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Teens with tiaras

Twelve-year-old Amber Saddlemire (front) was crowned as Chesterville Icebreaker Carnival Queen on Sat., Jan. 10 at the Chesterville Royal Canadian Legion, while Megan Gruich (back, left) was named Miss Congeniality, Danielle Bilmer was first princess, and Jennifer DeJong became second princess. The annual carnival featured a weekend of activities for the whole family, including a hockey tournament, and performance by comedienne Erica Wopat Scott, who grew up in Chesterville. See more carnival coverage on pages 7 and 10. *Photo — Barbour*

Winchester professor explores insect aerodynamics

by Riaz Sidi

WINCHESTER — Every night, Carleton University professor Dr. Jeff Dawson hangs up a white bed sheet across his garage and points bright ultraviolet lights towards it.

"I'm actually surprised my neighbours haven't come over asking me what I'm doing — or called the OPP thinking some alien aircraft has landed in my backyard," he said.

By day, you may see the new Winchester resident strolling down the street with a butterfly net in hand. Dawson said he knows he may look like a bit of a "nutter" to his neighbours, but one of the perks of moving to the community is the ability to catch an abundance of specimens right in his own backyard.

The way insects fly fascinates him.

"Insects are amazing aerial acrobats!" said Dawson. "But, here's the problem — insects have very unique aerodynamics; they simply don't fly by the same rules that keep airplanes in the air."

However, this will not stop him from trying to understand how insects break the conventional rules of aerodynamics. His curiosity and passion for insects have led to an innovative view on flight and this has been supported by a $233,570 grant from the Canada Foundation for Innovation (CFI) and the Ontario Ministry of Research and Innovation to conduct his groundbreaking research at Carleton University.

Dawson envisions small vehicles mimicking the flight of moths or locusts, outfitted with cameras, microphones, and sensors. A countless number of applications in society could exist with these flying "entomopters", as they would be called, Dawson said.

One such purpose would be as an inspection tool to disengage weapons or access and survey a rescue site without threat to human life. Entomopters could analyze air quality, deliver aid packages to victims of war, or be used to further space exploration.

With the grant, Dawson said he hopes to discover more applications and work to unravel the mystery behind insect flight. He plans to use the funding to create a state-of-the-art laboratory at Carleton University with instruments capable of measuring the aerodynamic shape of insects. By using scaled replicas, he will study insects without the unpredictable nature of their movement.

•continued on page 2

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Professor

...continued from the front page

"We make robotic versions of the real insects that are larger than the real thing and we operate them under water rather than in air," he explained. "Because they're under water we make the robotic wings flap slower than the real insect."

He then uses a coloured dye to track the movement of the specimen's wings and calculate their different trajectories.

Dawson will gradually catalogue the insect population in the Winchester area, and said the community is an ideal location to collect specimens.

"Since Winchester is such a rich agricultural area, I'm able to obtain a lot of crop-pest species," says Dawson.

At the same time, Dawson hopes to understand the population levels of each insect in the region to better prepare for saving certain species from extinction.

"We're losing insect species at an alarming rate and it would be good to know what is here now for future reference," says Dawson. "This is particularly valuable in case something new shows up that is or could become a new pest."

According to Dawson, insects need more recognition for the fundamental role they play in everyday life.

"A lot of people think that insects are just pests — that they eat our food, they spread or even cause disease, they annoy us in the summer and ruin our picnics," he said. "I think many don't understand that insects are crucial to human survival; they're a cornerstone of our environment.

"Think about pollination — a lot of plants, especially many crops, wouldn't be possible without bees, beetles and flies," he continued. "They give us products and materials for industry, medicines and alternative treatments for our health, and provide food for other animals and even humans."

Dawson was first inspired to study insects as an undergraduate student at the University of Toronto. He became passionate about understanding the biology of insects and is always interested in sharing with others what he has learned himself.

"Now that I am a professor, I like to think I'm doing the same for my students at Carleton," he said.



Not to be confused as a "nutter with a net," Carleton University's Dr. Jeff Dawson is conducting ground-breaking research to unravel the mystery behind insect flight through a grant from the Canada Foundation for Innovation. The Winchester resident is pictured in his laboratory where he will develop instruments capable of measuring the aerodynamic shape of insects. By using scaled replicas, he will study insects without the unpredictable nature of their movement.

Dawson is getting students and faculty involved in his project. Currently, he supervises four graduate students and six undergraduate honours thesis students. He has also partnered with colleagues in the Department of Mechanical and Aerospace Engineering, at the National Research Council, and the Canadian Museum of Nature.

"It is important to remember that most research done today is not done by a single person, but rather by teams of people," he said. "This is especially important when research spans many very different disciplines — my research requires experts in math, physics, electronics, robotics, insects, flight, neurobiology, biomechanics and more."

The collaborative effort will take place at Dawson's laboratory at Carleton University.

"Carleton is perhaps the best place to build this facility and to do this research," he said. "I can't think of any other university at which I would rather be."

At Carleton, Dawson works on trying to understand how animals move and adapt to their environment. As a neuroethologist (someone who studies the basis of an animal's behaviour in its environment), how insects fly is just one of his many areas of interest.

"Many insects are eaten by bats — so I also study bats and how they catch insects, and how insects are able to detect bats and avoid being captured," he explained. "Many people don't realize that many of the insects that fly at night have ears that can detect the calls that bats use for navigating in the dark — a process called echolocation — so I'm also interested in insect hearing."

Dawson moved to Winchester last May with his wife Sabrina, and said he has been impressed by the friendly people he has met.

"We're also enjoying a great sense of community too — with Dairyfest, the Parade of Lights, and local fairs and markets," he said.

Dawson and his wife are expecting their first child in May and are looking forward to raising their family in Winchester.

And as he continues to conduct his research, it is unlikely he will put down his butterfly net anytime soon.

"The department of biology at Carleton is somewhat unique in Canada [by] having a cohort of professors and adjunct professors studying insects," he said. "This provides daily interactions... and attracts students and collaborators to my doorstep."

Watch future editions of the Press *for updates on Dawson's research.*

Students finish improv season

MAPLE RIDGE — North Dundas District High School's improv teams have placed second and fourth in the region.

Char-Lan District High School hosted a nail-biting SD&G improv championship that came down to the final round when Char-Lan edged out NDDHS by a single point.

NDDHS's Mad Hatters started out the season slowly, according to improv coach drama teacher Kathi Wilson, but gained momentum with every competition.

"This season saw teams grow into their performance potential," Wilson said.

The other NDDHS team, The Gods of Improv, started strong and faltered slightly as the season continued, Wilson explained.

At the end of the three rounds at Char-Lan, both NDDHS teams were in a five-way deadlock with Tagwi, Cornwall Collegiate and Vocational School, and St. Lawrence Intermediate School. Both NDDHS teams advanced to the finals by winning the sudden-death rounds.

The Hatters posted good scores and created great moments onstage, Wilson said. With one round to go, the Hatters were tied with Char-Lan's Auditioners and Glengarry District High School's Over Achievers.

NDDHS Grade 10 student Elliot Delage showcased some inspirational acting but was denied the winning point, Wilson noted. A penalty against the GDHS team knocked them into third place.

After a year away from improv, Wilson said she was impressed with the outcome of the season.

"Improv is such a great outlet for students," she said. "It encourages creative thinking, positive self-image and is a great place to overcome stage fright. Some young team members of this year's squads were battling nerves to the end... but none allowed themselves to be defeated by them!"

Wilson pointed out that almost all the experienced improv players are graduating this year.

"It was an important building year and seniors have acted as wonderful mentors," she said. "I am excited for the future of improv at NDDHS!"

Eleven teams from seven schools competed in this year's competition.

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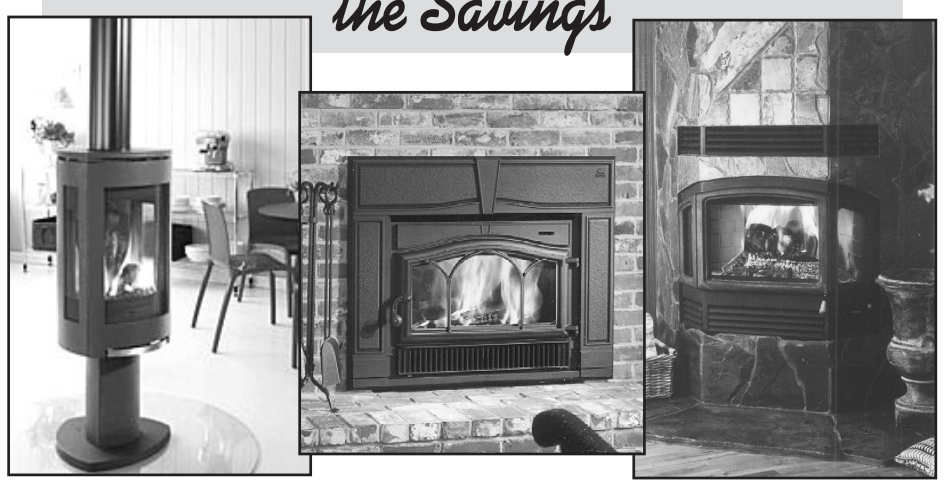

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Ontario bans smoking with child passengers

by Amanda Smith-Millar
Press staff

HALLVILLE — Starting next week, smokers with kids in their cars will have to make a pit stop — or wait until they reach their destination — before lighting up a cigarette.

That's because the *Smoke-Free Ontario Act* has been amended to ban smoking in vehicles containing children under 16 effective Wed., Jan. 21. Violators could get slapped with a $250 fine. The law applies to both moving and stationary vehicles. If caught by police, any person — driver or passenger — holding tobacco while kids under 16 are in the car will be fined.

The new legislation has annoyed some local smokers.

"It's our own private vehicle, so it should be our decision," said Josie Ruyf, a Hallville resident and long-time smoker. "I think it should be up to the individual."

The ban will only affect Ruyf for a couple months — her youngest child, Jeremy, will turn 16 in March. But she said the new rule differs from previous legislation because it bans smoking in a privately-owned space, while other regulations prohibit lighting up in public locations like bars, restaurants, and the workplace.



Butt-out time

Starting Wed., Jan. 21, Ontario smokers will no longer be allowed to light up a cigarette if children under 16 are in the vehicle.

Photo illustration by Amanda Smith-Millar

Other smokers approve of the ban.

"I think, to a certain point, it's fair," said Amber Tharp, a Grade 11 North Dundas District High School student. Tharp smokes, and she braves the cold with her fellow underage tobacco users in the "smoke pit" at the edge of the school property during breaks and lunch periods.

Tharp isn't old enough to purchase cigarettes (in Ontario, buying niccotine before you turn 19 is illegal, but the actual act of smoking underage is not). Even though she's a teen herself, Tharp argued other young people — especially little children — shouldn't be exposed to second-hand smoke.

The Ontario Lung Association, with help from the Eastern Ontario Health Unit, launched Campaign for a Smoke-Free Ride back in November. It urges adults to plan their trips carefully so they can resist niccotine cravings while on the road. The association suggests having a cigarette before and after the journey. It also recommends emptying the ashtray and filling it with candy or change, or keeping gum in the glove compartment.

"Children are an at-risk group in particular when it comes to second-hand smoke," said Michel Blanchard, program coordinator for the Eastern Ontario Health Unit. "Because [a vehicle] is a closed-in area, even if you cracked open the window, it doesn't provide enough ventilation to get rid of the smoke."

According to the Ontario Lung Association, smoking in a car exposes children to harmful chemicals in higher concentrations than in any other environment. Because kids have developing immune systems, they're more vulnerable to smoke-related illnesses including middle ear infections, slow lung growth, respiratory problems, and increased risk of cancer and heart disease in their adult years.

Blanchard noted that it's up to police to pull over a vehicle if they spot someone smoking with young passengers in the car. He said tobacco enforcement officers, who work for the health unit, aren't mandated to fine violators of the new law.

Blanchard said he hopes adults will simply butt out and take the initiative themselves.

"We're doing this for the health of the children," he said. "We're trying to give them a start in life."

