THE CHESTERVILLE
RECORD

CNA BLUE RIBBON AWARD 1988

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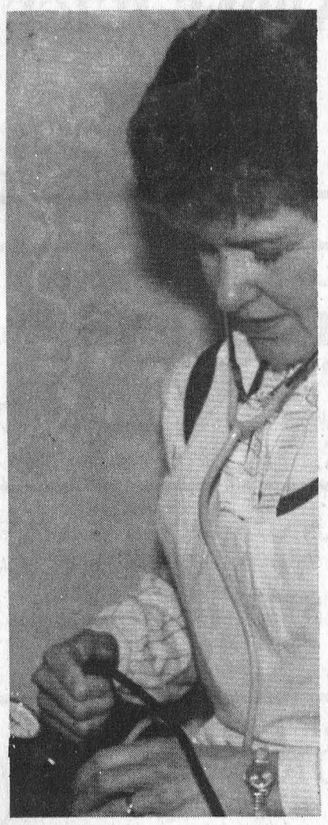
This week



Making a difference
VONs giving TLC to elderly, shut-ins ... **Page 10**

Free trade cited

Concessions needed to keep company afloat

CHESTERVILLE — Workers at Nestle Enterprises Ltd. in Chesterville could end their contract dispute with the company by tonight, according to the union president.

Dwayne Hall said Monday night that workers may accept an offer by the company at a meeting tonight (Wednesday night). The workers' contract runs out at the end of the month.

It is expected that workers will vote in favor of a final contract offer by the Swiss-based giant at a meeting tonight offering a six per cent wage increase and some other incentives.

The company had originally offered a two per cent wage increase and asked for the right to change certain language in workers' contracts allowing the company to change job classifications. The contract change would allow the company to amalgamate jobs and layoff workers, sources say.

In a letter to workers last week signed by top Nestle officials, the company told workers it has to change job classifications to become more efficient. If it doesn't become more efficient, it won't be able to compete with U.S. companies which have been given an advantage through the Canada-U.S. free trade deal.

If the Chesterville Nestle plant can't cut costs and become more efficient, the operation may be shut down and its production shifted to Nestle subsidiaries in the U.S., the letter stated.

Hall would not comment on the details of the letter or on the contract negotiations. Nestle plant manager Jim Cumming also refused to comment on the negotiations.

Outlook bright

CPS addition possible by fall

Yves Cossette
Record Staff

CHESTERVILLE — The Stormont, Dundas and Glengarry Board of Education has approved the long awaited expansion of Chesterville Public School by four classrooms to be completed in time for the 1990-91 school year.

The approval came just before Christmas and construction is expected to begin sometime this spring, according to SD&G Board of Education consultant Ken MacLennan.

The Ontario Ministry of Education has already committed $200,000 to the $558,000 project. But MacLennan doesn't anticipate any problems getting the remaining $358,000 for the school addition. "From our point of view, we're very optimistic that it's forthcoming," he said.

Maureen Smirle, the president of the parent advisory committee for Chesterville Public School was cautiously optimistic in her response to the news of the school addition. "I think it's great if it goes ahead," she said.

Smirle led a letter writting campaign by parents early last year to put pressure on Ontario Education Minister Chris Ward. Smirle credited the letter campaign as playing a key role to getting the addition.

When the parent's advisory committee met with school board officials exactly a year ago today in Chesterville, MacLennan told parents they could get funding early this year. Then school board chairman Joe Gun urged parents to write letters to stave off any possible funding cutbacks that could affect getting the addition.

However, provincial cutbacks seem to have had little affect on the planned school addition. "We got basically everything we wanted. There were a few little things we didn't get," said Smirle.

The addition of four new classrooms will permit the school to convert four existing classrooms into a junior kindergarten room, senior kindergarten room and also grant an expansion of the library. A room for health care services and guidance counselling is also to be made from the existing classrooms, said MacLennan.

For Kirsten Gee, Chesterville Public School principal, the news of the addition means the end of cramped conditions in the school's library and offices. "I think it's very, very much needed here," she said.

The addition of four classrooms will allow the school to get rid of three 20-year-old portable classrooms, an ugly reminder of the crowded conditions at the school.

Gee, who took over as principal from Bill MacMillan, was appointed principal to Chesterville Public the same day the school's addition was approved. She expects the construction work to be done in time for the next school year.

The last three school expansion projects the SD&G board of education undertook were completed on schedule, Gee said. Last year an addition was completed at North Stormont Public School in time for the 1989-90 school year.

Gee didn't anticipate any problems securing the remaining funding for the project, because the Chesterville school is the county board of education's number one project priority.

Architects are currently drawing up plans for the expansion construction.

Newsbriefs

Big charge

CHESTERVILLE — Village residents will get a charge out of the latest hydro rate increases. The rates are going up by 5.6 per cent effective Jan. 1. The rate increase was approved at a village hydro meeting in December.

New standards

MOOSE CREEK — Roxborough Township Council appointed a new property standards officer at its meeting last Tuesday night. The new officer is Mark Ledoux, who assumed the position officially on Monday.

Closed doors

CHESTERVILLE — Council closed its doors to the public for about 65 minutes at the regular meeting, Jan. 10. Councillors went in camera to do preliminary work on the budget for the coming fiscal year and to discuss 1990 salaries for village employees.

Competition

CORNWALL — The Tri-County Writers Club is holding its second annual short story competition for high school students in Stormont, Dundas and Glengarry counties again this year. Deadline for English entries is Feb. 1 and the deadline for French entries is March 1. The stories can have a maximum length of 2,500 words, must be typewritten and can be on any topic. Entries should be addressed to the club at 1199 Queen Street, Cornwall, K6J 1P7. Books by Canadian authors will be awarded as prizes.

Funspiel

WINCHESTER — The Dundas Chapter of the Ontario Heart and Stroke Foundation will hold its second annual Curling Funspiel Sat., Feb. 3, 1990 at the Winchester Curling Club. Entry cost is $90 per team and provides coffee and muffins for breakfast, soup and sandwiches for lunch, and dinner and dancing to Shad's disco. Prizes will also be given out during the night. No experience is needed (and preferred) because the bonspiel is for fun, not just for serious curlers. Deadline for entry is Jan. 20. To register your team, call 774-2879 or 448-2804. All proceeds go to the Dundas County Heart and Stroke Foundation.

Water agreement

MOOSE CREEK — Roxborough Township Council passed a bylaw allowing it to execute a water project agreement with the Ontario Ministry of Environment for the village of Monkland last Tuesday night. The agreement will allow the correction of well problems in the village to proceed and will also allow the ministry of government services to acquire necessary land for the project. Reeve Donald Cumming said he hopes work can be started on the project later this year. The problem with water, mainly for residents in the heart of the 40 to 50 home village, will likely be solved by private well correction, he said.

Energy saving sodium lights planned for Rox. Township

Greg Kielec
Record Staff

MOOSE CREEK — Moose Creek and Avonmore residents, will be seeing things in a different light this spring.

Energy saving high-pressure sodium lights have been given the go ahead for installation by Roxborough Township Council.

And with the soft orange glow of high pressure sodium lights, residents will also see less of their dollars used for energy spending over the coming years.

Roxborough Township is one of a member of area municipalities to decide on whether to install the energy-saving lights under a joint Ontario Ministry of Energy-Ontario Hydro energy saving incentive program.

Council decided at its meeting last Tuesday night to take advantage of the program before it runs out at the end of March. The lights in the two villages will be changed in the spring at a cost of $29,592. The energy savings are expected to pay for the cost in less than seven years.

Under the program started in April last year, municipalities can opt for the conversion and have the Ontario Ministry of Energy pay 25 per cent of the cost. Municipalities can also pay the whole loan and have the ministry of energy pay the interest.

Trustees for the village of Monkland in Roxborough Township opted not to change over to the sodium lights. Township Clerk Ed Wright said the trustees would agree to the change over only if Hydro guaranteed the village's electricity rate for the next seven years.

Wright said there are 46 lights in Avonmore and 10 in Moose Creek which will be changed. He estimated for Avonmore, with the savings for the new lights, the loan will be paid off in six years.

Councillor Gerald Montcalm suggested council meet with Monkland trustees to persuade them to do the change over. But Reeve Donald Cumming said the decision of the trustees should stand. "That's their decision," he told council.

Chesterville Council was one of a number of local municipalities opting for the program last year. It changed over its 189 mercury vapor lights to high-pressure sodium lights in November.

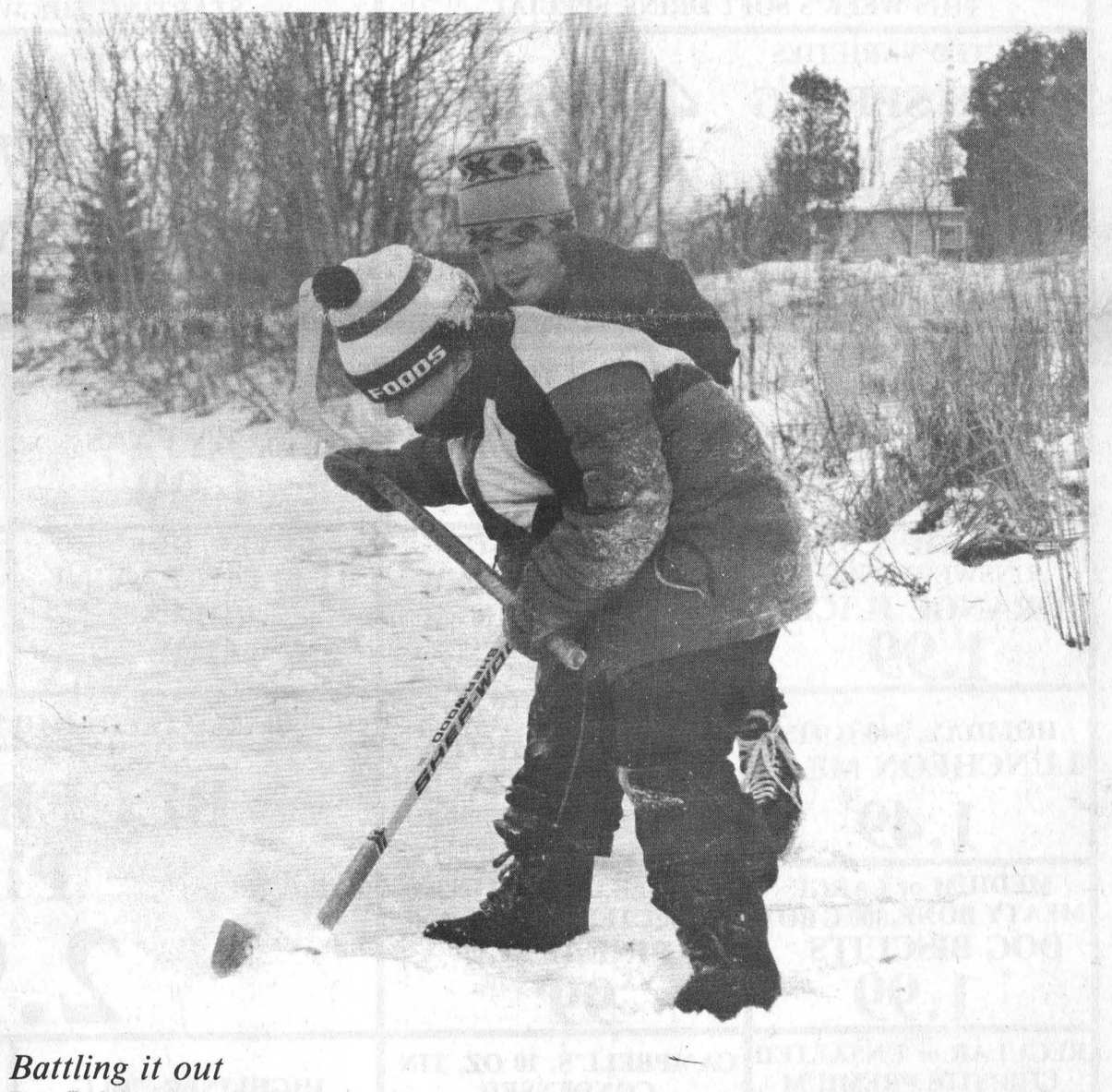
The sodium lights are expected to save the village $4,000 annually in hydro bills. With the cost of the change over estimated at $36,000, it is expected the loan will be paid off in just under seven years.

The program, offered to municipalities in northeastern and Eastern Ontario could result in the conversion of 25,000 streetlights.

The ministry has estimated that 4 megawatts of electricity, roughly the equivalent of the annual electrical consumption in Chesterville, could be saved with the conversions.

Cumming said he expects good results from the light change over. "It's going to update the system. It should be a saving down the road."

He doubts pressure will be put on Monkland trustees to opt for the conversion. "That's their own desire there so I guess we'll have to go along with it," he said.



Battling it out
Darrell Stuart, 8, of Winchester (foreground) battles for possession against Les Sharko, 9, during some intense ball hockey action on a small stream in Winchester Saturday. The battle for possession was one of a number lost by the young Stuart. At the time of the picture, he was losing by score of 11 to 12.

Record Photo - Kielec

Winter fun

Morewood to kick off annual carnival Friday

Yves Cossette
Record Staff

MOREWOOD — Former Morewood Carnival Queen Sheryl Steinburg is up to her eyebrows in work getting this year's pageant under way.

She's been working at it for three weeks now, and on Saturday night, Jan. 20 the new Queen gets crowned, along with two carnival princesses.

For most winter carnivals in the area, the crowning represents the highlight of a fun weekend to shake off the winter blues. "It's to get the community involved in games and activities," said Steinburg.

This year's weekend fest in Morewood will feature winter theme with outdoor events like the sleigh rides, cross-country skiing, log sawing and indoor events such as hockey, public skating and soccer on ice.

There will also be a host of indoor activities for anyone who wants to escape the cold, or any bad weather that may occur. Starting Thursday night there will be a bingo. Other indoor events include the teen dance Friday night, darts and euchre. The carnival dance will be held Saturday night starting at 9 p.m.

Steinburg is anticipating a good turnout. However good turnouts often depend on good weather. "Hopefully there will be good weather, because there are a lot of events going on," she said.

Just in case the weather doesn't co-operate, carnival organizers have made sure many events will take place inside.

Steinburg is also hoping a large contingent of Chesterville revellers will join Morewood residents for the weekend fun.

Other weekend events include children's carnival games night and public skating on Friday night. Saturday events will start off with a pancake and sausage breakfast, more children's games, mixed adult curling, darts, a potluck supper, euchre party and hockey.

Sunday events will start off with a ecumenical church service at the United Church, Sunday brunch, children's entertainment, more curling and public skating.

Most events will be taking place at the Morewood Community Centre and outdoor rink. However some events, like the children's carnival games night, will be held at the Morewood Public School gymnasium, euchre will be held at the senior citizens hall, the cross-country skiing will be taking place at the Mattice farm across from the community hall and the children's entertainment will be held at the firehall.

Language complaints spur new ad policy

Greg Kielec
Record Staff

TORONTO — The provincial government has implemented a new policy for advertising bilingual government positions after accusations that advertisements were being slanted in favor of francophones.

The government announced the decision Friday in reaction to criticism from Eastern Ontario residents over the wording of an advertisement for the recently vacated Glengarry County agricultural representative position.

The advertisement for the Ontario Ministry of Agriculture and Food agricultural representative asked for "superior" oral and written French language skills, but just a "good command" of English.

Glengarry County, which has a French speaking population of about 30 per cent, is designated for bilingual provincial services under the French Language Services Act.

The complaint from English rights groups and county residents was the ad put an unnecessary emphasis on French skills, eliminating many qualified anglophone candidates for the job. There were also complaints that the position was advertised in only one English language newspaper outside the province but in three French newspapers.

Advertisements for provincial positions in areas designated for bilingual services must now place equal emphasis on both languages, asking for proficiency in French and English.

"We got them to agree the ad was wrong and was misleading," said Noble Villeneuve, MPP for Stormont, Dundas, Glengarry and East Grenville. Villeneuve said he set up the meeting with Premier David Peterson and party members to discuss complaints coming from his riding about the ads. He said those attending the meeting agreed "wholeheartedly" that the Glengarry ad was wrong.

Villeneuve also has asked the ministry of agriculture and food to advertise the position again, this time adhering to the new government guidelines. No decision has been made yet on the job advertisement.

It is obvious that the Glengarry ad was slanted to favor francophone candidates and potential candidates in the province of Quebec, he said. "It was top-heavy. It was slanted."

"Fairness is all I really want," he said. "Bill 8 (the French Language Services Act) never stipulated this type of ad."

While he is pleased with the government's move to remedy the advertisement controversy, he doesn't think it went far enough in its implementation of advertising policy for bilingual positions.

He still thinks a legislative committee should be formed to examine all complaints involving the French Language Services Act.

There should be a vehicle to use by those who feel they have been wronged by the act to have their complaints heard, he said. The government has yet to react to the request.

The new ad policy has been given to two

MPP says: continued on page four

CHESTERVILLE freshmart™

We reserve the right to limit quantities.

WHITE 4 ROLL PKG. APRIL SOFT BATHROOM TISSUE 1.59

SUNPAC, 355 ML FROZEN APPLE JUICE 69¢

OPEN MON.-FRI. 8AM TO 9PM OPEN SAT. 8AM TO 6PM PRICES IN EFFECT TILL CLOSING TUES., JAN. 23, 1990

138'S, 1 DOZEN ORANGES 1.29

NO NAME, 20 LB. BAG BIRD FOOD 3.99

FEARMANS PEPPERONI or SALAMI 1.99 lb./4.38 kg

FAMILY PAK PORK LOIN CHOPS RIB & TENDERLOIN END CHOPS 1.69 lb./3.73 kg

ASSORTED SALADS 1.29

CLEMENTINES 1.09¢ lb./2.47 kg

FEARMANS POLISH COIL 1.89 lb./4.16 kg

FEARMANS ROAST PORK 3.99 lb./8.80 kg

SMOKED LEG HAM ROAST SHANK & BUTT END 99¢ lb./2.18 kg

CANADA GRADE A BEEF TOP SIRLOIN STEAK ROAST 3.49¢ lb./7.69

BANANAS 39¢ lb./86¢ kg

PRODUCT OF CANADA 2 LB. BAG CARROTS 59¢

DELI FRESH SUBMARINES 1.99 Ea.
SERVED ON OUR OWN FRESHLY BAKED BUNS

FRESH LOIN REGULAR & FAST FRY CENTRE CUT PORK CHOPS 2.59 lb./5.49 kg

PRODUCT OF CHILE RED SEEDLESS GRAPES 99¢ lb./2.18 kg

FIRE LOGS 99¢ Ea.

MARY MILES COOKED HAM 1.99 lb./4.38 kg

ST. ALBERT MILD CHEESE 3.49 lb./7.69 kg

SCHNEIDERS, 450 G WIENERS 2.29

VIRIGINIA SLICED HOTEL STYLE BACON 1.39 lb./3.06 kg

THIS WEEK'S SOFT DRINK SPECIAL

SELECTED VARIETIES PURE SPRING HIRES or CRUSH REGULAR or DIET 49¢ 750 ML BOTTLE PLUS DEPOSIT 5.99 24X 280 ML TINS

STARTING THE WEEKEND OFF RIGHT

HOT PIZZA 12"– 2.99

PEPSI 1.5 L 79¢ PLUS DEPOSIT

MOVIE RENTALS 1.89
FRIDAY, JAN. 19 3 P.M. TO 9 P.M.

BRINGING PRICES DOWN FOR YOU!

QUAKER, SELECTED VARIETIES READY TO SERVE OATMEAL 1.89
310-470 G PKG.

CHESTERVILLE FRESHMART SPECIALS SATISFYING YOU IS THE ONLY THING THAT COUNTS!

NO NAME, 454 G PURE LARD 79¢

SELECTED VARIETIES 177 G RICE A RONI 99¢

VALLEY FARM, 1 KG ASSORTED SIZES GREEN PEAS 1.99

KRAFT, 500 G CHEEZ WHIZ 2.99

CHEFMASTER, 500 ML SMOOTH or CRUNCHY PEANUT BUTTER 1.49

LEMON FRESH 1.65 KG LAUNDRY DETERGENT 2.99

NO NAME 48 OZ. UNSWEETENED ORANGE JUICE 1.99

DELUXE, 225 G MACARONI AND CHEESE DINNER 49¢

PKG. OF 6 ITALIAN PANINI ROLLS 99¢

OAT BRAN BREAD 99¢

VALLEY FARM, 1 KG FRENCH FRIES 99¢

TREND, 2.6 L LIQUID BLEACH 1.29

HOLIDAY, 340 G TIN LUNCHEON MEAT 1.49

CARNATION, 8X13 G INSTANT HOT CHOCOLATE 1.99

BAKED FRESH DAILY JUST FOR YOU!

BLUEBERRY PIE 2.99

SAVARIN, 312 G TV DINNERS 1.99

TIDE, 5 L BOX LAUNDRY DETERGENT 3.99

MEDIUM or LARGE MEATY BONE, 500 G BOX DOG BISCUITS 1.99

DOLE, 14 OZ. TIN SELECTED VARIETIES PINEAPPLE 99¢

REXPO, 400 G PEANUTS 1.49

NO NAME, 2 ROLLS PAPER TOWELS 99¢

REGULAR or UNSALTED CHRISTIE PREMIUM PLUS 450 G CRACKERS 1.79

CAMPBELL'S, 10 OZ. TIN CONDENSED CREAM OF MUSHROOM SOUP 59¢

HIGHLINER, 700 G FROZEN FISH IN LIGHT TEMPURA BATTER 3.99

AUNT JEMIMA, 1 KG ASSORTED VARIETIES PANCAKE MIX 2.69

COMET, 480 G POWDER CLEANSER 99¢

TIDE, 10 L BOX LAUNDRY DETERGENT 7.99

170 G TIN 9 LIVES 2/79¢

PREMIUM, 454 G TIN SWIFT HAM 4.49

TASTER'S CHOICE, 150 G SELECTED VARIETIES INSTANT COFFEE 4.99

NESCAFE, 200 G INSTANT COFFEE 4.99

AUNT JEMIMA, 750 ML ASSORTED VARIETIES SYRUP 2.59

MARK I, 10'S GARBAGE BAGS 99¢

1 DOZEN LARGE EGGS 1.09

4 L BAG 2% MILK 2.89

2 KG SUGAR 1.19

FRESHMART WHITE SLICED 675 G LOAF BREAD 69¢

BLOSSOM, 454 G GLENGARRY CREAMERY BUTTER 2.29

BLOSSOM, 500 G 24 SLICES CHEESE SLICES 2.89

Feature

Llamas raising eyebrows at Crysler farm

Young farmer sees bright future in llama breeding

CRYSLER — A small farm about two miles east of town is likely raising a few eyebrows in this stalwart dairy-producing country. It's not the neat white fences or the clean modern facilities. It's not even the fact that the family is farming part-time for enjoyment.

It's the llamas.

Over the past year-and-a-half, the Armstrong family has accumulated 15 llamas, most from the United States, and four of the smaller, woolly alpacas, are recent immigrants from Chile.

Jeff Armstrong, 23, a recent graduate of economics at Carleton University, hopes to build the herd to 30 in the next three years. He was aided by the unexpected birth of a long-legged, 27 pound male last week, the second llama born at the farm.

The animals can be sold as pack animals or used for wool, but separating even one from Barb Armstrong won't be easy.

"You grow pretty attached to them. They've each got their own personality," she explained.

Barb and husband Ron, insurance brokers in Crysler and lifelong residents of the area, were inspired while visiting Fairplay, Colorado almost two years ago, where they watched a llama pack race.

"They were very quiet and gentle and we had land and we wanted to put it to use," commented Barb.

The pack began with three animals, one bought in Calgary and two from breeders in Quebec.

"First we started out having them as pets. Then we got the fever," said Barb. The animals are now being bred.

