanes and Betty Puddy.

The door prize winners were Greta Clark and Betty Wheeler. Frieda Harper and Fay Robinson won the draw. Everyone had a fun-filled evening of cards, followed by a lovely lunch.

The next euchre will be held on Thurs., Dec. 8 at 7:30 pm. Everyone is welcome.

Keeping Health In Mind

"Keeping Health in Mind" is a monthly newspaper column made possible with the help of the Lannin Business Centre, The Winchester Press and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall Community Hospital/Hôpital Communautaire de Cornwall.

Making Changes in Your Life

Take the test…We can all combat ageism! Seniors live with ageism every day, and it can be pretty frustrating. Ageism is defined as the belief that someone is not as good as you, or not a worthy person, simply because of his or her advanced age. Ageism devalues older adults' contributions to society. It deprives seniors of the dignity, fair treatment and social involvement that we all deserve, regardless of age! There is also an attitude amongst certain people that ALL seniors live with failing health, failing memory, and failing abilities…nothing could be further from the truth!

To see if you inadvertently have accepted myths about aging, please consider taking this quiz:

Most seniors are in good physical health T/F
Seniors hear and see as well as younger people T/F
Most seniors are happy and content T/F
Most seniors become "senile" or demented T/F
People have trouble remembering things as they get older T/F
Our sense of smell declines by middle age T/F
As we age, we lose brain cells and our brains become smaller T/F
We spend more time sleeping as we get older T/F
Muscles become smaller and we gradually lose muscle strength T/F
Most seniors find that breathing becomes difficult during vigorous exercise T/F
Most seniors have difficulty learning new skills T/F
People lose interest in sexual activity as they get older T/F
Seniors have more car accidents than younger people T/F
Most seniors live in institutions T/F
Aging affects intelligence T/F

The answers are 1)T, 2)F, 3)T, 4)F, 5)F, 6)T, 7)T, 8)T, 9)T, 10)T, 11)F, 12)F, 13)F, 14)F, 15)F. Did any of the answers surprise you?

It is amazing how easy it can be to fall into believing some of the common myths about aging, but we must remember that the elderly are as diverse a group as any other, and most seniors live active, healthy, independent, stimulating lives. In fact, the National Advisory Council on Aging (NACA) states that three-quarters of Canadian seniors report that their health is good, very good, or excellent.

The NACA notes that an older adult is considered to be aging successfully if he or she has a low risk of disease-related disability; has a high level of mental and physical functioning; is actively engaged in life; and can adapt to change and compensate for limitations.

And what are seniors doing to keep busy? Many have chosen to keep working, and are still extremely productive doing the job they've done for decades, and bringing their wealth of knowledge and experience to work with them each day. Others have taken on a second career, working for organizations such as Home Depot who gladly hire older adults, recognizing their obvious talents and skills.

Others are generously donating their time to various causes and organizations. Seniors make up the bulk of many organizations' volunteer lists, and these agencies couldn't do without them! In fact, 44% of Canadians over 65 spend an average of 2.2 hours a day as volunteers, the highest percentage of all age groups!

Older adults are busy taking computer classes, and in fact, this part of the population is the fastest growing sector of computer users! Yoga classes, aquafit programs, art and music classes, and so much more are full of energetic and enthusiastic seniors.

Craig Smith, B.Sc.H., Psychogeriatric Resource Consultant, Tri-County Mental Health Services

For more information or to receive the French version of this article, or to seek professional advice, please call 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. Information Sources: National Advisory Council on Aging; The Atlantic Community Promoting Network; Drug Misuse Quiz, Community Outreach Programs in Addictions

This message is brought to you in part by the following:

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Winchester Press

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Read all about the babies born in the year 2005.

SPECIAL DELIVERY



Jacklyn Mae Bryson
November 17, 2004
Daughter of Bonnie James and Shane Bryson.
SAMPLE AD

We will feature the babies born this year in our New Year's edition, Wed., Jan. 4, 2006.

(Babies born in November & December 2004 also welcomed.)

Send or bring this form along with $21.40 *(includes GST)* to the: **Winchester Press**
Box 399, Winchester, Ont., K0C 2K0
Tel: 774-2524

Your baby's name _____

Date of birth _____

Your message _____

_____

Don't forget to include a photo (wallet size preferred).

Deadline Dec. 16, 10 am





This year's Parade of Lights had 51 well-lit floats. From left: Farmer John "From Cloverdale" Cinnamon and his grandson, Mason Peterson, helped pull the Winchester Lions Club float. The Brockville Lions Steel Band is always a parade favorite. These youngsters were bundled up to ride on a float. The man in red capped off the parade with a wave.





Sparkling delight: Parade lights up the night



Above: Susan Rawson and Bev Anderson had a blast waving from the top of the Agri-Partners sprayer.



