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Local band Easy Pickins set to open up for Graham Greer 2



11 *Rideau Lakes Car Club at Iroquois Legion*

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The Iroquois Chieftain

Wednesday, August 9, 2006 *"Serving the Seaway Valley"* Vol 25 No. 32 Price $1.00

Tremendous fun at 36th annual Tubie Weekend

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

For the sixth time in eight years, Team Farlinger cruised to a win on tubie race day with a time of 26 minutes and 28 seconds.

When asked the secret to their mastery of the tubie race, team captain, Robert Farlinger explained, "It is a combination of design and muscle. We don't practice, but we have a lot of experience in the boat. We just put it in the river and away we go."

Robert says he will continue competing until he loses, and then it will be time for retirement.

"We will let the younger generation take over."

This year's Tubie Race saw 9 teams competing, with Jeff Barkley's team withdrawing on race day due to technical difficulties.

Finishing second to the Farlinger team was Lindsay Waddell's team paddling the 'Rocket'. All competing teams arrived at the finish line at the Morrisburg beach within an hour of departing from Arlor Haven in Maria Town, exhausted but exhilarated.

Onlookers enjoyed the spectacle, and thousands of people lined the waterfront to watch the tubies race along the St. Lawrence.

This year's Tubie Weekend, organized for the first time by the Morrisburg Lions Club, certainly went a long way towards creating an event that people of all ages could enjoy, while still maintaining the traditional 'home-coming' atmosphere.

The fun began Saturday morning with a tubie decorating contest and a science show, and at 2 p.m. the Tubie Parade began to wind its way through Morrisburg. This year's floats were truly outstanding and were clearly the products of an immense amount of work and planning. Some of the highlights of the parade included two very realistic pirate ships, a wild west scene, the Berlin Wall, a Tubie-O's cereal float and Brave Heart's Castle which came complete with knights and a stilted horse-back rider.

Anne Marie Waddell, one of a panel of judges for the parade, stated, "We were very impressed with all the entries. The floats were beautifully constructed, the costumes were great, and so was the participation," she said.

"We certainly had a hard job picking the best float," Waddell went on to add.

In the end, Brave Heart's Castle was victorious, but it is fair to say that all the entries were excellent.

The Tubie Dance, held in the Morrisburg Arena and featuring the band DB Derringer & the Tycoons was a great success with over 600 attendees.

In the past, public drunkenness has been an issue on Tubie Weekend, but this past Saturday there were no such incidents.

Finally, on Sunday following the races, Ray's Reptiles put on a demonstration of creepy-crawlies for kids of all ages under the tent in Waterfront park.

MP Guy Lauzon, who was visiting South Dundas to witness the Tubie Race, commented on how many people were out on the waterfront enjoying the river and the events.

"I was in South Dundas last weekend for the World Cup of Soccer and the Antiquefest, and again this weekend for the tubies," he said.

"There always seems to be something happening in this township, and plenty of people ready to enjoy the activities," Lauzon added.



For the second year in a row, Team Farlinger, captained by Robert Farlinger, reached the beach ahead of all the competition. This was the teams 6th win in 8 years. The team claims their secret is in the design and their muscle power. For more photos, please see page 10.

CHIEFTAIN PHOTO - A. CARTIER

Plans finalized for Scott Van't Foort Memorial Golf Tournament

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

A golf tournament to raise funds in the memory of high school student Scott Van't Foort will be held at the Iroquois Golf Course on August 27.

When the Seaway District student was killed in 2003 in an automobile accident, friends and family were determined to create a lasting memorial to Scott. Because of his love for reading, education, and children, it was decided that a unique way to remember Scott would be to contribute to education in the third world.

To this end, a group of Scott's friends and family have decided to funnel money raised in his name to a group entitled "Free the Children School Building Campaign" which focuses on school building projects that provide schools, teachers, and resources to disadvantaged children.

The goal of the Scott Van't Foort Memorial School Project is to raise enough funds to build a school somewhere in the third world which will be named after Scott.

TOURNAMENT SEE PAGE 2

TOURNAMENT
FROM FRONT

Four thousand dollars is required in order to begin the building process, and the golf tournament is the first step in securing those funds.

In order to register for the golf tournament and chicken dinner, interested parties should meet a registration deadline of August 18, and make payment of $60 in person at H & I Country Supply. Cheques should be made out to Harry Van't Foort.

The tournament will have a shotgun start with teams of four players and will be run in the 'scramble' format.

The tournament will have a shotgun start with teams of four players and will be run in the 'scramble' format.

The organizers will help single players form teams, and request that all golfers arrive at the golf course by 1 p.m. on the day of the tournament.

The tournament will be 18 holes with prizes for the longest drive, closest to the pin, and putting contests.

Each golfer will get a thank-you gift bag including a Scott Van't Foort Tournament golf ball. Dinner is available for non-golfers at $18 a plate.

The organizers are still looking for hole sponsors, and anyone interested is encouraged to contact Karla Nugent at 613-543-3874. Those golfers who wish to make use of a cart for the tournament should arrange that by contacting Steve Martineau at the Iroquois Golf Club at 613-652-4367.

For more information about the project, please call Samantha Boone at 613-816-5705 or e-mail: scottvantfoortmemorialschool@hotmail.com.

For more information about the Free the Children School Building Campaign and what they wish to accomplish, please visit to www.freethechildren.com.

Local band to open for Graham Greer

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

Local band Easy Pickins will help develop the St. Lawrence Theatre as a venue for showcasing musical talent when they open for Cornwall musician Graham Greer on Saturday, September 16, 2006.

Easy Pickins band members Jeanne Ward and Claude Plamondon have been playing music together in the area for the last seven years, and have been regular members of the line up for the Canada Day entertainment in Morrisburg, as well as volunteering their time for such causes as Volley for Cancer, Relay for Life, and Tsunami Relief.

The band has also provides music for weddings and plays for private parties.

"We are very pleased to be able to contribute to the growth of musical venues in the area," stated Jeanne Ward, who plays guitar and percussion, and sings in the Easy Pickins band. Ward's influences include Emmy-Lou Harris, Joni Mitchell, and Ottawa singer/song writer, Lyn Miles.



Local band Easy Pickins has been entertaining folks in the area for the past seven years. Pictured here is the core of the band, Jeanne Ward and Claude Plamondon, at a recent gig they played at the Kemptville restaurant Amanda's Slip.
SUBMITTED PHOTO

Ward, herself, is also a song writer, and the band performs a number of her original songs.

Claude Plamondon has been playing music since the age of 12, and counts among his influences Chet Atkins, and David Gilmour of Pink Floyd.

Plamondon has written dozens of original songs, and will be performing a number of them at the St. Lawrence Theatre in September.

The Easy Pickins band is often joined by guest musicians, such as Claude 'Cool-Eye' Clement, Claude Champagne and Joel Plamondon.

"Different musicians bring with them different sounds and a different feel to the music. All these guys are really good musicians and add a lot to the sound of the band," said Plamondon.

Easy Pickins, besides performing original songs, plays a variety of different music including blue grass, folk, acoustic rock, and roots with an emphasis on guitar playing and harmonies.

Easy Pickins is looking forward to opening for Graham Greer in September. Graham Greer was an integral part of the Ottawa-based band The Barstool Prophets, which toured Canada and the northern U.S. supporting an Indie release in 1993 called *Deflowered* and two major label releases *Crank* and *Last of the Big Game Hunters.*

More recently, Greer has released an album, 'Palookaville' as a solo effort under the name Moonlight Graham.

Tickets for the show are still available and can be purchased at the Operating Engineers Training Institute of Eastern Ontario located on Highway 2 east of Morrisburg.

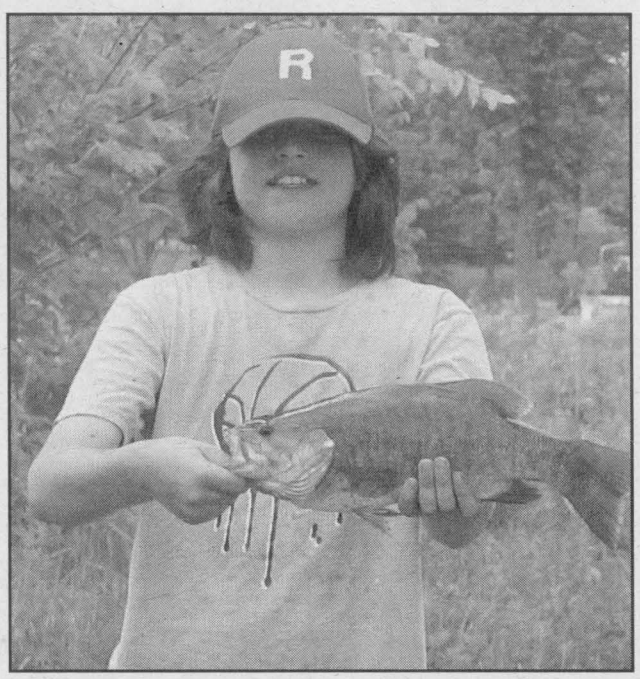
Great angling no fish tale

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

Living on the banks of the St. Lawrence offers more than just beautiful scenery. It also offers residents and visitors access to some of the best fishing in the world, and anecdotal evidence is that this is a particularly good fishing year.

Perch is one of the most popular catches in this area. Yellow perch season is open all year, and with a sport fishing license, an angler is entitled to catch up to 50 fish per day.

Walleye, also known as pickerel, is another popular sport fish, with the season open from the first Saturday in May until March 15 of the next year. The limit for a sport license is 6 walleye a day. Bass season opens the last Saturday in June and runs through until November 30. A sport fishing license entitles catches of up to 6 a day, and a conservation fishing license entitles the bearer to catch only 2 per day. Muskie season runs from the third Saturday in June until December 15, and even with a sport fishing license, the limit is one fish a day.



Luc Plamondon caught this two-pound bass in the St. Lawrence River near the Galop Canal Marina. He reports that the fishing is good this year.
CHIEFTAIN PHOTO - A. CARTIER

As a matter of fact, the world's largest muskie was caught in the St. Lawrence River. Channel cat fishing is open all year and there is no limit to catches. The same applies to carp fishing, which attracts a lot of European visitors to the area, but isn't considered good eating by most locals. Apparently, however, carp is considered a delicacy in some German circles.

It doesn't really matter what you are fishing for, this area offers a great outdoor experience for any angler.





Phil Marleau, VP Clinical Services at Winchester District Memorial Hospital accepted a cheque in the amount of $10,000 from Marcia Dion, Plant Manager at the Chesterville Nestlé plant on Friday, July 28. The corporate donation was given to WDMH for use in the therapeutic garden.

SUBMITTED PHOTO

WDMH garden gets big corporate donation

Phil Marleau, VP Clinical Services at Winchester District Memorial Hospital accepted a cheque in the amount of $10,000 from Marcia Dion, Plant Manager at the Chesterville Nestlé plant on Friday, July 28.

The corporate donation was given to WDMH for use in the therapeutic garden, which is to be created in the courtyard of the redeveloped hospital. The money has been given to carry on the Nestlé legacy. "Many of our employees have used the Hospital at some point during their time with Nestlé, or even in their personal lives. The organization has been near and dear to Nestlé employees for a very long time", says Dion.

Phil Marleau's ownership of this garden was very evident as he accepted the donation on behalf of the hospital. "This is a place where patients, family and staff can sit and take time out from the rigors of the hospital experience. The new therapeutic garden will be a warm part of the overall solution that the hospital has submitted to the Ministry. We are proud and pleased about our relationship with our ministry partners and look forward to our new future", states Marleau.

Casco Inc. names new director

Casco Inc., Canada's principal producer of corn-refined products and the only corn refiner with manufacturing facilities in the country, announced today that Rob Kee, Casco's director of Food Sales, has assumed the additional role of Managing Director of Casco Inc.

In this critical role, Kee is responsible for government, community and stakeholder relations for the Etobicoke-based corn refiner. He will represent Casco in dealings with the federal and provincial government, business groups and the agricultural community throughout Canada.

Casco manufactures a variety of ingredients, including starches, sweeteners, oils and animal feeds. It operates three corn-refining facilities located in Cardinal, London and Port Colborne, Ontario.

In addition to these new responsibilities, Kee will continue with his responsibilities as the Director of Food Sales for Casco. He is based at Casco's Etobicoke, Ontario headquarters.

Kee is a 16-year Casco veteran. He joined the company as Area Manager and held the positions of Senior Area Director and National Accounts Manager before assuming his current roles.

Kee earned a bachelor of Applied Science degree in Chemical Engineering from the University of Toronto. He and his family live in Toronto.

Casco Inc., founded in 1858, is a wholly owned subsidiary of Corn Products International and is Canada's principal producer and supplier of corn-refined products categorized as starches, sweeteners, oil and animal feed and meal. These products supply a customer base from pharmaceutical to food to paper to feed lots. Casco has three refining facilities on Ontario: Cardinal, London and Port Colborne, is headquartered in Etobicoke, Ontario and has a sales office in Pointe Claire, Quebec. For more information visit www.casco.ca. Marking its 100th anniversary in 2006, Corn Products International is one of the world's largest corn refiners and a major supplier of high-quality food ingredients and industrial products derived from the wet milling and processing of corn and other starch-based materials. The Company, headquartered in Westchester, IL, is the number-one worldwide producer of dextrose and a leading regional producer of starch, high fructose corn syrup and glucose. In 2005, Corn Products International recorded net sales of $2.36 billion with operations in 15 countries at 33 plants, including wholly owned businesses, affiliates and alliances. For more information visit www.cornproducts.com.