Contrary to one reporter's misconception, these long-haired members of the camel family are not ornery, and though they spit at each other to maintain pecking order, they rarely spit at people.

Both llamas and alpacas are in fact very friendly. Though they seem somewhat timid, Barb said they like to be close to people. It is not unusual to find yourself staring at a long, thin face with big, dark eyes and an almost sarcastic expression, curiously sniffing your nose.

Ron said the animals are unlike either cows or sheep. Of any farm animal, he compares them to horses, with the intelligence of a dog, easily trained to pull carts and take orders.

Full grown llama males weigh about 500 pounds, while females weigh closer to 300. With their long necks, they reach a height of about six feet. Alpacas grow to about four feet.

About 150 breeders are registered with the Canadian Llama Association. Though uncommon in eastern Canada, the Armstrongs say there are a number of herds in the west, particularly in Alberta where they are commonly used as pack animals. In fact, the first llama show in Canada will be held in Calgary later this year.

In the U.S., llamas are considered 4-H animals.

There are about four breeders in eastern Ontario, the closest to Crysler being near Kars and Thurso, Quebec.

Because they are a small group, the Armstrongs say llama breeders are close-knit. Most are in it for love of the animals.

"Most people in this business want to see (buyers) personally because they want to see where the animals are going and to see that they are not mistreated. They're interested in the well- being of the animal, not just money," stated Ron.

The Armstrongs admitted it was tough getting information when they decided to raise llamas. There were few sources in this country, even at Agriculture Canada, and the Armstrongs were forced to phone U.S. groups.

But once they got going, Barb said most people were helpful.

Barb said the average pet llama costs about $1,000. The Armstrongs had extra costs building a fence and a small barn on part of their 20 acres. Ron said the overall investment was substantial.

The Armstrongs were lucky with local veterinarian Pierre Lapensee who, they say, was eager to learn about the animals. The Armstrongs supplied Lapensee with medical books from the United States, and as members of the Canadian Llama Association, they have access to a hotline for vets.

Llamas from the U.S. have a 60-day quarantine, though the four alpacas, brought to the farm six weeks ago, have been a year in various quarantines since leaving South America.

Jeff, who also works at a brokerage firm and has taken charge from his parents in looking after the animals, said llamas and alpacas need little care.

The 19 animals eat about one bushel of hay per day. They are clean, leaving their manure in a few specific spots (less work in cleaning the barn) and they have a habit of walking single file.

The animals are used to the cold winters, coming from the mountainous regions of South America where the mercury can dip below zero even on summer nights.

The Armstrongs have tried to keep a low profile with the animals, but odd looking creatures trotting about in the open are to hard keep secret.

"If we'd put up a ticket booth on Sundays I suppose we'd have made a fortune," Barb observed.

Now that the herd is stable, the Armstrongs are accepting more attention. The llamas appeared in the Crysler and Finch Santa Claus parades and popular demand may bring more appearances next Christmas.



Llama-ville

Jeff Armstrong, a Carleton University economics graduate wants to build a herd of llamas over the next three years. He's already off to a good start. His family has 15. Last week he got help with the unexpected birth of a male, the second llama to be born at the farm.

Record Photo - O'Connor



DURING OUR JANUARY Clearance

MALL WALK DAYS $

BARGAINS GALORE - TABLE AFTER TABLE PILED HIGH THROUGHOUT THE MALL!

THIS WEDNESDAY, THURSDAY, FRIDAY & SATURDAY
January 17-18-20-20, 1990

DON'T MISS THE SAVINGS!! IT ALL ENDS THIS SATURDAY

Coming Monday, Jan. 29/90
WIN A VACATION FOR TWO TO SHERATON YANKEE TRADER FORT LAUDERDALE, FLORIDA Via Air Canada
See Details in Mall

BROOKDALE MALL
Brookdale Avenue at the International Bridge Entrance, Cornwall

MALL HOURS: Mon. to Fri. 10 a.m. to 9 p.m.
Sat. 9 a.m. to 6 p.m. * Some stores have extended hours

STORE HOURS
Monday to Friday
8AM - 9 PM
Saturday
8AM - 6 PM

CHESTERVILLE freshmart™

We reserve the right to limit quantities

PRICES IN EFFECT TILL CLOSING TUES., JAN. 23, 1990

SAVARIN, 8 OZ. PKG. MEAT PIES 88¢	NIAGARA, 341 ML FROZEN CONCENTRATED ORANGE JUICE 1.09	NO NAME, 750 ML RASPBERRY & STRAWBERRY JAMS 2.39	NO NAME, FANCY 1.36 L TOMATO JUICE 1.19
MAGIC MOMENTS, 4X142 SELECTED VARIETIES PUDDING 2.29	CHRISTIE, 250 G TEDDY GRAHAMS 1.99	NO NAME, 454 G PURE LARD 79¢	CRISPY FLAKE, 454 G SHORTENING 59¢
EXPO, 907 G SOFT MARGARINE 1.69	TENDERFLAKE, 9'' 350 G PIE CRUST 1.99	STOKELY, 341 ML WHOLE KERNEL CORN 99¢	19 OZ. CHICK PEAS 89¢
BETTY CROCKER, 198-219 G TUNA HELPER 1.99	WHITE SWAN, 150'S FACIAL TISSUES 99¢	CATELLI 900 G, READY CUT MACARONI 99¢	PRESIDENT'S CHOICE, 155 G ALBACORE SOLID WHITE TUNA 1.99
NO NAME, 200 G SOUR CREAM AND ONION RING & CHEESE TWISTS 1.29	KRAFT, 96 G ASSORTED VARIETIES HANDI-SNACK 89¢	SARA LEE, 369 G LAYER CAKES 1.69	5 L, SCENTED & UNSCENTED TIDE 3.99

MONDAY, JAN. 22 ONLY
2% MILK 2.49

TUESDAY, JAN. 23 ONLY
LARGE EGGS 99¢



Shopping spree

Terry Schwerdtfeger raced down the aisleways of Dean Super Food Store last Tuesday night, Jan. 9 and managed to collect groceries worth $385.84. However, he didn't have to pay for them: Schwerdtfeger won a charity draw sponsored by Chesterville and District Lions Club. All he had to do was get as many groceries as he could in three minutes. The draw was held just before Christmas. Lions' president Jim Edgerton said the money made from ticket sales would go to community projects such as the overhaul of Winchester District Memorial Hospital. Record Photo - Cossette

Opposition grows

Roxborough Twp. joins opposition to unilingual health centres in SD&G

Greg Kielec
Record Staff

MOOSE CREEK — Roxborough Township has joined a growing list of area municipalities voicing opposition to unilingual French health centres planned for Cornwall and Alexandria.

Roxborough Council endorsed last Tuesday night a Charlottenburgh Township resolution condemning government plans to build the two health centres. Other area municipalities to condemn the plans are Osnabruck Township, Winchester Township and Chesterville.

Roxborough Council endorsed the motion despite opposition from one councillor, Gerald Montcalm of Moose Creek.

"I don't think that's any of our business. It's not going to change that much," Montcalm told council members last Tuesday.

He said that opposition to the two health centres, one of which is slated for Cornwall with a price tag of $5.6 million, could force the projects to be delayed or even abolished. If the money is available for the centres, they should be allowed to go ahead, he said.

"You start ramming these motions through and it might slow this up or even get them cancelled," he cautioned.

But Reeve Donald Cumming said a stand should be taken against the proposed projects. "As a result of use for that, it's one less for something else," he said. The money earmarked for the projects would be better spent at already established hospitals such as the Winchester District Memorial Hospital, he said.

Speaking in a phone interview Monday night, he said building unilingual French health centres when there are cash-strapped hospitals in the area, doesn't make economic sense.

"I can't see funding special groups like that. It's going to cost a pile of money," he said.

There are present hospitals providing bilingual service in need of funding. The money should be used for them instead, he said. "Why have a hospital just for French-speaking people?"

He hopes that if enough municipalities voice opposition to the projects, that the government will back down on the proposals. But even if it doesn't back down, at least it will know how Eastern Ontario residents feel, he said.

Chesterville Council was also asked to endorse the Charlottenburgh resolution, but Reeve Jim Cook wanted to discuss the matter with Charlottenburg councillors at County Council last Monday before taking any action.

Cook predicted Monday night council would endorse the resolution at council's next meeting Jan. 24. He said French-only health centres didn't make sense. "My feeling is to build a unilingual facility (or service) is incorrect. I think it's a duplication of services," he said.

Cook felt the funding for the unilingual centres would be better spent on expanding bilingual services, especially in those centres where French services are lacking.

Creating a French-only health centre would promote unilingualism and aggravate tensions between the two language groups.

"The people in this area have gotten along for an awful long time and I don't think anyone has lost their identity or their heritage and this seems to be almost divisive," Cook said.

Deputy Reege Roger Cole told fellow councillors, last Wednesday night, Jan. 10 that he agreed with the Charlottenburgh Township resolution and was in favor of endorsing it.

MPP says changes were planned

Language : continued from page one

management boards which control the placing of job advertisements for the government, he said. The new policy applies to hirings across the whole civil service, he said. "We've apparently corrected it all over."

Cornwall Liberal MPP John Cleary said Tuesday the government had been planning changes for advertising bilingual government positions since sometime last year.

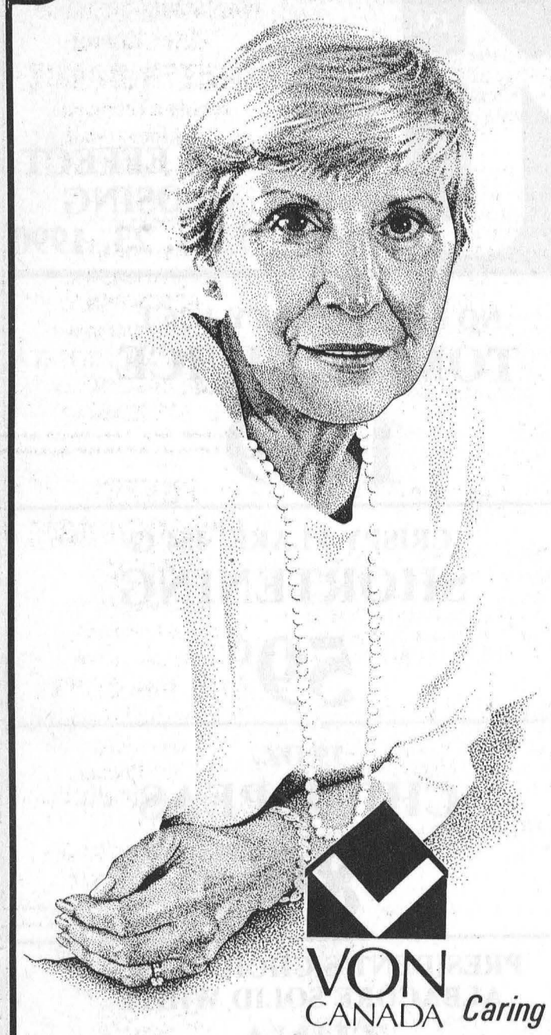
"The government was reacting to some of the past (complaints) too," he said. "They had agreed changes were needed."

But he conceded pressure from Glengarry farmers over the wording of the agricultural representative ad did play a part in the announcement. A group of Glengarry farmers met with the premier's chief of staff the previous day to discuss concerns about the ad.

Asked if claims that the ad was slanted or misleading, he said, "a lot of our colleagues here have felt that way."

He said the Glengarry ad was likely worded by a civil servant, but had to be approved by a management board before being issued. There were concerns among board members about the ad in December, Cleary said, but the ad was approved anyway.

He didn't know whether a standing committee could be formed to look into complaints regarding the application of Bill 8. But he said "it could very well be a good idea down the road."



VON CANADA

VON WEEK

January 22-26

featuring:

VON Tea
Lions Hall, Winchester
Tuesday, January 23
2 P.M. - 4 P.M.
Everyone Welcome

VON Foot Care Clinic
in Chesterville
(3rd Thursday of Each Month)
TOWN HALL
Contact: VON Office – 774-3669

VON CANADA *Caring for Canadians since 1897*

THIS AD IS SPONSORED BY THE FOLLOWING BUSINESSES:

Curran Carpet Centre
448-2068/774-5659

Your Community Shopping Centre
(A.T. David's & Sons)
448-2370

The Co-Operators Insurance
Lyle & Sandi Smith
448-3300

Valley Blues
448-3678

Al-Mor Ladies Wear
448-3370

Nationview Service Centre
448-3600

Chesterville Co-Op
448-2377

Freshmart
448-2345

Lannin's Garage
448-2361

Durant's Flowers
448-2354

Turners Craft Supplies
448-3823

Seaway Valley Pharmacy
448-2492

Wayne LaPrade Photo
448-2852

Dr. K.B. Kennedy, D.V.M.
448-2845

Mike Dean Butcher
448-2822

POWER BY JENNIFER
12th Unprecedented Year

SPRING INTO THE NINETIES

Aerobics & Weights

NEW SESSION
Begins Jan. 29, 1990

It's Never Too Late To Join!

Everyone Welcome
Women, Men, Teens

Beginners • Intermediate
• Advanced. All Levels....All Ages
Taught

Aerobic Classes
Mon.-Wed.-Fri. at 10 a.m.
Mon. thru Fri. at 4:30 p.m. & 7 p.m.
Sat. at 10:30 a.m.

Weight Training
Please phone for an appointment

Private Diet Counselling
NOW AVAILABLE
It's brand NEW and successful!
Please phone JENNIFER for your private consultation.

PLEASE CALL TO REGISTER AND FOR MORE INFORMATION
448-2129 or 445-5526

TANNING • AEROBICS • WEIGHT TRAINING
• AEROBIC WEAR • JUICE BAR • DIET COUNSELLING

TRY A FREE CLASS ON US!

Don't Forget! Dance for Heart,
February 8, 1990 – 7-10 P.M.

THE RECORD CLASSIFIED ADVERTISING

FOR SALE

FOR SALE — Tools, Air Compressors, Generators, Farm Safety Products. Check out prices at Weagant Farm Supplies, Hwy. 43, Winchester. 774-2887. 15tf

FOR SALE — 1978 Plymouth station wagon and 1977 Chrysler Cordoba, also 2 Uniroyal winter tires, G7814. Call 984-2794. 22

FOR SALE — Maintenance free made to measure windows, also for older homes. Residential and farm roof trusses. Steel roofing. B&B Construction 1986. 984-2853 or 984-2898. 37tf

FOR SALE — Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, stand-by power supply, new and used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991. 23tf

FOR SALE — 7' Allied and 7½' Lucknow snowblowers, both hydraulic hoods, like new. Phone 774-3363. 22-2

FOR SALE — Disco equipment, 4 Cerwin Vego speakers, 2 dual turntables, lots of albums and more. For more information call 984-2700. stf

FOR SALE — Top quality baled Timothy hay, approx. 8000-9000 bales. Call 984-2427, 984-2849 or 984-2258. 20tf

FOR SALE — Air compressors. 1hp, 10 gal., 2hp, 20 gal. 3hp, 30 gal. 5hp, 60 gal. Weagant's Farm Supplies, Hwy. 43. 774-2887. 15tf

FOR SALE — Grey fibreglass (Highliner) truck cap, for a full size truck, with extras. Excellent condition, $800 firm. Call 448-3570 after 6pm. 22-2

FOR SALE — 2,000 bales of hay, no rain. Phone 448-2681. 22

APPLES
McIntosh, Cortland, Bancroft (Spy), Empire, Red Delicious, Spartan and Ida Red.
ALL OCCASION GIFT BASKETS & GIFT CERTIFICATES
Special Sloans, hard, crisp and juicy, eating or cooking, $8 per bushel. Smyth's Apple Orchard, 3 miles west of Williamsburg. Open 7 days a week, 9am-5pm. 652-2477. 21tf

FOR SALE — 1973, 18' camping trailer. Sleeps 5, stove, fridge, washroom. Excellent condition. Call 984-2095 after 6pm. 44tfs

FOR SALE — '76 Caprice Classic, a-c, p.b., p.s., some work needed, body in good condition. Asking $1500 or best offer. Call 987-5249 after 6pm. stf

FOR SALE — Top quality first cut mixed hay. No rain. Call 448-3209 evenings. 22

FOR SALE — Round bales of hay, also circular saw, 3 pt.-h or belt. Call 346-2382. 23

FOR SALE — Ground feed, shelled corn, barley, oats and wheat mixed. $8.50 per hundred lbs. Your bags. 9am-5pm. Closed Sundays. George Crites 527-5393. 28

FOR SALE — 1983 Camero, V-6, automatic, AM-FM cassette, excellent condition, $4000 certified. Call 984-2736. 23

FOR SALE — Chicken feed $9, cleaned rolled oats, cracked corn, fence posts, braces and anchors. Neville Bros. Seed Cleaning, Finch, Ont. Please call ahead for pickup. 984-2427, 984-2849, 984-2258. 22-1

Al-Mor Ladies Wear



January Sale Sale Sale Sale Sale
CHESTERVILLE
448-3370

FOR SALE

FOR SALE — 4000 square bales of good hay. Call 346-5961. 23-2

ATTENTION — Free Delivery - Plywood ½: 11.95; ⅝: 13.95. Aspenite seven-sixteenths: 4.99; ⅝: 7.49. Industrial Presswood ⅝: 4.95. Melamine: 14.95. Prefinished Wallboard: 4.95. Gyproc No. 2: 3.49. Black Joe 2.99. Chene 2¼: .79. 2x4x8: .99; 2x6x8: 1.19; 2x8x12: 3.60; 2x10x14: 5.74. Shingles No. 2: 7.49. Doors: 9.95. Cash Sale. Materiaux a bas Prix. Masson 1-819-986-5720. 22-1

TENDER

CONSEIL D'ÉDUCATION DES COMTÉS DE Stormont, Dundas & Glengarry COUNTY BOARD OF EDUCATION

CARETAKING SUPPLIES & POLY GARBAGE BAGS
Bids will be received on the above materials by Mr. Louis Legault, Manager of Purchasing and Stores, until 2:00 P.M., Tuesday, February 6, 1990.

Persons interested in bidding on this material are requested to obtain the necessary tender forms from the Purchasing Department of the Stormont, Dundas and Glengarry Public School Board, at 405 Tollgate Road, Cornwall, Ontario, K6H 5R6, referring to Tender No. 3-90 - Caretaker Supplies and Tender No. 4-90 Poly Garbage Bags.

Roy Hastings
Chairman
James W. Dilamarter,
Director of Education
22-1

NOTICES

HOUSEHOLD MOVERS — Licenced and insured. Call 543-2523 or 543-2226, Morrisburg. 22tf

NOTICE — Shear Country Salon, Main St., Chesterville. Open Tues.-Sat., Thursday evening by appointment only. 448-1056. Glenna Van der Veen and Kathy Como. 22-1

SUPPORT CHESTERVILLE'S NEW GRANDSTAND — Sponsor a seat with your name on it with a donation of $50 or $25; or, a donation of $1000 or more will have a permanent plaque erected. Contact Gerry Brugmans 448-2160 or Martin Schoones 448-3866. 24-3

OIL UNDERCOATING FOR VEHICLES
NOW AVAILABLE AT
S.M. TIRE MOBILE SALES & SERVICE
Queen St.
CRYSLER — 987-5317



HAPPY BIRTHDAY BEA!
"She's still fun at 31!
Love: Jim & Scott

S.M. TIRE MOBILE SALES & SERVICE
— 24 Hour Service
— Farm
— Industrial
— On Site Repairs



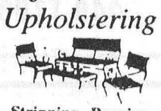
VISIT OUR SHOP
Located at:
Queen Street
CRYSLER
For Oil Changes & Small Repairs
STEVEN MANLEY
987-5317
After 5 p.m. 984-2886
Mobile 936-7240

NOTICES

McHAFFIE AUCTION HALL — Morrisburg. Open every Monday and Tuesday evening 6-7pm to receive your consignments. 22tf

ELLIS HALL ANTIQUES — Finch, is opening a craft store. Anyone interested in selling their craft items on consignment is invited to phone for an appointment. 984-2642. Come see our new selection of crafts. 23-2

Carman Refinishers
Upholstering



Stripping, Repairs, Free Estimates, Furniture For Sale
Iroquois 652-2011

Local Recording Artist
"Emma Lee"
and band
"White Lightning"
AVAILABLE FOR BOOKINGS ALL OCCASIONS
(613) 984-2016

THOMAS H. MEREDITH & ASSOCIATES
Tax and Bookkeeping Services
in the
Professional Building
13 Ralph Street
CHESTERVILLE
For an appointment call:
Thomas H. Meredith
448-3398 or 448-2863



HAPPY BIRTHDAY
"Ain't she fine... For 39!"
Gotcha Twiggy!



TREAT YOUR FEET
TO BETTER WORK BOOTS BY TUFMAC, GORRILLA, KAUFMAN, GREB or BOULET
SIZES 4-13, CSA
From $49.95
LINDSAY & McCAFFREY
General Merchants
42 Main Street
MANOTICK
692-3368

PHOTO SPECIAL
From now until January 22/90
Get your second set of prints
FREE
The Brookslyn
Chesterville - 448-2804

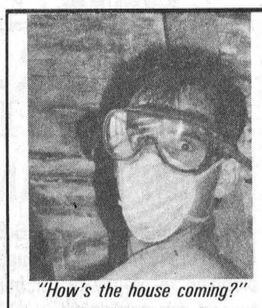
NOTICES

GETTING MARRIED? — Have your personal wedding story captured by an experienced photographer. We also take family, anniversary and personal photographs. Book early by calling Wayne LaPrade, Chesterville, 448-2852. 20tf

THE CROSSOVER — In Morewood is open Sunday, 9am-6pm. Full serve gas, full line of groceries. 29tfc

NOTICE — Roger's Barber Shop, Williamsburg will be closing noon Sat., Jan. 20 and re-opening Tues., Feb. 6, 1990. 24-3

TRANSPORT DRIVERS REQUIRED — Freedom, excellent pay, travel. Get your Class A licence at Ontario's oldest and largest training centre. Tax deductible, professional training, job assistance. No experience necessary. Merv Orr Transports, 1-800-265-3559. 13tf



"How's the house coming?"
HAPPY 37th BIRTHDAY GERRY
On January 21, 1990
Love Always: Carol



NOTICE
CALF RECEIVING DATES
CALVES REQUIRED
EVERY TUESDAY IN JANUARY
Mutual Research Farm
Lightning St.
WILLIAMSBURG

Dave's service tip of the week



IF YOUR CAR VIBRATES, YOUR TIRES MAY NEED BALANCING.
"We don't just talk about GREAT SERVICE, we GIVE it!"
Drewery
PONTIAC BUICK LTD.
WINCHESTER 774-2360
1-800-267-7608
Dave Coleman, Service Advisor

WANTED

WANTED — Families to provide a caring home to a developmentally handicapped adult. Financial compensation provided. Contact: Family Home Program 937-3072. 24-3

WORK WANTED — Will babysit in my home children up to 10 years old. Full and part-time. Warm, stimulating environment, nutritious hot meals, snacks, specialty diets, non-smoking home, reasonable rates, receipts. Moose Creek-Avonmore area. Call evenings Janet 538-2655. 23

HELP WANTED — Kitchen help and waitress. Apply in person at Louis Restaurant, Chesterville, Ont. 448-2051. 23tf

WORK WANTED — For reliable relief milking. Call 984-2874. 22

WANTED — Ride to Ottawa from Chesterville daily. Blair, Ogilvie, Montreal Road area. Hours flexible. Call Lisa. Days 234-5444. Evenings 231-5023 Ottawa; or Chesterville 448-2937. 23

WANTED

WANTED — Small farm tractor attachments: backhoe, auger, brush hog, snow bucket, gravel bucket, mower, snowblowers, scraper. Call evenings 925-5884. 5tf

HELP WANTED — Truck drivers, Class D. Call 987-5377. 23-2

WANTED TO BUY — Dinky Toys and American Flyers Trains. Phone after 5pm. 342-2177. 23

FOR RENT

FOR RENT — Russell Village - large 1 bedroom apartment, utilities included, equipped, parking. Available Feb. 1 or March 1. No pets. $425 per month. 445-3152. 22

FOR RENT — 4 bedroom, 2 storey home. Located close to Nestle. $600 per month. Call 448-2404. 22

FOR RENT — Apartment. Hwy. 2, east of Morrisburg, 2 bedrooms. Available immediately. $350 per month plus utilities. Call 543-2922. 16tf

FOR RENT — Mobile home, 3 bedrooms, on Hwy. 43, near Finch. Available immediately. Call 984-2319. 22

FOR RENT — Apartment, available immediately. Call 448-2832. 22tf

FOR RENT — 2 bedroom apartment, clean, spacious, appliances and laundry facilities, parking included, available immediately, Morewood, Ont. 728-5728 or 448-3648. 22tf

BIRTHS

BEAUDETTE - (nee Moss), Rome, Italy. Leona and Allan are pleased to announce the safe arrival of Katrina Emily, Dec. 13, 1989, 3.4 kg. A sister for Leah. Proud grandparents are Marina and Emille Beaudette, Vankleek Hill and Rene and Toni Moss. 22

LOST

LOST — Lady's self-winding watch, at the Chesterville Arena. Please call 448-2450. 22

CARD OF THANKS

On behalf of the Crysler Snowmobile Club we would like to send a very special Thank You to all of our sponsors for the gifts donated, and to the people that participated in our Snowmobile Rally on the weekend. The winner of our 50-50 Draw was Erin McMahon and Beth Barkley.