Are you ready to quit?

WINCHESTER — National Non-Smoking Week will run from Jan. 18 to 24. Here are some activities and initiatives, both local and national:

• The Eastern Ontario Health Unit and the Winchester branch of the SD&G Library are getting a head start on the week with a presentation on Wed., Jan. 14. Entitled "Stop Smoking! What have you got to lose?" the event is aims to help smokers quit, plus help non-smokers who hope a friend or family member will butt out for good. The event starts at 6:30 p.m., with a presentation to follow at 7 p.m.

• The Ontario Lung Association has launched Campaign for a Smoke-Free Ride. Visit www.smoke-freeride.ca for tips on making it easier to butt out while children are in the vehicle. Remember, starting Jan. 21 — also known as "Weedless Wednesday" — it will be illegal to smoke in a vehicle containing one or more children under the age of 16.

• The Canadian Cancer Society is running its Driven to Quit Challenge again. The health-promotion initiative offers prizes to adults who stop smoking and remain smoke free. Past prizes have included new cars and HDTVs. Check out www.driventoquit.ca.

• If you qualify for the Smoking Treatment for Ontario Patients (STOP) Study, you could receive free medication to help you quit. Call the Health Line at 613-933-1375 or 1-800-267-7120 to see if you qualify for free nicotine replacement therapy.

• The Canadian Council for Tobacco Control is focussing on smoking-related house fires for National Non-Smoking Week 2009. According to the council, smoking-related fire deaths account for approximately 50 per cent of all loss of life due to fires in the home. Visit www.nnsw.ca for details.

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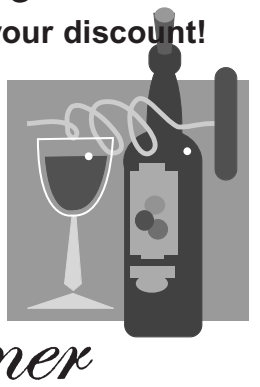

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POLICE BLOTTER

Domestic incident

WILLIAMSBURG — A woman and her 39-year-old common-law husband were involved in a verbal altercation that resulted in the man allegedly assaulting her on Jan. 12 at about 12:30 pm. SD&G OPP officers responded to the domestic incident on Henderson Road in South Dundas Township and arrested the accused, who faces charges of assault, uttering threats to damage property, and mischief under $5,000. He was held in custody pending an appearance in Cornwall court. Const. K. Heaphy is investigating.

Fatal collisions decrease in 2008

SMITHS FALLS — Ontario Provincial Police officers investigated 17 per cent fewer fatal collisions in Eastern Ontario in 2008, as compared to 2007.

Officers investigated 62 fatal collisions (75 in 2007), which resulted in the 67 deaths (87 in 2007) and 48 injuries (66 in 2007).

In 16 (11 in 2007) of these cases, people were not wearing seatbelts and 11 (10 in 2007) people were ejected from the vehicle. Seatbelt-related deaths have decreased over the past four years but increased slightly from 2007 to 2008.

Alcohol-related fatalities decreased from 14 in 2007 to eight in 2008 — a 57 per cent reduction.

New look for OPP officers

SD&G — Ontarians will notice a visible change in the appearance of police officers across the province, as they trade in their wide-brim "mounty" hats for peak caps.

The peak cap will be re-introduced as a part of the OPP uniform and will be worn by all officers serving with the Ontario Provincial Police.

"The headdress is an important part of the OPP uniform and the peak cap will provide officers on the front line with a more durable hat," said Commissioner Julian Fantino.

"After completing a thorough evaluation and analysis of the hat, including field testing, the peak cap was determined to be a cost-effective and functional alternative to the wide-brim hat," added superintendent Mal Chivers.

This year, the OPP celebrates 100 years of policing in Ontario. The peak cap, first introduced to the OPP in 1930, was replaced by a wide-brim hat in 1997.

Provincial funds help repair SD&G schools

BERWICK — Schools in Stormont, Dundas, and South Glengarry will be renovated through provincial funding.

Under the fourth year of the "Good Places to Learn" program, local school boards will receive funds to improve school buildings and expand facilities such as science labs and auditoriums.

The Upper Canada District School Board will receive $3,877,885; the Catholic District School Board of Eastern Ontario will get $1,249,207; the Conseil des écoles publiques de l'Est de l'Ontario will receive $903,857; and the Conseil scolaire de district catholique de l'est Ontarien will receive $4,052,095.

Since 2005, this initiative has improved the condition of schools across the province. Under the first three stages of the program:

• The Upper Canada District School Board received $28,599,918 and has reported complete or underway two boiler projects, one window project, 35 roof projects, and 95 other school improvement projects.

• The Catholic District School Board of Eastern Ontario received $11,553,959 and has reported two boiler projects, four window projects, three roof projects, and 42 other school improvement projects.

• The Conseil des écoles publiques de l'Est de l'Ontario received $10,668,712 and has reported complete or underway one boiler project, four window projects, 10 roof projects, and 182 other improvement projects.

• The Conseil scolaire de district catholique de l'est Ontarien received $20,176,297 and has reported complete or underway four boiler projects, two window projects, 13 roof projects, and 106 other school improvement projects.

The total provincial investment in the "Good Places To Learn" initiative is $4.8 billion.

Trustee Pietersma retains chair

BROCKVILLE — Trustee Greg Pietersma has been re-elected as chair of the Upper Canada District School Board.

Pietersma, a Morewood resident and Dundas County Trustee, said he is pleased to serve another term as head of the board.

"I'm excited about being able to continue serving the board as chair," he said. "I'm looking forward to working to implement the Building 2020 process and to ensuring the views of trustees and others are heard at the table."

"We have a lot of work ahead to ensure we get on track for a 90 per cent graduation rate and I am happy to be a part of it," he continued.

Trustee Joan Hodge was elected first vice-chair and trustee Sherri Moore-Arbour as second vice-chair.



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Take care of yourself in 2009 with this advice from local professionals

Need some help to stick with that new year's resolution? We're passing on some healthy advice gathered from the local health and wellness industry...

"The key word for 2009 is commitment. The hardest part in starting any program is coming through the front door. Once you have committed yourself to a fitness program, keep at it. Mentally and physically, you'll feel great."
Carol Buma,
Therien Jiu-Jitsu and Kickboxing

"Take Care of yourself. You can only help others if you can help yourself first."
Dwight Saunders,
Aura Beauty, Wellness & Interiors
Morrisburg

"People need to come in for regular eye exams. A lot of eye diseases are silent and you may not know anything was going on."
Dr. Patrick Lau,
Winchester Optometry

"Look after your feet very well because they'll carry you through."
Sharlene Fawcett,
Sole Comfort,
Hallville

"A baby's best start is to be breast fed. Couples expecting should be well informed about their options."
Louise Arsenault,
The Village Bin Winchester

"If you are postmenopausal or have been diagnosed with osteoporosis, you should be doing exercises to help keep your bones strong. Visit www.melioguide.com for exercise programs."
Kelly Glynn,
Winchester Physiotherapy and Massage

"Keep up your regular regimen — also called 'compliance' — of maintenance medicines to gain full benefit of drug therapy as perscribed by your doctor. This is especially critical for conditions such as diabetes, athsma, high blood pressure, arthritis, heart disease, etcetera. Because skipping doses is a major cause of relapses in these conditions."
Wayne Burns,
Seaway Valley Pharmacy, Winchester

"People should maintain their weight loss because fluctuation is not healthy. When you lose weight, you can lose muscle mass, but when you regain it, it's mostly fat. Consuming protein helps you maintain your muscle mass, tones and revitalizes your skin, and it also treats cellulite."
Jeannette Bourgeois,
Double Beauty Esthetics and Hairstyling Winchester

"I encourage everyone to add even 15 minutes of gentle exercise to their daily routine. This will not only increase energy levels but it will also help to prevent or alleviate back pain."
Dr. Kelly Schuller,
Winchester Chiropractic Centre

"I think people should combine eating healthy, eating locally, and eating organic food."
Debbie DeCooman,
Connaught Acres
Chesterville

Check out theses and other businesses featured in the health and wellness advertisement on page 20



NDDHS Notes
by Dara Bowie

Break out the ugly sweaters

MAPLE RIDGE — School has been back in session for over a week since Christmas Holidays, and we're right back into the swing of things. Students in every grade are completing final projects and preparing for exams, which start next week. Exams run from Thurs., Jan. 22 to Wed., Jan. 28 with the next semester beginning, with no delay, on Fri., Jan. 30.

Even though school seems to be strictly work at the moment, students can look forward to this Friday (Jan. 16) because it's Ugly Sweater Day! House points will be awarded to students who show up in their favourite unattractive garments.

Last week may have been short because of the snow day, but the girls' hockey team swept the competition on Tues., Jan. 6, beating rival schools Tawgi and Russell, and the improv team had two podium places on Fri., Jan. 9.



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WINCHESTER PRESS
EDITORIAL
WEDNESDAY, JANUARY 14, 2009 PAGE 6

Kids, cars, and cigarettes don't mix

It's a tough time to be a smoker in Ontario. Bars, restaurants, and the workplace are smoke-free under law. It's hard to enjoy a cigarette while freezing outside in inclement (also called "Canadian") weather.

Starting next Wednesday, smokers will have one less place to smoke: in cars carrying passengers under 16 years of age. If the OPP spots you puffing away behind the wheel with kiddies in the back seat, be prepared to get pulled over and slapped with a $250 fine.

It might seem like the government is overstepping its bounds. Many consider the car to be a private space.

But we now have more research suggesting it's unhealthy for anyone – especially kids – to inhale smoke in a car. Last year, the Ontario Medical Association urged Queen's Park to ban smoking in cars with kids. New research suggested that the concentration of second-hand smoke particles in a vehicle can be up to 60 times higher than concentrations indoors.

On top of that, smoking is especially dangerous for little lungs. According to the Ontario Lung Association, cigarette smoke can harm children's developing respiratory systems and increase the risk of Sudden Infant Death Syndrome (SIDS). Middle-ear infections, slow lung growth, and an increased chance of developing cancer and heart disease in adulthood are just a few risks associated with second-hand cigarette smoke. Cigarettes are classified as a human carcinogen by the World Health Organization's International Agency for Research on Cancer, the U.S. National Toxicology Program, and the U.S. Environmental Protection Agency.

In the next decade, we may even see a Canada-wide ban on smoking in cars with children. Ontario will be the third province to enact this kind of legislation. It's already illegal in British Columbia and Nova Scotia.

It remains to be seen how well-enforced the ban is. Frankly, our OPP officers have enough to deal with already. This is one of those situations where folk should just take the initiative themselves and butt out. A $250 fine might seem like a lot of money, but that's nothing compared to the long-term consequences for children — and the smoker, too.

While it might seem like a pain to accomodate the new rule — especially while on a long trip — it's for the best. Smoke before you hop in the car, after you get out, or make a pit stop if you're really desperate. You can also talk to your doctor about niccotine replacement therapy, which has helped many people take that first big step on the road to butting out forever.

The National Non-Smoking Week's slogan this year is "What have you got to lose?" Considering the evidence, when it comes to smoking with kids in the car, it seems there's quite a bit at stake.

A.S.M.



Early sign of spring?

John Pollock spotted this red-breasted robin in his back yard at the corner of Fred and York Streets in Winchester on Thurs., Jan. 8 at about 1:30 pm. He took time to capture the odd winter sight and submit the photo to the *Press*. Does this mean the cold weather is coming to an end? Or is this little birdy simply somewhat misguided?

Remember when...

1939

Students' new year's resolutions were published in a column entitled "High School Literary Notes". Dora Baker pledged "not to open my mother's mail without permission" and "to learn the Latin vocabulary every night so I shall not have to write out my mistakes five times each during this new year." Maynard Hill vowed to "not receive more than one detention a week in Composition" and "never steal a ride on anybody's bicycle at noon." Ruth McIntosh promised to do her homework every night "and not wish to be sick the next morning."