Friday Luncheon at the Iroquois Legion

The Friday luncheon at the Iroquois Legion on Friday , August 1,1will be meatloaf with beans, mashed potatoes and gravy and for dessert, apple and berry crisp with ice cream. All are welcome.

"Golf for a Cure" raises $9,000 for cancer research

SPECIAL TO THE CHIEFTAIN

Organizers of the fifth annual "Golf for a Cure" golf tournament, which took place at the Nationview Golf Course on July 22, has raised $9,755 for the Canadian Cancer Society.

One hundred and three golfers participated in the event, which raised $10,400 in 2005; $9,200 in 2004; $7,400 in 2003 and an even $6,000 in its first year in 2002. To date, the golf tournament has brought in $42,755 for cancer research.

The top team this year was the team of Pierre Seguin, Dan O'Neil, Brad Mayhew and Dan McCarthy. The most honest team was Reg and Joyce Latulippe and Sue and Brian Kennelly.

The winner of the 50/50 draw was Rob Stevens; and the winner of the cart full of groceries donated by Mike Dean's in Winchester was Kim MacDonald. Rodney Pittman won the putting contest and David Wells won a three-wheel bag boy cart and golf bag, which was donated by Golf Trends.

Greg Mathieu was another winner of a three-wheel bag boy golf cart and Neil Shepherd received the 11-piece golf club set. Both prizes were donated by Nationview Golf Course.

Closest to the rope in the tournament was Colleen Fox and closest to the pin went to Neil Shepherd.

Both won a choice of shoes donated from Hi Tec Sports.

This year, Sheila Durant decided to shave her head to raise an additional $2,500 for the Canadian Cancer Society. To her surprise, her husband Scott and Steve Farrell joined her.

Sponsors:

The organizers of "Golf for a Cure" would like to thank those who generously sponsored a hole during the event.

They include: Corporate Golf; Stewy's Auto; G. Tackaberry and Sons; Coons Cartage and Excavation; Brockville Highlands Golf Course; Michael Barclay, Chartered Accountant; Douglas Durant; McInnis, MacEwen, Horner and Pietersma; Longo and Associates; AMS Imaging Inc.; Cedarview Builders Supply Ltd.; Sieling's Equipment; W.C. Robinson and Son – Plumbing and Heating; Scotiabank; S.F. Empey; W. Gordon Wells and Co.; Byers Funeral Home Inc.; 730 Truck Stop; M.B. Kouri Insurance Brokers Ltd.; Tibbs Transport Inc.; Casco; Kemptville Building Centre Ltd.; Morrisburg Autopro and Sandy's Restoration Shop.

Thank You

MOUNTAIN RECREATION

would like to thank all the volunteers, participants and people who donated salads and buns, that helped make the l 0th Anniversary of The Mountain Pig Roast and Volley Ball Tournament a fun successful day.

Thanks to all the youths that participated in our Soccer and Volley Ball Tournament and others who participated in our Horse Shoe Tournament. We hope everyone that came out whether it be for sports or musical entertainment had a great day.

Special Thanks to:

Terry & Sandi Plainer, Eric and Bea Duncan, Mountain Lions and Mountain Odd Fellows, Culligan Water, Arcand Party Tents, Dundas 4H Club, Jed Express, Weebe Vanverwelde, Nick's Garden Centre, Neil's Butcher Block, Rick's Gas Bar, Parmlat, North Dundas Recreation, The Iroquois Chieftain, Kemptville Advance Winchester Press, Owen Short, Fitz N Bitz, Kevin Barkley, Molson Brewery, Canada Post and all the Musicians. Sorry if someone wasn't mentioned, we thank you all for the great help.

See You Next Year! Mountain Recreation.

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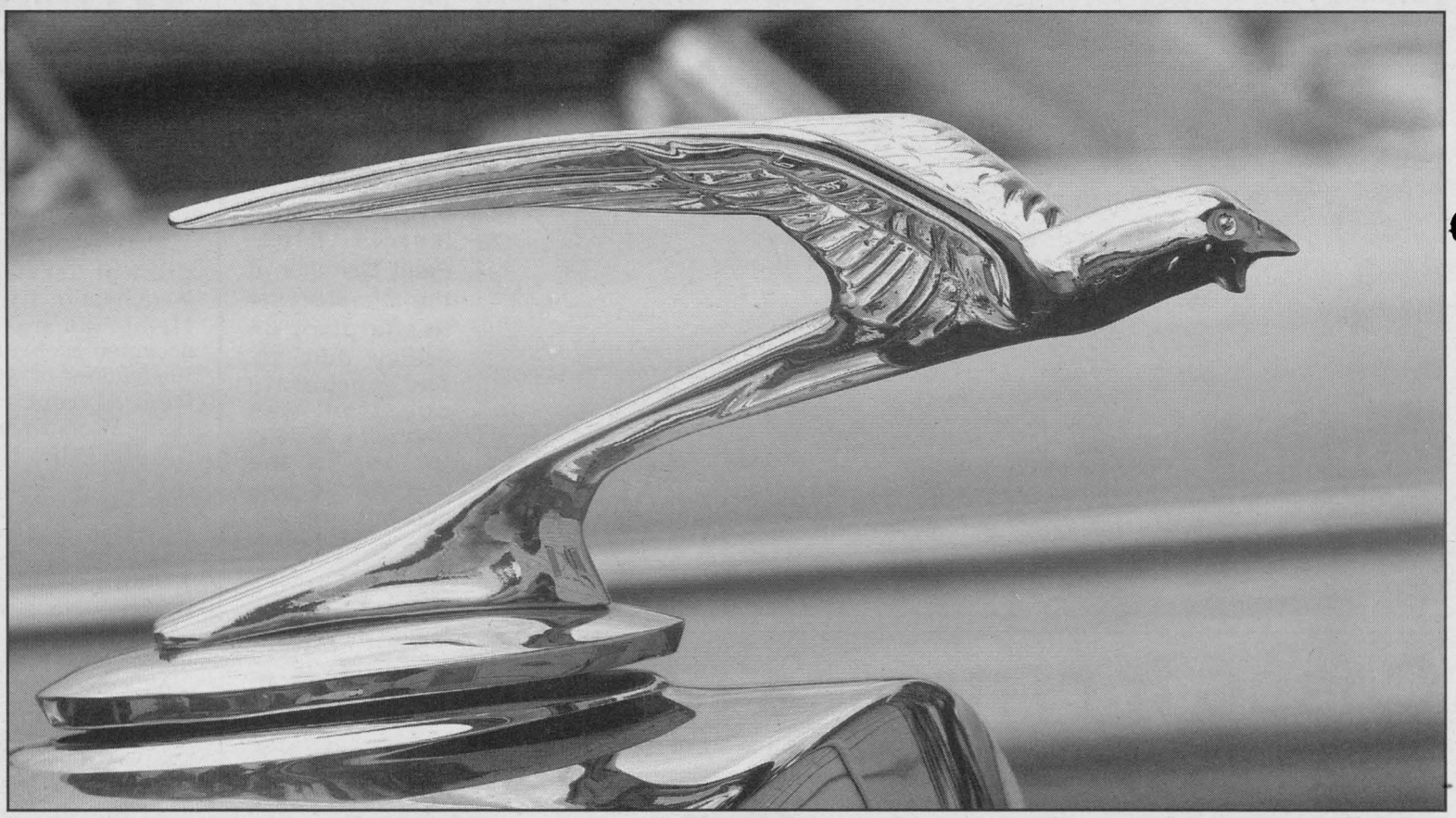
Editorial Page



A bit of class is always appreciated and this vintage flying hood ornament captures the spirit of speed. CHIEFTAIN PHOTO - J. MORIN

Home remedies on a galactic scale

I can only speak for myself, but my take on the weather we have been enduring these past few years, is that the planet is having a few mood swings.

When people do the same kind of thing we can easily counter the mood swing, assuming it is non fatal, with a good book, a walk along the beach or some really interesting food.

The planet does not have those simple options. I suppose it is dealing with a whole list maintenance chores, regulating itself in response to its own health or situation.

In the manual that describes how the home planet will look after itself there is no chapter on human beings. There is a short list of do's and don't's but apparently nobody has read them. Consequently whatever solutions are arrived at may or may not have included us. There are countless examples of this kind of self-correcting process when the earth goes ahead and makes changes without discussing them with us.

Volcanoes come to mind as do earthquakes. Unusual high and low temperatures and ice storms are other nifty and natural home remedies practiced by the planet.

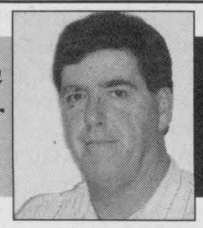
There has to be a lesson in all that is going on weather wise. It can only be that we have to stand in line behind a long list of priorities that the planet has and accept the fact that Mother Nature can be a stern parent.

J.M.

A thought...

from me to you

by Joseph Morin
Editor



Imagine being a fly on the wall at the latest World trade Organization's round table talks between the United States and Europe and a noisy group of representatives from underdeveloped countries.

There are a number of topics being discussed but everyone is waiting for the main one to be thrust onto the table, and that is all about agricultural trade barriers. The Americans and the European Union are desperate. They have a metric tonne ton of agricultural products that they have to sell to someone and the voices of a million farmers clamoring for a bigger market place.

On the other hand, the developing agricultural nations, and there are more and more of them, aspire to take their place among the giants like Canada and the United States. We have been telling war torn countries for years that they have to stop fighting amongst themselves and develop some kind of economy that does not involve civil wars, tanks, and a gross national product that has more to do with bullets than corn. Many are finally reaching the stage in their development as a country to want to take us lucky people in the west up on our original promise to help. So. They come to the table and they are not shy about what they want to accomplish.

At that meeting in Geneva, it became clear to all that the nations with substantial agricultural industries wanted more from everyone.

They wanted to be able to sell their products with as little restrictions as possible, which makes good business sense and at the same time restrict the number of imports coming into their country, which makes others angry.

The *Chieftain* was not invited to these grand discussions however, even from this great distance, it is easy to see that eventually there will be an argument and in the end, a door will slam somewhere.

We could not hear the door slam shut but it happened.

The WTO Director-General has asked the WTO General Council to suspend negotiations for an indefinite period between competing countries until each country has had a chance to cool off.

The talks included such heavyweights as the United States, Australia, Brazil, the European Union, India, and Japan. The Council of Canadians had their own fly on the wall at the meeting and has reported that the United States was fighting off the European Union and both combatants were trying to fight off everyone else. It must have been interesting to say the least. Both agricultural giants are blaming the other guy and the underdeveloped agricultural nations must, by now, be wondering what they are doing there in the first place. The Council of Canadian feels that the fact that the discussions have been suspended may be a good thing for those poor countries. The popular belief among the "experts" is that had the talks continued the stronger countries would have eventually found a way to talk the developing nations into some kind of submissive state.

This is a very interesting development because sometimes a good argument not only clears the air but forces one side or the other to find another solution to their problem.

The United States has inadvertently, led the way in forcing the smaller countries to consider their options and that could be a healthy development for everyone.

Of course, farmers in Canada and the United States may not like this very much but it has always been a matter of time before the rest of the world figured out how to stand on their collective feet.

Thunderstorms break heatwave

Weather from the Valley
By Stephen Balena

I am not exactly sure where to start this week's column, except to say that the upcoming week will be much quieter that the last. A least 8 tornadoes were reported across Canada last week. Five of them were in Ontario on Wednesday, August 2, including an F-2 (on the Fujita Scale of Tornado Intensity F-0 being the weakest and F-5 the strongest) near Combermere south of Barry's Bay. That storm with winds in excess of 150km/h destroyed a campsite as well as several buildings in town. There were other reports of tornadoes in Newmarket (F-0) and Barrie (F-1). As well two tornadoes were reported in Quebec and an F-1 near Gull Lake in Manitoba on Saturday, August 5 that killed a woman out for a walk.

As the August 2 storm system approached our area, tornado and severe thunderstorm warnings were issued for Lanark County, Smiths Falls and Ottawa. The storms broke down as they invaded the seaway with thunder and lightning but little in the way of damage reported.

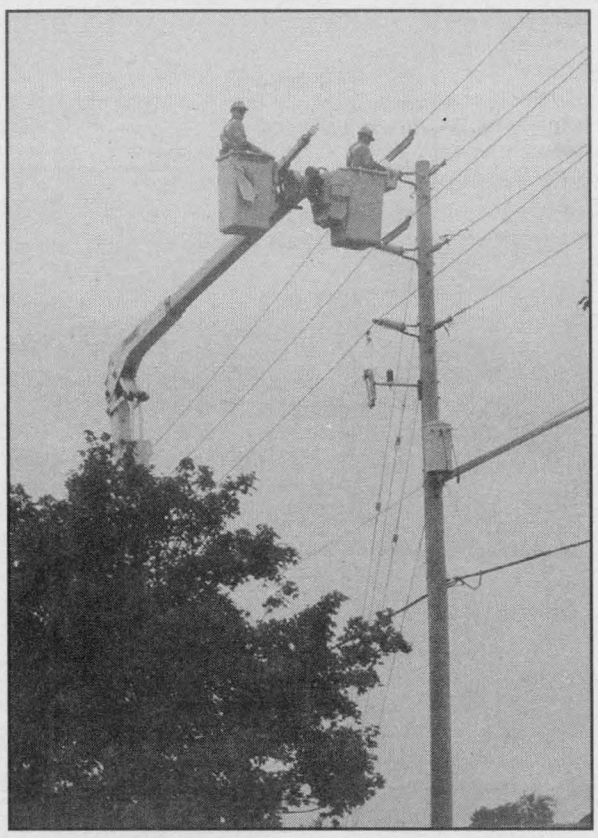
It was part of a cold front that swept through Ontario and Quebec last Wednesday bringing an end to the searing heat and humidity.