Thanks Again,
Crysler Snowmobile Club
22

CARD OF THANKS
I would like to thank all my friends, neighbors and relatives for their visits, cards, prayers, treats and flowers while I was a patient in Hotel Dieu Hospital, and since returning home. Special thanks to Father Halle and Dr. Puranik and nurses on 3rd north for their care and kindness shown me. Thanks also for the flowers and treats I received at Christmas. These many acts of kindness were deeply appreciated and will forever be remembered.

Olive Heasley
22

CARD OF THANKS
We would like to thank our friends and neighbors for attending our party, for the gifts and all those who sent us cards on our 25th Anniversary. A special thanks to our family, my sister Donna Webb, friends Marilyn Crawford and Audrey Laframboise for all the work in arranging the party. It will long be remembered by us.

Sincerely,
Emery and Joyce Dingwall
22

CARD OF THANKS
The family of the late Hazel Jarvis wish to express their sincere gratitude to all friends and neighbors for their acts of kindness, expressions of sympathy and charitable donations made in her memory. 22

CARD OF THANKS

A great big ROARRR of thanks to the merchants of Chesterville who allow us to place our Lion mints trays in their place of business and also to the people who have purchased our mints. Many thanks for your continued support.

Chesterville District Lions Club
22-1

CARD OF THANKS
I would like to thank all those who remembered me with cards, visits, treats and phone calls while I was a patient in the Heart Institute and since returning home. Special thanks to Rev. de Bruijn, Dr. Masters and the nursing staff at the hospital.

Delburn Carruthers
22

IN MEMORIAM

OUDERKIRK — In loving memory of a dear husband, father and grandfather, Henry Ouderkirk, who passed away Jan. 19, 1989.

Sadly missed and lovingly remembered,
Hattie and family
22

IN MEMORIAM
OUDERKIRK — In loving memory of a dear father and grandfather, Elwood, who passed away Jan. 17, 1988.
Two years ago we had to part
With a Dad and Grandfather we loved with all our hearts.
You left a place no one can fill
We miss you and always will.
To your resting place we visit
And place flowers there with care.
But no one knows the heartache
When we turn and leave you there.
Beyond the smile there lies a tear
For a Dad and Grandfather we lost and loved so dear.

Lovingly remembered,
The Family
22

IN MEMORIAM
OUDERKIRK — In loving memory of a dear husband, Elwood, who passed away Jan. 17, 1988.
Remembering you is easy,
I do it every day.
Missing you is a heartache,
That never goes away.

Always loved and sadly missed,
Shirley
22

IN MEMORIAM
BECKSTEAD — In loving memory of our Dad, A. Maurice who left us so suddenly Jan. 19, 1985.
A silent thought, tears unseen
Wishing your absence was only a dream.
Today, tomorrow, our whole life through
We will always remember and love you.

Missing you still,
Foster and Marlene,
Francis and Marlene,
Mervyn and Edie
22

IN MEMORIAM
OUDERKIRK — In loving memory of brother, Henry, who passed away Jan. 19, 1989.
Somewhere back of the sunset,
Where loveliness never dies
He lives in the land of Glory,
'Mid the blue and gold of the skies.

Elva
22

AUCTION SALES

AUCTION SALE
HERD OF 32 COWS
6 open heifers; half the cows fresh lately; other half springers and bred milkers.
To be sold
THURS., JAN. 18, 1990
2 PM
at
Leo's Livestock Exchange Ltd.
Greely, Ont.
For Information
821-2634
22-1

AUCTION SALE
Lions Hall, Mill St., Winchester, Ont.
HOUSEHOLD FURNITURE & LARGE NO. OF ANTIQUES
SAT., JAN. 27
11 AM
Full listing in next week's paper.
AUCTIONEER
Harold Ball
448-3161
22-1

AUCTION SALES

ESTATE AUCTION
ANTIQUES, HOUSEHOLD FURNITURE & COLLECTIBLES
at
Vernon Recreational Centre
Vernon, Ontario
Half-mile east of the Freshmart Food Store just off Hwy. 31.
Watch for auction signs
SAT., JAN. 20
Commencing at 10 AM
Viewing at 8:30 A.M.

Secretariat china cabinet; oak stacking bookcase; antique 3-pce. golden oak bedroom set; oak ice box, top condition, with name plate; fancy oak refinished sideboard; oak dresser with mirror; washstands; round oak table & 4 pressback chairs; Pequegnat Brandon schoolhouse clock, time & strike, good running condition; small teak drop-front desk; walnut china cabinet; kitchen hoosier (painted); pine doughbox; 2 old chests of drawers, pine; iron & brass beds; teak gate-legged table; rocking chair; Victorian armchair; walnut 9-pce. dining room set, needs some refinishing; Morris chair; captain's chair; assorted dressers; antique parlor tables; magazine stands; small china cabinet; walnut coffee table; assorted end tables; chesterfield & chairs; square table with 3 leaves; oak showcase; child's wicker rocker; assortment of dishes, pots & pans; cups & saucers.

TERMS OF SALE
CASH OR CHEQUE WITH PROPER ID
Sale day phone 821-3622
Refreshments Available
Owners and auctioneers not responsible for accidents
AUCTIONEERS
Stewart James 445-3269
Carson Hill 821-2946

COMING EVENTS

BINGO — For Sat., Jan. 20 at Chesterville Legion Hall will begin at 1pm. Sponsored by Chesterville Legion Auxiliary Branch 434. 22

YOUTH DANCE — Fri., Jan. 19, 1990. 8-11pm, Finch Seniors Hall. $3.50 admission. Sponsored by Finch and District Optimist Club. 22-1

90th BIRTHDAY AT HOME CELEBRATION — You are invited to attend a 90th Birthday celebration for Kathleen Milroy. To be held at Finch View Villa Sat., Jan. 27, 1990 from 2-4pm. 23

WEDDING RECEPTION — In honor of Mike and Colleen Stewart (nee VanTurnhout) Sat., Jan. 27, 1990. Berwick Hall. 9pm-1am. Everyone Welcome. 22

EUCHRE — Sponsored by Berwick Community Recreation Centre, Sun., Jan. 21. 8pm. Berwick Hall. Lunch served. Everyone welcome. 22

BINGO — Sponsored by Morewood Volunteer Firefighters Assoc., second and fourth Saturdays at 1pm at Morewood R.A. Centre. Progressive jackpot for Jan. 27 will be 58 numbers for $500. 23-2

MEETING — Of Chesterville Unit of Hospital Auxiliary. Thurs., Jan. 25, 1990 at 1:30pm in W.I. Room. Everyone Welcome. 22

ATTENTION 1990-91 BRIDES & GROOMS — Winchester Bridal Fair, Tues., Feb. 6, 1990. Winchester Community Centre 7-9pm. By invitation only. For all your wedding needs and for invitations call 774-2102 or 774-2205. 24-4

STORMONT COUNTY AGRIC. SOCIETY ANNUAL MEETING — Sat., Jan. 20, 1990 in the Newington United Church hall at 11:30am. Pot Luck lunch to precede meeting. Everyone Welcome. 22-2

NASHVILLE AT EASTER — April 12-16. Frank's Tours. $379 per person, quad. accommodation. Information Box 149, Morrisburg, Ont. K0C 1X0. Phone 543-3858 or 1-936-3945. 22tf

DANCE — Jan. 20, 1990 at the Chesterville Legion Hall, featuring Touch of Country. Sponsored by the Chesterville Legion Branch 434. 22-1

ANNUAL DINNER MEETING — Of Roxborough Agricultural Society Fri., Jan. 19, 1990 at 7:30pm at OMAF boardroom. Buffet dinner. Tickets available at Scotia Bank, Avonmore. 22-2

Winchester Theatre
JANUARY
Friday 19
Saturday 20
PRANCER
(F)
Starring Rebecca Harrell, Cloris Leachman and Sam Elliott. A fine picture for the family about a little girl who finds a lost reindeer.

WEDDING RECEPTION — In honor of Eric and Donna (Lajoie) McRae, Saturday, January 27, 1990. 8pm. Chesterville Legion Hall. Disco. Lunch served. 23-2

ANNUAL MEETING — Chesterville and Dist. Agricultural Society Dinner and Elections Jan. 20, 1990. 12 noon at the Anglican Parish Hall. All members are welcome. Tickets $8. Contact Mary Schoones, Secretary 448-3866. 22-2

SNOWMOBILE RALLY — North Star Snowmobile Rally, Feb. 3, 1990. Rain date: Feb. 17. Leaving Finch Club. Registration 10am-12 noon. $8 per machine. $5 per rider. Information 984-2429 or 984-2290. 24-3

CURLING FUNSPIEL FOR HEART — Sat., Feb. 3, 1990 Winchester Curling Club. $90 per team (4) includes coffee, muffins, lunch, dinner and dancing to Shad's Disco. All proceeds to the Dundas Chapter of the Ontario Heart and Stroke Foundation. No experience needed. Come and have fun. Deadline for entry Jan. 20. Please call 448-2804 or 774-2879. Everyone Welcome. 22stf

EASTERN COUNTIES MAPLE SYRUP PRODUCERS ASSOC. ANNUAL INFORMATION DAY — Sat., Jan. 20, 1990. 10am-3:15pm. Lunch Available. Canadian Legion, Lancaster, Ont. For further information contact Albert Sanders 984-2368. 22

WILLIAMSBURG 1.O.O.F.
20th Annual
WINTER DANCE
Matilda Township Community Hall
SAT., JAN. 27/90
9 p.m. to 1 a.m.
Music By:
Gary Code &
The Running Kind
ADMISSION
$6 Per Person
FOR ADVANCED TICKETS
CALL: 448-3471 or 535-2265

POKER SKI-DOO/CAR RALLY
Sponsored by
Berwick Community Recreation Centre
SAT., JAN. 27/90
Registration: 10 a.m.
Berwick Hotel
$10 Per Person
FOR MORE INFORMATION CALL:
Dennis - 984-2291 or
Marcel - 984-2541

Cactus Panchos



THE SIERRA GRANDE HOTEL
(Formerly Chesterville Hotel)
OPEN SUNDAYS
1 P.M. to 9 P.M.
Sunday, January 21
Euchre Tournament
$10.00 a Team
Register at Bar
Cash Prizes
Photo I.D. Required



Wedding announcement

Mrs. Ernest Lajoie of Chesterville is pleased to announce the marriage of her daughter, Donna Lynn, to Eric Dean, son of Mrs. Dewey McRae of Finch. The wedding took place at St. Andrew's Presbyterian Church in Chesterville on Saturday, December 30, 1989.

Photo by Wayne LaPrade

THE CROSSOVER

CATHY & CAROLYN CROSS

Monday - Saturday: 6 a.m. - 9 p.m.

OPEN SUNDAYS! - 9a.m. - 6 p.m.

• FULL LINE OF GROCERIES • FULL SERVE GAS
• POP SHOPPE • FRESH POPPED POP CORN
• MOVIE & NINTENDO GAME RENTALS
• INSTORE WEEKLY FEATURES

Morewood – 448-2608

DERUES CATERING

WEDDINGS
BANQUETS

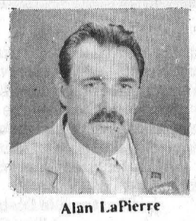
PARTIES
ETC.

MARY DERUE
448-2296

CINDY DERUE
543-2124



The Valley
Appliance Specialist
Appliance and Refrigeration
Repair Service
Mobile Service
448-3217
Earl Davis, Prop., Morewood



Alan LaPierre
448-3306
Residence
504 Main St.
Winchester

Buying or Selling?

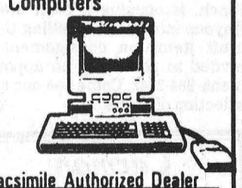
Let me show you how I can assist - no obligation.

Century 21
McIntosh & Proulx
REAL ESTATE LIMITED

NORDUN COMPUTERS

Your Local Source for Computers
For Home or Business
IBM PC Compatible Computers

• Software
• Diskettes
• Accessories
• Photocopiers
• Facsimile Machines



NEC Facsimile Authorized Dealer

39 Queen St., E.
CHESTERVILLE
(Beside Sears)

448-1108

GALE REALTY

218 Prescott St
KEMPTVILLE, Ont.
K0G 1J0
258-7413



$89,000. – Crysler, 2 bedroom raised ranch, brick bungalow with attached garage.

$120,000. – Crysler, 100 acre farm, 1-1/2 storey, 2 bedroom house, double barns and machine shed.

DELBURN BAKER – 987-2805
Albert Gale Real Estate Ltd. – 564-0277

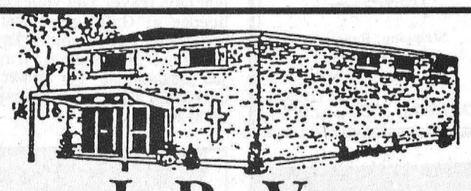
GALE REALTY

489 Main Street
WINCHESTER – 774-2881

3 BEDROOM HOME – Centrally located in Winchester. Large lot, 2 storey garage. Asking $96,000.

2 YR. OLD, 2 BEDROOM – In Chesterville. Large lot, full basement. Asking $72,500.

KEITH DROPPO – 448-2404



J. R. VICE FUNERAL HOMES INC.

IMPORTANT NOTICE

The federal government's G.S.T. tax will apply to prepaid funerals. We respectfully suggest that anyone who may be planning to prepay his or her funeral contact one of our funeral directors for further information.

J.R. Vice Funeral Home
62 Queen St.
Chesterville – 448-2120

BICCUM McINTOSH LTD.

504 Main St.
WINCHESTER – 774-2832
STEPHEN DILLABOUGH
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HOME – AUTO – FARM – COMMERICAL
Remember! We're more than a one company agency.

OFFICE: 774-2832 **HOME: 448-2254**

CHESTERVILLE AND DISTRICT AGRICULTURAL SOCIETY PRESENTS:

CHESTERVILLE'S NEW GRANDSTAND



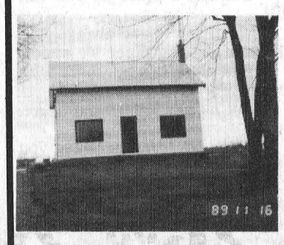
Support Our New Facility by either:
A $50 or $25 donation will have a sponsored seat with your name or
A $1000 or more donation will have a plaque permanently mounted on the Grandstand with your name or business.

CALL NOW!
Martin Schoones – 448-3866
Gerry Brugmans – 448-2160

24-3

Help-U-Sell

Cornwall Real Estate Ltd., Broker



HANDYMAN SPECIAL

1.44 acres, north side of Chesterville Village fringe, furnace one year old; septic system, 2 years old. Asking $45,000.

CALL LORRAINE
448-2454

ALL YOUR GENERAL INSURANCE NEEDS

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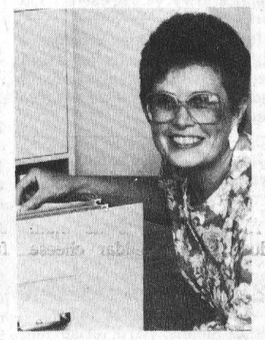

Sharron Jordan

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Morrisburg Shopping Centre
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543-3181

120 King Street East
Prescott
925-5901

Chesterville and District Agricultural Society

ANNUAL MEETING
Saturday, Jan. 20, 1990
12 Noon
Anglican Parish Hall
Tickets: $8
DINNER/ELECTONS OF DIRECTORS OF FAIRBOARD



All members are invited to attend.

ANYONE interested in becoming a member, a Director or assisting with the Chestervlle Fair are asked to contact Gerry Brugmans, President, 448-2160 or Mary Schoones, Secretary, 448-3866.

TOWNSHIP OF OSNABRUCK

Price quotations for equipment rentals will be received for work within Osnabruck Township for the period:

JANUARY 1, 1990 TO DECEMBER 31, 1990

Price to include competent operator.

Closing date for quotations to be March 9, 1990 at 4:30 p.m.

Further information can be obtained at:
TOWNSHIP OF OSNABRUCK
Municipal Office
P.O. Box 340
INGLESIDE, Ontario. K0C 1M0
(613) 537-2362

Jack Helmer
Road Superintendent

SAUVÉ REAL ESTATE LIMITED

ALEXANDRIA
(613) 525-2940

HOMES

HOBBY FARM $150,000. - Lovely 4 bedroom, 1-1/2 storey brick home with (SOLD), rosewood and hardwood floors, large barn and outbuildings on 199 acres of land.

LOVELY THREE BEDROOM BUNGALOW - With garage. Very neat and clean. Has sun porch, dining area, built-in appliances, on an attractive large lot. Priced at $87,000.00

$59,500. - Income property. Have a tenant help you pay for your new home. Two bedroom unit recently renovated and three bedroom unit ready to move in. Approx. 1/2 acre lot.

$124,800. - Eleven year old brick bungalow, approx. 2-1/2 acres on Hwy. 2, close to Charlottenburgh Park. Has 3 bedrooms plus two in finished basement. Beautifully finished home.

LAND

APPROX. 60 ACRES - Fronting on two paved roads. Wooded area at back of (SOLD) property. Asking $35,500.

$39,900. - Priced to sell. Hwy. 43, just west of Avonmore. Approx. 77-1/2 acres, with 38 acres of good workable sandy loam. Mostly tiled.

APPROX. 60 ACRES - On paved Hwy. south of Finch, priced at $39,000.

$29,000. - Nice built-up area. Approx. 25 acres with some mixed bush, at back of property.

Geraldine or Herb Schwartz
346-5721
Sales Representatives for
Sauve Real Estate Ltd.

CHESTERVILLE RECREATION WINTER PROGRAMS

Gymnastics For Children

8 weeks starting Wednesday, Feb. 7/90

6 p.m. - 7 p.m.: 4 years to 8 years
7 p.m. - 8 p.m.: 8 years and over
(Cancelled week of March Break)

$25 Per Child
$45 For 2 Children
$60 For 3 Children

Register First Night at North Dundas High School

Mixed Adult Volleyball
Thursday Night
St. Mary's School, Chesterville
7 p.m. to 9 p.m.
Starting Thurs., February 1/90
$10 Per Person Register First Night

23-2

CONSEIL DES ECOLES SEPAREES CATHOLIQUES DES COMTES DE STORMONT, DUNDAS ET GLENGARRY

STORMONT, DUNDAS AND GLENGARRY COUNTY ROMAN CATHOLIC SEPARATE SCHOOL BOARD

TENDER

Submissions are invited from qualified Engineering Firms to provide engineering and architectural services for renovations at La Citadelle Secondary School in Cornwall.

The project will include: sketch plan and working drawings to complete the renovations.

Part II of the submission should state an offer of project management including details of management procedures and fee.

Submissions should be received no later than Friday, January 26, 1990, before 3:00 p.m.

For further information, please contact Mr. Gordon Greffe at area code 613 933-1720, Extension 247.

J.M. Boisvenue
Chairman

Gilles Métivier
Director of Education

CONSEIL DES ECOLES SEPAREES CATHOLIQUES DES COMTES DE STORMONT, DUNDAS ET GLENGARRY

STORMONT, DUNDAS AND GLENGARRY COUNTY ROMAN CATHOLIC SEPARATE SCHOOL BOARD

SALE AND REMOVAL OF A RESIDENTIAL BUILDING

Sealed bids clearly marked "Tender: Sale and Removal of a Residential Building" will be received by the Board, 1104 First St., East, Cornwall, Ontario, K6H 1N6, to the attention of the Business Administrator and Treasurer no later than 15:00 hours, Wednesday, January 31, 1990.

The prospective buyer will be responsible for the cost of filling in the foundation, levelling of the lot and all removal costs.

The building is situated at 111 Eighth Street, West. For further information and/or viewing, please contact Mr. Roy Julien, at area code 613-933-1720, extension 246.

LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED

Robert G. Legault
Manager
Purchasing Department

Jean Marc Boisvenue
Chairman of the Board

Gilles Métivier
Director of Education

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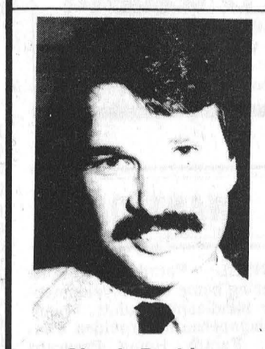
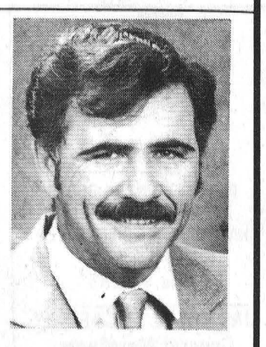


Chuck Barkley
448-3660

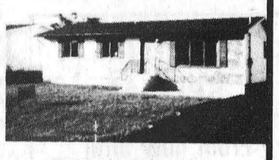


JUST LISTED
$115,000.

Has to go! 4-year-old side split 3 & 1 bedroom near Morrisburg. This home has endless potential for the family with its 100 ft. x 268 ft. lot, quiet, newly developed neighbourhood and built to last quality. Let's take a look today!



GARY BURNS
448-3573



JUST LIKE NEW
$109,000.

3 bedroom bungalow only 3-1/2 years old. Finished rec room 19x22, Ven Mar System, F.A.E. heat, paved driveway, back deck off kitchen. Home is pride of ownership, a must to see. All this plus large lot in Village of Chesterville.

Co-op predictes reclassification by summer of 1990

Yves Cossette
Record Staff

ST. ALBERT — A St. Albert cheese factory's wish to have its cheese reclassified is running into a tangle of bureaucratic hurdles and a possible reclassification is still months away, according to a plant spokesman.

"It's a long drawn out process. Unfortunately there is no way to hurry up. It's a terrible situation.

Tom Kane
President of the Ontario Dairy Council

Claude Genier, president of the board of directors for St. Albert Co-op Cheese factory, predicted Friday, the co-op would get a reclassification by summer, in time for the next dairy year.

"I'll be happy if we get it for next year. It's hard to get that thing organized," he said.

Genier said last month he hoped the Co-op would get its reclassification by this month. But the Farm Product Marketing Board's reclassification committee will meet Jan. 19 only to discuss the reclassification of the Co-op's fresh cheddar cheese curd along with eight other dairy products, said Tom Kane, president of the Ontario Dairy Council.