1949

Mr. and Mrs. H. E. Saunders wrote a letter to the editor praising the Winchester District Memorial Hospital less than one month after it opened. The Saunders' son, Mac, recently underwent a successful appendix operation. "The doctors combine skill and sympathy to inspire full confidence," they wrote. "The nurses are the spirit of kindness and efficiency."

1959

A combination of sharp eyesight and a fast bucket brigade stopped Winchester Springs Public School from going up in smoke on Jan. 4.

Two couples driving past the school on their way home from Florida discovered the fire. Neighbours of the school were notified, and a bucket brigade was formed to extinguish the blaze.

The damage was limited to the basement and some floor beams and was expected to run into the "several-hundred dollar range."

1979

Lloyd and Alice Bilow of Winchester went from average income earners to millionaires overnight after they won $1 million in the New Year's Eve draw of the provincial lottery.

Besides a trip to Florida, the couple hadn't decided what to do with their new-found wealth.

1989

Winchester Township council passed a bylaw this week in 1989 that banned smoking during council meetings. The bylaw passed with a vote of three to two.

Meanwhile, area farmers were livid because of a cut in the price of industrial milk proposed by Agriculture Canada. The government said it planned to reduce the price by $1.89 per hectolitre (22 gallons) starting Feb. 1.

The Ontario Milk Marketing Board protested the plan, accusing the government of using outdated information as a basis for the price reduction.

1999

Secondary-school teachers in the Upper Canada District School Board voted overwhelmingly to accept a two-year contract. The board voted to ratify the same agreement. In the end, 79 per cent of teachers voted to accept the deal.



An advertisement for The Divorce of Lady X *ran this week in 1939.*

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VERIFIED CIRCULATION PAID

Canada

Chesterville comedienne comes home

by Matthew Barbour

CHESTERVILLE — Laughter filled the Chesterville Royal Canadian Legion on Sat., Jan. 10 when Erica Wopat Scott returned to her home town to headline in the Icebreaker Comedy Show.

Scott had her first taste of performing comedy more than 20 years ago and said she loves making other people laugh.

"There was an improv class at North Dundas District High School — I tried it and found that I liked it very much," she said, noting that she is usually billed as Erica Scott, but chose to include her maiden name for local recognition.



Funny faces

Erica Wopat Scott, who grew up in Chesterville, returned to her home town to perform in the Icebreaker Comedy Show at the Chesterville Royal Canadian Legion on Sat., Jan 10. Scott entertains her audiences with an adult brand of humour, talking about the everyday things that make her laugh. *Photos — Barbour*

The mother of three, who now lives in Iroquois, has worked at regular day jobs, but the lure of performing onstage remained with her.

"When I took the stage for the first time at an open mic comedy night, I loved it instantly — the lights, the tension, the sound of laughter," she said.

Four years ago, she began appearing at comedy night spots, telling her jokes for no pay — a phase, she said, that almost every comic must go through.

"It's something you have to do to build up your resume and to become known," she explained. But after her first paid performance in 2007, she was able to legitimately label herself as a professional comedienne.

Scott said she is very objective about her work, welcoming criticism from other comics and club managers. She can also be serious about being funny.

"I need those nights when I absolutely bomb," she said. "Those failures ground me and force me to write new material and find ways to improve. I think if I were a success all the time, I might not want to change."

Last fall, in a leap of faith and determination, she quit her job as a part-time cashier to pursue her comedy career.

"I was working some evenings and on weekends and that made it difficult to book gigs at comedy clubs," she said, noting that she was booked solid every weekend in the last three months of 2008.

Scott has garnered recognition for her adult brand of comedy, including being named Kingston's Comedian Idol and Ottawa's Favourite Rising Star. Recently, she was also a finalist in Yuk-Yuk's Great Canadian Laugh Off.

Last November, she travelled to Toronto to be part of a stage presentation called The Full Bawdy Comedy Show, which featured nine Canadian comediennes, all of whom were familiar characters from the Fringe Festival and comedy scene. A television producer was in the audience and he is now attempting to find a buyer for a taped production of the show.

Scott's next performance in the region will be at the Greely Community Centre on Feb. 7.

Letter to the Editor

Better school snow removal needed

The Editor:

For years now, I've been a parent of children who attend Winchester Public School. It's a fine institution, and one I'm proud to be associated with. Each winter, however, I end up complaining repeatedly to the North Dundas Township office because of the poor snow removal around the school.

As any parent or caregiver heading to the school knows, this is a high-traffic area because the streets around the school are used heavily in the mornings by parents, caregivers, and students on foot and in cars, as well as by people with appointments at the hospital and adjacent medical labs.

Despite my repeated complaints to the township, these streets, and particularly Clarence Street near the drop-off and pick-up zone at the school, still do not receive adequate services on heavy snow days. This makes an already very busy area even more difficult to navigate and, in the end, dangerous for anyone trying to get into the school yard.

I'm writing to the *Press* to invite other concerned parents and residents to call the township office in support of this issue. Perhaps if we all work together, we can change things for the better.

Tina Williams
Winchester

"That's not flyin', that's transportation"

SKAERBAEK, DENMARK — I'm about 200 meters above Denmark going almost 200 kilometres per hour in a two-person airplane…

"OK, look ahead at the horizon. You know, where the sky meets the ground, just aim for that. Keep it low, I get dizzy if we fly too high…" I nervously reach for the control stick. I try to keep it straight, moving the stick slowly side to side. "Smile!" The pilot continues to take picture after picture as I'm sitting there, thinking that if I screw up, we're dead. Of course, I'm not in any real danger — the pilot maintains total control, but it doesn't matter how many times he tells me that. I never seem to believe him.

This counts as one of the most nerve-wracking experiences of my life, and the pilot hasn't even asked me to make a turn yet.

Next thing I know, I spot a familiar little town and realize "Hey, our house is somewhere around here!" The pilot says "OK" and takes such a sharp turn that I'm looking straight though the glass, directly at the ground.

Experienced aviator "Mad Max" has been flying for a long time, but knowing that doesn't stop me from physically shaking. My host father here in Denmark — who is in the Royal Danish Air Force — organized this chance for me to fly with Max in one of the force's small aircrafts.

Near the end of the trip, Max says: "I guess we'll do three landings. We'll do the normal landing, we'll land on the grass, and we'll do a simulated flameout."

Flameout?

"Now, of course, there won't be any flames. I'll just cut the power, do a 360 and then eyeball my way into the runway…"

In the end, we made it through the simulated flameout with ease. The trip was terrifying, but the fear-factor made it even more fun. It was one of the most enjoyable, exciting experiences of my life. I don't think I will ever have another feeling like I got from flying.



Sheehan Jordan, a local student currently on exchange, is pictured here before flying in a Royal Danish Air Force two-person plane.

I guess the only way to end this column is with a quote by Mad Max himself, after I told him that the only time I had been flying was in a commercial jet. He turned to me with a smile on his face and said, "That's not flying, that's transportation..."

Shepherd Talk

by Carol Heymans



Resolutions or commitments?

HARMONY — Here we are, mid-way into January 2009, yet it's still relatively "new" in the New Year. How many New Year's resolutions did you make?

We often look at a new year as a new beginning, a fresh start, a time to change our ways and become better people. Sometimes that means we've resolved to exercise more; to eat less; to be kinder and more generous to others; get involved in self-improvement programs to quit this or that.

Other times we resolve to improve our attitudes and how we deal with situations or people, to read the Bible more, to attend church, etcetera. I wonder, now, two weeks into the New Year, how many of those resolutions have been broken? Not because you intended to, but because perhaps, old habits are just that, old habits. It takes time, diligence, and persistence to re-train our flesh and minds.

The Bible, in Mark chapter 10, tells us of a rich young man who approached Jesus and asked, "What must I do to inherit eternal life?" When Jesus replied by saying, "You know the commandments: Do not murder, do not commit adultery, do not steal, do not give false testimony, do not defraud, honour your father and mother." The young man responded that he had kept the commandments since he was a boy. Here was a young man, who, I believe, up until now thought he was doing everything right and would automatically inherit eternal life. What more could possibly be expected of him?

I love the next verse that says, "Jesus looked at him and loved him." What encouragement we can take from that sentence alone. Jesus looks at us and loves us. He knows that by making these resolutions we mean well, that we have an awareness of areas where we need to improve, that we may even have a desire and a mindset to begin making changes. He also knows our hearts. Sometimes the things we say are just that, things we say with little or no intention of following through on them. God looks upon us and loves us — even in our failures, our mistakes, and shortcomings.

Jesus told the rich young man exactly what he must do. "One thing you lack," Jesus said. "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me." The scripture tells us that the rich young man went away sad.

God is the only one who can strengthen us to do what He asks. Philippians 1:6 states: "He who began a good work in you will carry it on to completion until the day of Christ Jesus. He knows our hearts, and He loves us. Are you willing to give what you have, as He asks you, in order to inherit eternal life? It's not about the work we've done, it's about the heart we've done it with."

Are you ready early in this new year, to resolve to seek Him, to serve Him, and surrender all? He's looking at you with love; waiting for you to choose and surrender to Him. You can trust and be assured that He will equip and empower you to do what He asks.

This column is provided courtesy of the Dundas Ministerial Association

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Edwards author releases debut novel

Story of love in a time of upheaval

by Meghan Duncan
Press staff

EDWARDS — What if the government called upon Canadians to take up arms and defend their homes from a massive group of mutinous mercenaries? What if men from all walks of life were forced to enlist to defend against the anti-government strike? What if a national flu epidemic caused thousands of deaths and left others with nowhere to turn?

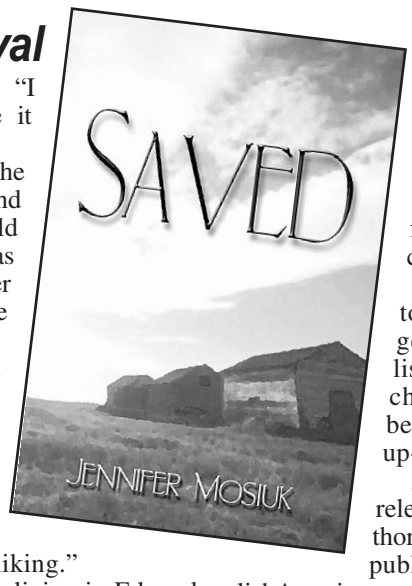
These and other questions were inspiration for Edwards resident Jennifer Mosiuk's debut work of fiction, *Saved*, which she classifies as a dramatic romance novel.

It took four months to complete, and she said holding the published paperback in her hand for the first time was "thrilling."

"I started in April and finished in July," Mosiuk told the *Press*, noting that the writing process was pretty seamless and smooth.

The inspiration for the story came from a dream in which she was struggling to find the parents of a lost baby.

"It just grew from there," she explained, noting that she thought about the plot constantly. "I didn't know where it was going to go."



She dedicated the book to her husband and her 10-year-old daughter — who was delighted to see her name printed in the front of the novel.

"Women will enjoy it the most, I believe," Mosiuk said. "One of my male friends has read it and he said it was 'too emotional' for his liking."

Mosiuk has been living in Edwards for 15 years and grew up on Mitch Owens Road and in Kenmore. She completed all her writing at her Edwards home.

"I wasn't planning to have it published," the pharmacy technician said. "I was doing it for myself."

She credits a friend for convincing her to have it published — but she kept the project a secret until it was officially printed.

"I didn't tell anybody about it," she said. "I guess I didn't want to be hassled."

But, she said, her friends and co-workers were shocked and pleasantly surprised to find out the work was complete.

"I had no idea what to do," she said about getting a book published, noting that she chose PublishAmerica because there were no up-front costs.

According to a press release, over 30,000 authors have had their works published through PublishAmerica, a company with the primary goal of encouraging and promoting the works of new, previously undiscovered writers.

Saved is available on Amazon (www.amazon.com) and at Barnes and Noble (www.barnesandnoble.com).

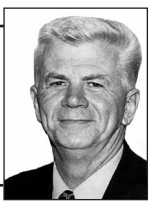
Mosiuk said her friend found a copy of the book on a shelf at Target in the U.S., which was pretty exciting news.