The night before tornadoes and storms swept across Quebec. Two people were killed, one by a falling tree in Montreal. The winds gusted to 92km/h in Montreal downing trees and power lines on the island and north of the city. Over 500,000 customers were left in the dark, prompting Hydro Quebec to call in workers on vacation and ask neighbouring utilities from Vermont and New York for help. In Ontario, Hydro One was dealing with power outages to over 150,000 customers.

The storms were fueled by the hot and humid air with temperatures soaring into the upper 30's. Kemptville recorded 38C (101F) on Monday, July 31. Humidex readings across the Seaway were in the mid 40's.

This week and into the weekend, we will enjoy spectacular summer weather with warm temperatures, cool nights and low humidity.

For updates and weather links visit my web site at valleyweather.blogspot.com



A common scene in Ontario and Quebec, as the power grid took a hit, first from record consumption, then violent storms.

Photo: S.Balena

Visitors invited to cast a vote at Upper Canada's upcoming "1860's" election

Upper Canada Village will again be staging its re-creation of an 1860s election.

On Saturday and Sunday, July 22 and 23, visitors to the site will be encouraged (or maybe even bribed and heckled) into casting their vote for their favourite candidate.

What makes this event so interesting, is that the electoral process back then wasn't quite the same as we know it today.

This dramatic event is based on the actual historic election of 1863 in the Province of Canada, and will be complete with two characters from the past standing for the riding of Dundas.

Both of these historical candidates, Mr. John Sylvester Ross (the Conservative candidate), and Mr. James W. Cook (the Liberal Reform candidate) will be present for the weekend to give speeches, twist arms and talk to the public in general about the issues of the day. Election news will also be posted throughout Upper Canada Village.

"Most candidates from this area agreed that Canada West with its larger population should have a greater number of seats than Canada East", said Peter Cazaly, Research Officer at Upper Canada Village, "so 'Representation by Population' will be the rallying cry during this election".

The event promises to be an entertaining way to see how elections were conducted over a century ago.

"Not just anyone will be able to vote" said Cazaly. "Strict adherence to the process will be enforced by a Deputy Returning Officer, of course all in good fun." Voting will take place both days at the schoolhouse.

The male citizens of the Village will be exercising their vote. Visitors who fit the criteria (that is, male British subjects over the age of 21 and who are property owners) will be allowed to vote. In an effort to make it fair for the general public to meet the requirements to vote, souvenir historical land deeds will be available to purchase for only $2 as fictitious proof of land ownership.



Cast your vote for James W. Cook during election. PHOTO COURTESY OF UCV

Although this is a re-enactment of an actual historic election, it will not be known ahead of time who will win the poll, since Upper Canada Village is representing only one poll in the County of Dundas.

All voters will make up their own minds. The results of the voting in those days were announced every hour on the hour, so visitors can expect to hear where their favourite candidate stands in the race at the time of their visit.

In the 1860s, voters often waited until late in the second day of voting to join the winning side.

The successful candidate will be declared on Sunday afternoon and there will be a victory celebration to follow.

Regular admission fees apply for entry into the Village during its 1860s Election event.

For more information, call 1-800-437-2233 *(613-543-4328 locally)* or visit Upper Canada Village's web site at www.uppercanadavillage.com.

Upper Canada Village is operated by The St. Lawrence Parks Commission, an agency of the Government of Ontario.

It is located 1-¼ hours southeast of Ottawa (11 km east of Morrisburg), off County Road 2 and 24 km west of Cornwall (Exit 758 off Highway 401).

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On your mark, get set, bowl!

BY JIM BRADLEY
ONTARIO'S MINISTER RESPONSIBLE FOR SENIORS.

Sometimes seniors have all the luck.

Like when the Ontario Senior Games Association's Winterfest and Actifest roll around.

These two sporting competitions offer a roster of fun sporting events that will not leave seniors gasping for air, but might just have them raising their fists in victory.

Can't race 20 kilometres? No problem. Running is not on the menu.

Not keen on hurling your body over high bars or speeding down a twisting ice track in a small luge sled?

High jump and luging are not part of these competitions.

You just need an interest in being active and having fun. I can already hear the sighs of relief.

If you can ski, curl or play a mean game of duplicate bridge, you are in luck.

You could qualify for Winterfest, taking place next February 14-16, in Brockville.

I should tell you, there *is* a hitch. You have to be 55 or older. You see, these games are run by seniors for seniors. So, where do you sign up?

Here are steps you can take to get ready for future winter and summer games.

Learn more about the activities being offered in your community and sign up lessons or games. Visit www.ontariosenior-games.ca or call 1-800-320-6423 for information on the districts that compete in the competitions. Start playing.

The website lists the names and numbers of district coordinators who can point you in the right direction.

You do not have to be part of a group, club or association.

To find out how you can qualify for the district competitions, contact the Ontario Seniors Games Association at 1-800-320-6423. Each district will hold competitions to qualify for entry to the games.

Winterfest includes badminton, curling, alpine and Nordic skiing, hockey, skating, volleyball, ten-pin bowling and duplicate bridge. Snowshoeing and squash will be introduced as new potential sports for future winter games.

More than 1,200 seniors from 40 districts across Ontario will participate in the winter competition, while the summer games involve at least 1,300 seniors.

Studies show that participation in leisure activities is one of the most significant contributors to keeping older adults socially active and happy.

The Ontario Senior Games Association, through these two events, helps seniors stay energized and healthy by encouraging them to participate in low-impact activities and sports.

Even if you decide to not compete, Winterfest and Actifest offer some excellent suggestions on how to stay active all year round, whether it is playing tennis in the summer or inviting your friends over for a scenic Nordic ski and a steaming cup of hot tea in the winter.

Remember to check with your doctor before embarking on any new or expanded exercise outine. Stay active and have fun trying out for future Actifest and Winterfest games.



Provincial Minister Responsible for Senior, Jim Bradley

Boater rescued only to be arrested by police

On August 2, 2006, at approximately 3:45pm, SD&G OPP officers responded to a report of a stranded boater on the St-Lawrence river (Morrisburg beach area).

The engine had failed on the vessel. Fortunately, a nearby boat was able to rescue and tow the broken down vessel to shore...unfortunately the 45-year old male operator (from Morrisburg) was arrested by officers and faces a charge of; Impaired Driving

He is scheduled to appear in Morrisburg court on September 5, 2006. Constable Paul Barkley is investigating.

Hang this handy calendar on your refrigerator every week!

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

Community Calendar

IROQUOIS AND DISTRICT

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

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

Aug 11-13 - Upper Canada Little League Year End Tournament. The Major Boys year end ball tournament will be held in Morrisburg.

August 19 - First annual South Dundas Timbits Soccer Jamboree. Sponsored by Tim Hortons and hosted by South Dundas Soccer Association. This event is in conjunction with the annual Volley For Cancer event. The games will be played in the Morrisburg Waterfront Park. The jamboree will provide fun for U8 and U6 age levels. To register a team, Clubs may contact the South Dundas Soccer Association at 613-652-4230.

August 19 - Quebec Bass Master. The South Dundas Chamber of Commerce is pleased to welcome the Quebec Bassmasters back to our beautiful community. Come and watch or participate in an exciting event. Check out their web site - www.quebecbassmasters.com.

August 19 - Volley for Cancer. This phenomenal volleyball tournament has been a big fundraiser for cancer research and support for those diagnosed with the disease for 10 years. Held at the Earl Baker Park in Morrisburg with the St. Lawrence as a back-drop, it is sure to be a crowd pleaser once again this year!

August 19-20 - 11th Annual Harvest Day Demonstrations. Antique Wheels in Motion will be hosting the 11th Annual Harvest Demonstrations. For more information on this event contact Al Slater at (613) 925-2100.

August 27 – Scott Van't Foort Memorial Golf Tournament and Dinner. Iroquois Golf Club 1:30 pm Shot Gun Start. Lots of prizes available. Putting Contest, closest to the tee and longest drive contests. E-mail: scottvantfoortmemorialschool@hotmail.com.

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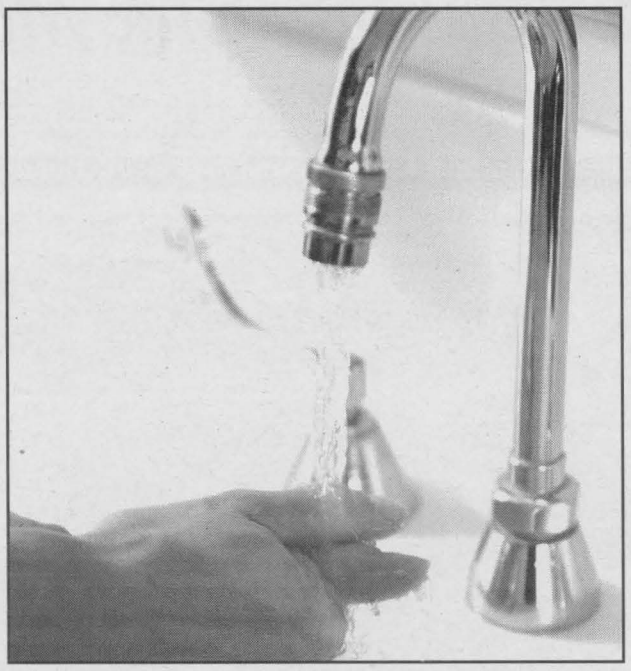
Hang this handy calendar on your refrigerator every week!

Basic hygiene practices can affect the environment

EARTH TALK
From the Editors of E/The Environmental Magazine

Dear EarthTalk:

In a public restroom, which is the more environmentally sound and healthy option for drying your hands: a paper towel or an electric hand dryer?



Keeping clean while helping the environment.
PHOTO COURTESY OF GETTY PHOTOS

Most experts would agree that wall-mounted electric hand dryers are preferable to paper towels from an environmental standpoint. Though they do use energy, they shut off automatically and therefore don't waste energy--and they eliminate the need for paper while also keeping paper out of the waste stream. But the answer may depend upon whom you ask.

World Dryer Corporation, which supplies wall mounted dryers, prepared a study for the Topeka, Kansas public school system, which concluded that switching from paper towels to 102 of its wall-mounted dryers system-wide would save annually 587 trees, 690,000 gallons of water, 34.5 tons of solid waste, 103.5 cubic yards of landfill space, and almost $90,000 per year (including electricity costs), with less than a six-month initial payback period for the cost of installation. Others are not so quick to give the nod to dryers, and cite sanitation as the reason.

The Handwashing For Life Institute (HFL), an association of food service suppliers that includes paper makers, argues that hand dryers have "no place" in restaurant or cafeteria washrooms or in other situations where food is being handled.

"Most users walk away with wet hands and wet hands transfer bacteria 500 times more readily than dry hands," says the group's website. HFL advocates paper towels over dryers because they "remove bacteria from hands and reduce general bacterial counts by an average of 58 percent." Many hand washers would agree that wall dryers do not work as effectively as paper.

After all, who hasn't given their hands a final swipe across a pant leg after using a hand dryer for a few minutes?

California State University facilities manager Gary Homesley was one of those, but in assessing whether or not to replace paper towels with electric dryers at a campus student union, he was shocked to learn of the significant amount of resources used to make paper as well as the large amount of pollutants that paper-making was responsible for discharging into the atmosphere.

Ultimately Homesley chose the Xlerator hand dryer.

The manufacturer, Excel Dryers, claims that it will dry hands in 10-15 seconds, and that it addresses the effectiveness issue with a high-velocity air stream that actually blows most of the water off the hands, leaving the thin remaining film of water to evaporate more quickly.

The product is the first electric hand dryer to be awarded the *Environmental Building News* GreenSpec designation for conserving energy and reducing waste, and is also the first to qualify for the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) program. Despite the prevalence of recycled papers and the increased efficiency of electric hand dryers, it may still be disheartening to know that no matter what you are offered at the conclusion of your public restroom visit you are having some environmental impact.

For those losing sleep over that, there is always the truly green fallback of carrying your own reusable washcloth.

Many employers taking steps to alleviate impact of high gas prices on staff

/CNW/ - Professionals who are feeling pain at the pump may find help from their employers. Eighty-two per cent of executives polled by Robert Half International Inc. said their firms are taking action to reduce the impact of higher gas prices on their teams.

The most common changes reported include increasing expense guidelines for employee-incurred mileage (cited by 62 per cent of respondents), allowing staff to telecommute more frequently (32 per cent) and allowing employees to work from offices closer to home (25 per cent).

Increasing expense guidelines for

employee-incurred mileage costs	62%
Allowing increased telecommuting	32%
Allowing employees to work from office locations closer to home	31%
Encouraging carpooling or ride-share prorams	16%
Raising compensation to mitigate fuel costs	14%
Providing transportation to employees	12%
Providing gas subsidies to employees	10%
Providing subsidies for employees who use public transportation	7%
Other	4%
None of these	18%

"Companies are always looking for tools to help maintain morale and reduce turnover," said Max Messmer, chairman and CEO of Robert Half International Inc. and author of Motivating Employees For Dummies(R) (John Wiley & Sons, Inc.).

"Easing the burden of escalating gas prices can help them accomplish both objectives." Canadian executives were asked, "Which, if any, actions has your firm taken to reduce the impact of higher gasoline prices on employees?" Their responses(x):

Among the 18 per cent of respondents whose firms are taking no actions at present, approximately one in six said their companies would likely try to reduce the impact of higher gasoline costs if prices continue to trend upward.

Executives surveyed also were asked if rising fuel costs have affected their recruiting efforts: 79 per cent said they have not. Eleven per cent reported job applicants are less willing to make lengthy commutes and 9 per cent said candidates are seeking higher salaries.