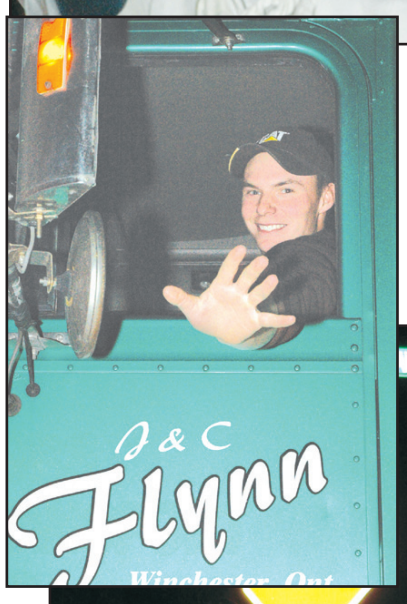












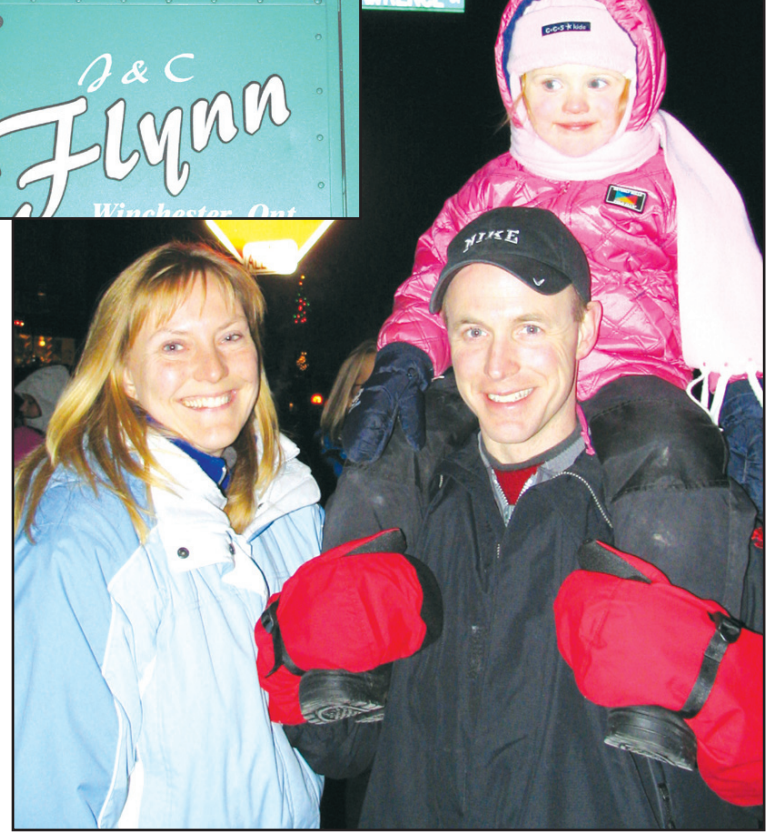
At left: Cam Flynn, of South Mountain, drove one of the few transports in this year's parade.

Below: Jennifer (left), Terry, and Brooklyn Kinsella of Russell were on Main Street to watch the parade.





Winchester Press Photo Feature — Duncan, James





At left: This year's parade marshals were Max and Sunny Boyd — they travelled in style in this convertible.

Year-End Event

ALL INVENTORY REDUCED!

"We were extremely pleased with our overall experience in purchasing our new car, especially with our salesperson, Terry Mousseau. Terry was friendly, personable and very knowledgeable. Each time we stopped at the dealership we were greeted immediately by Terry and always treated respectfully. Everyone at the dealership was friendly and courteous. We are looking forward to our continued business with Embrun Ford."

"Thoroughly and completely satisfied with dealership and just love my truck. Had an excellent experience with my salesperson, who came highly recommended and also with all other personnel I encountered there. Thank you."

"If I were to start a dealership, John Dustan would be the first person I would try to hire."

"Service experience is superb!"

"Well satisfied with my new F150 4x4. Norm is a great salesman! We will definitely return to buy another vehicle from him! We will recommend Embrun Ford to anyone looking for a vehicle."

"Service personnel are always courteous and my concerns were handled promptly and to my satisfaction."

"I am really satisfied with sales staff Jean-Francois and Joel Paquette, Manager. Very, very professional, very helpful and polite. John the service manager was very, very professional, very courteous. He listens to what you had to say. He takes time to have a laugh with me. He treats me like a king."

2002 F150



*Vehicle may not be exactly as shown

E4977

$17,888
$0 DOWN
$169 BI-WEEKLY

2002 F150 XLT 4x4



E4993

$20,888
$0 DOWN
$197 BI-WEEKLY

2002 F150



*Vehicle may not be exactly as shown

E5008

$17,888
$0 DOWN
$169 BI-WEEKLY

2003 Windstar Cargo



E5013

$0 DOWN
$114 BI-WEEKLY

2002 Ranger Edge



E4989-1

$13,488
$0 DOWN
$129 BI-WEEKLY

2003 Escape XTD 4x4



E5018

$21,888
$0 DOWN
$207 BI-WEEKLY

2003 F150 XLT



*Vehicle may not be exactly as shown

E5019

$17,488
$0 DOWN
$166 BI-WEEKLY

2002 F150 XLT



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25-158-1

$20,488
$0 DOWN
$193 BI-WEEKLY

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2004 Jeep Liberty 4x4



E5029

$22,488
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