She said that she definitely plans to write more, perhaps a sequel, "if I ever find the time."

OC Transpo strike enters sixth week

METCALFE — OC Transpo (ATU 259) workers rejected the city's offer on Thurs., Jan. 9. The city is committed to going back to negotiating with the union in order to resolve this strike. We are now entering the sixth week of this strike, which has had a devastating effect on all aspects of the daily lives of our residents. Our office appreciates the comments and opinions we receive on a regular basis. I believe the city offer to the OC Transpo workers is fair, and I am not prepared to make any significant changes to the proposal.

In and around
Osgoode Ward
by councillor Doug Thompson



211 service now available

I am pleased to announce that 211 service is now available in the City of Ottawa. Dial 211 to connect to a full range of non-emergency community, social, government and health services. These services may deal with emotional health, financial issues, family recreation programs, coping with disabilities, stress and bereavement, employment skills, citizenship, parenting and child care, support for seniors. Services are available Monday to Sunday from 8 am to 6 pm.

Greely monthly meeting

The Greely Community Association Monthly Meeting will be held on Wed., Jan. 14 at 7 pm at the Greely Community Centre. The guest speaker will be Const. Jennifer Finniss, who, among other things, will answer questions about the operation of snowmobiles and other recreational vehicles in the area.

Nursery school spots

Space is still available for children two to four years of age at Osgoode Co-operative Nursery School located at the Osgoode Public School. Morning programs offer children a fun place to play, learn and grow. It is an excellent way to prepare for kindergarten. For information, call 613-826-2528.

Music in the air

Community Christian School member Rey Vandervliet will give guitar lessons on Saturday mornings in the CCS library and has space available for new students. Do you have a new guitar and would like help to learn to play? Perhaps you have had one for years and always wanted to learn. If you are interested, please contact Vandervliet at 613-826-9982. The cost is $15 per half-hour lesson plus books. A total of $5 goes to the school.

Alpha courses

Beginning Jan. 24, the Alpha marriage course will run for seven weeks at Trinity Bible Church in the Village of Osgoode. For more information, please e-mail keithmonica@rogers.com to register. Please note the change of date from Jan. 23 to Jan. 24. Also, consider the Alpha course. Everyone is invited to explore the meaning to life and God's love, upstairs in the Osgoode mall on Thursdays. The course runs from Jan. 15 to April 2. No registration fee required. To register, please contact keithmonica@rogers.com.

Junior Youth program

New at O-YA! Three days a week (Tuesdays 5 pm to 8:30 pm, Thursdays 5 pm to 8:30 p.m. and Saturday 2 pm to 8 pm), the O-YA Centre is opening its doors for junior youth only (ages 10 to 15) with special programming and events targeted especially to this age group. Scheduled events will include: creating a book from scratch for publishing, crafts, sports and exercise activities, guest speakers, self-esteem workshops, dinner-and-a-movie days, and more!

SNAP time

SNAP, O-YA's Special Needs Action Program, is a recreation, education and life skills program geared to children between the ages of 12 and 18 with special needs. This recreational program will involve a variety of activities following a monthly theme. Activities, such as health, community awareness, animal kingdom, music and more have been designed in a dynamic and exciting way, and will be supported by qualified staff and volunteers.

To register, or for more information about SNAP, please contact Carol Chayer, SNAP Program Coordinator at 613-826-0726 or by email at o-yacentre@rogers.com.



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EASTERN ONTARIO CROP CONFERENCE

W. B. George Centre, Kemptville Campus
University Of Guelph
Ontario
Thursday, Feb. 19, 2009
8:30 am to 5:00 pm

The Eastern Ontario Crop Conference is designed to give you the opportunity to select up to 8 of your favourite topics from the 22 offered. To allow those that wish to take in a topic over the noon hour, a box lunch will be provided, if requested with your Pre-registration. At 1:00 p.m. everyone will have the opportunity to hear the Feature Speaker: BRIAN THWAITS, Train Your Brain - innovative and practical approaches to issues we face in the workplace and in our personal lives.

Schedule	W. B. George	Conference Rm. 1	Parish Hall Rm. 114	Parish Hall Rm. 116	Parish Hall Rm. 112
8:30 a.m.	Registration and Displays at the W.B. George Centre				
9:00-9:50	Weed Management in RR Corn [4]	Carbon Credit Trading [15]	Manure on Forages [13]	High Yielding Soybeans [8]	Soil Test Workshop [21]
10:00-10:50	Fungicides in Corn and Soybeans [18]	Agricultural Opportunities in the Bio-Economy [7]	Weed Control In Edible Beans [5]	Carbon Credit Trading [15]	Grain Grading Workshop [20]
11:00-11:50	Determinant Factors in the Selection of Corn Hybrids [17]	Manure on Forages [13]	Weed Management in RR Corn [4]	Grain Marketing Outloook [3]	Sprayer Technology Workshop [22]
12:10-12:50	Weed Management - *Solutions* [2]	Occupational Health and Safety Act [14]	What's Next in Corn and Soybeans Fungicides [19]	Pest Alert – Insects and Diseases [11]	
1:00-2:00	FEATURED SPEAKER - *BRIAN THWAITS, Train Your Brain* - Innovative and practical approaches to issues we face in the workplace and in our personal lives				
2:10-3:00	Grain Marketing Outlook [3]	Alfalfa Diseases and Insects [12]	Agricultural Opportunities in the Bio-Economy [7]	Weed Management - *Solutions* [2]	Soil Test Workshop [21]
3:10-4:00	High Yielding Soybeans [8]	Making More Dollars Pastures [16]	The Future for Cereals? [10]	Weed Control In Organic Crop [6]	Grain Grading Workshop [20]
4:10-5:00	The Future for Cereals? [10]	Weed Control in Organic Crop [6]	Making Money with Edibles [9]	Pest Alert – Insects and Diseases [11]	Sprayer Technology Workshop [22]

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Late Registration after February 6th is **$60.00**/person.
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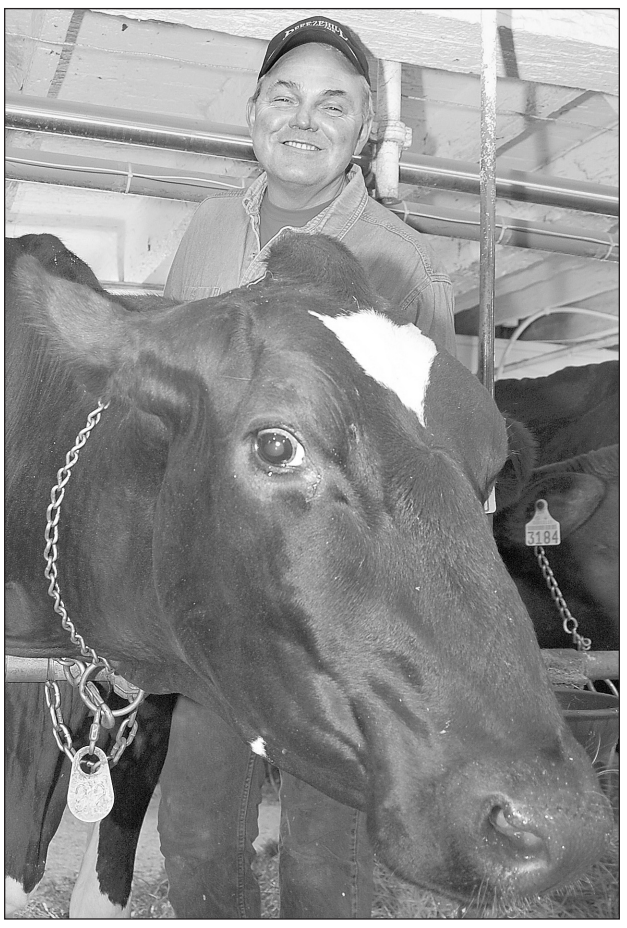
Breeze Hill designated as Master Breeder



Brothers Glenn and Larry McDonald of Breeze Hill Holsteins north of Winchester will be honoured with a Master Breeder award at this year's National Holstein Canada Convention in Vancouver, B.C. in April. Glenn McDonald is pictured with Breeze Hill Trump Donna, the highest-scoring cow in the herd with an "excellent" rating of 95. Trump Donna was Carleton County Grand Champion in 2007, and is the offspring of Maeford Majesty Dawn, which was purchased in the Maeford dispersal from Allan and Jean Baker of Winchester.
Press Photo — Duncan

by Meghan Duncan
Press staff

WINCHESTER — Breeze Hill Holsteins is one of 21 breeders across Canada to receive Master Breeder shields from Holstein Canada.

"It is such an honour, it is unbelievable," said Glenn McDonald, who manages Breeze Hill with his brother, Larry. "My mind has been boggled ever since I got the phone call."

He explained that the farm has been working toward earning a Master Breeder shield for almost 30 years — since the brothers took over the farm from their father, Thomas, in 1979.

The Master Breeder shield is based on milk production and conformation scores for cows bred at the farm combining high production, superior conformation, and longevity. It is the most prestigious award a Holstein breeder in Canada can obtain.

Two cows that significantly contributed to Breeze Hill's shield are Rideaulakes Skychief Blacky (produced five "excellent" and 11 "very good" daughters for a total of 102 points towards the Master Breeder shield) and Maeford Majesty Dawn (calved 12 times and produced nine daughters).

Certain lines in the herd have produced three generations of excellent-rated cows.

The Master Breeder title is calculated by combining the scores of cows over a 16-year birth window (1988 to 2004 for the 2007 honours).

According to *Holstein Canada*, a Master Breeder is "one who recognizes the importance of superior bloodlines and knows that the backbone of the Canadian Holstein industry is the relationship between the breeder and the cow."

For 2008, 21 Master Breeder shields will be awarded across Canada out of about 14,000 registered Holstein herds. Breeze Hill is the only farm in Eastern Ontario to be bestowed with the honour.

Glenn said, "give lots of good care to the cows" would be the advice he'd pass on to anyone with Master Breeder aspirations, also noting that it's a long process. "Type and production are very important," he said.

Breeze Hill was established in 1832 — Glenn and Larry are the sixth generation of McDonalds to farm where 9th Line Road meets Castor Road north of Ormond (the seventh generation helps out with day to day operations).

The first registered Holstein was purchased in 1898, but little emphasis was placed on high type until 1979 when Glenn and Larry partnered and purchased the farm from their father. Regular classification and milk testing began and additional animals were purchased to begin foundation bloodlines.

Currently the McDonalds (Glenn and Brenda with their two children Jason and Julianne, and Larry and Nancy with their children Shawn and Kyler) milk 70 cows and have approximately 150 head of cattle. The family farms 450 acres and rents additional acreage for hay when needed.

The Breeze Hill herd has 35 classified as excellent, 37 as very good, and four good plus.

Breeze Hill's philosophy has always been to breed for exceptional type and manage for milk.

When it comes to feeding, the cows receive corn silage, haylage, high-moisture corn, and soybeans as well as dry and wrapped hay. The only purchased feed is heifer pellets, calf starter, and mineral.

Cows are in the pasture for five months of the year — "We feel that the ability for the cows to be outside significantly increases their lifetimes," Glenn said. The cattle are housed in a tie-stall barn the rest of the year.

"We would like to send our sincerest appreciation to everyone who has purchased animals from our herd, and especially those who have allowed us to purchase some of their finest animals," Glenn said. He also extended thanks to Allan and Jean Baker of Maeford Holsteins for guidance and support as well as Cameron MacGregor for his constant presence and expertise over the years.

Breeze Hill cows have received countless accolades and trophies over the years, all of which are on display in an office at the farm, but none of which compare to the Master Breeder recognition, Glenn said.

"Obtaining the Master Breeder shield is the culmination of all the goals we were striving to obtain when we first began our farming career," Glenn said. "It has been a challenging road, but one that has been thoroughly enjoyed. This has always been my goal."

Van Den Bergs yield distinction in first soybean challenge

by Meghan Duncan
Press staff

WINCHESTER — "The weather is the biggest factor in all of this," said Brian Van Den Berg about his 61.5 bushels per acre soybean yield in 2008.