Additionally, Robert Half International surveyed workers to see how escalating gas prices were affecting their routines.

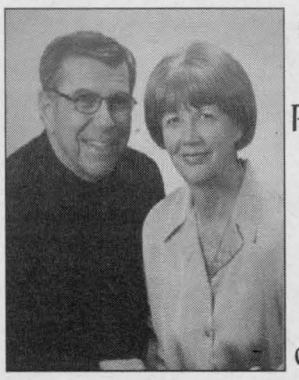
Thirty-four per cent of workers have had their commutes or work arrangements affected by higher fuel costs.

Steps they have taken to ease the burden include more-frequent carpooling or ride-sharing, looking for jobs closer to home, asking for increased compensation and working from satellite offices.

The surveys were developed by Robert Half International Inc., the world's first and largest staffing service specializing in accounting, finance and information technology, and were conducted by an independent research firm.

The survey of managers that was conducted, includes responses from more than 100 Canadian executives.

Everyone Welcome



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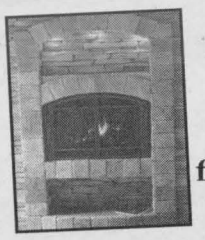

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South Dundas Economic Matters

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



From a farmer's field to your local grocery store, growing food for a nation is a never ending task.

PHOTOS COURTESY OF S&F FOODLAND

The Economics of Farm Size

Farming's unique—a way of life and a business. Like most businesses in recent years, many farms have become larger and more specialized, to stay competitive.

What's Going Up?

Productivity, productivity, productivity – farmers are using fewer resources to produce more food on less land.

Farm size is expanding – while it varies from province to province, Canadian farms grew in acreage by 11% between 1996 and 2001.

Productive land is increasing in the prairies, due to better land use practices. The average age of a farmer is 49.

Education levels

More and more farmers, currently 38% of men and 48% of women have post-secondary degrees compared to non-farmer rates of 49% of men and 53% of women.

What's Going Down?

The overall number of farms has been falling steadily for 50 years. Statistics Canada counted 246,923 farms in its 2001 census down almost 11% since 1996.

The number of small and medium farms is decreasing, 50% of Canadian farms have gross sales of $25,000 or less, and 25% of farms with gross sales of $25,000–$100,000. (1996–2001)

The number of young people in farming is slipping: only 11.5% of us are under the age 35 which leaves many of us wondering about the future of this industry.

It Takes money to Make Money

For every dollar earned in gross sales, Canadian farmers paid out from 83 cents to 91 cents in operating expenses. (2001 Census) As the price of fuel and other essentials outpace income earned, farmers must become ever-more productive to stay in business.

Have big corporations taken over farm ownership?

No. About 98% of farms are family-owned and operated, and are often handed down from generation to generation. It's difficult to describe a "typical" farm or ranch in Canada because every one of them is unique.

Family farms come in several forms. Some are managed by families with one or more members having a job outside the farm to ensure adequate family income. Some are "retirement" farms or acreages.

And some are farms that often have several family members involved and possibly additional paid employees. These larger farms are still family-owned and operated. One key difference is that the family may not need off-farm income to have a good standard of living.

Can we return to smaller, more traditional farms?

No, not unless many Canadians are prepared to leave cities to go back to the farm, work long hours and pay much more for food. With only two per cent feeding the rest of us, it's impossible to go back to many small farms.

People may feel nostalgic for the farms of yesteryear—but those people who lived and worked on them are rarely nostalgic for that very challenging way of life.

The farms' low productivity supported much smaller populations, and food quality and quantity were highly unpredictable.

The challenge today is to feed a growing world population without damaging or depleting soil and other resources.

For this, the past can't provide all the answers.

Food Freedom Day

Did you know that in 2006, Food Freedom Day was February 8?

This is the calendar date representing when the average Canadian has earned enough income to pay his or her individual grocery bill for the entire year.

Canadians enjoy one of the lowest-cost "food baskets" in the world. As a comparison, Food Freedom Day in Iceland was February 27, while in Mexico it didn't come until March 4.

Did You Know?

Saskatchewan has the largest farms in terms of amount of acres farmed.

New Brunswick has the smallest number of farms.

Quebec does not have cattle as its most common farm type.

Nova Scotia produces the most blueberries in Canada.

Quebec has the most dairy cows.

Nova Scotia grows the most Christmas trees.

Quebec raises the largest number of pigs.

Ontario grows the most soybeans.

British Columbia has the highest number of farms producing tree fruits (e.g., peaches & cherries),berries.

Saskatchewan has the largest percentage of certified organic farms in Canada.

Organic farms comprise less than 1.5% of total farms across Canada today.

They're also the fastest-growing segment of Canadian agriculture.

Referencing the website www.farmissues.com and the booklet "The Real Dirt on Farming", published by: The Ontario Farm Animal Council (OFAC), 2006.

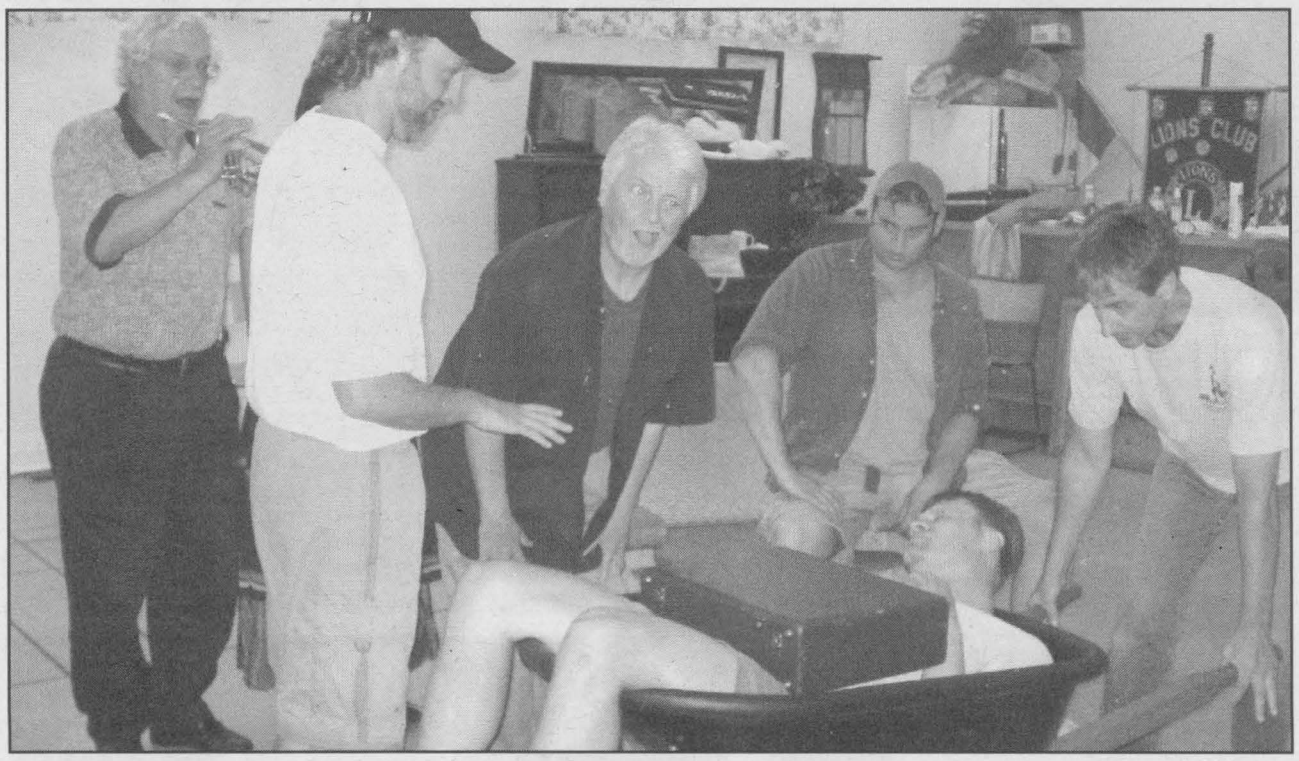


The grocery store is the destination for vegitables and beef products.

PHOTOS COURTESY OF S&F FOODLAND

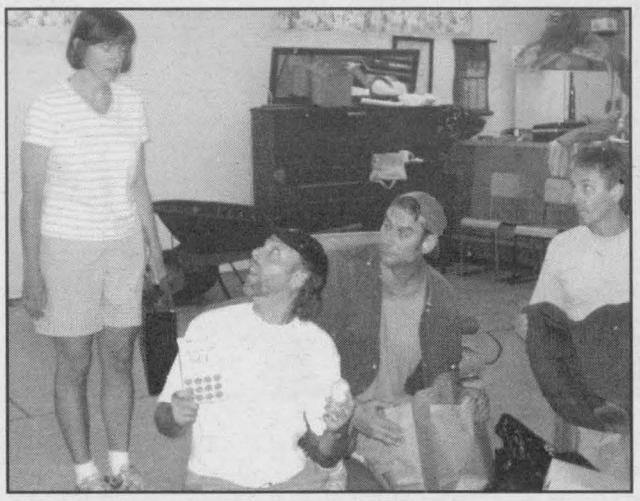
Arts & Entertainment

Tom, Dick and Harry bring more laughs to the Playhouse

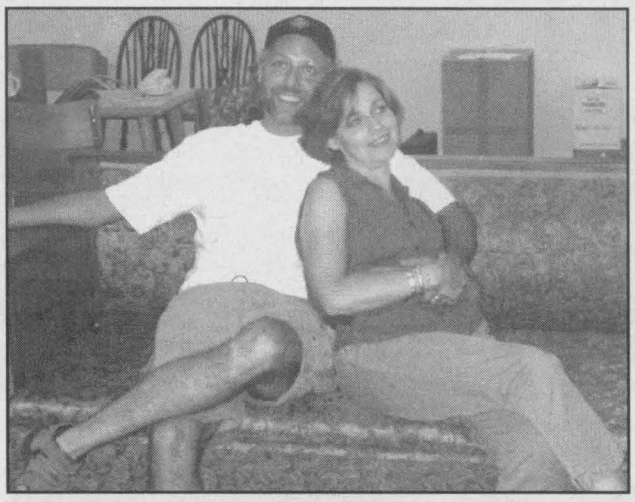


The cast of Tom, Dick and Harry pose for a photograph. In the wheelbarrow is Victor Cornfoot, and standing left to right are actor and director Walter Learning, Jamie Williams, Doug Tangney, Richard Bauer, and Brian Young.

CHIEFTAIN PHOTOS - A. CARTIER



The cast of 'Tom, Dick and Harry' took time last week to talk with reporters and pose for some pictures. In this scene, we see from left to right Jill Harland (Mrs. Potter), Jamie Williams (Tom), Richard Bauer (Dick), and Brian Young (Harry).



Jamie Williams (Tom) and Kathleen Egan (Linda) above, play a husband and wife trying to impress the adoption agency, while brothers Dick and Harry jeopardize the situation in the Upper Canada Playhouse's next offering: Tom, Dick and Harry.

CHIEFTAIN PHOTOS - A. CARTIER

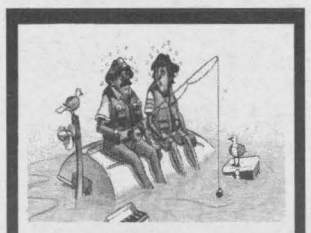
BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

The Upper Canada Playhouse will keep the laughs coming this summer when 'Tom, Dick and Harry' opens August 12 with a number of faces which should be familiar to Playhouse audiences. "Our audiences will be happy to see a return to the stage of some of the actors they enjoyed so much in 'Run for your Wife' and 'Caught in the Net'," stated Artistic Director Donnie Bowes as he introduced the press to the cast last week.

Returning to the Upper Canada Playhouse from these two shows are Jamie Williams, Richard Bauer, and Jill Harland. Walter Learning, who is both directing and acting in 'Tom, Dick and Harry' will be remembered for his role of the hilarious grandfather in 'Caught in the Net' and Brian Young was last seen at the Playhouse in 'Funny Money'. Kathleen Egan, who audiences loved in her role of Anne, has joined the cast as Linda, Tom's wife, and the scantily clad Victor Cornfoot from 'Who's Under Where?' is back, but with more clothes on this time round. Thea Nikolic, who also played a part in 'Anne', as well as Doug Tangney who audiences will recognize from 'Funny Money', 'Over the River and Through the Woods' and 'Anne' round out the cast.

'Tom, Dick and Harry' is a farce written by Ray Cooney and his son, Michael, and revolves around a couple's efforts to make a good impression on a representative from an adoption agency. Tom (Jamie Williams) and Linda (Kathleen Egan), are desperate to impress Mrs. Potter (Jill Harland) and adopt a baby, but they haven't counted on help from Tom's younger brothers Dick (Richard Bauer), and Harry (Brian Young). One can imagine that parents who chose to call their sons Tom, Dick and Harry mightn't have been the brightest, and according to director Walter Learning, Dick and Harry are perceptively from the shallow end of the gene pool.