The committee meeting on Jan. 19 will only be a debate between representatives of the dairy industry including the dairy council. It will be at least six months before any concrete decisions are taken on the issue of reclassification.

"It's a long drawn out process. Unfortunately there is no way to hurry it up. It's a terrible situation," said Kane.

The request by the St. Albert cheese co-op is unusual because the co-op is asking for "a major departure from the quota system," he said.

The co-op wants its main product, fresh cheddar cheese curd reclassified, so it can obtain milk on a consumer demand basis.

The co-op's milk supply is regulated by a quota system which supplies the plant with a set amount of milk. But fluctuating consumer demand means the plant often needs more milk than is supplied by the quota.

The plant's lack of progress in getting extra quota to meet its demand led to the October hijacking of two milk trucks by the co-op's plant managers who took the milk and used it for cheese production at the plant.

The problem with fluctuating consumer demand is peculiar to the St. Albert plant because it cannot stockpile its fresh curd at times of low consumer demand.

Most cheesemakers are able to stockpile their cheese, but the fresh cheddar cheese produced by the co-op only has a shelf life of four days. When demand for that cheese drops off, the co-op is unable to store cheese.

By placing the curd in a new category, the plant would be freed from the present quota and will be able to obtain milk when customer demand increases.

However, getting reclassification is not a sure thing, yet. Genier foresees some opposition from large "multi-national interests".

While the co-op waits for its fresh cheddar cheese curd to be reclassified, the co-op's board of directors is readying itself for the Farm Products Tribunal Appeal in Ottawa Feb. 7.

The co-op is demanding an additional five million litres of milk for its quota and wants assurance there won't be any further cuts to the plant's quota.

Day-to-day decision making

More farm women seen as equals

Yves Cossette
Record Staff

CRYSLER — More female farmers are being seen as equals in farm management according to 1986 census released Jan. 4.

Five per cent of Canadian farmers are now being managed by women, an increase of 18 per cent from the 1981 census. The number of women farm decision-makers increased to 13,300 from 11,235.

The increase reflects a growing recognizing that farm women play an important role in the day-to-day decision making on farms. "It's more of an awareness thing," said Rick Burroughs of Statistics Canada Agriculture Division.

The change is not much that women have taken on a greater decision-making role in operation of farms with their spouses. "Rather they are stating it more so than in the past," he said.

Traditionally, family run farms were operated jointly-managed by husband and wife. But when it came to filling out census forms the male would list himself as the operator.

On the latest census, women who filled out the census form were just as likely to mark themselves as operators as their husbands, said Burroughs.

For the census in 1991, Statistics Canada wants to change the forms so that more than one farm operator can be listed. That way statisticians can get a more accurate picture of who manages farms.

The president of the Women for the Survival of Agriculture, Dorothy Middleton, of Crysler is hoping that the new trend will lead the government of Ontario to recognize women as equals in farm management.

"They won't recognize the fact that farm women are operators unto themselves. They still look at the historical antiquated unit," and what they're saying is that the husband and wife are a unit, and there is one per unit," she said.

A close look at Ontario grant programs will reveal that female farm operators are not eligible for grants, said Middleton.

She cited two examples of women who were refused crop insurance even though the women owned their own farms. But because they had married male farmers, also landowners, the government would only grant crop insurance to the male, even though the women operated the farms separate from their spouse's farms, Middleton said.

Although the women can get crop insurance through their husbands, Middleton said the government policy is discriminatory.

The Ontario Ministry of Agriculture and Food (OMAF) is taking a step in the right direction with a series of discussions called "Policy 2000." The open discussions talk about farming policy toward the year 2000 and one such discussion was held in Kemptville in September. Middleton is hoping "Policy 2000" will recognize farm women as farm owners and that they would be treated as such no matter who they marry.

Middleton, who owns a farm with her husband and a son at Crysler was pleased to the census report showed farm women were asserting themselves. "I'm overjoyed to see farm women recognizing their worth," she said.

She recalled that 15 years ago there were no women's farm groups in Ontario. Now these groups are helping farm women recognize their importance in farming.

"In 1975, if you went down the road you saw John Smith and Sons on the mailbox. Now you have women actually being partners on farms; legalized partners. Now...you're seeing mailboxes marked differently," she said.

Rediscover shopping in Upper Canada

Ring in the new decade by ringing up savings at these Morrisburg businesses

More exceptional values can be found on the following two pages

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CHOOSE FROM THREE SIZES!
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Enjoy the convenience of a preassembled quality mahogany door that's ready to install! This slab door is already hung on hinges and is predrilled. Complete with mahogany jamb and stop. Casing extra.
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GOOD ONE SIDE FIR PLYWOOD
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FLUORESCENT FIXTURES
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WHITE OR BROWN
MULTICOLOUR ALUMINART
ALUMINUM STORM DOOR
188.88 STANDARD SIZES ONLY!
This Trilite door is 2" thick with triple seal proteciton. Features 4 hinges and heavy duty closer. With reversible hinges.

CASH & CARRY ONLY!
CANADIAN GYPSUM CGC COMPANY, LIMITED
GYPSUM DRYWALL
5.96
4 X 8' X 1/2"
One of the most economical wall coverings available. Ready to paint, stucco or wallpaper.

AMERICAN STANDARD
BATH TUB
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Replace your old tub with this quality porcelain enamelled steel tub. Fits a standard tub opening. (60 x 30 1/4").

FIBERGLAS CANADA
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We've reduced the price on our two most popular sizes. 15" width.

DOW
RIGID FOAM INSULATION
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Handy 4x8' sheets cut easily to fit almost anywhere.

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For most home installations.

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CEILING TILE
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Flexible ceiling tile lets you put suspended ceilings in low headroom areas. 2 x 4.

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Choose from our wide selection of instock countertop. Selected patterns. 8', 10', 12' lengths.

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Both pleased to serve you delicious lunch
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Offering you pasta specials,
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All specials include
soup or juice, coffee
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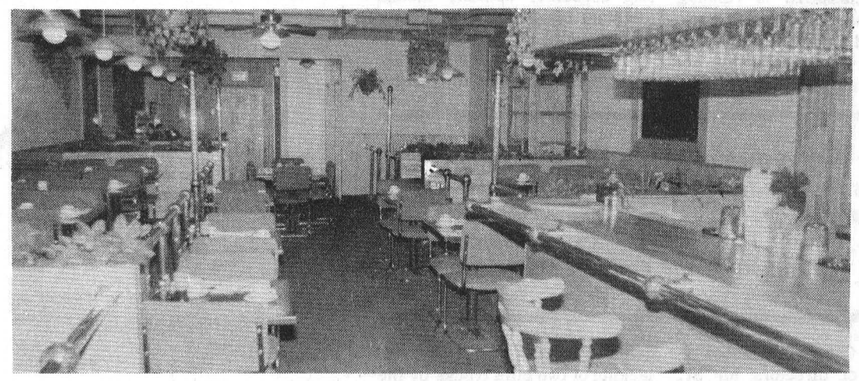
The Nest

Specializing in steaks and seafood,
with different steaks each weekend (T-bone,
prime rib, New York sirloin & filet mignon).
Seafood offerings will include maritime platters,
king shrimp, lobster tails and jumbo scallops

All specials include
Caesar salad, soup or juice,
coffee or tea, and Jello or
rice pudding



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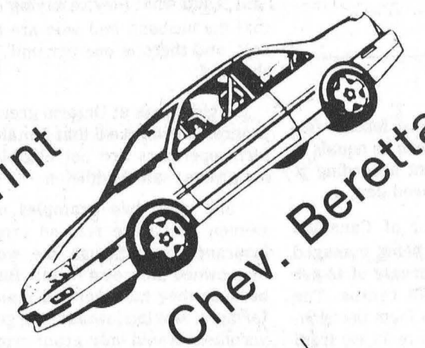
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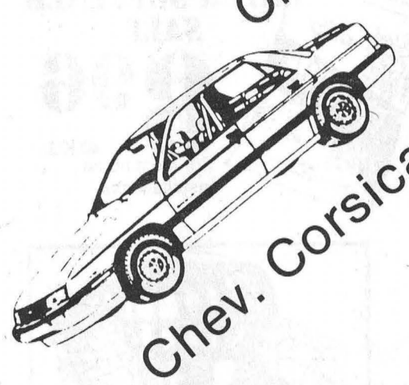
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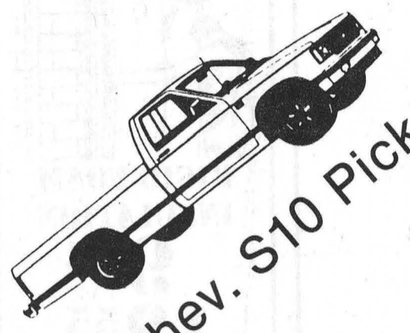
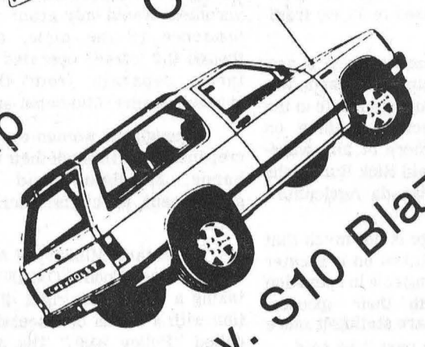

Chev. S10 Pick-up


Chev. S10 Blazer

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Excellent selection of other new Chevrolet & Oldsmobile models at special January clearance prices. For example — brand new 1990 Chevrolet Luminas (7 to choose from). All have $2,000 dealer discount, but you must choose from stock. So hurry, this offer is limited to units in stock. Once they are gone, they are gone for good. Drop in to Upper Canada Motor Sales for complete details.

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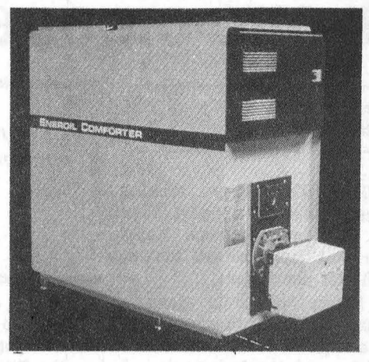

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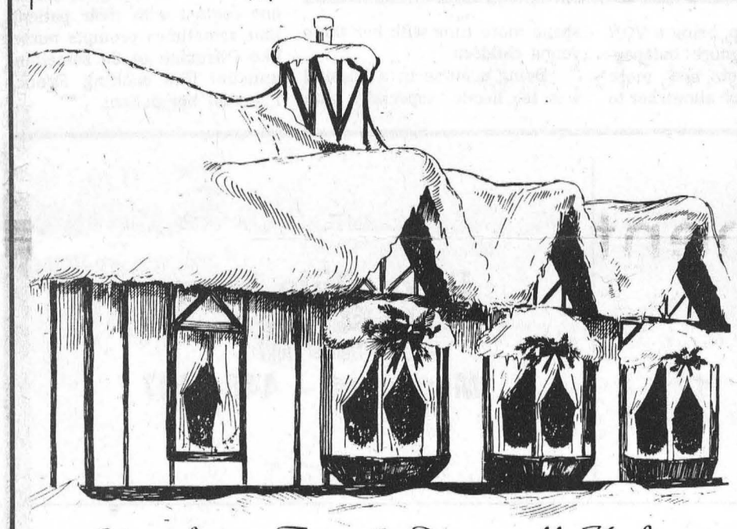
Welcome to Paddy's Inn

Under New Management



Your hosts, Tony & Denise McKinley

Live Entertainment
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Easy Country Rockabilly Boys

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11:30am-2pm Mon.-Fri.
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Different Buffet & Full Menu Each Day

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SWEATERS
2 Racks ½ **Price**

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LESS Than ½ **Price**
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Men's Supertack Sp. $189.95
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Feature

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House calling VON nurses specialize in one-on-one patient care service

Yves Cossette
Record Staff

"I don't know what I'd do without them. I couldn't stay here. That's for sure."

Hazel Stoddart
VON patient

CHESTERVILLE — Making French Fries was not part of her job. Yet one afternoon Kathy Pitruniak found herself making some for her patient.

Before she could make it though, she had to figure out how the antiquated stove worked; she had to scrub the frying pan and peel the potatoes.

Her elderly patient wanted French Fries because he had been only able to cook oatmeal for himself. That was two years ago. "He's never let me forget it," said Pitruniak of her grateful patient.

Although not part of her daily chores as a nurse with the Victorian Order of Nurses, Pitruniak said making the meal was just an extension of the personal style of contact she has with her patients.

That style of contact is unique to VON nurses. Instead of treating patients at hospitals, they make house calls. Next week is VON week, a week where VON nurses are going out of their way to let people know they are there and the type of work they do.

The VON nurses cater mostly to elderly chronic care patients, who are well enough to reside at home but are still dependent on a nurses care. On occasion, the VONs also visit younger patients recently released from hospitals, but requiring similar assistance as elderly patients, like changing bandages, said Pitruniak who has been a VON for four and a half years.

About 20 VONs work out of the nurses residence at Winchester District Memorial Hospital. On average they will visit between six to nine patients per day for an eight-hour work day.

For Pitruniak, who has been nursing for 23 years, the day begins by going into Winchester to pick up her charts which details what has to be done with each patient.

From there it's on to her first patient. Quite often she baths her patients or at least helps them into a bath because they are unable to do it themselves.

Changing bandages on patients is one of the most important duties Pitruniak and her colleagues perform. It saves elderly and often immobilized people from having to go to a hospital to have bandages changed. Other duties include routine things such as checking a patient's blood pressure or taking blood samples when needed.

"People are really appreciative of the care (they) receive."

Mary Thompson
VON nurse

A couple of nurses offer specialized care. Jan Robinson, a nurse for 22 years and a VON for 10, is a foot care specialist. And many of the elderly patients require foot care, she said.

However, what makes a VON nurse's visit special is the personal bond that forms between the nurses and their patients. Mary Thompson, a nurse for 15 years and a VON for four-and-half years, said the bond that forms between the nurses and their patients is a result of "TLC", tender loving care.

It's something that rarely happens between hospital nurses and their patients because the nurses are never able to spend more than a couple of minutes with their patients.

VON nurses are able to spend up to an hour with their patients. They don't have to worry about a patient in the next room, said Thompson.

She said her patients enjoy the special attention they get from the house call nurses. "It is more gratifying," she said, than working in a hospital. "People are really appreciative of the care (they) receive."

Thompson also acts as a social contact for her patients. An hour long visit gives her plenty of time to have conversation with her patients about anything. Sometimes it's of a personal nature, and her patients tell her about things that upset them.

Other times they will ask for advice. She recalled one instance where a patient asked her if it would be alright to visit their family. The patient was afraid to be a burden to the family while visiting.

The social contact she has with her patients is all part of "TLC" she provides. "You get really attached to them," Thompson said.

One beneficiary of VON "TLC" is Chesterville resident Hazel Stoddart. At 82 years, she still moves around the house on her own. But it's not easy because she had her knee caps replaced about eight years ago.

Stoddart needs a VON nurse to help her into and out of a bath tub, twice weekly. Without a nurse and a homemaker which helps her with household chores, Stoddart would have to live in a home for the aged.

Her husband passed away five years ago and her children live too far away to help her everyday. "I don't know what I'd do without them. I couldn't stay here. That's for sure," she said.

Last fall Stoddart was hospitalized for nine days with a pinched nerve in the back and heart trouble. But as soon as she got better the VON nurses rescued her from the hospital and took care of her at home.

As soon as she was home her health rapidly improved. "I was anxious to get back home. I like my bed a lot better. I like (my) food better," she said.



One-on-one

Jan Robinson, a nurse with the Victorian Order of Nurses, checks Hazel Stoddart's blood pressure. Stoddard, 82, receives visits from the VON nurses twice weekly. Although Stoddart, of Chesterville, moves around her house at her home she needs help to get in and out of her bath tub. VON nurses, like Robinson, make eight to nine house calls per day, care for elderly chronic care patients as well as recently released hospital patients.

Record Photo - Cossette

Stoddart praised the VON nurses for their work. "They are very good. They are very kind. They do anything for you," she said.

Although Pitruniak, Robinson and Thompson enjoy their one-on-one style of nursing and find their work gratifying, they admit being a VON is a lot easier on their family lives. Unlike hospital nurses, VONs don't have to work night shift, said Robinson.

"They are very good. They are very kind. They do anything for you."

Hazel Stoddart
VON patient

For Thompson, being a VON means she has more independence at her job and more flexible hours which allows her to spend more time with her three young children.

Being a nurse at a hospital was too hectic, especially with young children. "I just didn't feel I could cope," she said.

While being a VON nurse is benefitting the nurses with families, it has also proven to be a plus for the patients who receive their one-on-one attention.

It is the intimacy of one-on-one contact with their patients that sometimes prompts nurses like Pitruniak to do something unusual like cooking French Fries for her patient.

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MOREWOOD WINTER CARNIVAL
JAN. 19-20-21, 1990

Schedule of Events

THURSDAY, JANUARY 18

8:15 p.m. — **BINGO** — In the Community Centre. Admission $1.00. Refreshments available. Sponsored by the Morewood R.A. Proceeds to go to the fund for improvements to Morewood Community Centre.

FRIDAY, JANUARY 19

7:00 - 9:00 p.m. — **CHILDREN'S CARNIVAL GAMES NIGHT** — Morewood Public School Gymnasium. This event will be put on by the teaching staff. Parental help welcomed. Free treats and prizes for the children! Sponsored by the Morewood R.A.

8:00 - 11:00 p.m. — **TEEN DANCE** — Morewood Comm. Centre. 'Record Runner' Disco. Admission $1.00.

8:00 - 10:00 p.m. — **PUBLIC SKATING** — The rink will be available for family skating.

SATURDAY, JANUARY 20

8:00 - 10:30 a.m. — **PANCAKE & SAUSAGE BREAKFAST** — In the Community Centre. Children, ages 5 and under $1.00, ages 6 - 12 $2.00 and Adults, $3.00. Sponsored by the Morewood R.A. The "Head Waiter" will see that you are served in order of arrival. ENJOY!

10:00 - 11:00 a.m. — **HOCKEY** — Local children will put on an exhibition game (Ages 5 to 9).

11:30 - 12:30 — **HOCKEY** — Local children will put on an exhibition game (Ages 10 to 15). Call Tom Hutt 448-3503 or Don Thompson 448-3578 and they will make up the teams.

12:30 - 2:00 p.m. — **CHILDREN'S GAMES** — Sponsored by the Morewood R.A. and local businesses. See the attached schedule. Call Maureen Heuff 448-3561 or Cheryl Steinburg 448-2787 for more information.

1:00 p.m. — **MIXED ADULT CURLING** — Rink surface. A small entry fee will be charged. Prizes and trophy. Contact Glenn MacGregor 448-2259 for information.

2:00 p.m. — **OPEN ICE** — Half of the rink surface will be open to those who wish to skate.

2:30 - 4:30 p.m. — **DARTS** — Teams made up by draw. Inexperienced players welcome. Cost $5.00 per person. Cash prizes for top three players. Contact Roger Richer 448-3341.

5:30 - 7:30 p.m. — **POTLUCK SUPPER** — Morewood Community Centre. Sponsored by the Morewood R.A. Bring your favourite dish. Rolls, coffee, tea and juice provided. Donations accepted **however**, a dish is preferred!! (This ensures there will be sufficient food for everyone).

7:00 p.m. — **CROWNING OF CARNIVAL QUEEN AND PRINCESS.**

8:00 p.m. — **EUCHRE PARTY** — Senior Citizens Hall. Prizes. Sponsored by the Morewood R.A. and Seniors.

9:00 - 1:00 — **CARNIVAL DANCE** — Community Centre. Admission $3.00 per person. Lunch available. Disco by MOJO. Age of majority strictly enforced.

SUNDAY, JANUARY 21

9:30 - 10:30 a.m. — **ECUMENICAL CHURCH SERVICE** — United Church. Local persons will assist with the service. Everyone welcome. Hymn Sing at 10:20

10:00 - 12:30 p.m. — **SUNDAY BRUNCH** — Community Centre. Sponsored by the Morewood Firefighters Association. Adults $3.00 and Children $2.00.

1:00 p.m. — **SLEIGH RIDES** — Compliments of Duke-Dale Farms. Denzil will be providing two sleighs for the enjoyment of all ages.

12:30 - 3:00 p.m. — **CROSS COUNTRY SKIING** — For you and your family to enjoy, a course will be set up on the Mattice farm across from the Community Centre. This is not a race, but for you to enjoy at your own pace. Refreshments will be available at the Community Centre.

2:00 - 4:00 p.m. — **CHILDREN'S ENTERTAINMENT** — Come to the Movies free! Firehall. Cartoons, popcorn, refreshments are free to the children (up to age 13). Sponsored by the Morewood R.A. and Carl's Radio and T.V.

2:00 p.m. — **EUCHRE PARTY** — Organized by Kevin Vollrath.

1:00 p.m. — **LOG SAWING COMPETITION** — Men's and Women's teams. Prizes for all entries presented.

1:00 p.m. — **MIXED ADULT CURLING** — Continued from Saturday.

2:00 p.m. — **OPEN ICE** — Half of the rink surface will be open to those who wish to skate.

CHILDREN'S GAME SCHEDULE

Saturday only, starting at 12:30 p.m.

Please note that there may be some changes to the games due to weather and amount of participation.

MIXED SOCCER ON ICE — 13 and under. Rink surface. Sign up and we will make the teams.

WOOL HUNT — Ages 6 and under. Rink and R.A. grounds. Prizes.

OBSTACLE RACE — Ages 6 and under. Parking lot area. Prizes for 1st, 2nd and 3rd.
— Ages 13 and under. Rink and R.A. grounds. Prizes for 1st, 2nd and 3rd.

EGG TOSS — Any age. R.A. grounds. One prize for the winning team.

SODA CRACKER CONTEST — Any age. Community Centre. One prize.

POSTER CONTEST — Ages 6 and under. Prizes for 1st, 2nd and 3rd.

WINTER THEME — Ages 7 to 13. Prizes for 1st, 2nd and 3rd. Posters must be handed in no later than Wednesday, January 17th, 1990. Contact Sue Boucher 448-3646 for more information.

WAITER OBSTACLE RACE — Ages 13 and under. This will be held if time permits. One prize for the winning team.

TREASURE HUNT — Ages 13 and under. Prize $90.00!!! One clue per day, starting January 15, 1990, will be posted at the Public School and the Rink. Look for an envelope and contact Maureen Heuff 448-3561 if you find it. GOOD LUCK TO ALL. Additional clues will be given if needed.

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Morewood - 448-2233

THE CHESTERVILLE Record Editorial / Opinion

Editorial

Free trade bargaining

Depending on whether you can believe Nestle Enterprises Ltd.'s letter to workers last week concerning their ongoing contract negotiations, area residents may or may not be at least partial victims of Brian Mulroney's Canada-U.S. free trade agreement.

The letter, given to workers at a union meeting last week threatens that the Chesterville plant may close down, if workers don't make concessions asked for by the company. The concessions are needed to hold onto markets the company has which are being threatened because of the Canada-U.S. free trade agreement, according to the company letter.

The fact that yet another industry located in Canada is claiming negative effects from free trade should send a clear signal to the government that something must be done to help corporations smarting from the deal.

Whether the Swiss-based multi-national corporation is bluffing its workers to get it to accept its contract offer, or whether it is being sincere in its pleas, it is evident government policy needs to be set for factory closures or factories hit with decreased production for any reason linked to trade.

Since the bill was passed after last year's federal election, free trade has been blamed for a number of plant closures and decreased production in many other factories.

With so many plant closings, and with so many of them being blamed on free trade, it is easy for everyone to get lost in the hype. It is up to the federal government to sort through all the anti-free trade hype to determine whether union claims of the FTA sinking various factories is fact or fallacy.