The Winchester producer was second-runner up in Zone 2 of the first-ever Ontario Soybean Growers' (OSG) Yield Challenge competition.

Three finalists for each of three provincial zones received prizes. More than 40 growers across Ontario entered the competition.

"I like to challenge myself," Van Den Berg told the *Press*. "I wanted to see how well I could do."

He and his wife Elisabeth have been growing soybeans on their Winchester-area farm for the past 10 years.

"This competition was an opportunity to learn from other people," Van Den Berg said. "This is the highest yield I've ever had in all the years I've grown."

He noted that he used some of the tips provided by a guest speaker at the 2008 Eastern Ontario Crop Conference at the University of Guelph Kemptville Campus last March.

"I think one of the biggest factors is variety selection," he said, noting that the high-yield soybean was Dekalb 3803. "I didn't always pay as close attention as I should have to variety selection before."

He planted his soybean crops on May 2, 2008, earlier than he normally does, and said he felt that 30-inch rows also played a factor in the high yield.

"I didn't plant as deep as I usually do, either," he explained.

Van Den Berg said that his operation has averaged 47 bushels per acre in soybeans over the last 10 years. He said he'd like to push that number to 54 bushels on average for the farm (he currently garners 54 bushels per acre in certain varieties).

"It was an excellent summer [in 2008] for beans because we had such a wet July," he said, noting that nearly every pod-set was ideal with four pods each. "That's something I've never seen before."

He said that he plans to continue using the same techniques in the coming season, perhaps reducing the seeds-per-acre average and looking at other finer details.

The Van Den Bergs farm 250 acres and also run a dairy operation; 125 acres is used for cash cropping with 60 acres of corn and the rest in hay.

Van Den Berg said he plans to enter the Soybean Yield Challenge again in 2009, "and I encourage others out there to join as well."

The registration fee is $10.

"It's not a big thing to do, but it's a great learning experience," he said.

Zone 1 winners in this year's challenge were: Dan Shantz of Petersburg with 69.1 bushels per acre; John Nanne of Pakenham with 66.0 bushels per acre; and Wm. A. Miller of Milverton with 64.2 bushels per acre.

Zone 2 winners were: John Denys of Parkhill with 70.22 bushels per acre; Tom Feeney of Dublin with 62.8 bushels per acre; and Brian and Elisabeth Van Den Berg of Winchester with 61.5 bushels per acre.

Zone 3 winners were: Casey Klaver of Seaforth with 72.1 bushels per acre; Jay Futcher of St. Thomas with 60.3 bushels per acre; and Wayne and Shawn Paling of Dresden with 59.8 bushels per acre.

The Ontario Soybean Growers (OSG) represents 25,000 growers. Its mission is to develop and promote a sound industry business environment that will allow Ontario soybean producers the opportunity for viable and profitable ongoing returns.

"We established the Soybean Yield Challenge competition to help raise growers' awareness of the factors affecting soybean yields," said OSG chairman Leo Guilbeault. "The yield management observations shared by the competition winners ... resulted in a very informative farmer-to-farmer exchange of ideas."

Crosby Devitt, OSG research and innovation manager, agreed.

"At the end of the day, this competition is about growers learning more about how to achieve great soybean yields," he said.

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Icebreaker cuts winter blues



Dr. Gabe Slowey and Shelley McLeod hosted the opening ceremonies for this year's Chesterville Icebreaker Winter Carnival, taking on the roles of Kelly Ripa and Regis Philbin from the popular morning talk show Live with Regis and Kelly. *In addition to the naming of Carnival Queen and Princesses, numerous awards of appreciation were handed out for community involvement.*



This year's Chesterville Icebreaker Winter Carnival Princess Snowflake was 15-month-old Courtney Doré (left) of Chesterville, while 16-month-old Emerson Beckstead of Newington was selected as Prince Snowflake. The two are pictured with their mothers Erin Doré (left) and Heather Eligh.



Four-year-old Mackenzie Campbell expressed her creativity at the craft table.

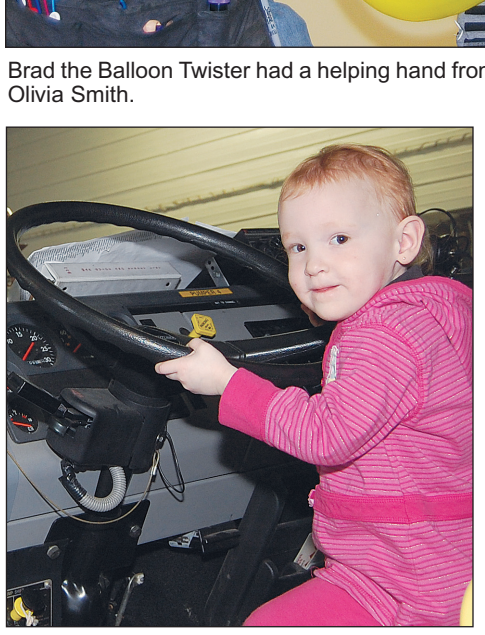
Photos — Barbour



Maureen Fodrek and Pat English were in the kitchen, providing a steady flow of flapjacks for the Chesterville and District Rotary Club's Carnival Breakfast at the Legion Hall on Sat., Jan. 10.



Brad the Balloon Twister had a helping hand from seven-year-old Olivia Smith.



Two-year-old Kaitlyn North was thrilled to sit in the driver's seat of this big firetruck on Sat., Jan. 10, as Chesterville firefighters hosted a session of the MasoniCHIP child identification program, which ran concurrently with the carnival.

Three-year-old Marty McLeod could hardly contain his excitement as he took in activities during the Children's Fun-Filled Afternoon at the Chesterville Community Hall. Children's songs by Gerry Mitchell, Air Bounce, face painting, games, and a craft table — a kid couldn't ask for more.



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Hawks collect five of six points on weekend

WINCHESTER — It was a productive weekend for the St. Lawrence Division's Winchester Jr. "B" Hawks who went undefeated in three games and collected five of six points against Rideau Division opposition.

Winchester's 7-5 victory over the high-flying Athens Aeros on Friday night (Jan. 9) highlighted the three-game sked. Going into Friday's tilt in Winchester, the Aeros had lost just once in 26 games (20-1-2-3).

"Beating Athens was great," remarked Hawks head coach Marty Little. "We jumped on them early and those quick goals gave us confidence."

Little remarked that the team's third and fourth lines played their best games of the year and their hard forecheck kept Athens off balance.

Little reported the line of Parker Davies, Brodie Boulanger and Taylor Davis was particularly effective containing Athens' number-one unit.

"If that wasn't our best game of the year it was one of the top three," added the coach.

Saturday (Jan. 10) the Hawks were in Brockville to take part in the EOJBHL five-game showcase. Winchester was pitted against the Brockville Tikis and left town with a point after a 3-3, overtime tie.



Winchester goaltender Devon Armitage, pictured in action against the Athens Aeros Friday night (Jan. 9), played in all three games for the Jr. "B" Hawks over the weekend. He posted 7-5 and 7-3 wins over Athens and the Gananoque Islanders (respectively) and registered a 3-3 tie against the Tikis in Brockville. Also in the photo are: Hawks Parker Davies (No. 16), Andrew Baker (No. 7) and Brodie Boulanger (No. 9) and Aeros forward Lucas Mott. *Press Photo — Van Bridger*

Little reported Michael Hitesman was to get the start in goal after Devon Armitage had knocked off Athens the night before but was injured in the warm up and couldn't answer the call.

"Devon had to step in and play on short notice and had a solid game," said Little. "It turned out to be a goaltenders' battle."

Sunday night, Winchester travelled to Gananoque and dealt the Islanders a 7-3 setback.

"They [Gananoque] tried to play it rough but the boys held their heads. They took some penalties and we capitalized," explained the coach.

Back-to-back

Winchester converted its two wins and a tie into a record of 18-9-2-2 and used the three points to move from fourth place into third, one point ahead of the Char-Lan Rebels (19-12-0-1) who will provide the opposition for the Hawks the next two Friday nights.

The Rebels will be in Winchester this Friday night (Jan. 16) and will return next Friday (Jan. 23) for another showdown with the Hawks.

"Our next two games are against Char-Lan and they are big games. We have to be consistent, use our speed on the forecheck. We have four solid lines and will have to get a big effort from everybody," stated Little.

Draw winner

Andy and Louise Hamel of Winchester claimed the $3,500 trip to Barbados in the first Hawks Dream Vacation Draw on Friday (Jan. 9). There will be another ticket drawn this week.

• continued on next page

North Dundas Devils qualify for SD&G girls' hockey playoff tourney





Above: *North Dundas forwards Dara Bowie (No. 17) and Teal Gove (No. 16) were hoping to pounce on a rebound given up by Russell T-wolves goalie Katarina Lauch during an SD&G girls high school hockey game played in Chesterville on Jan. 6.*
Right: *Tyne Gove (No. 18) and her sister Teal (right - white helmet) pressured Russell High School goalie Katarina Lauch. Tyne finished with four goals and two assists and Teal three goals and two helpers in the NDDHS Devils' 9-6 victory. Russell defenders Angela Sunstrum (No. 7) and Allison Whitworth (No. 3) were also part of the action. Press Photos — Van Bridger*

CHESTERVILLE — Kristie Wade, the North Dundas District High School's first string goalie, was unable to take part in the second installment of the 2008-09 SD&G girls high school hockey playdowns, so Devils coaches Mike Deighton and Deanna Corbett-White called on Alyson Erwin to take up the position between the pipes.

Alyson Erwin backs team in pair of victories

Erwin, who usually plays defence, pulled on the goaltending gear and backed her team in a pair of victories in a tournament played in Chesterville on Jan. 6. She posted a 4-0 shutout win over the Tagwi Warriors in a morning match and then finished the round robin by claiming a high-scoring 9-6 decision over the Russell High School T-wolves.

North Dundas split its first two games on Dec. 9 whitewashing the CCVS Golden Raiders 4-0 and losing 2-1 to the La Citadelle Patriotes. The Devils finished their first-ever hockey season with a 3-1-0 record and a goal differential of plus 10 (18-8). They will now move on to the play-off tournament, to be held in Williamstown on Feb. 12. Also qualifying to compete for the championship are La Citadelle, Russell, CCVS, Char-Lan, Glengarry, St. Joe's and Holy Trinity.

La Citadelle finished first in the final Pool "B" standings with a 3-0-0 record and six points. North Dundas (3-1-0) also earned six points. Russell (1-2-1) collected three, CCVS (1-1-0) had two points and Tagwi (0-4-0) went winless and was eliminated.

Coach Mike Deighton felt the entire team played two solid games considering the circumstances.

"Our starting goaltender Kristie Wade's parents' car broke down in Jacksonville, Florida, so she wasn't able to make the tournament," explained the coach. "Alyson [Erwin] filled in and got us the two victories."

Deighton said that the team was able to take part because Erwin was willing to play in the net.

He also noted the Gove sisters, Teal and Tyne, led the offence but pointed out that he and co-coach

• continued on next page

Winchester rinks win in Metcalfe

METCALFE — Winchester Curling Club rinks skipped by Doug Blaine and Bill Hogaboam picked up prizes at the 2009 Mushroom Madness Mixed Bonspiel at the Metcalfe Curling Club.

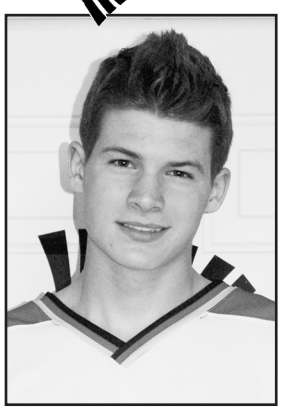
A total of 24 teams took part in the event (Jan. 7 to 11) and the Blaine foursome of Henry Doornwaard, Carol Doornwaard and Debbie Blaine registered three wins to qualify for Sunday's "A" final, that was won by Ed Warren of Carleton Heights.