The action is fast paced as are the laughs as Tom and Linda try their best to woo Mrs. Potter despite the appearance of illegal immigrants and a detective on the scene. Timing is critical, and the cast is busy preparing for opening night. No doubt they will be word perfect, and the audience will enjoy yet another entertaining and fun-filled evening at the Upper Canada Playhouse. The play will run from August 12 to September 3, with previews on August 10 and 11.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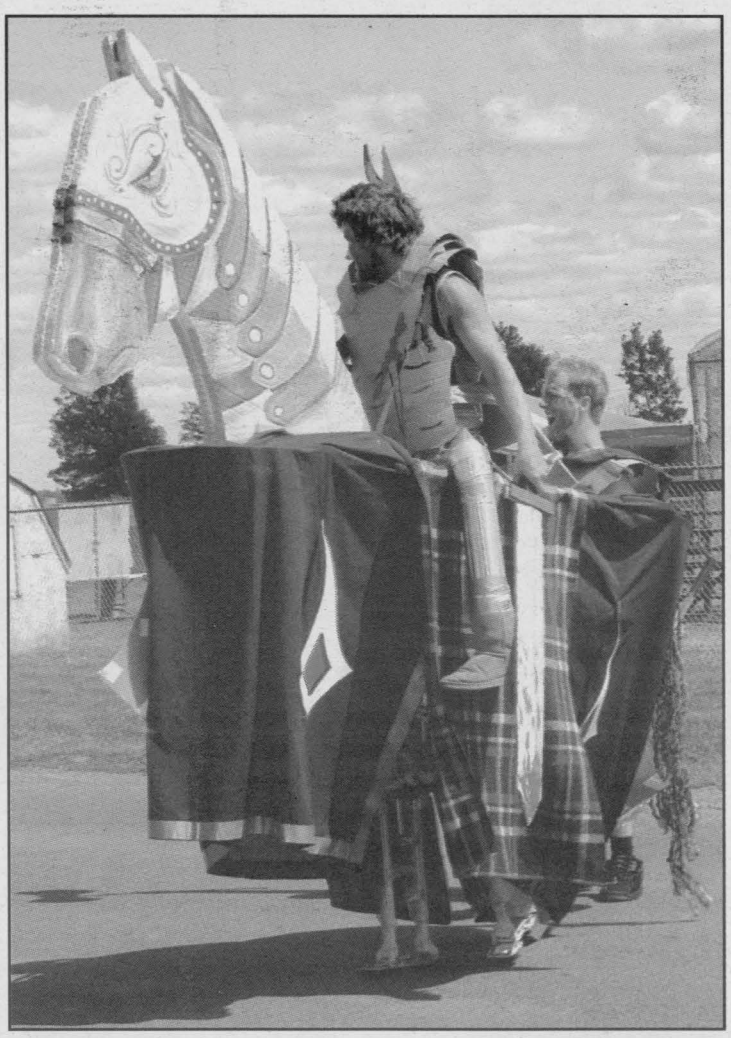
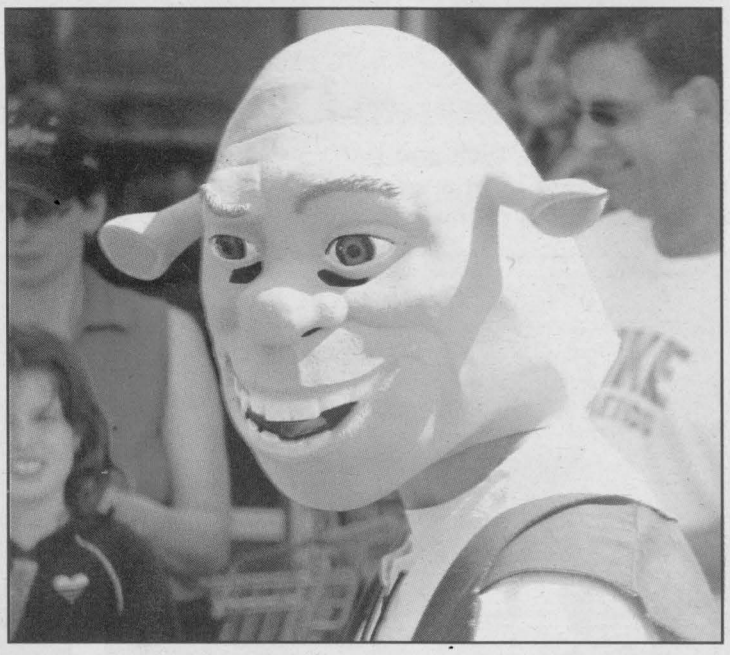


This year's Tubie Parade featured some excellent floats, including two pirate ships and a castle replete with knights. Crowds lined the streets in Morrisburg to catch a glimpse of the parade as it wound through the village. Some of the young at heart in the audience even got some candy for their trouble.

CHIEFTAIN PHOTOS - A. CARTIER







Left: The team captained by Lindsay Waddell and paddling the 'Rocket' came in second place. From left to right the team members were Ashly Cooper, Greg Millard, Dave Millard, Billy DeJong, Jane Locke, and Lindsay Waddell.

CHIEFTAIN PHOTOS - A. CARTIER

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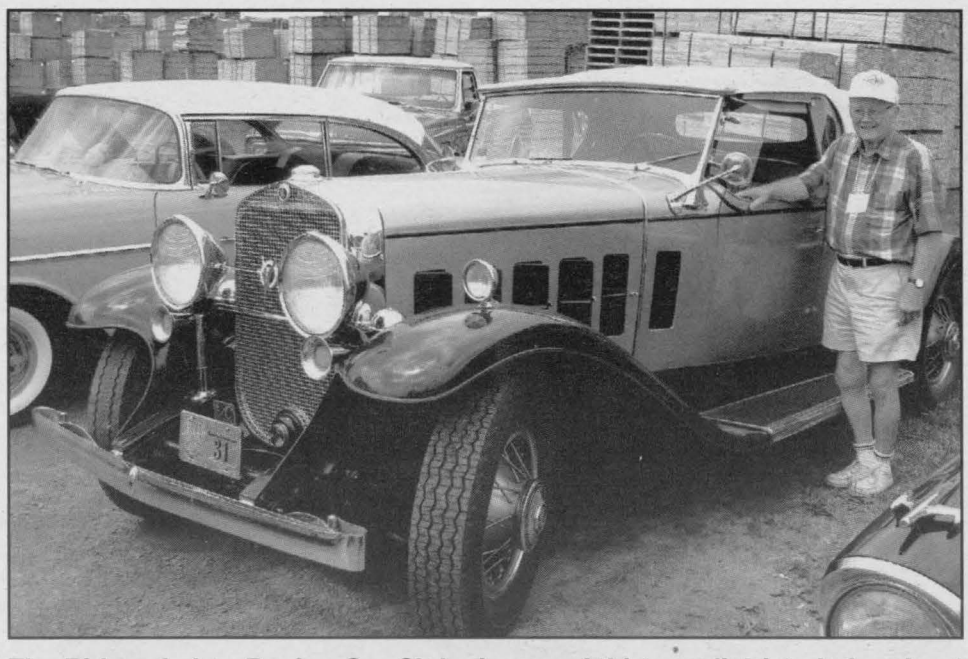




The Rideau Lakes Region Car Club, is one of thirteen districts belonging to the Antique and Classic Car Club of Canada. The Rideau Lakes Club hosted a lunch at the Iroquois Legion last week. The South Dundas Chamber of Commerce along with South Dundas Township partnered to bring the club to Iroquois. Above: Cecil Simmons stands beside his restored 1931 Cadillac. Above, right: Standing in front of a 1969 Roadrunner are, left to right: Rideau Lakes District President, Ivan Wallace, South Dundas Mayor Lyle Van Allen, Legion President, Darlene Riddell and South Dundas Chamber of Commerce First Vice President, Dick Kropp. The Chamber presented each member of the Rideau Lakes club with a promotional package that included a South Dundas pin, area maps and promotional material.

CHIEFTAIN PHOTOS - J. MORIN

Antique Car Club of Canada comes to Iroquois Legion

BY JOSEPH MORIN
CHIEFTAIN STAFF REPORTER

Close to 200 antique car enthusiasts dropped by the Iroquois Legion Branch lounge on Wednesday afternoon, August 2, bringing with them their prized collection of antique cars.

The Rideau Lakes Region, one of thirteen districts that make up the Antiques and Car Club of Canada, hosted the event in Iroquois.

"Every year," says the club's past president, John LeGue, "we have a national tour. This will be the third time that the Rideau Lakes Region has sponsored it".

The group filled the Legion dining hall to overflowing. Legion President, Darlene Riddell welcomed the group and said, "It is nice to see such a good group here," addressing the nearly 200 members as they sat down to eat lunch, she added, "There are some fantastic cars outside as well,"

The Legion's Ladies Auxiliary came up with a great meal that left the antique car club members with little doubt that they had picked the right spot to host their lunch.

South Dundas Mayor, Lyle Van Allen was on hand to greet the group and after the lunch gave a brief presentation about the history of the Seaway. The plans to enlarge the Seaway go as far back as 1919 said the Mayor.

"Five villages disappeared and two new ones were creates," said Van Allen. "Five hundred summer cottages were moved or destroyed," he added.

Present at the luncheon was club member Cecil Simmons from the Durham Region.

His prized possession, the only one in Canada, is a restored 1931 Cadillac. Mr. Simmons, now 87 years old took four years to build the car, starting only with its original chassis and fenders.

Mr. Simmons comes by his ability to put machines back together honestly. He enjoyed a long career as an mechanical engineer from 1942 till 1983 and pursued his hobby when he retired.

"I retired one day and went to work on the car the next," he says.

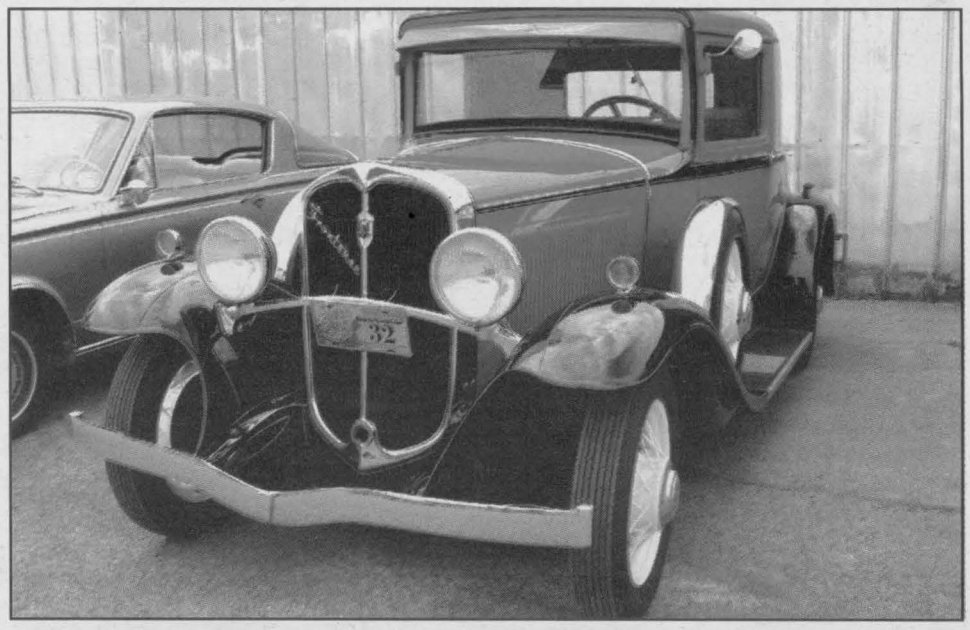
His Cadillac is the only one of its kind in Canada due to its unusual V8 Roadster engine and rumble seat.

Most of the interior of the vintage car had to be painstakingly rebuilt by hand, including the wooden roof beams that hold up a cloth-covered roof. It does not have glass in its windows but rather plastic fitted panels. that have to be removed if the driver wants to have an open window.

Mr. Simmons had purchased the car in the 60's originally intending to save it for parts should he want to have a hobby when he retired.

In the end, he decided to make this particular antique the center of his attention and the car became the recipient of parts from other vintage cars from all over the country. "It took four years working on it full-time," he said, "and then five more months working on the engine."

Mr. Simmons modestly points out that he does not drive it in Highway 401. "It is a little too fast for me," he jokes. The car cruises best at 55 miles per hour but he says that he has had it up to 80 and 90 miles per hour. "It has been a lot of fun having this car," he said as he prepared to continue the club's tour after the Legion lunch.



In the photo above is a beautifully restored 1932 Frontenac. Below is a 1966 Ford mustang. In the photo, bottom left, is a hood ornament that illustrates the artistry and craftsmanship that was a trademark of a young North American car industry.

CHIEFTAIN PHOTOS - J. MORIN





Sports

Gold, silver medal for Van Dodewaard of Horton

BY STEVE NEWMAN
RUNGE NEWSPAPERS

Caitlin Van Dodewaard of Horton Township is back from the Ontario age-group track and field championships in Windsor with a pair of medals.

She collected a silver medal in discus and gold in the shot put in the juvenile age group.

However, a raging migraine threatened to sideline the 17-year-old thrower's weekend. Athletes were also competing in the bantam and midget championships as Van Dodewaard's club, the Ottawa Lions, came away with the overall team title at the University of Windsor.

More critical to Van Dodewaard's development as a thrower, she produced a personal best and big improvement on what had been a promising, but otherwise uneventful discus event Friday.

She had only thrown 34 metres, with two shorter throws and two faults, in the first five of six rounds. But, as she stepped into the throwing circle, an official and former elite thrower whispered, as a small note of advice, "Rhythm."

That appeared to be the turning point.

"I just went for it," recalled the teenager. "I refused to walk away with a 34-metre throw."

Despite the shorter throws and fouls in the earlier rounds, Van Dodewaard says she wasn't frustrated. In fact, she entered the final round, "surprisingly calm ... I was very calm."

She admits she's been working on being less agitated when things aren't going quite right. For good reason, she says: "To let things not bother me and realize what I can do."

The throw, which reached 40.49 metres, was a personal best for Van Dodewaard, who had thrown 39.02 at the Eastern Ontario Secondary Schools Athletic Association championships.

"It felt good," she said of her silver-medal toss. "It felt like I was throwing air."

The win went to Dana Bee of Grimsby with a throw just over 42 metres.