The government must set up a system to determine which industries are being affected by free trade and come up with accompanying assistance programs. Until then, both unions and industries will use the hype surrounding the deal to manipulate public opinion and one another for their own benefit.

If the free trade deal is hurting Nestle's, the government should look into how it is being hurt and what it can do to help. If Nestle's is only using the free trade threat to get its contract proposal accepted, it should at least be chastised for bargaining in bad faith.

Fear is a powerful weapon and the free trade agreement is one thing that has generated a lot of fear across the country. No company, no matter how large or how good a "corporate citizen" it is, should play on those fears. And the government shouldn't be standing by apathetically, letting it happen.

Someone is listening

Just when it seemed like no one in Toronto was listening to concerns of residents in Eastern Ontario, the provincial government has given a quick one-two punch that would almost indicate politicians at the home of the Skydome are not deaf afterall.

There are two surprises in the news this week on a local front, but from a provincial angle: one is the government's admission it had used ads slanted to favor francophones for government positions and that it will change the policy to highlight French and English equally from now on when advertising government jobs.

The second surprise is that provincial funding is available for an addition to Chesterville Public School, meaning local public students could move out of the 20-year old portables they had been using by the start of school this fall. Maybe the provincial Liberal government has a heart afterall.

Greg Kielec

THE CHESTERVILLE RECORD

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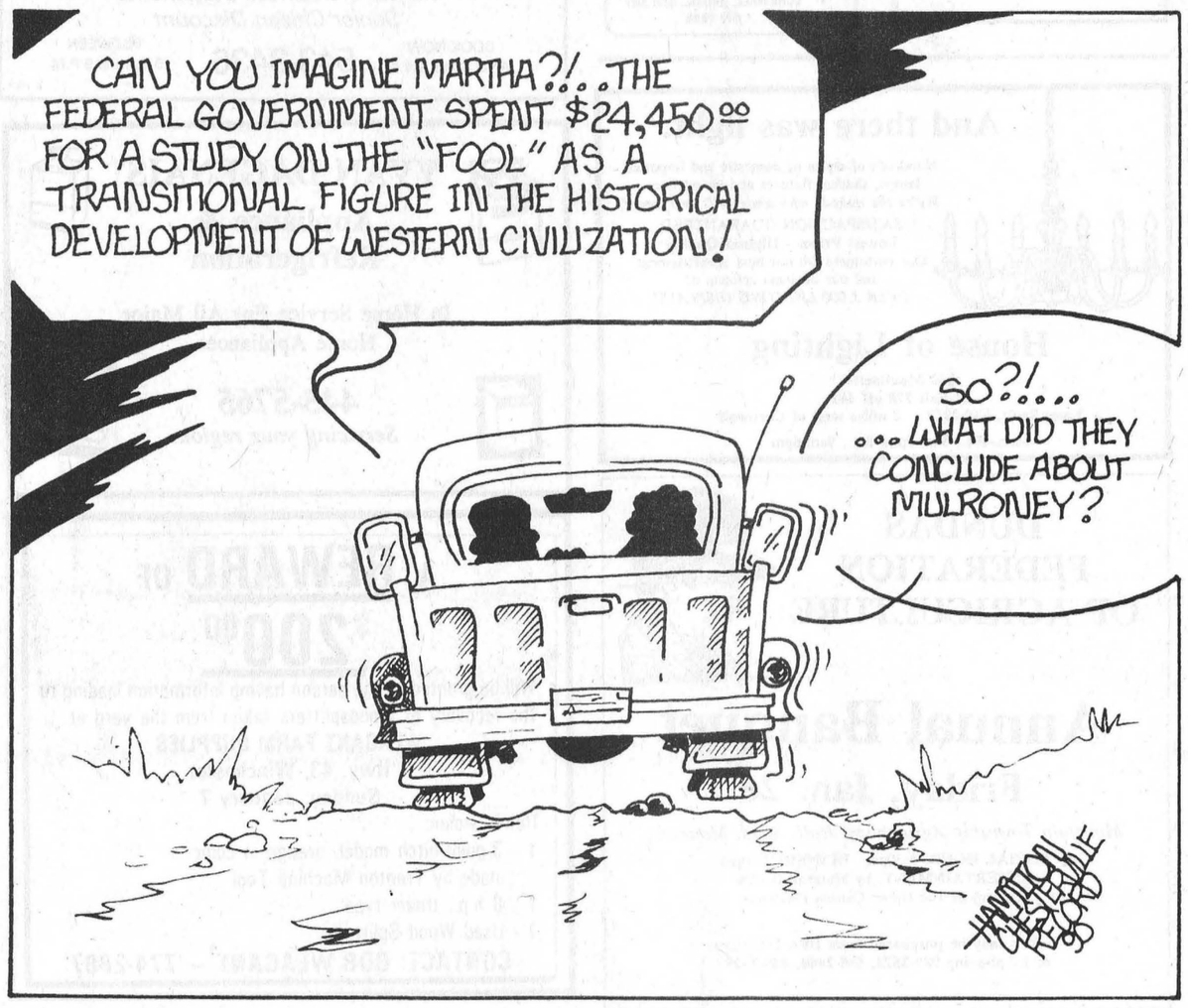


From Chesterville's Past

30 **From the Record Jan. 15, 1930**

The Record has been advised that the reduction in rates in the Nepean district also applies to the Rural Power Districts of Chesterville, Apple Hill, Williamsburg and Maxville. This means that the farmers who have been paying on a Class 3 Standard K.W. contract a service of $4.55 gross or $4.10 net per month, will after January 1, 1930, only be required to pay $2.78 gross or $2.50 net per month. All other classes in proportion. There has also been a rate reduction in both Apple Hill R.P.D. and Chesterville R.P.D., the consumption charged having been reduced in both districts to 6 cents and 2 cents per k.w.h. On their next bills the consumers will be allowed the new rates for the month of January.

Intimating that the government was considering legislatin or new regulations to cover the sale and purchase of muskrats for fur-raising purposes, Col. Walter Denison, provincial registrar of brokers, issued a warning to the public yesterday to be wary of buying these animals. Denison made this statement at the parliament buildings following a conference with A.W. Rogers of the attorney-general's department. This conference was one of many that have been held during the course of a wide investigation of all phases of the muskrat farming.

50 **From the Record Jan. 12, 1950**

The regular meeting of the Chesterville Rotary Club was held in the Library of the Community Hall on Monday night. R.H. 'Dick' Fawcett was introduced as the speaker of the evening by Charles McMillan. The speaker opened his address with a resume of his trip to Ethiopia in September, 1947, with his family. 'Dick' spoke with admiration of the work that the Emperor, Haile Selassie, is endeavoring to do to develop his country. With illiteracy widespread it is difficult to achieve very much in a short time but by improving educational methods and training of native teachers, it is hoped with steady improvement the conditions will improve.

80 **From the Record Jan. 16, 1980**

Kostuch Engineering Limited of Brockville had been told to go ahead with preliminary engineering study for a new structure to replace the agining and deteriorating Nation Valley Bridge. The firm presented a structural analysis on the bridge to council Monday night and the report called for the replacement of the bridge (built around 1910) stating that repairs to the bridge would be too costly.

Village council expects to have a $30,000 surplus from its operations in 1979, clerk-treasurer Gary Thompson told members last Tuesday night.

Column

The buck stops here or there or....

For the Record



Yves Cossette

There's a veritable "whodunit" going on in Chesterville. It's not murder or anything gory like that, but nonetheless upsetting to the victims.

The victims are the Queen Street residents whose basements were flooded on a rainy day last March when rainwater backed up sanitary sewers on the fairgrounds to cause a mess.

However only one resident was compensated. She was insured. The other four residents adjacent to the fairgrounds are still waiting for compensation, 10 months after the flood.

There seems to be a consensus among those involved -- except the Chesterville Agricultural Society -- that the victims should be compensated. As for the agricultural society, they're not saying anything. What is known is neither the village, who own the sewer lines, or the agricultural society, on whose property the flood originated, are accepting responsibility.

Initially the Queen Street residents blamed council for the flood because, by their reasoning, the municipal government was responsible for all sewer lines in the village.

But council, with the backing of the Ministry of Environment and legal advice from the village's insurance adjuster, placed the blame on the agricultural society for leaving sewers uncapped on their property allowing rain water to penetrate it.

The agricultural society hasn't denied or confirmed that it was responsible and has left the matter in the hands of its insurance company.

It's quite obvious to everybody that the parties involved don't agree on who is really responsible for the flood. Council had initially publicly pressured the agricultural society's insurance company to respond to the charge of responsibility to no avail. Since then there have been talks involving council and the agricultural society, but the issue remains unsolved.

Reeve Jim Cook is clearly frustrated with how the matter is being dealt with. He said Monday, "We seem to be bumping our heads against the wall. You can only knock your head against the wall so many times before you say ouch and stop."

But even more frustrated are the flood victims. One of them, Murray Droppo, is contemplating legal action.

Last month, council cut off a sewer line to the fairgrounds to prevent a repeat of last March's flood. Perhaps that should have been done earlier to prevent the possibility of a flood in the first place. After all, the sewer lines on the fairgrounds are only used once a year for the August fair.

Furthermore, council's actions to cut off the sewer lines were taken after the Ministry of Environment determined that efforts by the agricultural society to cap the sewer's entry points were unsatisfactory. The society won't say why it was unable to do that.

So while the first anniversary of the smelly affair approaches, the Queen Street residents are wondering when they'll get compensated for their ruined furniture.

It would be a shame for this to be dragged into the courts, because by the time the matter is settled months, perhaps years, could pass.

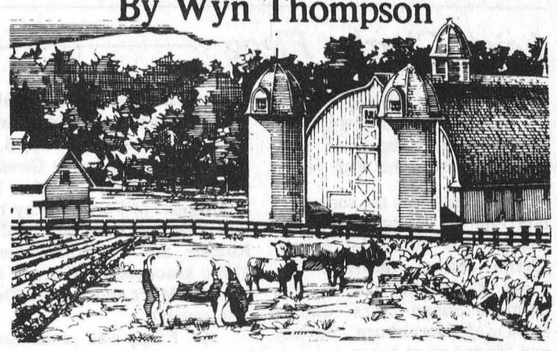
Council and the agricultural society should sit down face-to-face to sort out this debate to come up with a just settlement instead of quibbling over the "whodunit".

Comment

The Record welcomes letters to the editor. Letters must be signed and include the writer's telephone number. Correspondence may be edited for length, grammar and libellous statements.

The Farmer's Wife

By Wyn Thompson



During the deep freeze of last December, neighbour Sam drove in our lane. This is a very unusual happening as Sam always walks everywhere, if it is at all possible. "Exercise is good for ya," is his constant reply to any query as to why he is travelling on foot.

The Farmer made no comment as to his mode of travel but instead asked him to have a cup of coffee with us. He settled down with his mug in one hand and a scone laden with strawberry jam in the other and asked the Farmer, "What's new?"

The Farmer asked Sam if he had read such and such a book on the United Empire Loyalists who had come to Canada without any wordly goods, their possessions having either been destroyed or confiscated by the revoluntionists.

"Or else they couldn't carry them," Sam replied, saying he had read it, "after Amanda bugged me into it."

He went on to say that if the early immigrants had been as easily air-borne as the snowbirds, had they been free to come and go, he wondered how many people would be in this cold land today?

Sam then waxed eloquent. "But there was no return. They had cut the ties holding them to the pastures of Shropshire, the mills of Lancashire, and the heather-sweet uplands of Scotland."

"They had to stay and they learned to build a future and a family, so that their descendants have become among the envied of the world," I added.

"Ya," he continued, "but I had a little argument with Amanda when I told her that if they had gone back, they might not have stayed there. When they left here, they might have seen again little cottage gardens aflame with colour, sheep-dotted hillsides....but something might have called them back."

"If I had left a cold sod shanty, I doubt if I would have returned," I countered.

"Many women did according to the tales I've read," he said rising, "they came back to the vegetable gardens their own sweat had dimpled and to the furrows their own feet had trod, where they begat their own, and buried their own."

"She'd o' come back," he nudged the Farmer, "back to curse the cold and shake a fist at the wind that blew unhindered from the north."

"I'll never know why I'm so nice to you, Sam, I never will know...." I bid him good-bye.

After I tidied up the tea things, I settled down with the 'Ontario Farm Women's Network' newsletter in which I read an article on how safe Canadian food is.

At a seminar on Food Safety held in Toronto on November 27, 1989, scientists, Consumer Association and Health and Welfare delegates, and media people gave their opionions on food safety.

"The general theme expressed by these speakers was that our food is the safest it's ever been and one of the safest food systems in the world."

When consumers realized they had control over their health, food became more important. Consumers are afraid to eat wrong and have jumped on the wellness wagon.

Consumers are at least one generation from the farm, therefore we presently have a lack of understanding. There is somewhat of a distrust for manufacturers and food processors.

Dr. Ron Usborne, University of Guelph, did a study on Regular versus Natural Beef for trace residues. There was no difference between regular beef and natural beef, all samples were in compliance.

Diane Kirkpatrick, Health and Welfare Canada, discussed government regulations. The same regulations are used for both Canadian and imported food.

Dr. Peter Sashenbreeker, Agriculture Canada, talked about the food safety task force which will link the department and provincial groups, international food safety standards, equivalency for imported foods, transparent participatory policy process, open audit reports of industry compliance, and increased lab testing."

But, according to Linda Millson who prepared the report on the seminar, there is a great need to get this information out to the consumer. "I believe our food is safe," she said, "but the consumer is still lacking creditable information. The need to educate the consumer should be on top of the agenda."

"Well said," Linda, "but I do get a little tired of this constant harangue on the need for more education. We are swamped with educational hand-outs and messages in one form or other which we either fail to read or absorb, and I, for one, see no reason to spend millions more on educating a public who is not terribly interested in being educated anyway."

"We're more interested in picketing and complaining and...." I begin, to which the Farmer interjected saying, "Great heavens, you're beginning to sound a bit like Sam."

"Okay then," I fired back, "How many people one might approach in a supermarket would know these facts on Food Safety as reported by Linda Millson?"

Without agricultural chemicals, the world food supply would drop as much as 40 per cent and the prices would skyrocket.

Most consumers buy with their eyes; food that doesn't look perfect won't sell.

Dr. K. Kizer, MD. M.P.H., Director California Dept. of Health Services, March 17, 1989, estimated that even with the highest residues found, a person would have to eat 1600 APPLES or 220 POUNDS OF APPLESAUCE or DRINK 105 GALLONS OF APPLE JUICE A DAY FOR 70 YEARS in order to reach the 20 PARTS PER MILLION allowable limit of ALAR.

Obituaries

Leigh Charles Flegg

Leigh Charles Flegg, of RR1 Lunenburg, passed away at the Ottawa Civic Hospital on Mon., Dec. 25, 1989, in his 67th year.

Mr. Flegg was the son of the late Charles Flegg and Bessie Baxter. His wife, the former Myrtle James, survives. Mr. Flegg is also survived by his children Susan (Mrs. James Mark) of Morrisburg, Mickey and Mary Lou at home.

Mr. Flegg is survived by his sisters; Minnie (Mrs. Fred Henderson), Williamsburg; Jean (Mrs. Alvy Larmour), of Surrey, B.C.; Leila (Mrs. Harlan Helmer) of Winchester; Norma (Mrs. Keith McMillan) of Dunbar; Grace (Mrs. Carl Hess) of Chesterville; Doris (Mrs. Walter Wylie) of Mountain; Edna (Mrs. John Anderson) of Surrey, B.C.; Merla (Mrs. Jean Guy Geneau) of St. Andrews; Fern (Mrs. Bill Thomspon) of Perth and by brothers Sterling of Brinston, Bill of Killaloe and Ray of Alberta. Three grandchildren, Tracy and Jennifer Mark and Andrea Flegg also survive.

Mr. Flegg was predeceased by brother Bert and Wayne and son Martin Leigh Flegg.

Funeral services were held at the Brownlee Funeral Home in Ingleside on Dec. 29 with Rev. Robert Biggar officiating.

Spring interment will be at New Union Cemetery in Williamsburg.

Stanley Benson Hamilton

Stanley Benson Hamilton, 81, of Morris Glen Court, Morrisburg passed away Jan. 11, 1990 at Winchester District Memorial Hospital.

A retired farmer and road construction foreman, he was born Sept. 4, 1908 in Winchester, the son of the late Thomas David Hamilton and the late Eliza Ann Hamilton (nee Docksteader).

A former resident of Hulbert, he married his late wife Iva Illa Hamilton (nee Bell) at her home Jan. 16, 1937 at Cass Bridge.

He was survived by his sister Anna Francis, of Houston, Texas; children Raymond of Prescott; Ralph of Winchester Springs; Joyce (Mrs. Bill Leach) of Arnprior; Keith of Brinston; and Harold of Rockland.

He was predeceased by his sister Lillian Taylor and brother Earl. He is fondly remembered by 13 grandchildren and seven great-grandchildren.

A member of Morrisburg United Church, his funeral was held at J.R. Vice Funeal Home and Chapel, at 1:30 p.m. Jan. 15, 1990 and was officiated by Rev. Donald Smith. Interment took place at Maple Ridge Cemetery.

The pallbearers were Mark, Kevin, Roger, Brian and Jerry Hamilton. All the pallbearers are grandsons of the deceased.

Weldon J. Becksted

Retired farmer Weldon J. Becksted, 80, of Woodland Villa, Long Sault passed away at the villa Jan. 5, 1990 after an illness of four years.

Born Feb. 20, 1909 in Elma, he was the son of the late Oscar and the late Lillian Becksted. On Oct. 17, 1928, he married his late wife Gladys O'Shaughnessy, in Elma.

He was survived by his three daughters: Mrs. Muriel McIntosh, Williamsburg; Betty (Mrs. Gary Price), Nepean; and Myrna (Mrs. Don Whelan), Morrisburg; his five grandchildren: Brian, David and Peter McIntosh, Hal Price and Kelly Price-Hall; his two sisters: Mrs. Anne Black, Ottawa; two sisters: Mrs. Anne Black, Ottawa, and Mrs. Dorothy Millar, Iroquois.

A former resident of Williamsburg, he received his education at local schools and the Kemptville College of Agriculture and Technology. He was a member of the Williamsburg I.O.O.F. and the Williamsburg United Church.

The funeral was held at Fairbairn Funeral Home, Morrisburg at 11 a.m. Jan. 8 and was officiated by Rev. S.E.A. MacPherson. Spring interment is to take place at Spruce Haven Cemetery, Brinston.

"Hazel" Violet Jarvis

Mrs. "Hazel" Violet Jarvis, 80, of 122 Queen St., Chesterville, passed away Jan. 7, 1990 at home.

Born June 28, 1909 in Finch Township, she was the daughter of the late Simeon Droppo and the late Agnes Beckstead.

On Oct. 25, 1927 she married her late husband Alfred E. Jarvis in Finch.

She was the dear mother of Connie (Mrs. Stephen Brabazon) and Dale and his wife Janet, all of Ottawa. She was the dear sister of Ethel Hooks of Florida, Cora and Sadie Droppo, both of Chesterville. She was the dear grandmother of Catherine Chapman, Stephen and Shawn Brabazon. and Scott and Susan Jarvis. She was also the great-grandmother of Geoffrey, Simon and Sarah Chapman.

A past-president of the UCW and Women's Institute, she was an elder and long-time member of Trinity United Church and an avid member of the Hospital Auxiliary Bridge Club.

Funeral was held at Trinity United Church, Chesterville at 11 a.m. Jan. 9, 1990 and was officiated by Rev. Roy Harwood. Spring interment will take place at Maple Ridge Cemetery.

Pallbearers were Fay Shaver, Harry Greer, John MacMillan and Murray Droppo.

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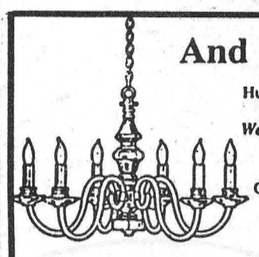
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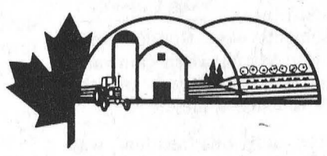
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ANNUAL MEETING
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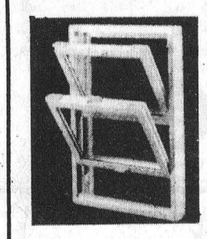
LOCAL AGRICULTURAL EMPLOYMENT BOARD
will be held on
Wednesday, January 24, 1990
in the
Anglican Church Hall
Queen St. W, Chesterville
8 P.M.
Agenda Includes:
1) Reports
2) Election of One (1) Board Member for each of Stormont and Dundas Counties. Term - 4 years.
Guest Speaker
Everyone Welcome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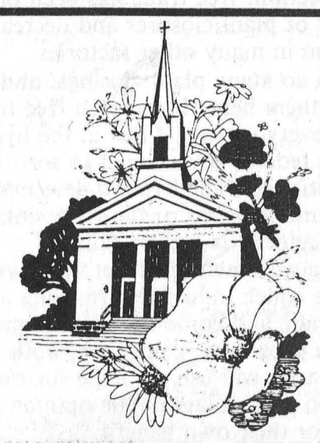
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UNITED CHURCHES
Chesterville — Morewood
Minister: Rev. Roy Harwood
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SUNDAY, JAN. 21, 1990
MOREWOOD — 9:30 A.M.
CHESTERVILLE — 11:00 A.M.
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June 1989

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13 Albert St.
CHESTERVILLE
Pastor: Rev. L. Armstrong
448-2084
SUNDAY, JAN. 21, 1990
10 A.M. — Sunday School
11 A.M. — Morning Worship
7:30 P.M. — Evening Worship
Affiliated with the Pentecostal Assemblies of Canada
May 1990

PRESBYTERIAN CHURCH
St. Andrew's, Chesterville
Morewood
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, JAN. 21, 1990
Chesterville
9:30 A.M. — Sunday Service
Nursery & Sunday School
Every Tuesday, 9:30 A.M.
Coffee Break
Nursery & Story Hour
Morewood
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ECUMENICAL CHURCH SERVICE
AT THE UNITED CHURCH
9:30 A.M.
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May 1990

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father Jim Esper
448-3262
SUNDAY, JAN. 21, 1990
HOLY MASS
Sunday — 9 A.M. & 11 A.M.
January 1989

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Minister: Rev. Bruce Kemp
Organist: Mrs. Marjorie Thom
543-2160
SUNDAY, JAN. 21, 1990
Bible Study — Tues., 8 P.M.
Choir — Wed., 7 P.M.
Sunday Worship — 9:30 A.M.
Sunday School & Nursery
9:30 A.M.
"A Warm Welcome Awaits All"
May 1990

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. Pat Johnston
SUNDAY, JAN. 21, 1990
9:30 a.m.
June 1989

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
Assistant Pastor:
Walt DeRuiter
543-2597
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7:30 P.M. — Evening Service
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May 1990

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Morning Worship — 11 a.m.
Nursery Provided
COME TO WORSHIP
LEAVE TO SERVE
August 1990

Beef to take form in new product

Greg Kielec
Record Staff

KEMPTVILLE — Anyone looking for where the beef is could find the usually familiar product in a rather unusual shape or form in the future.

Researchers are working on a way to use less popular parts of beef to create a new product that may come in the shape of a steak but have a different texture and a lower price.

Trying to cash in on the chicken industry's success with its chicken McNuggets made popular by the McDonald restaurant chain, researchers hope to come up with a similar revolutionary product for the beef industry.

The product, still at least two years from being marketed, would be a restructured form of beef flakes, likely made into the shape of a steak. The product would be made from tougher parts of beef unpopular with consumers, shredded into flakes and then compressed and held together with gelatin.

Patricia Johnson, one of the researchers working on beef restructuring out of Kemptville College of Agricultural Technology said declining beef consumption has made the industry look at ways to make the most of the meat it gets from a beef carcass.