Hogaboam skipped Judy Somerville, Aubrey Callan and Leeann Chamberlain to a round robin record of two wins and a loss and emerged from Sunday's "B" final with a steal of one in the last end and the victory over Navy's Norm Murchinson.

Meet the HAWKS

Ryan Lesway

No. 6, Defence



Ryan Lesway is in his first year with the Winchester Jr. "B" Hawks. The 18-year-old defenceman has played in 29 games and has pegged one goal and drawn four assists. The six-foot, one-inch blueliner has drawn 45 minutes in penalties.

Hawks collect five of six points

• continued from page 11

The first Hawks $500 NDDHS Blue Devils Shootout was won by Teal Gove who netted nine of 10 pucks, Dara Bowie and Madison Koekkoek also took part. Tim Hortons was the sponsor. Three new shooters will take part during Friday's game against Char-Lan.

Hawks 7 - Aeros 5

Winchester's special teams produced a 3-1 first-period lead on Athens. Al "Flash" Gordon (18th) and Bobby Little (5th) crack in PPGs. Ben Collins (32nd) pinned a SHG. Collins (2), Gordon and Chris "Beach Boy" Giczewski drew the assists. Daniel Lacroix replied for the Aeros.

"Flash" Gordon (19th) and Brandon Kelley (1st - SHG) put the Hawks up 5-2 in period two. Collins and Brodie Boulanger set up the plays. Steve McGlade had the Athens goal.

Athens got goals from Sean Munoz (2) and Lacroix in the final 20 minutes but Winchester countered with tallies from "Beach Boy" Giczewski (8th) and Brandon Kelley (2nd) who scored into an empty net six seconds before the final buzzer. Collins earned two more helper points while Gordon and Graham Loyst each picked up one.

Athens outshot Winchester 42-26. Devon Armitage posted his ninth win. Ethan Wright and Eric Lepage shared the loss.

Hawks 3 - Tikis 3 OT

Brockville led 1-0 after a period on a Brett Jackson tally.

It was a 2-2 game after 40 minutes. Collins (33rd) scored from Adam Schofield at 4:12 and Little (6th) scored from Kelley on a power play at 16:37. Shane Melcher had the Brockville goal.

Parker Davies (6th - unassisted - SHG) put the Hawks up 3-2 25 seconds into the final frame but the Tikis evened the score when Dan Weir connected at the 10:29 mark.

Brockville outshot Winchester 37-27. Armitage was the Hawks 'tender.

Hawks 7 - Islanders 3

Brandon Kelley fashioned a hat rick and led the Hawks to their 7-3 win in Gananoque. Kelly pegged his third, fourth and fifth goals and now has nine points (5-4-9) in his first eight games with the Hawks.

Goals by Kyle Peck (14th) and Schofield (8th) gave Winchester a 2-0 first period lead. Little, Loyst and Andrew Baker provided the passes.

Newcomer Devon Simons netted his eighth and Kelley his third as the Hawks went up 4-2 in period two. Simons, a rookie defenceman from New York, came over from the South Grenville Rangers in a trade for fellow New Yorker Isaiah Patterson and the rights to Chad Gillessie at the trade deadline on Jan. 10. Simons had seven goals (3 PPG), five assists and 12 points in 24 games with the Rangers.

Kelley rang up his final two goals in the third period while Collins banged in his 34th. Loyst, Peck, Chris Giczewski, Gordon, Ryan Lesway and Collins collected the assists.

Max Gordanier, Curtis Peters and Adam Ruffolo were the Gananoque marksmen.

Each team had 31 shots on net. Armitage improved his record to 10-5-2 (3.79 GAA) with the win.

NDDHS Devils qualify for playoffs

• continued from page 11

Corbett-White were pleased with the secondary scoring provided by Bailey Milne, Laurena Matthies, Kelly Vandelst and Andrea Ceelen.

"We are looking forward to the playoffs," he added.

Devils 4 - Warriors 0

Tyne Gove registered the winning goal in the Devils' 4-0 win over Tagwi on an unassisted play at 11:56 of the first half. She then set up her sister Teal for a 2-0 lead 5:48 before the intermission.

Milne opened up a 3-0 gap finishing a play started by Emily Hilborn and Holly Klein-Swormink at 23:38 of the second session. Vandelst put the finishing touch on the win burying a feed from Milne and Hilborn 6:10 before the final buzzer.

Devils 9 - Russell 6

North Dundas jumped out to a 6-1 lead on Russell. Teal and Tyne Gove each potted a pair of pucks while Ceelen and Matthies netted singles. Tyne finished the game with four markers adding two in the second session. Teal snapped in her third to round out the offence.

Tyne (4-2-6), Teal (3-2-5), Ceelen (1-1-2), Matthies (1-0-1), Milne (0-1-1), Madison Koekkoek (0-1-1), Dara Bowie (0-1-1), Paige Smith (0-1-1) and Casey Saddlemire (0-1-1) all picked up points for the winners.

Caitlin Blanchard (2), Taryn Chesser, Sara Rugglero, Allison Withworth and Angela Sunstrum were the Russell goal scorers. Sienna Benson, Brittany Baker, Melissa Young, Rugglero and Chesser drew the assists.

Other scores

CCVS posted a 5-3 victory over the Tagwi Warriors and La Citadelle waxed Russell 5-0 in the other two Pool "B" games played the same day.

SPORTS SCOREBOARD

Eastern Ontario Junior "B" Hockey League

RIDEAU - ST. LAWRENCE CONFERENCE

RECENT RESULTS:

Jan. 7: Gananoque 8 - Brockville 4
Jan. 8: Casselman 17 - Morrisburg 4
Jan. 9: Winchester 7 - Athens 5
Brockville 6 - Westport 5
Gananoque 7 - Morrisburg 2
Casselman 7 - Alexandria 4
Jan. 10: Winchester 3 - Brockville 3 OT
Athens 13 - Morrisburg 2
Casselman 5 - Gananoque 4
Alexandria 7 - Westport 4
Char-Lan 10 - South Grenville 4
Jan. 11: Winchester 7 - Gananoque 3
Alexandria 5 - Athens 2

STANDINGS

Rideau	W	L	T	GF	GA	PTS
Athens	21	3	2	161	106	47
Westport	17	12	0	169	160	37
Brockville	11	16	01	119	120	25
Gananoque	9	19	3	126	159	22
S. Grenville	9	19	1	86	142	21

St. Lawrence	W	L	T	GF	GA	PTS
Alexandria	24	8	0	204	117	49
Casselman	22	9	1	190	144	46
Winchester	18	9	2	143	130	40
Char-Lan	19	12	0	154	122	39
Morrisburg	2	28	0	102	254	5

**Teams losing in OT receive one point*

TOP SCORERS	G	A	PTS
Rideau Division			
Brett Perkins, West.	27	43	70
Steve McGlade, Athens	22	41	63
Steve Parker, Athens	27	27	54
Shane Melcher, Broc.	33	20	53
Scott Baxter, Athens	18	29	47
Scott Johnstone, West.	23	24	47
Andrew Thorne, West.	9	36	45
St. Lawrence Division	G	A	PTS
Ben Collins, Win.	34	52	86
Eric Morter, Alex.	23	53	76
Rejean Leduc, Cass.	28	46	74
Hugo Pouliotte, Alex.	41	29	70
Cory Gove, Cass.	30	31	61
JF Fournier, Cass.	25	33	58
Alex Leclair, Cass.	22	33	55
Emilien Dupont, Alex.	15	40	55
Tyson Spink, C-L	17	36	53
Al Gordon, Win.	19	30	49

Winchester Town Hockey League

RECENT RESULTS:

Jan. 6: Winchester Flyers 5 - Whitetails 3
Papa Gus 8 - Allied Associates 4

STANDINGS	W	L	T	GF	GA	PTS
Allied Associates	9	5	1	83	63	19
Papa Gus	8	7	0	86	79	16
Winchester Flyers	7	7	1	61	68	15
Whitetail Construction	5	10	0	57	75	10

TOP SCORERS	G	A	PTS
Robyn Sadler, Papa	33	13	46
Darrel Moore, AA	26	15	41
Rob Thurler, AA	18	16	34
Derek Vingerhoeds, AA	12	12	24
Travis Armstrong, WF	14	9	23
Justin Morozuk, WF	10	11	21
Scott Reaney, WF	10	10	20
Billy McRoberts, AA	8	12	20
Trevor Gilmer, WF	8	12	20
Aron Sherrer, Papa	4	14	18
Trevor Morozuk, AA	2	16	18

Eastern Ontario Junior "B" Hockey League

METRO - VALLEY CONFERENCE

RECENT RESULTS:

Jan. 6: Stittsville 4 - Ottawa Canadians 4 OT
Renfrew 6 - Perth 2
Jan. 8: Ottawa West 11 - Metcalfe Jets 2
Jan. 9: Ottawa Canadians 9 - Metcalfe Jets 5
Stittsville 2 - Carleton Place 2 OT
Arnprior 5 - Renfrew 5 OT
Clarence 6 - Gatineau 1
Perth 7 - Shawville 3
Jan. 10: Carleton Place 4 - Perth 2
Ottawa West 4 - Gatineau 1
Jan. 11: Clarence 5 - Metcalfe Jets 2
Ottawa Canadians 8 - Stittsville 2
Shawville 5 - Arnprior 3

STANDINGS

Metro	W	L	T	GF	GA	PTS
Ottawa West	24	5	3	175	81	52
Ottawa Jrs.	21	7	4	172	108	47
Clarence	19	11	3	156	120	41
Gatineau	12	18	3	135	172	28
Metcalfe	5	29	0	113	227	10

Valley	W	L	T	GF	GA	PTS
Carleton P.	23	4	4	159	89	51
Stittsville	21	10	3	170	140	45
Arnprior	15	16	2	149	172	32
Shawville	10	16	2	143	175	26
Perth	9	18	2	109	134	25
Renfrew	8	19	4	114	177	21

**Teams losing in OT receive one point*

Winchester & District Ladies Hockey League

RECENT RESULTS:

Jan. 11: WS Trucking 1 - CountryGirls 1
Double Beauty 1 - Andy's Foodland 0
Cooper Physio 4 - Annable's Blues 0

STANDINGS	W	L	T	GF	GA	PTS
WS Trucking	9	2	3	40	16	21
Cooper Physio	7	4	3	29	26	17
Andy's Foodland	6	3	5	28	24	17
CountryGirls	5	6	3	31	27	13
Annable's Jewellery	4	8	2	24	33	10
Double Beauty	2	10	2	14	36	6

TOP SCORERS:	G	A	PTS
Sandra Cloutier, CP	17	2	19
Kelly Zeran, WST	8	9	17
Amy Fraser, AF	12	4	16
Stephanie Scott, CG	8	8	16
Edith Dagenais, CP	9	4	13
Amy Darling, AB	8	5	13
Sonia Clement, WST	7	4	11
Christina Carruthers, WST	3	8	11
Eleanor Robinson, WST	5	5	10
Diane Downey, CG	3	7	10
Kelly Francis, WST	3	6	9
Francine Brisson, CP	1	8	9

2008-09 EOJBHL St. Lawrence Division

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vs Char-Lan Rebels - 8:15 pm