Van Dodewaard's shot put, the next day, also went well, despite another sluggish start.

Her best throw was 10.99 metres, trailing the leading throw of 11.02, heading into the final round.

Again, she refused to finish on a disappointing note.

Her subsequent throw of 11.71 metres gave her the gold medal, about a week after she set a personal best of 12.26 at an Ottawa twilight meet.

With two medals in her bag, she expressed satisfaction with her ability to battle back.

Although she has a recent history of migraines, she says she's never had to overcome one in the middle of competition.

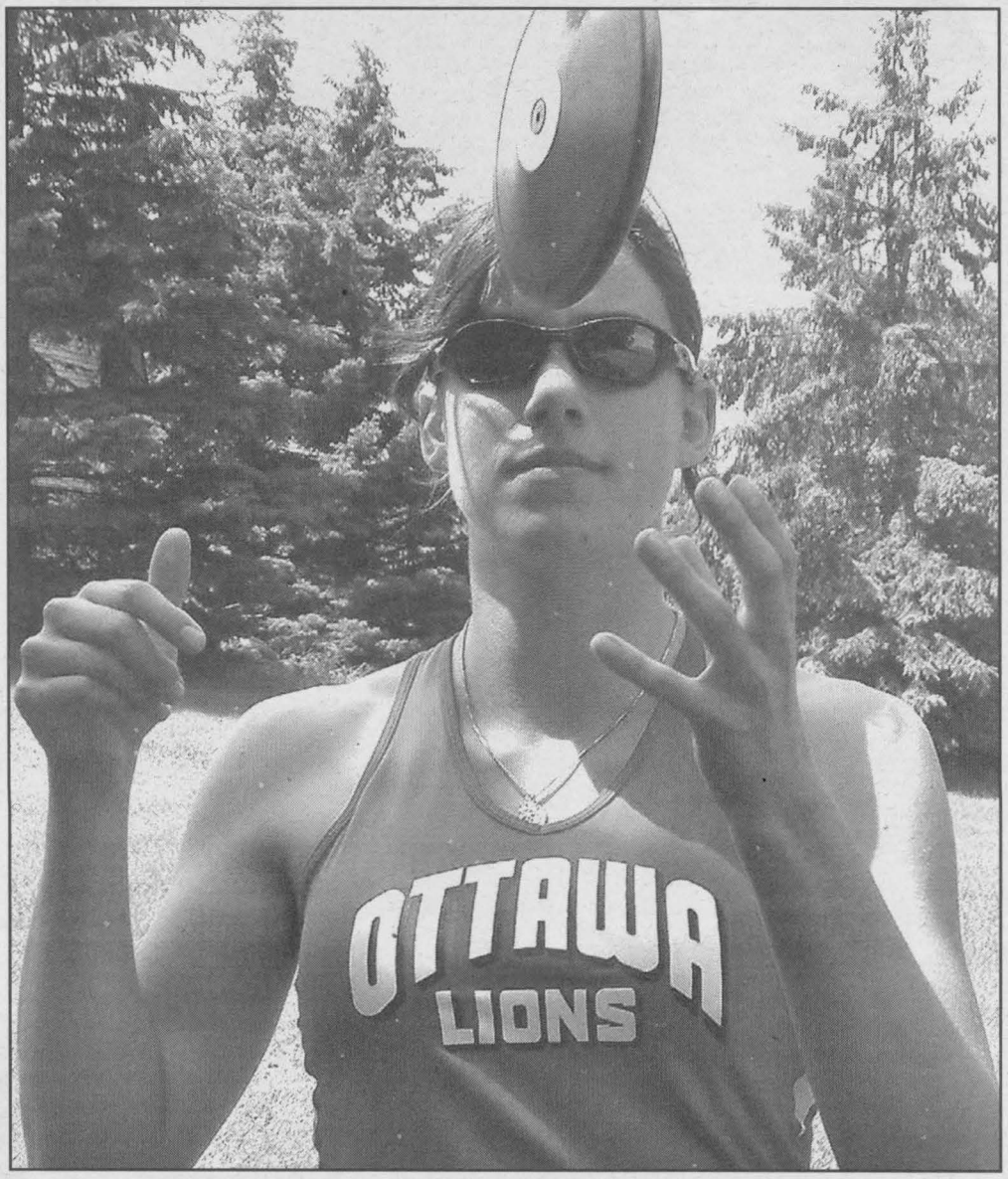
"It's so hard to concentrate because your mind goes into an absolute blur and you can't think of anything," she explained.

"It was a great, great weekend," said Van Dodewaard's Ottawa Lions coach, Darrin Reesal.

"We're very pleased she set a personal best in discus."

In taking the overall team title, the Ottawa Lions' successes at the Ontario age-group championships included Paul Ausman, who won the midget boys' javelin with a throw of 53 metres.

Now Van Dodewaard continues training, in preparation for the under-17 division of the Royal Canadian Legion age-group nationals in Burnaby, B.C.



Caitlin Van Dodewaard spun the discus a personal best of 40.49 metres to win the silver medal in the juvenile age group. The occasion was the Ontario age-group championships in Windsor. MERCURY PHOTO - STEVE NEWMAN

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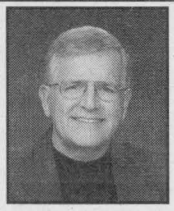

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Ontario's nurses ask provinces tough questions

A letter to Canada's premiers from Ontario's nurses: address fiscal, social and environmental gaps between all Canadians

/CNW/ - As Canada's premiers entered the Council of the Federation's annual meeting last week, the Registered Nurses' Association of Ontario (RNAO), asked them to address three types of imbalances: fiscal; social and environmental.

The key discussion item at the meetingwill be the fiscal imbalance and equalization payments, and RNAO urges the premiers to address inequities between the provinces and the federal government in a way that will benefit all Canadians.

Premiers, we must make sure that our social safety net continues to stretch from coast-to coast-to-coast. Resources are needed from the federal government. But to be effective, they must come with strings attached. Federal funds must be targeted to areas that Canadians consistently say are their top priorities, including publicly funded, universally accessible health care; pharmacare programs that prevent Canadians from having to choose between life-saving drugs and financial ruin; social programs that ensure Canadian children grow up healthy; and protection of the environment, including meeting Canada's commitments on climate change.

Achieving these goals will take more than simply paying lip service to the idea that someone who lives in Calgary has the same access to social services, including health care, as a fellow Canadian in rural Prince Edward Island. This is particularly true of reducing surgical wait times. We ask the premiers to remember that reducing surgical wait times can, and must, be achieved within the scope of our publicly funded health-care system. We ask them to remember that, time and time again, not-for-profit delivery has proven to be more cost-effective. And, we remind them that concerted efforts to train the right mix of health-care professionals, including nurses, and nurturing interdisciplinary work must continue so that Canadians have increased access to care by seeing the right health professional in the right place and at the right time.

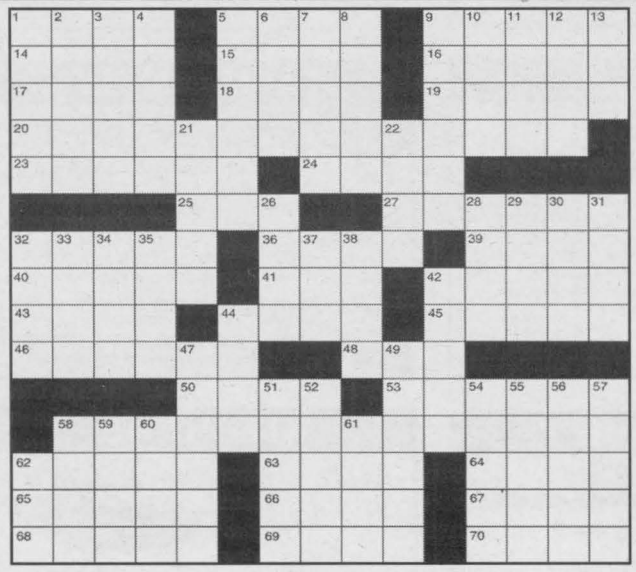
We also ask the premiers to remember that reducing surgical wait times is only one piece of the health-care puzzle. Committing to reducing wait times for primary health care and home health care continues to be imperative to ensure we support Canadians to stay healthy, or recover from illness in the comfort of their own homes.

We urge the premiers to work with the federal government to advance a made-in-Canada pharmacare program by immediately moving to implement the National Pharmaceutical Strategy, first proposed at 2004's First Ministers' Health Summit in Niagara-on-the-Lake. The fact is, only one in 10 Canadians has access to insurance that will cover full drug costs outside the hospital system. This is a gap that has a very real, very harmful effect on millions of ordinary Canadians every day.

We also remind the premiers that health is more than just health-care. According to Campaign 2000, more than one million Canadian children and their families continue to live in poverty - a key indicator of health outcomes. Premiers, if you truly want to strengthen the Confederation, please invest in the generation that will lead our country in the years to come. Low-income children are more likely to have health problems, including those that come about from simply not having access to good nutrition. Poverty can also impede a child's ability to access high-quality pre-school programs that lay the foundation for success in school and life-long learning. We cannot allow Canada, one of the richest countries in the world, to deprive its children of the most basic necessities of life: decent nutrition and shelter. We must offer Canada's children opportunities that will enable them to grow into competent and skilled workers. This is vital for our children and for our nation if we are to compete in the global market. A national child-care program and a housing program are desperately needed to close the social gap we are experiencing within, and between, jurisdictions. These programs would also strengthen the leadership role of our federal government.

NURSES TURN TO PAGE 19

Chieftain Crossword Puzzle



Clues Across

1. Remove water
5. Not cons
9. Japanese brews
14. ___ Von Bismarck, Iron Chancellor
15. ___ Nui, Easter Island
16. Knee bending moves
17. You
18. Opaque gem
19. Amir (var.)
20. Land of the free
23. St. Francis of ___
24. Watering places
25. Fed
27. East Indian annual herb
32. Internment camp
36. A strong cord
39. Ancient Greek coin
40. Having wings
41. Patty Hearst's captors
42. A type of sword (var.)
43. What a carrier delivers
44. Not alive
45. Canid
46. Improve nutritional value
48. Springs resort
50. Swiss river
53. American songbird
58. 925/100
62. ___ Rense, "Architectural Digest" editor
63. Seasoning
64. Private school in New York
65. Halos
66. Perp_____l: never ending
67. Substitutes, abbr.
68. Trudges
69. Close up the eyes
70. A portion of medicine

Clues Down

1. Pieter ___, South African statesman
2. Greek mountain
3. Piece of news
4. Loss of Energy Expectation Index (abbr.)
5. Net income
6. Wholly absorbed
7. Family Lampridae
8. Starchy food from dried tubers
9. Not widely distributed
10. ___ Mater, one's school
11. Ukraine capital
12. Computer Society
13. New Chevy truck model
21. A tributary of the Missouri
22. Support
26. Goidelic language of Ireland
28. Primitive domestic sheep
29. Maine museum
30. Dawn
31. R_____se: free
32. An amusement or pastime
33. Union List of Artist Names (abbr.)
34. Wild animal's den
35. 2nd husband of Gudrun (var.)
37. Spanish hello
38. Digs
42. Lampchop's creator
44. Vegan Indian dish
47. Softly stroke
49. About mail
51. Moves upward
52. Hyph_____: separate words
54. Homerian epic poem
55. Convex moldings
56. Springtime fastings
57. Remove
58. First king of Israel
59. Fla_____n Bldg.
60. Oh, God!
61. Adhesive substance
62. Soft food for infants

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

Don't underestimate the hazards of heat stress

Hot temperatures combined with factors such as high humidity, hard physical work, loss of body fluids, fatigue or some medical conditions can put stress on the body's cooling system. When this happens it can lead to a heat related illness or disability or even death.

When it's hot you need to drink a lot of fluids, dress appropriately and recognize the signs of heat stress which include rashes, sunburn, cramping, fainting, excessive sweating, headache and dizziness. If heat exposure is an issue in your workplace, you need to develop and implement policies to prevent heat-related illnesses.

Who's at risk?

Heat stress can happen to anybody, even the young and fit, and heat exposure may occur in all kinds of workplaces. Industrial furnaces, bakeries, smelters, foundries and worksites with heavy equipment are significant sources of heat at workplaces. For outdoor workers, direct sunlight is the main source of heat.

Ideas for preventing heat stress

A Workplace Safety and Insurance Board (WSIB)-funded research study on the effects of heat stress on firefighters on the job identified the following findings that may help other workplaces: Work and rest schedules are not always an effective strategy to lower body temperatures. When temperatures exceed about 30°C other strategies should be incorporated with work rest scheduling. Active cooling strategies such as air conditioned environments, access to fans and water misters and specific actions like forearm submersion may effectively reduce heat stress during rest periods when protective clothing can be removed. Effective fluid replacement and active cooling strategies during rest periods can help reduce the risk of heat stress to the worker.

Controlling heat stress

You should take a week or two to get used to the heat and allow your body to adjust. This is called "acclimatization". Be aware that if you are away from work for a week you may need to re-adjust to the heat. Engineering Controls – Air-cooling systems, fans and insulating and reflective barriers around furnaces and machinery can help to reduce heat exposure and control workplace temperatures and humidity. Administrative Controls – Ensure that there are appropriate monitoring and control strategies in place and be ready to take appropriate action for hot days and hot workplaces. To prevent heat stress, increase the frequency and the length of rest breaks and slow down the pace of work.

For more information to help you understand and control the hazards of heat stress, visit the WSIB's website at http://www.wsib.on.ca/wsib/wsibsite.nsf/public/PreventHeatStress or view the Ontario Ministry of Labour Heat Stress Guidelines at http://www.labour.gov.on.ca/english/hs/guidlines/gl heat.html.