A type of composite beef product likely won't be ready for marketing for at least another two years, Johnson estimated. But if perfected, she believes the product will be popular with consumers.

"I would say I'm fairly optimistic. I certainly think it's possible. There's no doubt in my mind it's possible to do and that there is a place in the market place for such a product."

So far, work on developing the new beef product has been met with only limited success. The main complaint from consumers in previous tests of the beef was that it had a texture like a sponge, Johnson said.



Changing beef

The way beef is shown, no the ring, (above) but on the supermarket shelv within the next few years could be changed ically. A Kemptville College of Agricultural Technology researcher is one of a number of people working on developing a marketable, restructured beef product.

Previous restructured beef products have ended up with a sponge-like texture because the pieces of meat they were made from were shredded too small, she said. Shredding the meat into flake size, mixing the flakes carefully, and keeping them at a cool temperature, keeps the finished product from having a sponge-like texture.

If the meat isn't mixed gently and if it is allowed to get warm the end product will turn into a "cohesive mass", it's gluey texture making it more sponge-like in texture instead of having a texture like a steak. "It's very delicate to work with," she said.

One of the main assets of a restructured beef product would be its convenience. The products d be easy to cook, would h the amount of fat marked on tl and even possibly the numbe calories for those on diets.

e main challenge for those wo g on restructured beef is ma the product as much like ste s possible. If the product car made to taste close to the tast steak, and is made into a stea ape, at its lower price if stea ape, at its lower price it may popular alternative to the t T-bone or sirloin.

rch into the restructurin beef is partly being spons by industry and partly by g ment. The project Johnst working on is being spearh by the University of Guelph some work being done a ptville College of Agricul Technology.

Joh said the results of the wor likely become public domain after the project is completed. But it is likely industry will pick up where the university and college research left off.

One of the most important discoveries since research on beef restructuring began is the use of gelatin as a binder to hold the product together.

Finding an acceptable product to bind the meat together had been a problem in the past. The main problem with previously used binders is they would work until the meat was being cooked, and under the heat the meat would fall apart.

Because gelatin is a natural product, it should be readily accepted by a public which has become increasingly concerned with food safety, she said. Another binder that has been experimented with is algenates, derived from brown algae. The algenates are excellent for binding but likely wouldn't be accepted by consumers, she said.

A number of other binders have been formed, mainly from plant sources. One such binder is xanthin gum. But the product isn't as good at binding as gelatin, especially at high temperatures.

Once the binding process is perfected and an acceptable product is developed, the product will need a little marketing help. If it is picked up by a restaurant chain, like chicken nuggets were, it will mean better use of the beef carcass and more money in the beef farmer's pocket as well.

"I don't think we'll duplicate a real steak," she said. But if researchers can make it close enough to a real steak, it could prove to be a gold mine for beef producers and processors.

Unique English course converts NDDHS students with content

MAPLE RIDGE — "Be prepared to work and be prepared to achieve. If you're not prepared, be prepared to leave."

Welcome to Ens 3G, or fifth English, a course for students of all grades and of all levels to complete their Secondary School (Grade 12) Diploma.

The "Be prepared" motto to fifth English may not initially sound inviting. But the unique content of the course seems to have converted a number of students at North Dundas District High School.

Shakespearean novels are replaced by newspaper articles entitled *Breaking free from the grip of heroin; Women kept from top jobs;* and *Ottawa skinheads help publish pro- Nazi magazine.*

Formal, parliamentary style debates on vague topics are replaced by open, free discussions on current issues.

And recitation of the classics is replaced by recitation of personal views.

Gerry Paquette, who has taught fifth English at NDDHS since the course began four years ago, calls it a communications course.

"What I want from them (the students) is an ability to express themselves, because in this class, their opinion counts."

For example, the class has recently completed a unit on program addiction. "I'm not really concerned with what makes this (the substance), I'm concerned with...the morality aspect," explained Paquette.

Paquette refers to the content as "activity oriented," with students presenting their views in discussions or through assignments.

Paquette said he is challenged to design the course to appeal to a cross section of students of different ages and from general and advanced levels. The veteran teacher gives credit to NDDHS's English department for giving him enough "slack."

"The course is only as good as how much leeway the English department gives me."

Through an open style of teaching, Paquette encourages students to participate. And the open style brings a positive response from students.

"Mr. Paquette doesn't sit up there and preach like a lot of teachers do. He listens to our opinion," stated Mike Barkley, 16.

Barkley said the course allows the students to consider stands on issues that may affect them, like crime and punishment and personal rights. And the disussions can be lively.

"Sometimes we have all-out wars," noted one student.

"We discuss about what's right and what's wrong...the best part about it is it makes you think a lot," said Barkley.

Students attribute the apparent popularity of fifth English to a combination of course structure and teaching style.

Said Angie Stewart, 16, "You learn a hell of a lot more about real life in this class than in other classes...it's actual stuff that happens."

But there is more to the class than animated discussion. As stated in the motto, there's work.

"I like to emphasize creativity. But a lot (of students) are defensive, saying they can't or don't think they have the ability to make short captions, create short poems or paragraphs with their ideas," stated Paquette.

He wants to show them they can.

Students are marked according to class work, regular quizzes, tests and projects. There are no exams. Though students' opinions are highlighted, answers must be well informed and based on facts covered in class.

"I like them to be challenged but to be creative," stressed Paquette.

"Safety is no accident, so PLAYSAFE!"
The War Amps of Canada

Farmers to be unffected by move

Greg Kielec
Record Staff

CHESTERVILLE — A move of the Ontario Cattlemen's Association headquarters from Toronto to Guelph shouldn't affect local beef farmers, according to two area OCA members.

Stormont County OCA member Peter Mesman and Dundas County member Victor Wagemans said the recent move of the association's headquarters won't have a negative affect on local farmers.

The association moved from its offices in the Ontario Stockyards in East Toronto to Guelph. The move was made in anticipation of a move by the Ontario Ministry of Agriculture and Food to Guelph to take place sometime in the near future.

Wagemans said he thinks the move to Guelph will benefit the association. The move will place the OCA in the hub of the agricultural community in Southern Ontario, close to the University of Guelph and the soon to come OMAF offices.

Most of the OCA's government contacts are civil servants, who will also make the change from Toronto to Guelph. The anticipated OMAF move will also be convenient for the majority of the association's staff members who already live in the Guelph area.

It is anticipated the whole OMAF office will be moved to the Guelph loc xcept the minister and de inister of agriculture. Th ster and deputy minister n at their Toronto lo , Wagemans said.

"It (Gu is the right place to be as I'm concerned," he hen OMAF moves out, To ill no longer be the place e said.

He didn't he move to Guelph will ali ef farmers in Eastern Ont st Eastern Ontario farmer g with the association do t ness over the phone. Th change with the move h.

"Farmers h he past, had very little r stop at the OCA office. t think that will make a ence.

"Whether you oronto or Guelph doesn't make any difference. There's very little impact at all from my point of view."

Mesman was also in favor of the move of the OCA office to Guelph. "I think it's a good move. It's more secure and there's more room and most of the OMAF and agricultural offices are all moving to Guelph," he said. "I guess that's the way things are going to go."

He doesn't think the move will make the association more removed from Eastern Ontario farmers. And the association will still be able to lobby provincial politicians during meetings and conventions in Toronto.

The Guelph OCA office is located in a new building, has more room and has various other services included with the lease of the building which made it attractive to the association, he said.

The OCA office space in Toronto was costly, crowded and scattered all over the building it was in, he said. Getting to the office through Toronto rush hour traffic was also a problem.

Some meetings will still be held in Toronto, and larger meetings and conventions will likely still be held in various centres throughout the province.

The OCA has planned leasing the approximately 3,000 square foot office space for about four years. He said the annual lease amounts to about $16 per foot, about $48,000 a year. The office is located about 60 kilometres west of Toronto.

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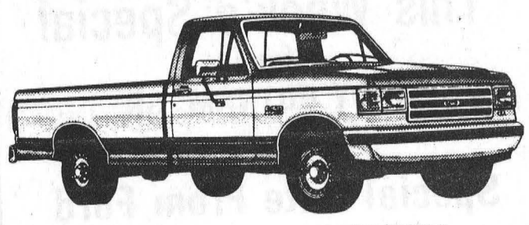

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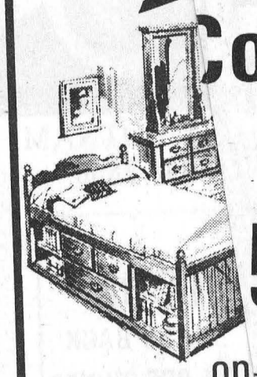

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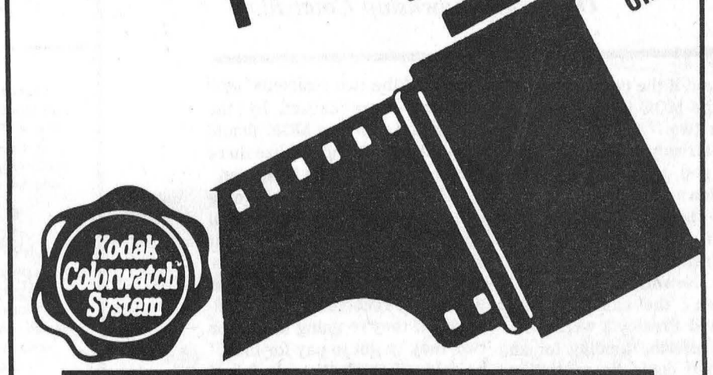

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Healthy donation

Winchester District Memorial Hospital executive James Egan and Marcia McQuaig pose with a plaque recently placed on the wall at the main entrance of the building. McQuaig, a former nurse, said she suggested to her aunt Olive Jane MacIntosh that the hospital would be a good recipient of Olive's estate worth $304,000. The plaque is in memory of the late Elgin Edson and Olive Jane MacIntosh, who died in 1988 and donated to the hospital their entire estate - a 100 acre farm in Williamsburg Township. Egan said the money will go into the hospital's capital account.

Record Photo - Day

Education is key to safety

Farm Safety Association starts safety campaign to reduce deaths, accidents

CHESTERVILLE — Safety education is the key to lowering agricultural deaths says a safety consultant with the Farm Safety Association.

"Most accidents that occur are (caused by) human error. There really is no such thing as a freak accident. By and large, most accidents can usually be related to some error that a human has made," says Mark Wilson.

Eight people died on farms in Eastern Ontario last year, the most farming fatalities of the past decade. Province-wide, 30 people lost their lives in agriculture-related activities.

This number does not surprise Wilson, who says that poorly maintained tractors alone were invlved in 40-to-50 per cent of the fatalities.

"Often people will go out with equipment that is substandard and that's when they run into trouble."

"It's something we're going to keep in front of our farm people all the time, that these (tractors) are killers they are driving around, that if they take their moments not to pay attention, they could be dead," says Dundas County Agriculture representative Bob Humphries.

There were no farming fatalities in Dundas County last year and Wilson attributes this to more safety information being available to both citizens and farmers.

Wilson points to Dundas' 4-H Safety Club as well as the Farm Safety Association in Dundas as being "very well organized, doing a great job of promoting safety."

"We try to make them (the public) aware of the dangers on the farm and tell everyone to be safety conscious," said Ralph Norg, chairman of the Dundas Safety Association.

Norg listed a few major dangers that have, in the past, accounted for numerous farming related tragedies.

Safety hazards include children riding as passengers on tractors and tractors being driven too fast or over rough terrain. "It's not a car, a tractor isn't. There are no springs in the suspension and a car will lean into a curve, whereas a tractor, it'll just come up on two wheels," warns Norg.

Power take-offs, the appendage connecting a tractor and another machine, which turns at a rapid rate, should be shielded at all times. But farmers frequently neglect to replace them if they fall off or wear out A person wearing loose clothing can get caught in the power take-off, and suffer severe damage to the arm or leg.

In the fall, when augers ae used, the same danger exists if a person is not cautious. In the spring, farmers working lon hours are more likely to take les precautions and this is whe many accidents occur.

"When you're working hous a day on the machinery, fatiue sets in and you become carless, and then almost anything is a hazard."

Norg suggests farmers prepæ their equipment now as oposed to in the busy springtie, when proper care is often placed by a hurried job.

New belts, chains, front heel bearings and protective hields should all be maintained r replaced. Above all, Norg uggests some common sense.

"Take time to relax. Take half an hour for lunch, sit down and chat with your wife, and get your mind off of the work, and then go back out again."

Wilson, reached at his office in Kemptville says that as the trend to large farms or corporate farms continues, the availability of information will increase.

The Occupational Health and Safety Act, which sets standards and regulations for many industries such as construction, may in the future oversee the safety of the farming community.

The regulations are enforced by the Ministry of Labor which to this date has not ventured into the agriculture industry because of the general consensus among the farming community that the government already plays too large a role in farming affairs.

"This (attitude) will change as farms become larger and more corporate," said the consultant.

Twp. reeve sold on sludge injector

WINCHESTER — Winch Township Reeve Claude Cous is sold on the sludge injecto being used by Ault Foods I

"I think that injector was t to go," said Cousineau, fol a regular meeting last wee council agreed to reduce, to 30 metres, the distance between sludge injected the ground and any municip

Cousineau said the tow has not received one call of concerning the sludge which is used by some as a fertilizer.

The injector, attache of a tank truck, sprea through four tubes. F sludge as it is sprea seeding, thereby sav and losing some of smell.

In addition to red Ault GM Yves Ler ting sludge preven

ing it possible to spread the sludge closer to ditches.

Leroux expects all spreading in the township this year to be done through injectors.

Last year, the township forwarded "no objection to Ault Foods Limited using Parts 3, 4 and 5, Conc. 9, Richard Cayer, and Part Lot 4, Conc. 10, Bruce Cumming, properties as an organic sludge spreading site, as long as guidelines are followed as underlined by the Ministry of Environment."

While spreading must take place at an appropriate time to permit immediate cultivation with daily supervision by Ault employees, some of the following MoE conditions for spreading of sludge may no longer be necessary:

- Identification and pre-testing of all wells within 95 metres of any spreading site.
- All such wells be re-tested two times after spreading (at six month intervals) by an independent laboratory.
- That all property owners within 1,000 feet of any spreading be notified and that a pre-spreading information meeting be held with Ministry of Environment, municipal and proponent representatives.
- Sludge to be plowed under immediately after spreading (24 hours).
- Monitoring of spreading be done by an independent individual hired by the township, but paid for by the proponents.
- That spreading only be permitted from Monday to Friday between the hours of 7am and 7pm.
- Sludge to be tested periodically after spreading stage.
- Ault Foods through its contractor applicator, thoroughly investigate some kind of injection equipment for spreading of sludge.

Funding possible

Newington water extension now possible due to MOE policy reversal

Greg Kielec
Record Staff

OSNABRUCK CENTRE — Not only may two Newington residents be able to hook up to the village's water system, they may be able to get provincial funding to do it.

In a reversal from previous policy, the Ontario Ministry Environment has told Osnabruck Township Council it may subsidize an extension of the Newington communal water system for residents Leland McPhail and Russell Presley.

Bart Whitton, Osnabruck water and sewer superintendent, told council last Monday, the MOE originally refused to subsidize any extension of the water system. But ministry officials have since told him the township should apply for funding for an extension it is planning for the water system.

Council agreed in an early December meeting to extend the water line at the request of the two residents who were having problems with their wells. The township had originally refused to extend water because it was told by the MOE the system was only intended to alleviate the water problem in the village, not for expansion.

Township Reeve Stewart Hart said the funding offer leaves the township in a difficult position because one other place had been turned for an extension and another resident who was previously granted an extension did not receive a subsidy.

"Let's have the courage to set them (boundaries) once and for all and let's not go any further."

Jim Bancroft
Osnabruck Township Councillor

He said if the two are approved by the MOE to get funding, the other two -- the one resident who has already hooked up to the system and the one who was turned down and drilled a well instead -- should receive the same treatment.

Although the MOE originally said the Newington communal well wasn't the cause of McPhail's and Presley's well problems, by offering funding for an extension it could be conceding the offering funding for an extension it could be conceding the communal well did cause the problems. "Are they admitting there is a problem there," he asked council.

The discussion on the ministry's change of heart about the extension of the water system also brought on second thoughts among some councillors on whether the system should be extended at all.

Donald McElheran, the only councillor to oppose the water extension at the December meeting, said he still thought no extensions should be approved until clear boundaries are set out for the water system. "I still don't think we should deal with Newington piecemeal," he told council.

Councillor Jim Bancroft said he also has concerns about extending the water system. He said he still is not "totally convinced" the village's well can handle much expansion. The township can allow three or four more people to hook into the water system, but it shouldn't extend its boundaries any further, he said.

Deputy Reeve Carson Elliott said the MOE is partly to blame for the confusion over the water extension because it is inconsistent with its policies.

He specifically pointed out the ministry's policy reversal on the granting and funding of extensions to homes not originally included in the Newington water system. There is a different policy each time an extension is requested, he said.

But McElheran said the township is also to blame for not consistently sticking to its policies. By allowing neighboring residents to tap into the system, the township will have set a precedent that will make refusing other requests difficult.

He also hinted the MOE policy reversal could actually be "de facto recognition" that the communal well was the cause of the two residents' problems.

But the move to extend the line could be a precedent council will find hard to go against in the future. If the two residents' well problems were caused by the communal well, the MOE should admit it so residents realize there was a reason for the extension.

Hart said if the MOE is going to pay for hooking up McPhail and Presley to the system, it should also pay for two other people hooked up to the system who didn't receive ministry funding. "If they're going to pay for two, they've got to pay for four," he said. "I think it's only fair."

The request for the MOE to subsidize water hook-ups for all four wells was included in the motion requesting funding.

Council has yet to decide just where it wants to draw the boundaries for the water system. But all council members agreed boundaries would be needed to keep extensions from proceeding further outside the village.

"Let's have the courage to set them (boundaries) once and for all and let's not go any further," Bancroft urged council members.

McElheran proposed a motion at the meeting last Monday night outlining boundaries for the system but it was defeated by a 4 to 1 margin, with even McElheran himself voting against the motion.

The main complaint against the motion was that it was too vague. "Make it a little clearer and put it in a map and I think we'll vote for it," Hart told McElheran. "I think we have to have it."

"Make it a little clearer and put it on a map and I think we'll vote for it."

Stewart Hart
Osnabruck Township Reeve

Hospital request put off pending outcome of financial analysis

Greg Kielec
Record Staff

MOOSE CREEK — Roxborough Township Council has put on hold a request from Winchester District Memorial Hospital for a $3,000 grant.

The township, which has been plagued with financial problems of its own over the past year, decided to defer the request until it can determine how healthy it is financially.

"There's no doubt there's a lot of people in this township that go to Winchester," said Reeve Donald Cumming. But the township isn't quite ready to make a financial commitment yet.

Councillor Ray Alguire was a little less moved by the funding request. He told council the township should look after its own bills first. It has enough bills inside the township, without providing for other institutions, he said.

The plight of the Winchester hospital also came up during a debate over the province's plans to build unilingual French health centres in Cornwall and Alexandria.

Council members said instead of building the two health centres, the province should use the money to support existing hospitals, such as Winchester District Memorial Hospital.

WDMH started a campaign late last year to raise money for $2.6 million in renovations for the hospital. Municipalities throughout the area that have residents that use the hospital are being requested to donate a set amount to the fund.

Hospital officials estimate it will take four to five years to generate the amount of money needed for the project. Consultants are compiling reports on the building's electrical, mechanical, emergency power systems, and will also look at fire safety and roofing to determine the extent of renovations needed.

Pesticide Safety Courses for farmers are scheduled for your area.

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- Selection of safety equipment.
- Proper storage and disposal of pesticides.
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For information about courses in your area, contact your local Ontario Ministry of Agriculture and Food Office.

Ontario Ministry of Agriculture and Food
David Ramsay, Minister

PASSPORT PHOTOS
WAYNE LAPRADE PHOTOGRAPHY
448-2852

MAXIMIZING RECYCLING:
A Blueprint for the Future

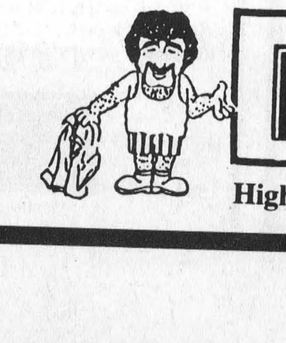
In January 1988, 12 municipalities in the Counties of Stormont and Glengarry joined together to develop a Waste Management Master Plan -- a comprehensive long-term plan to deal with the area's garbage for the next forty years. A study was initiated to find a solution which is environmentally and technologically-sound, and which reflects the community's needs and priorities.

In July of 1989, the City of Cornwall joined this study, and a program to gather further technical information and public input was undertaken. As a result of this work, a preferred waste management system was selected -- Maximised Material Recovery with separate collection of wet and dry waste, and a new regional landfill. This system will minimize the adverse environmental effects of waste disposal.

Come to the community meeting on January 24th to find out what this system will mean to you. Bring your questions, comments and advice. Your contribution to the Waste Management Master Plan will be a solid investment in our future.

PARTICIPATING MUNICIPALITIES:
The Townships of Finch, Osnabruck, Roxborough, Cornwall, Kenyon, Charlottenburgh, Lochiel and Lancaster; the Villages of Finch, Lancaster, and Maxville; the Town of Alexandria; and the City of Cornwall.

PUBLIC MEETING
Wednesday, January 24, 1990
8:00 p.m.
Cornwall Civic Centre Complex,
100 Water Street East, Cornwall.



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THE CHESTERVILLE

Record Sports

Flyers lick listless Lions 13-1

Mark Brennae
Sports Editor



Richard Saucier looks behind for the only time in the game to scoop out a puck that got by him. The Flyers manhandled the Russell Lions 13-1.
Record Photo - Brennae

The Chesterville Flyers were running on all cylinders Monday night against a team that needs at the very least, an engine overhaul.

Ken Byers and newcomer Kevin Peers scored three goals apiece as the Flyers roughed up Russell to the tune of 13-1.

The score after one period, oddly enough was only 1-0 for the winners who would go on to pepper Lions' goaltender Jeff Tremblay with 70 shots.

"We won, that's good," said a rather subdued Kirk Anderson following his team's eighth win of the season. The Flyers coach, suffering through the throes of a flu bug was pleased with his team's "tough" performance, but added "we've got to start doing that to other teams."

The Flyers' victory moves them temporarily into sixth place, one point ahead of North Stormont for the final play-off birth, although the 86ers hold a game in hand.

The game marked the debut of Kevin Peers who was signed earlier in the day The fast-skating forward is from Hawkesbury.

Following a slow first period, in which Peers scored the only goal, the Flyers shifted gears and scored eight times in the second to put the game out of reach.

All-star Ray Sherrer got the ball rolling 13 seconds into the period, making good on a Shawn Taggart pass to put the Flyers ahead 2-1. The goal was scored while Guy Prevost was sitting out a roughing penalty and marked the first of five powerplay goals Chesterville would score on the night.

The Flyers upped their lead to two goals less than three minutes later on Dan Dubois' score, and the rout was on.

Peers and Byers each scored twice in the period, while Dennis Ouellette and Kevin Byers chipped in with singles.

The only bright spot for the Lions, currently and interminably in last place of the EOJCHL, came when Richard Hamelin spotted a loose puck, raced down the right wing and beat Marc Saucier for Russell's only goal. It was the only blemish on an otherwise perfect performance from Saucier who faced only 16 shots.

Third-period goals from Scot Bell, Marc Chollette, Chris Holmes, and Byers, completing the hattrick, rounded out the scoring.

FLYER FACTS

The Flyers have 11 games left to play, including two against North Stormont, their closest competitor for the final play-off position.

On a night that Foreman decked Cooney in Vegas, Lion assistant Ed Major and player Sean Audet staged a verbal version on the Russell bench. No punches were thrown, but the tete a tete produced some words that were new to the English language. Major was angered after Audet was caught up ice, contributing to a Flyer goal.