Fri., Jan. 23
vs Char-Lan Rebels - 8:15 pm

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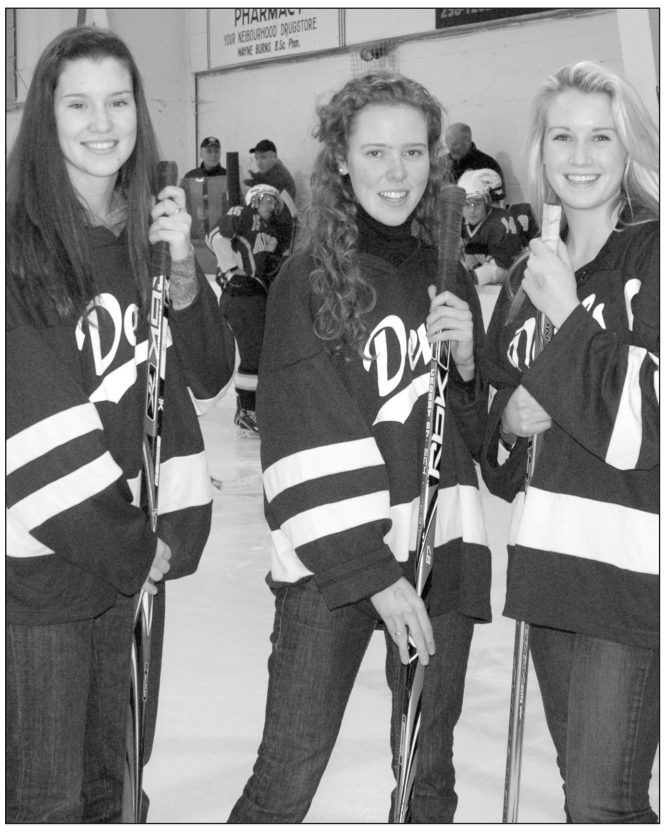



Hot shots

Dara Bowie (left), Madison Koekkoek and Teal Gove represented the North Dundas District High School Blue Devils hockey team in the first round of the Winchester Jr. "B" Hawks $500 Shootout. Gove (accompanying photo) netted nine of 10 pucks to win the competition. Bowie cashed three and Koekkoek four pucks during the first intermission of the Hawks' home game against the Athens Aeros. Tim Hortons sponsored the opening round. The winners have decided to donate their cash prizes back to the Devils to help pay for the team's ice time. Three new shooters will take part during the first intermission of Friday's (Jan. 16) game against the Char-Lan Rebels. Press Photos — Van Bridger

Stylists fashion two consecutive WDLHL victories

WINCHESTER — Jada McNaughton rang up the winning goal and Lorie Casselman blocked all of the shots fired at her as the Double Beauty Stylists posted their second consecutive Winchester District Ladies Hockey League victory.

McNaughton cashed in a pass provided by Jennifer Manley and Susan Marsden at 17:12 of the second half of Sunday morning's (Jan. 11) 9 am game and the tally held up as the sixth-place Stylists improved to 2-10-2 and the number two-ranked Andy's Foodland Reds dropped to 6-3-5.

Casselman turned in the shutout effort and Kristie Wade suffered the one-goal set back.

Knotted at one

The morning's triple bill opened at 8 am with the number-one ranked WS Trucking (9-2-3) crew and the fourth-place Country-Girls (5-6-3) finishing in a 1-1 draw.

Edith Dagenais buried a feed from Stephanie Scott in the back of Dominique Cavill's cage with 4:14 left in the first half to put the Girls into a 1-0 lead. The WST company answered quickly with a goal by Eleanor Robinson with 3:23 left in the session and tied the score at 1-1, putting the puck behind goalie Roxanne Backes. Edith Rivet and Christina Carruthers engineered the game's final scoring play.

Pink 4 - Blues 0

Karina Damato was flawless guarding the string for the second-place Cooper Physio Pinks (7-4-3) as they whitewashed the fifth-place Annable's Jewellery Blues (4-8-2) 4-0 in the 10 am encounter.

Sandra Cloutier used a play started by Cheryl Cooper to registered the game-winning goal at 11:42 of the first half. Veronique Daviault made it 2-0 at 16:19 of the second stanza. Cloutier connected again at 14:17 and Dawn Montgomery's marker made it a 4-0 final 7:35 before the final buzzer.

Second-half rally carries Wings to 8-4 win over Associates

WINCHESTER — Jeff Pashak and Robyn Sadler each scored three times and led the number-two rated Papa Gus Wings to an 8-4 Winchester Town Hockey League victory over the number-one ranked Allied Associates.

Associate Darrell Moore buried a relay from Josh McRoberts in the back of the Wings' cage in the first half of the late game on the Tuesday night (Jan. 6) twin bill. But that 1-0 lead vanished and when the final whistle was sounded by referee Nathan Thompson the Wings had soared to their 8-4 decision.

With the win the Wings (8-7-0) closed to with three points of the Associates (9-5-1) and stayed one point ahead of the third-place Winchester Flyers (7-7-1) who brought down the fourth-place Whitetails (5-10-0) 5-3 in the opening game of the doubleheader.

Pashak's first goal got the Wings off the ground. Sadler netted the next two, scoring in a span of three minutes. Jordan Barkley slapped in the fourth. Pashak, Scott Baldwin, Pashak and Sadler registered the final fourth in that order to put the game out of reach. Pashak (3), Mitch Scott (2), Jon Chambers, Aron Sherrer and Sadler all picked up helper points. Chad Kennedy was the winning 'tender.

Moore recorded goals numbers 25 and 26 in a losing cause. Matt Baker and Rob Thurler snapped home the singles. McRoberts, Moore and Baker earned assists. Colin Ion suffered the setback.

Flyers 5 - Whitetails 3

Adam Guy finished a play started by Matt VanDelst and Justin Morozuk at 19:18 of the second half and his marker proved to be the difference in the Flyers 5-3 win over the Whitetail Construction crew.

Guy tied the game 1-1 on an unassisted play at 20:22 of the first half. Travis "Toast" Armstrong made it 2-1, finishing a short-handed play created by Josh "Champ" McLean at 17:09, and McLean gave his team a 3-1 lead with 10:31 left in the session. Morozuk and Spencer Dawson set up the play.

Guy extended the lead to 4-1 with his goal at 19:18 of the second session. The difference rose to 5-1 when Morozuk cashed in a Van-Delst pass at 13:06.

The Whitetails responded with a pair of goals in the final 9:19 but came up two short. Sheldon Myers and Justin Heuff provided those tallies. Jon Nadobny drew three helper points. Myers (2), and John Guy earned the others.

Chris Currie posted the win and Jesse White absorbed the loss.

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DeJong scores winner in final minute of game, Demons edge Glens 5-4

ALEXANDRIA — Brandon DeJong took a pass from captain Peter Klein-Swormink and Adrian Lee and ripped a shot into the Alexandria net 53 seconds before the final buzzer.

The DeJong goal broke up a 4-4 tie and lifted the North Dundas Minor Midget Demons to a 5-4 Upper Canada Minor Hockey League victory over the home town Alexandria Glens.

Saturday's (Jan. 10) result improved the East Division-leading Demons' record to 9-2-4.

Jarrett Melenhorst used a play started by Hayden Moher and Patrick Lauriault to tie the game 1-1 with 3:20 left in period one.

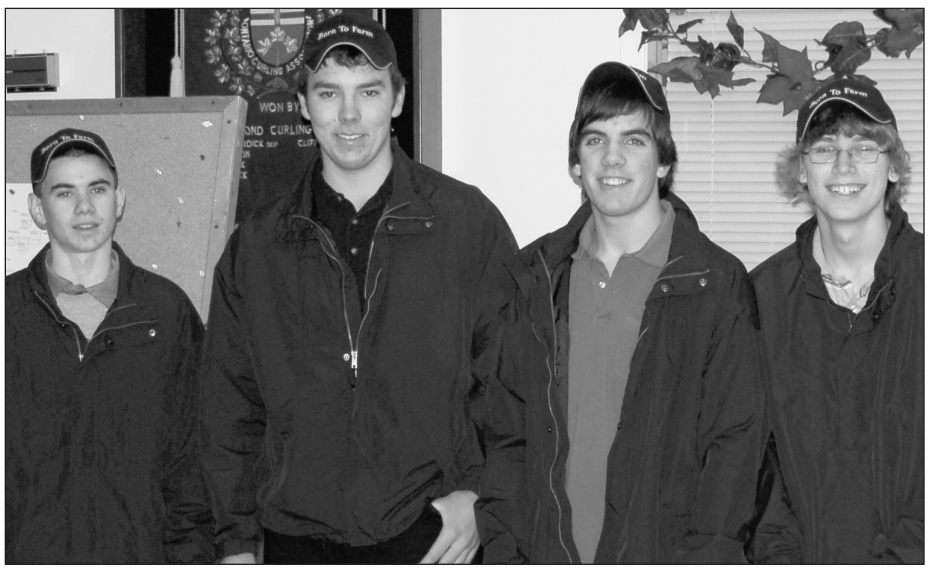
The scored was deadlocked at 2-2 after two periods with Klein-Swormink sniping both of North Dundas markers. DeJong set up his captain at 9:04 and then Lee and Lauriault provided the pass with 1:52 left in the same frame.

Alexandria grabbed a 4-3 lead when Eric Carriere slid a shot into Patrick Wright's net with 9:01 left in the game. A goal by Derek Simms knotted the count at 4-4 with 8:30 on the clock. Dylan Fawcett and DeJong engineered the play and set the stage for DeJong to bang in the winner 53 seconds before the final buzzer.

Demons 8 - Cornwall 1

Eric Prusila, Klein-Swormink and DeJong each potted a pair of goals when the Demons opened 2009, romping to an 8-1 victory over the visiting Cornwall Colts in Winchester on Jan. 8.

Jacob Luimes and Derek Simms snapped in singles. Assists went to Lee (2), DeJong (2), Moher, Klein-Swormink, Taylor Scheepers, Fawcett and Brett Coburn. Chase Beaudry tended the nets and missed the goose egg when Cornwall scored in the second stanza. North Dundas led 3-0 after a period and 5-1 after two.



Going to Regionals

The Winchester Curling Club will be represented at the Ontario Curling Association's Bantam Boys Regional Championships by a team skipped by Jonathan Thompson. The Thompson foursome will compete as Zone 1B representative in the Regionals this weekend (Jan. 17 and 18) in Morrisburg. The girls' event will be held at the Winchester Curling Club (no Winchester representative) at the same time. Thompson lost 5-4 to Ben Savage RCMP, defeated Navan's Brad Tanner 14-2 and knocked off RCMP 7-1 to claim the Zone 1B title. Russell's Keith Waddell captured the Zone 1A silverware. Lead Daniel Lillico (left), skip Jonathan Thompson, second Jason Found and third Christian Mark are the WCC's Zone 1B winners.

Bantam "B" Demons edge Bears 2-1

SMITHS FALLS — The North Dundas Bantam "B" Demons opened the new year skating to a 2-1 victory over the Bears in their den in Smiths Falls.

Ryan Byers teamed up with Josh Freake and used his relay to net the Demons a 1-0 lead at 9:44 of the first period of Sunday's (Jan. 11) Upper Canada Minor Hockey League game in Smiths Falls.

Freake then took a relay sent to him by Ryan Switzer and cashed it in for a 2-0 edge at 7:12 of the same frame. That marker held up as the deciding shot because the Bears were able to slice their final deficit to 2-1 when Taylor Richards broke up goaltender Colin Giberson's bid for a perfect game with 31 seconds left on the clock.

The victory inflated the top-ranked Demons West Division record to 15-1-1.

Tonight (Wed., Jan. 14) at the Winchester Arena the Demons will host the Perth Legion Wings at 7 pm.

WSC test day results

WINCHESTER — The Winchester Skating Club held a low test day on Saturday (Jan. 10).

The results are as follows:

Alyssa Cooper - Junior Bronze Skills, Willow Dance.
Alyson Summers - Junior Bronze Skills, Willow Dance.
Deanna Sliva - Junior Bronze Skills.
Marina Crober - Senior Bronze Skills, Junior Bronze Program.
Katey Churchill - Senior Bronze Skills, Fourteenstep Dance.
Blythe Armstrong - Senior Bronze Skills.
Elizabeth Porteous - Canasta Dance.
Shalee St. Marseille - Baby Blues Dance.
Kyleigh Jampen - Fiesta Tango Dance.
Elizabeth Gibson-Crowder - European Dance.

Ledrew registers 11th shutout, Pee Wee "B" Demons win 8-0

WINCHESTER — Matthew Ledrew posted his 11th shutout in 19 games backing the North Dundas Pee Wee "B" Demons in an 8-0 victory over the visiting Akwesasne Warriors.

Ledrew and his mates led Monday's (Jan. 12) home game 4-0, after a period and 7-0 after two frames.