Ontario preparing for a delay in vaccine production

Chief Medical Officer of Health working with health care partners, Public Health Agency of Canada

/CNW/ - Ontario is taking steps to prepare for an expected delay in vaccine production, Dr. Sheela Basrur, Ontario's Chief Medical officer of Health said today.

"Ontario's universal flu vaccine program will begin later this season than in previous years due to an international vaccine production delay," said Dr. Basrur. "We are working closely with the Public Health Agency of Canada, who leads the purchase of flu vaccine on behalf of the provinces and territories." Delay in production of influenza vaccine is a global concern.

In response, Dr. Basrur has informed Ontario's public health units of the delay, and will be working with health care providers to develop a plan to ensure those most in need, such as the elderly, receive the vaccine on a priority basis once it becomes available.

"We can all look after our health by eating healthy foods, being physically active and getting enough rest," said Dr. Basrur. "In addition to vaccination, regular handwashing is an excellent way of reducing our exposure to infectious diseases."

Forest fire prevention is everyone's responsibility

Ontarians should make every effort to help prevent forest fires, Natural Resources Minister David Ramsay announced today.

"While the fire situation has improved somewhat of late, I urge people to take every precaution when they are outdoors to prevent any human-caused fires," said Ramsay. "We all need to do our part, especially when we're having such a hot summer."

There are currently 57 active fires across Northern Ontario, with most in the northwest. To date, there have been about 1,096 fires that have burned some 20,130 hectares. This is an improvement over last year's fire season when 1,202 fires had burned some 37,242 hectares by the August long weekend.

Ontario's forest fire fighters have been busy fighting fires in Ontario and western Canada. In early July, Ontario responded to requests for assistance by providing over 300 fire personnel and equipment to British Columbia, Manitoba, Alberta and Saskatchewan to help fight a number of large fires that were threatening communities and resources.

When personnel and equipment returned to Ontario, the forest fire hazard had increased and hundreds of new fires had to be fought in the following weeks. Over 589 new fires started in the province, with over 100 new fires reported in one day.

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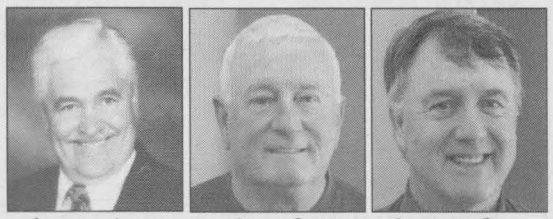

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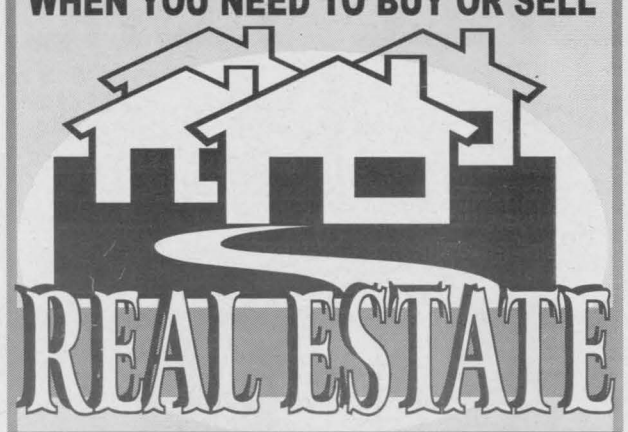

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OPEN HOUSE: SAT 11:30AM - 1PM



$126,900 638 East, Cardinal. 3-Bdrms/2 full baths. Updates: Flooring, windows, doors, shingles, flooring, gas furn, 100 amp, all rooms reinsulated; a/g pool, awesome gardens!!

OPEN HOUSE SAT: 1:30 - 3 PM



$113,000 - 2127 Dundas, Cardinal. 4 bdrms, 2 baths, newer kitchen cabinets, hrdwd dnstrs, steel roof, master bdrm w/ private rear balcony, newer double garage.

OPEN HOUSE SAT: 3:30-5 PM



$118,000 13 Irving, Spencerville. Entertain your guests in the grand room or on rear deck 35'x10'. Huge, private backyard. 2 full bathrooms. Update shingles, electrical, windows.

OPEN HOUSE SUN: 1:30-3 PM



9 Brodeur, Morrisburg -$79,900; **REDUCED** Power of Sale-2+1 bdrms/2 baths; Newer Lennox gas furnace. Updates: Lennox gas furn, central air, 100 amp serv. plumbing, shingles, most windows

OPEN HOUSE SAT: 3:30-5 PM



46 Carraway, Morrisburg - $84,900 3 bdrms/1.5 baths. New laminate flooring, new bath/kitchen cabinets, brand new shingles, parking for 2 cars.

NEXT SATURDAY'S OPEN HOUSE: 4292 Schell Street, Williamsburg. $169,800

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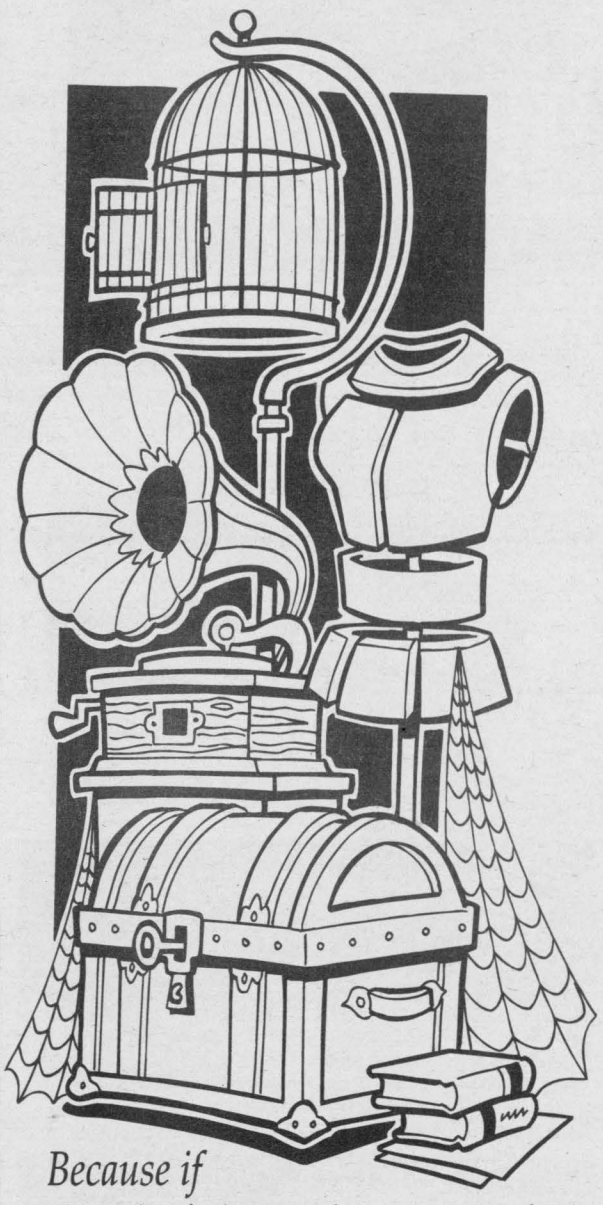

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1995 CHALLENGER, 37', bedroom and large living room and slides, great shape. 613-302-4164 or 613-433-7370, $27,000

2000 KAWASAKI KLR 650, 32,489km, never dropped, stage 2 jets, supertrap, tires 2 months old, $3,200. 613-433-7370 after 6pm or cell 613-302-4164

2003 FIRECAT 700 EFI, 1500km, reverse, $6200, dual carbides, luggage and cover. 613-433-7370 after 6pm or cell 613-302-4164

2003 FIRECAT 500, 2500 miles, $4600, dual carbides, luggage and cover. 613-433-7370 after 6pm or cell 613-302-4164

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WINCHESTER 30-06 Model 70 Springfield, scoped, $525. Call 613-387-2577 after 7:00pm. Serious enquiries with PAL only

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YARD SALE

LAWN SALE, 6 Oxford St. W. Kemptville, August 12th at 8am. Some items: new shower, travel tent, tools, microwave, trunk, end table and much more. Will bargain

Sat. August 12, 8 - noon, 9 Jean Marc Dr., Oxford Mills. Household items, tools, etc

SATURDAY, AUGUST 12th, 9:00 - 3:00, 1052 Hwy 43, halfway between Kemptville & Merrickville. Golf clubs, kennels, canning jars, dishes, DR goaltender's pads, photography supplies, bats/balls, books...

SATURDAY, AUGUST 12 from 8:00am - 4:00pm, 11747 County Rd. 18, Doreen Empey. Microwave, TV, electronics, sewing machine,washer & dryer, furniture, books, tables. Something for every room. Raindate August 19

FOR RENT

1 BEDROOM APT., Kemptville, available immediately, references required. 613-258-4677.

2 BEDROOM APT, KEMPTVILLE, fridge, stove, $720/month plus hydro, first, last & references required. 613-258-3520

2 BEDROOM CONDO APT. available August 1st, adult life style, no pets, secure building, $675 per month plus utilities. Lionel Mohr 258-2626

2 BEDROOM DUPLEX, Mountain, utilities included, $900/month, references. Call 613-989-2654

215 SANDERS, KEMPTVILLE - newly renovated, bright, large 1 & 2 bedroom apts from $625. Call 613-223-6174 or 613-728-2000.

3 BEDROOM BUNGALOW in Mountain at 2231 County Rd. 1, $800 plus utilities. Call 613-989-5340

3 BEDROOM APT, centrally located, Kemptville, available Sept. 1, references required. 613-258-4677

ADULT APARTMENT, Kemptville area, available Sept. 1, on water, no pets, heat & hydro included. Call 613-258-2670

COUNTRY LIVING, semi detached 2 bedroom Apt, 4 appliances included. Heat & hydro extra, quiet, mature, non smoker, no pets. 989-3908

IROQUOIS, THREE BEDROOM renovated house, available immediately, $675 plus utilities, first and last. Call 613-821-4647

KEMPTVILLE, LUXURY, 3 bedroom home, quiet, yard, deck, clothesline, 3 car garage, $1375 per month. 613-565-9330

KEMPTVILLE, 2 BEDROOM HOUSE, 1½ baths, large garage, front deck, quiet street, fridge, stove and water included, available immediately. 613-838-5688

KEMPTVILLE. LARGE BACHELOR APT, available Sept. 1, $540 plus hydro. 1 Bedroom Apt., available immediately, $675 plus hydro. Very clean, no pets, first, last & references required. 613-868-9716

MODERN 3 BEDROOM TOWNHOUSE in Iroquois for sale or rent. Partially finished basement, 1½ baths, freshly painted, $650 per month plus utilities or asking $86,000, available September 1st. Call 613-826-1414

FOR RENT

MODERN, 2 BEDROOM, half duplex, 10 minute walk to Kemptville, 2 baths, ensuite jacuzzi, 5 appliances, available Sept. 1, $1050/month, hydro included, heat extra, last month paid in 3 installments. Dan 613-913-3354 or 613-821-2207

OFFICE FOR RENT IN WINCHESTER (MTO Building), 900 square feet. Call 613-652-2069, 1-800-361-3305.

ONE BEDROOM DUPLEX, second floor level in Kemptville residential area close to shopping. Two car parking and a back yard. Comes with fridge, stove, clothes washer and dryer plus gas fireplace and an air conditioner. Very nicely renovated at $750 per month includes heat, hydro and water. Available Sept. 1. 613-294-8605

ONE BEDROOM fully renovated apartment in Kemptville. Fridge & stove, no pets. $ 650/month plus hydro. Available immediately. First and last required. Call Donna 613-258-1262

ROOM FOR RENT in furnished 2 storey house, shared accommodations, in the Village of Mountain, $350/month, no pets. 613-989-3077

STUDENT - BOARDER WANTED. Completely furnished, lovely 2 storey duplex in Mountain, 10 minutes from Kemptville, male or female, references required, use of laundry, parking, satellite TV, treadmill, utilities all included, $400/month. Call Debby 613-989-3500 or 613-853-6995

STORAGE

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

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

WANTED

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

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ARE YOU SERIOUSLY LOOKING for a lucrative business you can start today. Free 2 minute message. 1-800-631-2051

LOST & FOUND

FOUND TEDDY BEAR on French Settlement Rd., Kemptville on August 3, 2006. 613-258-3851

HELP WANTED

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

DISHWASHER - DAY SHIFT, Monday to Friday. Five Star Restaurant, Kemptville Mall. Call Cathy at 613-258-6026

JOB OPENING: Available immediately, Saturday, Thrift Shop sales staff, 4 hours per week. Send résumé to: House of Lazarus, 2245 Simms St., Mountain ON K0E 1S0, Attention: Executive Director

LICENSED MECHANIC or EXPERIENCED APPRENTICE required. Competitive wages and benefits available. Fax résumé to: Attention Glen at 613-652-2900, Towtal Cartage Auto Transport

LOCAL RETIREMENT HOME is looking for mature, reliable individual who enjoys working with seniors. Cooking experience preferred. 613-258-0695

PARTS PERSON and GENERAL LABOURER wanted. Competitive wages and benefits available. Fax résumé to: Attention Glen at 613-652-2900, Towtal Cartage Auto Transport

RIDEAU GLEN GOLF COURSE is looking for indoor and outdoor staff for fall employment. Drop résumé off at the Club House, 111 County Rd. 44, Kemptville

HELP WANTED

WESTERGREEN FARM (Gerald & John Westervelt) are presently seeking to hire a morning milker, approximately 3 hours per morning, 5-6 days per week. Primary responsibility will be to prepare equipment for milking, move cows as needed for milking, perform milking duties in an efficient manner following standard procedures, and clean up milking area and equipment after milking. If interested please send résumé to: Westergreen Farm, 11245 Smail Rd., Brinston ON K0E 1C0, email: fastword@mor-net.on.ca fax 613-652-4310

WOOD FINISHER WANTED for custom mill workshop. Good pay, steady hours and benefit package. Fax résumé to 613-622-5853

CHILDCARE

AFTER SCHOOL JOB: responsible student required to take care of two children, aged 9 and 12, after school, two to three days a week. Please send references to P.O. Box 1402P, Kemptville, Ont., K0G 1J0

BALLS OF FUN HOME DAYCARE. A bright child friendly place to play, sing, make crafts, read stories and have lots of fun. CPR/First Aid certified, receipts available. Call 613-258-7277

HOME DAYCARE. Bilingual, full/part time positions available for August. Nutritious meals and snacks, fenced yard, Beach Rd. area, Oxford Mills. Call Chantal 613-258-4491

NEW DAYCARE OPENING in Iroquois, across from Haldane Pk. Twenty one years experience. Interviewing for September childcare, ages 6 and up. Receipts provided, excellent references, sign caregiver contract. Features lots of fresh air, nutritious snacks, crafts homework club, theme days and just plain fun (lots of toys). Call Sharon at 613-652-4427 for interview.