The incident was noteworthy but not so much so as last week's stolen stick story. During the second period of the Eagles-Flyers game, with the play at the other end of the ice, a daring youth opened the gate, jumped onto the ice and snatched a stick that had been lying unbroken, near the face-off circle. The stick was then handed to a partner-in-crime who darted through the side door of the Arena and put it aside for later.

When St. Isidore officials enquired about the stick's whereabouts, the youth replied that it had been broken and tossed aside by the referee.

It was the best stickhandling seen all night.

EASTERN ONTARIO JR. "C" HOCKEY LEAGUE
RECENT RESULTS
Thursday, January 17
Rockland vs North Stormont
Postponed until Feb. 29
Friday, January 12
Embrun 7, Russell 4
Sunday, January 14
Rockland 6, North Stormont 4
Clarence 5, St. Isidore 3
Casselman 7, Embrun 4
Russell vs Chesterville (Postponed)
STANDINGS (through to Jan. 14, 1990)

Team	GP	W	L	T	PTS	GF	GA
Rockland	22	21	1	0	42	185	87
St. Isidore	24	17	6	1	35	176	118
Casselman	22	14	6	2	30	166	105
Embrun	25	14	10	1	29	188	152
Clarence	22	7	14	1	15	100	139
North Stormont	23	6	14	3	15	110	134
Chesterville	24	8	16	0	16	140	176
Russell	24	2	22	0	4	79	231

CHESTERVLE FLYERS SCORING STATS
January 15, 1990

Player	GP	G	A	PTS	PIM
Kevin Byers	24	26	30	56	53
Dan Dubois	17	29	19	48	16
Ken Byers	19	11	32	43	58
Scott Bell	21	16	26	42	40
Ray Sherrer	22	8	17	25	74
Dennis Ouellette	23	10	13	23	68
Chris Leblanc	21	1	15	16	64
Shawn Taggart	22	6	7	13	16
Rod Casselman	22	5	5	10	12
Chris Holmes	24	4	6	10	23
Tom Reno	5	7	2	9	10
Marc Chollette	14	2	6	8	6
Rob Meggenhart	22	1	7	8	37
Tim Holmes	22	0	6	6	32
Kevin Peers	1	3	1	4	4
Scott Gibson	7	0	2	2	16
Marc Saucier	14	0	1	1	4
Jeff Hopkins	1	0	0	0	0

86ers rocked by Rockland

The cream always rises to the top, and in this instance, it was slow-rising cream.

North Stormont entered the final period of their Eastern Ontario Junior C Hockey game tied with the first place Rockland Nats, but let in two third-period goals as the Nats milked out a 6-4 win.

Bernard Dion scored twice in the third period, including a tie-breaking goal 25 seconds into the final frame to lead the Nats after the 86ers had held the league leaders at bay for the first forty minutes.

North Stormont actually held the lead on three separate occasions, but each time, the Nats stormed back.

Marc Gaumond opened the scoring for Rockland at the 15:13 mark. But just five seconds later, John Mackler notched an unassisted goal at one.

Kevin Villeneuve put the 86ers ahead, combining with Chris Leroux and Tim Ouderkirk for a powerplay goal at 10:55. The Nats came right back three minutes later on Martin Amyot's score.

North Stormont went ahead 3-2 with a little over two minutes left in the period when Ouderkirk beat Nat netman Darren Proulx, but again Rockland reached back with the equalizer. This time only 18 seconds later, courtesy of a Martin Viau score.

Feature

Chesterville gets its kicks from aerobics

Mark Brennae
Sports Editor



These Chesterville area women appear to be raising their fists in anger, but in reality, they are raising both their heart and enjoyment rate at aerobics classes. Classes are held three times daily in the village, and the response has been more than positive.
Record Photo - Brennae

Lorne Johnson has been taking aerobics twice a week for about a year now and says that it 'peps me up".

For two hours every Monday and Friday, Johnson attends a private session with Jennifer Gregoire at her exercise facility on Industrial Drive.

Johnson, who participates from a chair, has the distinction of being the oldest member of Power by Jennifer, which boasts 200 regular members.

"I do a light program, loosening up my legs, knees and arms and increasing my breathing," concedes the Chesterville resident, who will turn 80 in March.

"It's just part of my lifestyle now," says Linda Harper who has been attending aerobics classes with Gregoire for more than 11 years and is the longest standing member.

"It's a real pick-me-up, I find. No matter how tired I am, if I go there, I always feel better afterwards."

Many Chesterville and area rsidents are discovering not only the world of aerobics, but the world of Jennifer.

"She handles herself so well and always puts out a class act and a good effort. She's always very positive about things, and I've never heard her say a negative thing," says Harper, who has since convinced her husband Bernard to join the classes.

Gregoire, who put her job as a registered nurse on hold in order to pursue the health business, owns fitness centres in Iroquois and Morrisburg as well.

"I like to look at this as prophylactic nursing, where I can get to the people before (ailments) get to them."

Gregoire began by teaching aerobics at North Dundas District High School and Morewood Public School, and then took up residence on Main Street before settling in at her present location three years ago.

Along with weight director, Fay Gallinger, Gregoire conducts three 45-minute classes per day and another on Saturday, which not only keeps her strikingly well-toned, but has managed to turn hundreds of area residents on to staying in shape.

"I really think Chesterville is one of the fittest communities I have seen," asserts the fitness instructor, who also has a background in nutrition and psychology."

The psychology comes into play in aerobics, particularly at the end of a typical class of Power by Jennifer, when participants, which usually numbers about 15 people of various ages and sex, are asked to close their eyes. The lights are dimmed and the pulsating music of Roy Orbison replaced by a soft, soothing instrumental. It is at this point that Gregoire invites the class to 'drift away' for a few moments and forget their everyday tensions.

"For many people, especially some women, this is the only time during the day that they will truly have to themselves," she says.

Aerobics not only tone muscles and improves the cardiovascular system, but it provides relief for stress, which results in a fresh and self-confident attitude.

"It's an incredible stress reliever, attests Harper. "You can go there, and no matter how tense you are about anything or everything, and it's gone by the time you come out of there. You just feel so good.

Gregoire provides a clean, vibrant exercise facility – complete with free-weights – which is highly conducive to participation, particularly with the toe-tapping music that is played during workouts.

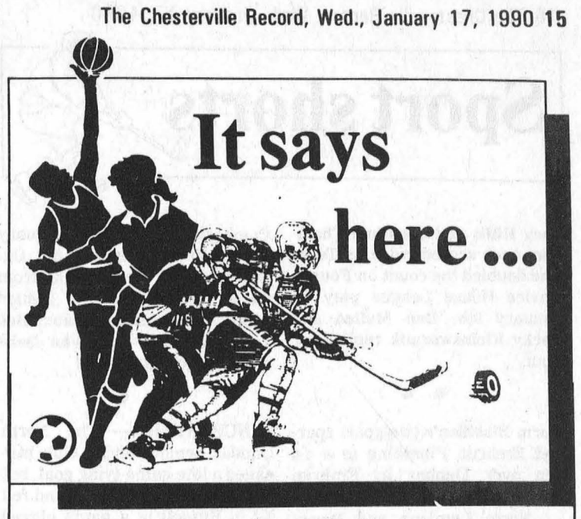
"I feel really good after class," says Kelly Buske, a grade ten student at North Dundas High School, it sort of boosts up my energy for the next day."

Gregoire sees a bright future for aerobics in the new decade. "It's not a fad anymore physicians are now recommending this as a form of treatment."

Still, there is a perception that because it is not a contact sport such as football or hockey, aerobics is not for everyone. Gregoire recalls conducting a class at an area school where it was suggested certain stretching positions be left out of the routine because the students might think them to be humorous. Gregoire forged ahead, but told the class it was a stretching exercise being used in professional football camps. "As soon as I said 'football', suddenly everything was okay."

That perception is changing as people begin to understand how much better the body and mind can feel after a good workout.

Lorne Johnson, who lives in the seniors' apartments, agrees that taking part in the aerobics classes is energy well spent. "You gotta keep fit if you live in this building because there are only three men, and 22 women," he joked.



The art of co-ordination



By Mark Brennae
Sports Editor

I thought I was in shape. No really. I thought I was, well, you know, for my age and all that, still, give or take a few inches that I couldn't stretch to reach my toes and the few that I could stretch to feel my hip bone, relatively fit. I should be fit, I throw enough of them, I'm told.

Wrong. I stink. No really. I do. I thought, you know, at my age and all that, I am still able to climb stairs and heck, going down them is a breeze. All right, all right, I'll get to the point of all this.

Aerobics. Yea, aerobics. Now before you turn the pages back and read Wyn Thompson, just listen up. It's fun. No, really. All guys who are just too tough to try it are probably the same guys who are afraid of wearing pink, or being seen at the discount counter of a department store, or worse yet, an art gallery. Now I'm not a big art fan, I mean once you've seen one of those Caramilk commercials, why bother to go to the Louvre? But see, I still have an open mind about art. Why just last week, my editor Greg Kielec, upon hearing that I was planning to visit the new Art Gallery in Ottawa, said, "You know what Mark?" And I said, "No, master Greg, sir, what?" And Greg said, "You have an open mind about art." See?

Aerobics is different than art. Many people have a misconception about it. 'It's wimpy,' they say. 'Not a contact sport' say others. Well, they're right, but then perhaps it's not nearly as easy as flattening some poor winger who forgot to keep his head up.

This I found out first hand earlier this week at Power by Jennifer here in the village.

Bend, dip, hop, kick. 'Geez, I thought,' piece of cake. Wrong.

I arrived expecting to see old tights on old bodies trying new bends that just wouldn't work, resulting in old groans. Wrong. These people had rhythm. Bend, dip, hop, kick. Bend, dip, hop, kick. Jennifer Gregoire would lead and her exercise pupils would follow. My pupils would dialate because I had no rhythm. The cardiovascular was fine, I just had no rhythm. To make matters worse, every time I would look up a large poster of Michael Jackson would stare back as if to say, "You need some rhythm, man."

All I could think of was the selection of music blaring on Jennifer's stereo. There's Roy Orbison singing, "Only the Lonely" and I couldn't help but think of poor Roy, and wonder if this is how he died, in the middle of an aerobics class somewhere, twisting his body in places it really has never been twisted before. Then I'd turn right and see Michael Jackson taunting me. There was no doubt about it, he was taunting me.

After telling him to beat it, I simply began to take a look around and see that these people were all smiling. They were enjoying it. Really. Here I am, almost near death, and they're having the times of their lives bending, dipping, hopping and kicking.

"Don't worry about it, Jennifer told me later." When the others first came here they were also pretty bad with the rhythm. You'll catch on after awhile."

Great place Jennifer has there. People are really friendly, except that Michael Jackson poster. Think I'll go back.

Fundraiser

Thursday, February 8 is the Fourth Annual Dance for Heart fundraiser. It's going to be held at the Community Hall, here in the village, from seven to 10pm. Jennifer Gregoire will again volunteer her time as will hundreds of others, it is hoped. Last year the evening netted $7,000 for the Dundas Chapter of the Heart and Stroke Foundation. All together the event has raised over $20,000 in the three years it has been staged. The idea behind it is to raise not only money, but awareness of cardiovascular fitness. Pledge forms are available at Power by Jennifer on Industrial Drive. More about this very important event next week.

Brennae's beef



Hubie Brooks

Went to the Expos Caravan visit at the National Press Club in Ottawa last week. This is where the Expos' come calling, in the hopes of drumming up publicity. They show the highlight film from the year before, expecting the media to be in awe. Wrong. Steven Speilberg couldn't have saved this sucker. Halfway through, the film switches to the plight of the Expos' Indiannapolis Indians affiliate. Boring.

Even the media guide was a disappointment. It was for the 1989 season. I knew something was wrong when I opened it up to see Hubie Brooks' kisser.

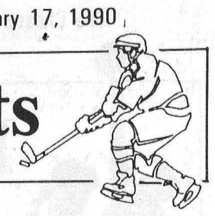
CHESTERVILLE TOWN LEAGUE HOCKEY
STANDINGS

Team	GP	W	L	T	GF	GA	PTS
Green	13	9	2	2	55	40	20
Maroon	13	7	4	2	46	37	16
Blue	13	4	8	1	39	56	9
White	13	3	9	1	41	48	7

TOP SCORERS

Player, Team	G	A	PTS
D. Shelp, Green	21	12	33
K. Moore, Maroon	11	13	24
T. Barkley, White	13	9	22
J. Utman, Green	7	14	21
M. Smith, Green	7	11	18

Sport shorts



Joey Hillis and **Jonathan Chambers** each scored twice as Team One doubled the count on Four in Novice House League play on January 9th. **Ben Mullen** and **Becky Kleinswormik** replied for Four.

• •

Norm Bisaillon's two goals sparked Embrun Plumbing to a 4-0 win over Dunbar in Embrun Broomball January 11.

Norm Lemieux and **Roger Grenon** added singles, while **Yvon Breton** contributed three assists.

• •

In other broomball play, Coors Lite scored three second period goals to subdue St. Alberts 3-1.

Daniel Boivin led the 'Lite with a pair of goals. **Don Papineau** chipped in the other goal. **Darrell Campbell** set up all three goals.

Alain Lafleche was the only St. Albert player to find net.

• •

Metcalfe 4-Demons C's 2

David Schow showed how with three goals in Metcalfe 2's win over North Dundas. Schow found net in the first, second and third period in leading Metcalfe. Cory Bekkers added a single.

Clayton Bowman and Anthony Mann scored in a losing cause for the Demons.

• •

NORTH DUNDAS — South Grenville scored two-third period goals to drop the North Dundas Seaway Valley Pharmacy Atom Demons 3-2 in UCMHL play January 12. Terry Wagner and Warren Holmes provided the Demons' offensive thrust.

• •

WINCHESTER — In a Bantam Composite game played January 13, North Dundas shut out Ogdensburg 5-0. Two goals from **Jason Ouellette** led the Demon attack. **Jason Desormeaux, Bob Lafontaine** and **Cory Van Delst** added a goal apiece.

• •

WINCHESTER — The North Dundas Senior Novice club managed a late game-tying goal, but then let in two late goals and fell 3-1 to Russell in a game played January 13. **Wesley Ross'** tally, with 4:43 remaining lifted the Seniors' into a short-lived 1-1 deadlock until the final minute when **Dallas Ashford** and **Wes Gebara** scored within 11 seconds.

Scott Magnus scored the other Russell goal.

• •

WINCHESTER — **Judy Roach** and **Katie Clapp** each scored twice in a losing cause as North Dundas Girls lost 5-4 to Morrisburg in ROMEKS Hockey last Monday.

Camille McInnis had two for the winners, who never trailed in the contest.

• •

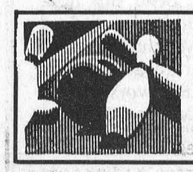
FINCH — North Glen-Stor Midgets failed to capitalize on the powerplay and lost their Lower St. Lawrence Hockey League contest to Cornwall by a 2-0 score.

NGS held manpower advantages on eight separate occasions but could not solve **Robin McIntosh** in the Cornwall goal.

Tallies for **Mike Hughes** in the second period and **Travis Bergeron** in the third, were all the visitors needed to earn the win.

• •

CHESTERVILLE — North Dundas C Demons scored one goal in the second period and another in the third in their 2-0 win over Metcalfe in UCMHL action Tuesday, January 9. Jason Ibbetson and Paul Brennan were the offensive catalysts for the Demons.



Bowling

Les Copains - Men's High Single, Hubert Farley 255; Men's High Triple, Hubert Farley 673. Ladies' High Single, Claudette Racine 233; Ladies' High Triple, Claudette Racine 639. **Team Standings** - Marcel Paquette 65; Micheline Cayer 59; Francois Leclerc 57; Pauline Paquette 57; Rachel Rochon 51; Claudette Piche 47.

Monday Night Men's - High Single, Brian Holland 345; High Triple, Max Van Oers 796; High Average, Frank St. Pierre 227. **Team Standings** - Mailmen 78; Bombers 64; A-Team 52; Raiders 50; Blue Max 48; No Names 43. **North Stormont Ladies** - High Single, Eleanor St. Pierre 263; High Triple, Linda Brunet 693. **Team Standings** - Miriam 65; Alice 57; Beth 53; Virley 51; Thelma 45; Doris 43.

Avonmore Thursday Night - Men's High Single, Noel Racine 249; Men's High Triple, Bill MacMillan 656. Ladies' High Single, Viola McRae 284; Ladies' High Triple, Vila McRae 670. **Team Standings** - Gordie 86½; Viola 73; Charlie 70; Doris 55; Mary 54; Beulah 39½.

Finch Mixed League - Men's High Single, Lyle Forsyth 254; Men's High Triple, Noel Lalonde 631. Ladies' High Single, Maida Rowe 344; Ladies' High Triple, Maida Rowe 738. **Team Standings** - Pink Panthers 85; Lyles Looneys 75; Ellwoods Eggheads 61; Norma's Pets 55; Low Balls 53; Spinners 49.

Bantam YBC — Boy's High Single, Richard Neville 133; Boy's High Double, Richard Neville 241. Girls' High Single, Rachel Robinson 197; Girls' High Double, Heather McLeod 334. **Team Standings** - Nicole 81; Amanda 79; Lindsay 79; Jamie 70; Alex 65; Shanna 63; Gregory 54; Ronda 49.

Junior YBC - Boy's High Single, Craig Beckstead 209; Boy's High Double, Marc Robinson 386. Girls' High Single, Mary Linton 218; Girls' High Double, Mary Linton 369. **Team Standings** - Jason 48; Bradley 38; Chris 34; Julie 30.

Senior YBC - Boy's High Single, Jamie Villeneuve 188; Boy's High Double, Jamie Villeneuve 320. Girls' High Single, Valerie Shaver 276; Girls' High Double, Allison McRae 472. **Team Standings** - Natasha 34; Cindy 30; Jamie 26.

Williamsburg Mixed League - Men's High Single, Gary Scott 234; Men's High Triple, Gary Scott and Ted Van Moorsel 595. Ladies' High Single, Dianne Hoogeeveen 229; Ladies' High Triple, Rita Cooper 620. **Team Standings** - Dianne Hoogeveen 86; Rita Cooper 78; Wilda Crowder 72; Joan Beckstead 71; Charlene Riddell 65; Janet McHugh 60.

Matilda League - Men's High Single, Dennis Whitteker 241; Men's High Triple, Jack Hoogeveen 600. Ladies' High Single, Ann Dignard 241; Ladies' High Triple, Gabrielle Hutten 607. **Team Standings** - Oebele Hansma 46128; Marilyn Payne 45744; Wilda Crowder 45510; Jack Hoogeveen 45378; Barry Fawcett 45337; Bill LeClair 44717. Hidden Score 500 - Brian Wilson 505.

Defenders - Men's High Single, Clarence McAlear 255; Men's High Triple, Clarence McAlear 631. Ladies' High Single, Debbie Linton 311; Ladies' High Triple, Debbie Linton 708. **Team Standings** - Debbie Linton 60; Oswald Linton 58; Bertha Barkley 53; Betty Wheeler 49; Ken Barkley 49; Paul Beauchamp 46.

Busy Matrons - High Single, Shirley Munro 223; High Triple, Brenda Bidgood 557. **Team Standings** - Debbie 64; Jean M. 63; Lois 61; Muriel 60; Sharon 55; Jean B. 54.

Wednesday Afternoon Ladies - High Single, Bertha Barkley 252; High Triple, Bertha Barkley 697. **Team Standings** - Cathy Cinnamon 74; Bertha Barkley 61; Debbie Hess 61; Norma Cass 56.

Community League - Men's High Single, Ed Kelly 253; Men's High Triple, Russel Sirvage 627. Ladies' High Single, Jean Kittle 255. Ladies' High Single, Jean Kittle 255; Ladies' High Triple, Cheryl Blacquiere 634. **Team Standings** - Edythe 64; Glenna 63; Barbara 60; Joyce 56; Neil 53; Esther 40.

Riverside Rollers - Men's High Single, Ken Holland 269; Men's High Triple, Jim McWade 700. Ladies' High Single, Dianne 219; Ladies' High Triple, Dawn Fawcett 576. **Team Standings** - Ron 75; Ken 75; Randy 57; Jim 54; Bill 50; Janice 44.

Berwick Mixed League - Men's High Triple, Morris Dusomos 721; Men's High Single, Mike Amell 255. Ladies' High Triple, Barbara-Ann Glaude 541; Ladies' High Single, Barbara-Ann Glaude 217. **Team Standings** - Barbara-Ann 71; Connie 66; Elaine 58; Allie 52; Wilma 49; Stacy 40.

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Fitness Forum

by Jennifer Gregoire, Reg. N.

HEARTBEATS

The heart is a muscular pump, about the size of our fist. It beats non-stop (hopefully) every minute of every day, sending blood throughout the circulatory system. In a typical day, some 2000 gallons of blood will pass through the heart. Like any muscle, the heart needs exercise or it will deteriorate.

In the past, bodybuilders and power lifters often built strength and muscle while neglecting the body's most important muscle -- the heart. Conversely, many endurance runners have often concentrated solely on cardiovascular endurance, with little regard for upper body strength.

That's all changing. A more enlightened attitude, along with unprecedented interest in fitness has led people in all walks of life, athletes and non-athletes to recognize the value of total conditioning. Research and sports physiology have proven the value of all-round training. It's becoming much less common for the runner to only run, the swimmer to only swim, the lifter to only lift. In many ways the age of specialized, one-track training is over. We now know better.

If you 1990's goal is to be in the best possible condition, why work hard on muscular development and neglect the heart and vascular system? You might LOOK great on the outside, but inside the motor and pumping system that keeps the body healthy and alive can be suffering from neglect. A combination of weight training, or muscular endurance exercises and cardiovascular endurance training is ideal.

The leading cause of death in Canada is heart disease, and the most effective way to avoid this is to practice good nutrition and subscribe to a cardiovascular exercise program. The cardiovascular program should involve large muscle groups and the exercises should have two characteristics:

1. They should be done at a relatively low intensity, so you can keep exercising for 30-60 minutes at a time.

2. They should by RHYTHMICAL, meaning that there is a brief period of rest for the main muscle group when another muscle group takes over.

The aerobic exercises should be performed at least three days a week for a desirable training effect to occur.

Before beginning a strenuous cardiovascular exercise program, check with your doctor, especially if you are over 35 years of age, overweight, under stress, or have not exercised for a while.

Your exam will consist of a complete medical history, resting and stress electrocardiogram, blood analysis, urinalysis, chest x-ray, pulmonary function evaluation, a coronary risk profile. These tests should provide your physician with the necessary data to evaluate your current state of health.

Aerobic exercises are those where the demands of muscles for oxygen are met by the circulation of oxygen in the blood. The oxygen is supplied by the heart and lungs in an amount required by the activity. Typical aerobic exercises are distance running, biking, cross-country skiing, swimming and aerobic dance -- those that use large muscle groups.

These activities, although strenuous, are rhythmical and performed at less than all-out intensity. During exercise, there is a brief rest period for the main working muscle group (during which another muscle group does the work) and the blood stream brings nutrients to the muscle cells and removes metabolic wastes. This allows the movement to continue for a long period of time.

My Silent Achievers this week are all of you who are out getting pledges for Dance (Movement) For Heart... Thursday, February 8th, 1990. See you there.

We are so very lucky to be able to do it for ourselves.

New-look Jr. Devils win

Their 50-37 win here over the Warriors marked some lineup changes for North Dundas' Junior Devils.

Todd Marcellus retired from the team during its final game in 1989. Transfer student Marc Oriani took Marcellus' spot at guard while another guard, Jamie Kennedy made his debut after recovering from a broken arm suffered in a pre-basketball season hockey mishap.