TUTOR

TUTOR AVAILABLE. Get a head start on school preparation for the new school year. Review your skills in Math, Reading, Science and French. Qualified teacher with experience working with children aged 5 - 12 years. Available to tutor. Call Dana Hasson at 613-652-2214

PERSONALS

IN THANKS FOR FAVOURS RECEIVED. Repeat this prayer 9x daily for 9 days with promise to publish. Most Sacred Heart of Jesus, may Thou be most revered, adored and glorified throughout the whole world. Amen. LC

YOU AREN'T GOING TO MEET ANYONE lying on the couch with a remote in your hand. Call Misty River Introductions (613)257-3531

COMING EVENTS

MIXED PARTY in honour of ANGIE THOMPSON & JOHN RAYCROFT, Saturday, August 19, 2006 8pm - 1am. Prescott Fire Hall, Centre St. Tickets at the door or call Amanda 613-227-1528

NOTICE

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

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

CARD OF THANKS

COLLINS: All of us at Parcoll Products Ltd. would like to thank our customers and friends for the lovely cards, flower arrangements and monetary donations given in our Grandfather, Wm. C. Collins (Bill's) memory. Thank you also for your understanding of the closure of our stores on Tuesday, July 25, 2006 so we could allow our staff to pay their respects. It fills our hearts with gratitude to live and work in these wonderful communities. Your thoughtfulness will always be remembered.

IN MEMORIAM

ANGEL, GARRY - August 10, 1999

GAGNON, HAYDON - August 8, 1999

Those we love don't go away,
They walk beside us everyday.
Unseen, unheard, but always near.
Still loved, still missed and very dear.
Lovingly remembered, Marilyn and family

GAGNON, HAYDON ADDISON born asleep August 8, 1999. Destined to be an Angel.
Sadly missed along life's way
Quietly remembered everyday.
No longer in our life to share,
But in our hearts he's always there.
All our love, Mommy, Daddy, Abigaile and Rowen

LENNOX, RUSSELL: In loving memory of a much loved Husband, Dad and Grandpa, who left us August 9, 1998.
We know you're watching over us. Always in our minds and hearts.
Wife Anna, children Edith, Debbie, Ron, Tim and families

IN MEMORIAM

O'ROURKE: In loving memory of a dear Husband, Father and Grandfather, Clarence O'Rourke, who passed away August 7, 2003.
We will always remember,
The way you laughed,
The stories you told,
The guidance you gave.
What we will always know
Is the love we shared,
The sacrifices you made,
The example you were.
What we will feel is your love.
As we remember you,
Know that you are being thought of
With great love that lasts forever.
You are greatly missed and loved by your wife, Beverly, all your children and grandchildren

WORKMAN: In loving memory of a dear Husband, Father, Grandfather and Great Grandfather, William Donald, who passed away August 12, 2005.
God took him home, it was his will
But in our hearts, we love him still.
His memory is as dear today,
As in the hour he passed away.
We often sit and think of him
When we are all alone,
For memory is the only friend
That grief can call its own.
Lovingly remembered by wife Doreen and family

ANNOUNCEMENTS

Please join us
for afternoon tea and treats
in celebration of our parents
50th Wedding Anniversary



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Mr. and Mrs. Karl Kirkwood are proud to announce the wedding anniversary of their daughter Carole to Wayne Holmes. They were married on July 29, 2005.

50645-3206

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Resume and covering letter must be received by Aug. 21, 2006. Quoting file OCWA-39/ER, send to: Ontario Clean Water Agency, Ottawa Valley Hub, 122 Patterson Cres., Carleton Place, ON K7C 4P3. Fax: 613-253-8069.

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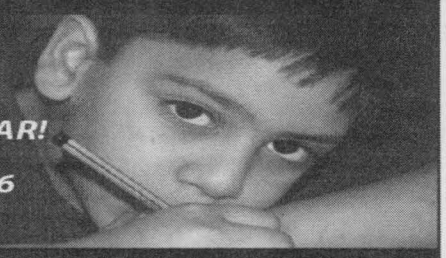

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The Iroquois **Chieftain**

NURSES
FROM PAGE 14

Canadians are also concerned about our country's very poor environmental performance, and growing evidence of the adverse impacts of environmental degradation and global warming on human health.

The environment is a well known determinant of health, and Canadians expect the federal and provincial governments to take effective measures to protect the environment from further decline.

Addressing all of these fiscal, social and environmental imbalances is within the scope of our premiers to achieve. We know you have the commitment and dedication to address them.

We ask that you don't compromise them by giving in to the short-term political gains to be made by cutting taxes.

Tax cuts have already severely strained the government's ability to provide social services that are essential in modern society.

Further reductions in taxes will continue to fray the social safety net, and widen the gap between the rich and poor.

Canadians are also concerned about our country's very poor environmental performance.

Canada's corporate taxes are already lower than those in the United States, and the savings corporations enjoy because of social programs like our universally accessible health-care system make Canada a logical and cost-effective place to do business; the auto industry's continued investment in Ontario is a testament to that.

We urge you not to mortgage our future by allowing further tax cuts today.

Nurses have a vision of a Canada where solutions to fiscal imbalances mean all Canadians have equal access to programs that allow them the opportunity to live healthy, productive lives.

We hope that the premiers will share our vision, and work together to lead a country where each citizen is equally empowered to strengthen the Confederation. Nurses are always eager to work with you to build success.

Best wishes on your deliberations.

Mary Fergsuon-Paré, RN, PhD, CHE
President
Registered Nurses' Association of Ontario
Doris Grinspun, RN, MSN, PhD (c), O. ONT
Executive Director
Registered Nurses' Association of Ontario



Two girls from Hallville had the thrill of a lifetime when they met Prime Minister Stephen Harper during the National Caucus meeting, which took place over three days, in Cornwall. From left: Alyssa Neelin, Stormont-Dundas-South Glengarry MP Guy Lauzon, Harper and Brittany Neelin. The girls attend Holy Cross School in Kemptville.
SUBMITTED PHOTO

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PERSONALS

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DON'T spend another summer boating, swimming and BBQing alone. Call MISTY RIVER INTRODUCTIONS. (613) 257-3531

PAY TELEPHONE SERVICES

EXPERT PSYCHICS... Try us First! Your Future Revealed by Your Personal Psychic. Accurate & Genuine Readings. Call 24 hrs 1-900-561-2100. $2.95/min. 18+

PETS

EXTEND YOUR pet's life naturally. Buy now! Pet Live Long selection of natural herbal remedies for healthy, happy, energetic dogs or cats. Visit www.PetLiveLong.com.

MORTGAGES

BELOW BANK RATES! $$$ 1st & 2nd & Construction Mortgages, Lines of Credit... 95-100% Financing. Poor credit & bankruptcies OK. No income verification plans. Call Jim Potter, Homeguard Funding Ltd. Toll-Free 1-866-403-6639, email: jpotter@homeguardfunding.com

LARGE FUND---Borrowers Wanted. Start saving hundreds of dollars today! We can easily approve you by phone. 1st, 2nd or 3rd mortgage money is available right now. Rates start at Prime. Equity counts. We don't rely on credit, age or income. CALL ANYTIME 1-800-814-2578 or 905-361-1153. Apply online at www.capitaldirect.ca

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STEEL BUILDINGS

BUILDING SALE! "MANUFACTURER DIRECT Since 1980!" Extensive range of sizes/models. Example: 40' x 100' x 16' = $4.69/sq.ft. Ends optional. 3 week delivery. 25' x 40' x 12' $4990 (LIMITED QTY). Pioneer 1-800-668-5422.

STEEL BUILDINGS

FUTURE STEEL BUILDINGS Durable, Dependable, Pre-engineered, All-Steel Structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call 1-800-668-8653 ext. 536 for free brochure.

VACATION/TRAVEL

TIMESHARE RESALES -- 60-80% off Retail! Best Resorts and Seasons! Call for FREE Timeshare Magazine! 1-800-496-5964. Browse online for over 400 worldwide properties -- www.holidaygroup.com/ocn

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WANTED

CASH FOR GUNS - We will pay cash and shipping for your used long guns. Email me at joe@cfcrifles.com or call me at 519-640-8955. Picture required.

SERVICES

A CRIMINAL RECORDS REMOVAL. We guarantee. Free assessments. U.S. waivers. Peace of mind, keeping a job, bondability, travel to U.S., custody of children. Apply in 60 seconds. 1-800-298-5520; www.canadianpardons.ca

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• Northern Ontario $82 • Eastern Ontario $143 • Western Ontario $133 • Central Ontario $139 • All Ontario $424 • National Packages Available!

Country Boy AUGUST 12

TENT SALE EVENT

Dairyfest Sidewalk Savings

Men's & Ladies' Shoes Starting at $10

Ladies' Jeans Starting at $25

Men's Jeans Starting at $20

Ladies' French Dressing Jeans Starting at $30

We'll Pay BOTH TAXES On all new fall arrivals SAVE 14%

Saturday
August 12
8am - 4pm
rain or shine
Everything
1/2 Price
or less PLUS
NO GST
NO PST
Under the Big Tent
Cash sales only -
All sales final



The CountryBoy/CountryGirl

494 Main Street • Winchester • Ph: 613-774-3341

Store Hours: Mon-Thurs: 9am - 5:30pm, Fri: 9am - 8:30pm, Sat: 9am - 5pm

Dairyfest Days

4 BIG DAYS

August 9,10,11,12

We'll Pay BOTH TAXES
On all new fall arrivals SAVE 14%

CountryBoy & CountryGirl
Men's and Ladies' Swimsuits
50% off
Blouses, Skirts, Capris, Shorts, Sportshirts, Golfshirts, Men's shorts & cotton pants **1/2 price**

More great deals from your favorite brand names: Point Zero, Mavi, Ikeda, Lois, Tribal, French Dressing, Lana Lee, Soft Works. Cotton Reel, RG Brown

CountryBoy & CountryGirl
Dress shirts **$19.95**
Men's in stock suitings **20% off**
ALL shoes **50% off**
Selected Mother Of The Bride and Groom dressess up to **70% off**
Men's & Ladies' winter coats
50% off

THE ATTIC
Selected Men's & Ladies' Jeans
ALL Men's & Ladies' Summer Fashions
1/2 PRICE
Get thinking about Back to School

Come and see the new fall CARHARTT arrivals and enter to win a genuine Carthartt Toolbag (retail value $69.99) with every Carhartt purchase. Contest runs month of August.

76929-3206

COME TO THE FAIR!

South Mountain

August 17th - August 20th

www.southmountainfair.ca

August 17
•Battle of the Bands
(Local Talent) *8pm*
•GLASS TIGER
•Tycoons
8pm Age of Majority (with special area for under age)

August 18
•Demolition Derby *7pm*
•ROADHOUSE
9pm
Age of Majority (with special area for under age)

August 19
•Running on Empty
•CAROLYN DAWN JOHNSON *8pm*
•Marlboreens •Ambush
Age of Majority (with special area for under age)

August 20
•Hard Working Men
(Tribute to Brooks & Dunn)
•GRAND PRIZE
•Shania Twin
Age of Majority (with special area for under age)

POULTRY SHOW
GREASY PIG CONTEST
MINIATURE HORSE SHOW
DEMOLITION DERBY
BBQ CHICKEN DINNER
BABY CONTEST
LAWN TRACTOR RACES
CHILDREN'S PET SHOW
TRAIN SHOW

RABBIT SHOW
HEAVY HORSE SHOW
PONY RIDES & PETTING ZOO
NEED FOR SPEED
GRAND PRIZE DRAWS
TRUCK SHOW
TEAM PENNING
KIDS MOUNTAIN OF FUN
CATTLE SHOWS

$15
$40 WEEKEND PASS
Pay One Price Admission Includes:
UNLIMITED MIDWAY RIDES
MUSICAL ENTERTAINMENT
ADMISSION TO DANCES
AGE OF MAJORITY with special area for underage
KID'S ENTERTAINMENT
AGRICULTURAL SHOWS
EXHIBITS

Grand Prize Draw to be given away on Sunday, August 20th at 3:00pm. 1st Prize: $1200 Shopping Spree from Andy's Foodland; 2nd Prize: Return transportation in a Byers' 14 passenger stretch SUV to an Alight At Night evening at Upper Canada Village, over $750 value; 3rd Prize: $600 Gift Certificate at Winchester Home Hardware

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