Coach Corbett now has 11 regulars to work with as they try to expand their four (wins) and one (loss) SD&G record. This week the Devils travel to Alexandria to meet the Gaels. They will also take part in the Nepean, St. Matthew's and Woodroffe Invitational tournaments over the next three weeks.

North Dundas led the Warriors 11-6 after the first eight minutes of play of last Thursday's match. Chad Simpson's lay-up 10 seconds into the game got Dundas off the mark quickly. Sean Salter led the period with four points. Simpson, Chris Van Bridger and Dave Harper each hit for a deuce. Marc Oriani hit for one. Tagwi tied it 4-4 at the six minute mark and held their only lead in the game (5-4) until 5:21, when Sean Salter connected on a field goal and two from the line to put the Devils ahead to stay.

North Dundas charged into a 25-8 lead but coughed up the ball in the final 2:09 of the second quarter and led by 13, 27-14 at the half.

Ashley Byers (5), Dave Harper (4), Salter (3), Philip Burns, Jamie Kennedy (2) did North Dundas' second-period scoring.

Tagwi struck first in the third quarter cutting the Devils lead to 27-16 at 6:51 but the visitors went up 33-16 on buckets by Salter, Burns and Harper and led 39-21 at three-quarter time.

Salter (4), Burns (2), Harper (2), Simpson (2), Chris Tanguay (1) and Ryan Buske (1) tickled the twine in the third.

Guard Chris Van Bridger gave the Devils a 41-21 lead dropping in a pair from the line at 5:03 of the fourth quarter. Chad Simpson stepped up at 4:43 and sank two from the same spot to make it 43-21 but from that point on the Warriors took over and outscored the Devils 16-7 (16-11 in the period).

Fortunately for Dundas their early led held up and they recorded a 50-37 victory.

Chad Simpson (3), Sean Salter (3), Chris Van Bridger (2), Harper (2) and Phil Burns (1) hit for Dundas in the final period.

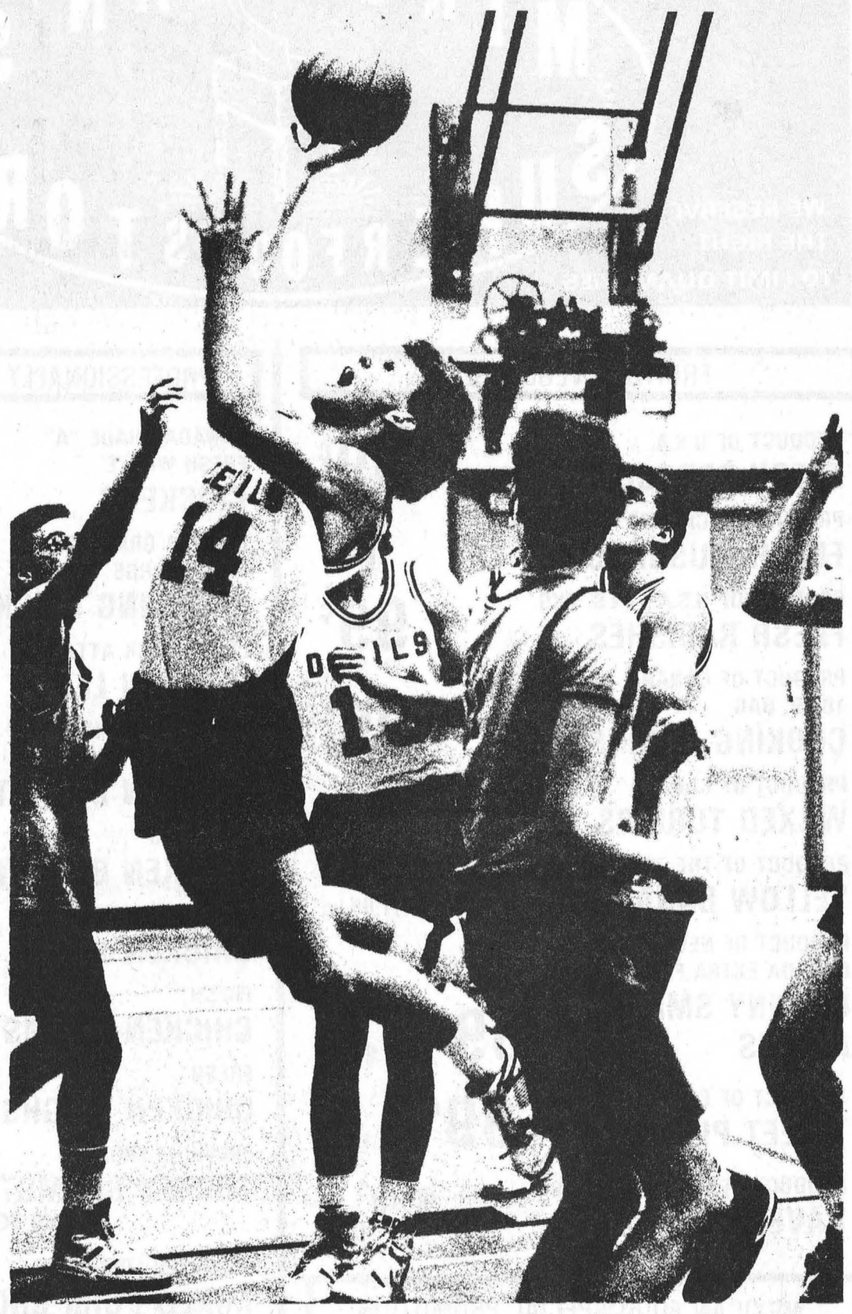
Jeff McLean paced Tagwi's attack with 12 points. Sean Salter topped the Devils' points total with 14. Dave Harper had eight.

It was a see-saw battle in the final quarter as Tagwi closed to 35-32 and then 44-43 with 2:33 left to play. Another surge put the Warriors to within two points (47-45) with just 1:26 left in the game.

Darren Hutt then stepped to the line and swished a pair and opened up a 49-45 lead for North Dundas. Andrew Harvie nailed one (50-45) with 33 seconds left. Lyon hit for two (52-45) with 25 seconds on the clock, Jason Kennedy drained two to make it 54-45 and Darren Hutt completed the picture, hitting two for two from the line with 12 seconds to play. That make it a 56-45 win for the Devils.

Craig Lyon paced the Devils with 11 points. Darren Hutt and Karim Oliver each hooped 10 points, (Oliver nailed two three-point shots), Jason Kennedy hit for nine, Dwayne Nichol seven (a three pointer included) while Trevor Plumb and Andrew Harvie swished six each.

Steve Rataryczak topped the Tagwi scoring parade with 18. Andrew Brown finished second on the charts with 16. Chad Brownlee pushed in seven points.



Finger roll

Record Photo - Van Bridger

North Dundas' Dave Harper (No. 14) goes up high for a chance at two. The Demons beat Tagwi 50-37.

Green continues to be good as gold

Green remained red-hot in Men's Town League Hockey play last week, scoring a 5-1 decision over White.

Wally Van De Kemp and Jamie Utman were the offensive catalysts for the league-leading Green. Each scored once and set up two others.

In the other Town game, Maroon maintained its' seven point bulge over Blue when the teams played to a 1-1 draw.

One-one was the score after one period in the Green-White encounter, following Terry Barkley's late goal for last place White, 3-9-1, which countered Van De Kemp's early score.

Green, 9-2 and four points up on second place Maroon, broke free with four goals in the second period to pull away. Mark Smith broke the tie at 14:31 when he connected on passes from Van De Kemp and Utman. Lloyd Fawcett put Green ahead by two with a goal ten minutes later on the powerplay. Green added a pair of late goals, from Sandy Johnston and Utman, who collected his seventh of the year.

Maroon came within 27 seconds of shutting out Blue, 4-8-1, until Mark Guy's goal tied things up.

The teams played scoreless hockey until the final two minutes of the game when Dennis Sullivan gave Maroon, 7-4-2 their short-lived lead.

PeeWee Demons 2 for 3

WINCHESTER — North Dundas Peewees took two out of three games reported last week.

The Peewee B's dumped Russell 4-1, the C Two's beat their counterparts from the same opposing village 5-1, while the C's were doubled 4-2 by Metcalfe.

Demon B's 4- Russell 2

Robbie Raistrick netted a pair to lead the Demon B's over Russell in a game played January 11. Raistrick put the B's ahead with a goal 20 seconds before the end of the first period, and then added one late in the second to lead his club.

Brian Heuff and Steven Cross were the other Demon marksmen, while B. McMahon replied for Russell.

Demon C 2's 5-Russell 1

Chris Young had the hot hand to lead North Dundas, scoring four times in his team's 5-1 home win on January 12. Young scored two in the first and one in both the second and third.

Jeremy Heerkens was the other marksman for the Demon C2's, while Kirk Liscumb was also highly productive, contributing three assists.

Jason Veddel, with the lone reply, scored for Russell.

Local lines

This week, the Record Sports begins a new feature in which local athletes are asked their opinion about sports that are making news.

The first question, as surprising as it might have been for our Montreal-minded sports editor to come up with, deals with the resurgent Toronto Maple Leafs. And since the Leafs are leading the NHL in total goals, we thought we'd ask some local athletes who know a thing or two about scoring goals, this question **"What do you think about the newly-found winning ways of the Toronto Maple Leafs?"**

"I think it's about time. They've been around a long time. I think it's good for all Canadians."

Brian Como, leading scorer
Winchester and District Broomball League, Morewood

"I'm a Quebec fan, but I'm glad for Toronto though because they have had lots of trouble in the eighties."

Martin Hughes, leading scorer
Eastern Ontario Junior C Hockey League
Casselman-Cambridge Stars

Darrel Shelp, leading scorer, Chesterville Men's Town Hockey League, for Green was speechless. Literally. He failed to come up with words to describe his Leafs' surprising resurgence. Perhaps he, like most hockey fans, is still in a state of shock.

Sports Calendar

EASTERN ONTARIO JR. C HOCKEY
Thursday, January 18
Chesterville vs North Stormont, 8:30pm
Cass.-Camb. vs Clarence, 8:30pm
Friday, January 19
Clarence vs Embrun, 8:15pm
Cass.-Camb. vs Russell, 8:15pm
Rockland vs St. Isidore, 8pm
Sunday, January 21
North Stormont vs St. Isidore, 8pm
Clarence vs Cass.-Camb., 2:15pm
Russell vs Rockland, 7pm

NORTH-GLEN STOR MINOR HOCKEY
PEEWEE TRAVELLING
Thursday, January 18
NGS vs Alexandria, 8pm
MIDGET
Thursday, January 18
NGS vs S. Stormont, Long Sault, 9:45pm
Sunday, January 21
NGS vs S. Stormont, Finch, 5:15pm
Wednesday, January 24
Char-Lan vs NGS, Williamstown, 8:45pm

UPPER CANADA MINOR HOCKEY
SENIOR NOVICE
Friday, January 19
Kemtpville at Russell, 7pm
Saturday, Janaury 20
Metcalfe at Kemptville, 9:30am
Morrisburg at North Dundas, 3pm
ATOM II
Thursday, January 18
North Dundas at Russell, 7pm
Friday, January 19
North Dundas at Athens, 8pm
Saturday, January 20
Russell at Kemptville, 4:30pm
Brockville at Metcalfe, 12:30pm
PEEWEE I
Wednesday, January 17
North Dundas at Brockville, 6:30pm
Sunday, January 21
Ogdensburg at Smiths Falls
PEEWEE II
Thursday, January 18
Kemptville at Metcalfe
North Leeds at Brockville, 6:30pm
Saturday, January 20
Athens at North Leeds, 4:30pm
Sunday, January 21
Metcalfe at Russell, 9am
North Dundas at Athens, 6pm
PEEWEE III
Wednesday, January 17
Kemptville at Athens, 7pm
Ogdensburg at South Grenville, 7:30pm
Thursday, January 18
North Leeds at Ogdensburg, 7:30pm
Friday, January 19
North Dundas 1 vs North Dundas 2, Chesterville 7:30pm
Saturday, January 20
Athens at Metcalfe 2, 1:30pm
North Dundas 2 at Metcalfe 1, 2:30pm
Morrisburg at Kemptville, 5:30pm
South Grenville at Ogdensburg, 7:30pm
BANTAM I
Thursday, January 18
North Dundas at Brockville, 9pm
Saturday, January 20
North Dundas at Potsdam, 6:15pm
Sunday, January 21
South Grenville at Ogdensburg, 8:30pm
Brockville at Smiths Falls, 8:30pm
MIDGET I
Thursday, January 18
Smiths Falls at North Dundas, 7:30pm
Kemptville at Metcalfe, 8:30pm
South Grenville at Brockville, 7:30pm
Saturday, January 20
Perth at Smiths Falls, 6:30pm
Sunday, January 21
Carleton Place at South Grenville, 1pm
MIDGET II
Friday, January 19
Morrisburg at North Dundas, 8:30pm
North Dundas at Kemptville, 9:30pm
Saturday, January 20
Morrisburg at Smiths Falls, 8:10pm
Sunday, January 21
North Leeds at Brockville, 5:30pm
South Grenville at Athens, 3pm

NORTH STORMONT INTERMEDIATES
Sunday, January 21
Avonmore at Berwick, 7:30pm
Finch at Crysler, 9pm

INTERMEDIATE HOUSE LEAGUE
Thursday, January 18
Four vs Three, Chesterville, 6:00
Saturday, January 20
Five vs One, Winchester, 4pm

ROMEKS GIRLS HOCKEY
Thursday, January 18
South Grenville at Morrisburg, 7pm
Sunday, January 21
Godfrey at Embrun, 3:45pm
North Dundas at South Grenville, 6:30pm

AEROBICS
Thursday, February 8
'Dance For Heart'
Chesterville Community Hall, 7pm

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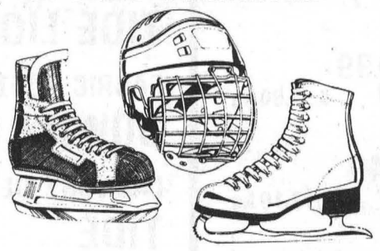
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Tro pro — **TROHPIES & AWARDS**
For All Occasions
• Free Computerized Engraving
• Engravable Gifts • Plastic Signs
• Name Tags • Fax Service
774-3573
504 ST. LAWRENCE ST., WINCHESTER

Compliments of:
RECREATION DEPARTMENT
VILLAGE OF CHESTERVILLE

PRIMO, 900 G PKG.
SPAGHETTI
SPAGHETTINI
MACARONI
or 28 OZ. TIN
TOMATO SAUCE **99¢**

OPEN MON. – FRI.
8AM – 9PM
SAT. 8AM – 6PM

MIKE DEAN'S SUPERFOODSTORE

DIRECT WAREHOUSE PRICES EVERYDAY OF EVERYWEEK

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

PRICES IN EFFECT UNTIL CLOSING TUES. JAN.23, 1990

DUNCAN HINES
ASSORTED
FLAVOURS
CAKE
MIXES **99¢**



ON THE BLOCK THIS WEEK

ROBIN HOOD, 10 KG BAG
WHITE
FLOUR **8.99**

ROBIN HOOD, 2.5 KG BAG
WHITE ENRICHED
FLOUR **2.89**

NESCAFE, 227 G JAR
RICH BLEND
INSTANT COFFEE **4.49**

CARNATION, 385 ML
EVAPORATED MILK **79¢**

CRISCO, 1 LITRE
VEGETABLE OIL **2.09**

NABOB, 300 G PKG.
REGULAR, FINE, EX FINE
GROUND COFFEE **2.49**

ALLEN'S, 48 OZ. TIN
APPLE JUICE **1.19**

PAMPER'S or LUVS
CONVENIENCE SIZES
DIAPERS **10.99**

WHITE SWAN SPECIAL PROMOTION

WHITE SWAN, PKG. 150
WHITE
SERVIETTES **1.29**

WHITE SWAN, PKG. 2
ASSORTED COLOURS
PAPER TOWELS **89¢**

CAPRI, 4 ROLL PKG.
ASSORTED COLOURS
BATHROOM TISSUE **99¢**

WHITE SWAN, 8 ROLL PKG.
WHITE
BATHROOM TISSUE **2.99**

WHITE SWAN, PKG. 150
ASSORTED COLOURS
FACIAL TISSUES **69¢**

SAVE ALL, 100' ROLL
REFILL
WAXED PAPER **1.69**

SAVE ALL, 100' ROLL
BOX
WAXED PAPER **1.89**

WHITE SWAN, 4 ROLL PKG.
ASSORTED COLOURS
BATHROOM TISSUE **1.49**

SCOTT, PKG. OF 1
PAPER TOWEL
HOLDER **1.99**

SCOTT, PKG. OF 84
BABY
FRESH WIPES **2.99**

FRUITS & VEGETABLES

PRODUCT OF U.S.A.
FRESH BROCCOLI **99¢**

PRODUCT OF CANADA, 8 OZ. PKG.
FRESH MUSHROOMS **1.29**

PRODUCT OF U.S.A., 1 LB. PKG.
FRESH RADISHES **99¢**

PRODUCT OF CANADA, CAN. NO. 1
10 LB. BAG
COOKING ONIONS **99¢**

PRODUCT OF CANADA
WAXED TURNIPS **29¢** lb./64¢ kg

PRODUCT OF THE TROPICS
YELLOW BANANAS **49¢** lb. /1.08 kg

PRODUCT OF NEW ZEALAND
CANADA EXTRA FANCY
GRANNY SMITH
APPLES **89¢** lb. /1.96 kg

PRODUCT OF CHILE
SWEET PLUMS **99¢** lb./2.18 kg

PRODUCT OF U.S.A., SIZE 138
NAVEL ORANGES **1.39** DOZ.

MEXICAN FOOD SPECIAL PROMOTION

MEXICASA, 200 G
NACHO CHIPS **1.49**

MEXICASA, 250 ML
TACO SAUCE
or RELISH **1.49**

MEXICASA, PKG. 10
TACO SHELLS **99¢**

MEXICASA, 200 G BAG
TORTILLA CHIPS **1.49**

MEXICASA, 250
HOT or MILD
SALSA SAUCE **1.49**

LEAN
GROUND BEEF **1.99** lb./4.39 kg

ASSORTED QUALITY DAIRY PRODUCTS

EGGS

CANADA GRADE A			DOZEN
MEDIUM	LARGE	EXTRA LARGE	
99¢	1.09	1.19	

BLOSSOM OF GLENGARRY
1 LB. PRINT
CREAMERY BUTTER **2.29**

BEATRICE, 4 L BAG
2% FRESH MILK **2.99**

BEATRICE, 125-175 G TUBS
LA CREME, FRUIT BOTTOM
LIGHT FRUIT BOTTOM
SWISS STYLE
YOGURT **59¢**
MIX or MATCH TRAY OF 12 - 6.88

BEATRICE, 1 L
ORANGE JUICE **1.19**

FRESH DAILY BREAD PRODUCTS

DEMPSTER'S, 675 G
6 VARIETIES
CANADIAN BREADS **1.29**

SUNMAID, 450 G
CINNAMON SWIRL
RAISIN BREAD **1.99**

DEMPSTER'S, PKG. 12
PLAIN, SUGAR, CINNAMON
DONUTS **1.49**

DEMPSTER'S, 675 G
WHITE SLICED
BREAD **69¢**

PROFESSIONALLY CUT FRESH MEATS

CANADA GRADE "A"
FRESH WHOLE
CHICKENS **1.39** lb./3.08 kg

CANADA GRADE "A"
FRESH LARGE
ROASTING CHICKENS **1.79** lb./3.95 kg

FRESH BACK ATTACHED
CHICKEN LEGS **1.19** lb./2.62 kg

FRESH NO BACK
KNIFE CUT
CHICKEN BREAST **2.99** lb./6.59 kg

BONELESS
CHICKEN BREAST **6.29** lb./13.87 kg

FRESH
CHICKEN WINGS **1.79** lb./3.95 kg

FRESH
CHICKEN DRUMSTICKS **2.99** lb./6.59 kg

FRESH
CHICKEN THIGHS **2.99** lb./6.59 kg

PREVIOUS FROZEN
TURKEY DRUMSTICKS **89¢** lb./1.96 kg
5 KG BOX – 8.99

QUARTER LOIN
MIXED PORK CHOPS **1.99** lb./4.39 kg

QUICK AND EASY MEAT MEALS

SCHNEIDER'S, 500 G PKG.
SLICED
BREAKFAST BACON **2.89**

SCHNEIDER'S SMOKED
COTTAGE ROLL **3.49** lb./7.69 kg

SCHNEIDERS, 175 G PKG.
PEPPERETTES **1.99**

SCHNEIDER'S
OLD FASHIONED
HALF HAMS **4.99** lb./11.00 kg

MAPLE DALE
JUST MADE or FRESH
CHEDDAR CHEESE **3.89** lb./8.58 kg

THE BUTCHER'S FRESH SLICED DELI

SCHNEIDER'S SLICED
MOCK CHICKEN
MACARONI & CHEESE
LUNCHEON LOAF
PICKLE or OLIVE LOAF **3.49** lb./7.69 kg

SCHNEIDER'S SLICED
BLUE RIBBON
BOLOGNA **2.79** lb./6.15 kg

SCHNEIDER'S SLICED
HAM & CHEESE
PIZZA LOAF **3.99** lb./8.80 kg

SCHNEIDER'S SLICED
OLD FASHIONED
HAM **5.49** lb./12.10 kg

SCHNEIDER'S SLICED
JUMBO
SUMMER SAUSAGE **4.99** lb./11.00 kg

A WIDE VARIETY OF FROZEN FOODS

HERITAGE FARMS, 2 LITRE
ROUND CARTON, ASSORTED FLAVOURS
VERY SPECIAL
ICE CREAM **3.99**

PICNIC, 341 ML TIN
ORANGE JUICE **79¢**

PEPPERIDGE FARMS
ASSORTED FLAVOURS
LAYER CAKES **1.49**

SWANSON
ASSORTED FLAVOURS
GOURMET ENTREES **1.89**



PRICES CHOPPED THIS WEEK

CAMPBELL'S, 10 OZ. TIN
TOMATO
SOUP **39¢**

LIPTON, PKG. 2
CHICKEN NOODLE
SOUP MIX **89¢**

LIPTON, PKG. 72
RED ROSE
TEA BAGS **1.99**

NESTEA, 3X250 ML PKG.
ASSORTED FLAVOURS
TETRA PACK TEA **69¢**

HUMPTY DUMPTY, 200 G BAG
ASSORTED FLAVOURS
POTATO CHIPS **1.69**

CANNED SOFT DRINKS
24X280 ML
PEPSI-COLA REG. or DIET
7 UP REG. or DIET
MOUNTAIN DEW **6.99**

ORVILLE REDENBACHER
ASSORTED FLAVOURS
MICROWAVE
POPCORN **2.89**

AYLMER, 28 OZ. TIN
HERB & SPICE
TOMATOES **99¢**

CATELLI, 225 G PKG.
MACARONI
& CHEESE **39¢**

PROCTOR AND GAMBLE SPECIAL PROMOTION

BONUS PACK, PKG. 50
BOUNCE SHEETS **3.49**

LAUNDRY DETERGENT, 5 L
CHEER **2.99**

LAUNDRY DETERGENT, 5 L
OXYDOL **3.99**

LAUNDRY DETERGENT, 2.7 L
TIDE LIQUID **6.99**

FABRIC SOFTENER, 3 L
DOWNY LIQUID **4.99**

LAUNDRY DETERGENT, 5 L
TIDE **3.99**

LAUNDRY DETERGENT, 5 L
BOLD **3.99**

REG. or SUNRINSE FRESH
40'S FABRIC SOFTENER
DOWNY SHEETS **3.99**

PERSONAL BAR SOAP
PKG. OF 3
IVORY **99¢**

HAND SOAP REFILL, 500 ML
IVORY LIQUID **1.99**

DISH SOAP, 1 L
JOY LIQUID **1.99**