The win improved Tom Kirkwood's squad's Upper Canada Minor Hockey League East Division record to 15-3-1. The Demons have outscored the opposition by a wide margin, 113-23.

Win improves record to 15-3-1

Patrick Gibson potted a pair of first-period goals, including the winner that was set up by Mason Durant at 10:31. Durant then made it 2-0 at 8:39 scoring from Dakota Boulanger. Gibson made it 3-0 on an unassisted play at 4:12. Bradley Stitt buried a pass from Dylan Marshall and opened up a 4-0 gap with 1:58 left in the session.

Mitchell Fournier found the back of the Warriors' net at 10:53 of period two after taking a feed from Mitchell Melenhorst and Durant. Fourteen seconds later Taylor Cummings netted an unassisted shot and the demons had a 6-0 lead. Dayton Kelly cashed in a relay from Cummings at the 6:35 mark and North Dundas finished the middle stanza up 7-0.

Boulanger iced the 8-0 verdict, cracking in a pass provided by Stitt and Dylan Marshall with 12:53 left in period three.

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Novice House "C" Demons post wins over Lions, Kodiaks

WINCHESTER — Eric Armstrong cracked in all three goals and Hunter Idiens and Kayla MacGregor shared the shutout as the North Dundas Novice House "C" Demons blanked the South Dundas Lions 3-0.

Armstrong's first goal was engineered by Dylan Martin and Kye Williams with 3:36 left in period one and proved to be the winner in the Upper Canada Minor Hockey League game played in Winchester on Jan. 3. He made it 2-0, registering his second tally on an unassisted play at 8:44 of period two. Armstrong completed his hat trick, burying a pass provided by Alex Butland with 1:27 left in the same frame. Period three was scoreless.

Demons 5 - Kodiaks 2

North Dundas was back on home ice on Saturday (Jan. 10) and skated to a 5-2 decision over the Smiths Falls House "C2" Kodiaks. The win improved the Demons' record to 9-5-1.

Smiths Falls opened the scoring at 5:45 of period one, but North Dundas tied it with a Butland goal 1:12 before the buzzer.

Armstrong connected from Martin at 8:13 of period two and Bradley McLean made it 4-1 cashing in a pass from Ian O'Donohue and Butland with 3:09 on the clock.

The Kodiaks closed the gap to 4-2, putting a shot into Idien's cage at 8:57 of the final session. The Demons responded with a goal from O'Donohue at 8:20 and another by Armstrong at the 347 mark to register the 5-2 result. McLean assisted O'Donohue and Williams set up Armstrong.



Banner day

The North Dundas Atom "B" Demons dropped a slim 1-0 decision to the Prince Edward County Kings in their divisional championship game of the 2008-09 Bell Capital Cup. North Dundas defeated West Carleton 3-2 in double overtime to qualify for the title match. During the competition they also knocked off the Cornwall Colts 2-1, the Stittsville Rams 7-0, the Nepean Red Raiders 5-2 and the Skaneatles Lakers 4-2. Members of the Atom "B" Demons are (not in order): Cory Ross, Spencer Kelly, Owen Guy, Tyson Sherrer, Logan Holmes, Kyle Ross, Brayden Cochrane, Evan Durant, Mackenzie Johnston, Zach Poirier, Brett Lannin, Dillon Clemen, Jacob Downey (absent). The coaching staff: Tom Mellean - head coach, Dave Lannin, Darrin Kelly, Jeff Johnston (absent), Brian Downey (absent).

Gibson, Sloane power Bantam House "B" Demons' offence in 6-1 victory over Bears

CHESTERVILLE — Two goal efforts by captain Kirk Gibson and Zach Sloane powered the offence when the North Dundas House "B" Demons tamed the Smiths Falls No. One Bears 6-1.

Ryan Embury got the start and posted the win in the Upper Canada Minor Hockey League contest played in Chesterville on Jan. 6. Embury had a goose egg going until the Bears potted their lone goal early in the third period.

Gibson and Evan Durant counted the Demons' first-period goals. A single by Brody Collins and Sloane with his two markers opened up a 5-0 second-period lead for North Dundas. Gibson closed the scoring, netting a Alex Porteous pass at 10:02 of the third.

Porteous, Dylan Sosnowsky, Craig Christophersen, Frisco MacMillan and Durant picked up assists in a winning cause.

North Dundas played a pair of road games over the weekend. Coach Gary Embury's charges shot down the Athens Aeros 7-5 in Athens on Saturday (Jan. 10) and battled the Panthers to a 3-3 draw in Kemptville on Sunday (Jan. 11).

Those results inflated the Demons' record to 12-4-2.

Demons 7 - Aeros 5

Cam Hunt was between the pipes for the game at Centre 76 and was able to post a 7-5 win thanks, in part, to Daniel McSheffery's three-goal performance.

Andrew Findlay potted a pair while Sloane (1-2-3) and Collins (1-2-3) each collected three points. Ben Horton, Will Burgess and Gibson collected helper points.

Demons 3 - Panthers 3

Sunday's match in Kemptville was tied 1-1 after a period. The Panthers were leading 2-1 after two sessions and needed Spencer Jonsson's goal 2:31 before the final buzzer to salvage a point.

McSheffery cracked in the Demons' first-period goal. Sosnowsky nailed the second marker with 9:43 left in the game and Findlay dented twine with 7:14 on the clock to put North Dundas up 3-2. Durant, MacMillan, Collins and Gibson provided the passes.

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HELP WANTED – Yes, we can be beautiful on a budget. Come and see how you can receive $160 free Avon products. Call Susie 613-978-3729 to book your spot on Tues., Jan. 20, 7 pm at Morrisburg Golf Club.
44

Work Wanted

G & K MOVING
Affordable and reliable, fully insured. Garry 613-821-3555.
43tfc

Work Wanted

WORK WANTED – Karl's Moving. Reasonable rates. Seniors discounts. Long hauls in Ontario. Call 613-652-2526.
18tfc

WORK WANTED – STL Home Improvement. Renovations, repairs, additions, painting, flooring, ceramics, decks, plus more! 30 years experience. Free estimates. Quality workmanship. Steven T. Lavigne 613-864-1953
4tfc

WORK WANTED – Experienced carpenter. Additions, renovations, decks, siding, windows, doors and more. Call Andrew Lamoureux, Winchester, 613-853-5294.
18tfc

For Rent

ROADABLE STORAGE TRAILERS
Dry and watertight. By the week or month. Delivery charge extra. Call Ed Duncan 613-989-2838.
19tfc

FOR LEASE – Prime commercial space on Meadow Drive in Greely. Approximately 1100 sq. ft. available. Great for retail, medical, or dental practice. Available Feb. 1. For more information call 613-821-1497 or 613-821-1488.
35tfc

FOR RENT – Office space on Dawley Drive, Winchester (same building as Drive Test). Call 1-800-361-3305 or 613-652-2069.
8tfc

FOR RENT – Prime commercial property, Main St., Winchester. Available Jan. 1. Call 613-229-6415.
36tfc

KEMPTVILLE
Commercial space, 700 square feet, $700 per month, heat and hydro extra. A great location at lights on Prescott Street. Building available for sale. Information and pictures available at propertyguys.com. Phone 613-296-3455.
38tfc

Accommodation

FOR RENT – 43 Moffat Street, Morewood, 2-bedroom apartment, newly renovated, $575 monthly, utilities extra, on-site laundry facility, ample parking, high speed internet access, includes appliances. Call 819-771-6433.
19tfc

FOR RENT – 2-bedroom apartment in Dunbar. Ground level, heated, large yard. No dogs please. Call 613-774-3408.
37tfc

CENTRAL MORRISBURG RENTAL
Premium 2-bedroom apartment now available in modern 6-plex building. Includes security entrance, parking, storage, gas heat, laundry facilities, and air conditioning. Suitable for seniors/adults without pets. Rent $525 and up. References required. Call 613-535-2759 days, for appointment.
29tfc

SHARED ACCOMMODATION – In bungalow in Morrisburg. Female, senior preferred. Call 613-543-3318.
43-44

Accommodation

CARDINAL – New ground level 1 and 2 bedroom apartments. Two units wheelchair accessible, 4 appliances. Private yards and parking. $600 - $775 per month plus utilities. Call 613-258-7551.
43-44

FOR RENT – Bachelor apartment, Metcalfe. Heat, lights, cable included. $475 monthly. Available immediately. Call 613-821-5423.
44

FOR RENT – Morrisburg, 3-bedroom duplex on quiet street. Available Feb. 1, $690 monthly plus utilities. First and last with references. Call 613-543-2897.
44tfc

FOR RENT – 1-bedroom, 2nd floor apartment in Winchester, available Feb. $650 monthly, plus hydro. Includes fridge, stove and parking. Laundry on site. Call 613-822-6232.
44tfc

For Sale

Photographs appearing in the Winchester Press are available in colour. They must be prepaid when ordered and can be paid for by VISA or MasterCard. Order at the Winchester Press office, 545 St. Lawrence Street, Winchester, or phone 613-774-2524.
7stf

FOR SALE – Potatoes: $10 for 50 lb of white Kennebec or red Chieftain. Country Kitchen Restaurant, 2159 County Road 31, Winchester.
43tfc

APPLES – Many varieties, unique fruit spreads and chutneys. CIDER, sparkling juice, gift baskets, ready made or made to order, giftware. Antiques and collectibles. Open daily 8 am-5 pm. Smyth's Apple Orchard, 613-652-2477, on County Road 18, 5 km west of County Road 31 at Williamsburg, follow the signs, www.c360.ca/iroquois/smyths
32tfc

FOR SALE – Metcalfe, Beautiful 3+1 bedroom bungalow on large lot, asking $244,900. Call 613-821-1131 or see grapevine.on.ca #19864
41-44

FOR SALE – 8 hp walk-behind snowblower, 28" wide, works well, $450. Call 613-448-1135, Morewood.
44-45

FOR SALE – Power wheelchair, Invacare TDX5 with 2 new VG24 gel batteries, battery charger and 2 new prism cushions. 4 years old. Price new $10,572.43, selling for $2,500. Phone 613-821-2374.
44-45

PRIVATE SALE – 8162 Victoria St., Metcalfe. 2-storey home, large lot, details on request. Showings by appointment only, 613-821-7730.
44-45c

FOR SALE – 5 hp, 2-stage snowblower, runs and works, $75 as is. 613-448-2341.
44

Automotive

FOR SALE – 2000 Dodge Grand Caravan, 5-door with hand controls and power ramp. 23,395 km in good condition. $19,500. Phone 613-821-2374.
44-45

Automotive

VEHICLE FOR SALE – Credit problem! In-house finance is easy, just apply online and become pre-approved. For clean low mileage vehicles. www.car-o-line.com or call Car-o-line Autos at 1-877-820-5598 or 613-448-2488.
9tfc

Farm

FOR SALE – Good quality big square and round bales of hay. No rain. Call 613-989-6031, 613-913-5935 or 613-913-2195.
40-47

FOR SALE – DeDell seed corn. No B.T., no BULL. Just great seed corn at a great price. Poncho or Cruiser 250 available if wanted. Call John Cinnamon, 613-774-2486 or cell 613-227-1849. Website:www.farmerjohnfromcloverdale.com
43-46c

FOR SALE – Hay and straw, small square bales; horse quality hay, no rain, $3.75; clean wheat straw, $2.50. Call Steve at Vernon, 613-774-6403.
43-44

FOR SALE – Hay, small square bales suitable for beef, sheep or bedding. Call 613-774-5107 or 613-612-9919.
43-48

FOR SALE – Straw, small square bales, $1.75 each. Call 613-448-2655.
44-45

FOR SALE – Round bales of hay, grass mix, no rain, stored inside. Call 613-774-3363
44-47c

Household

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

FOR SALE – Heritage propane stove, glass front panel, gold trim with pipes, wall flange, tubing, shut-off valve. Call 613-774-5063.
43-44

Pets/Livestock

ALINGSVIEW STABLES
Boarding, lessons and training. Recreational and competitive programs. EC certified coach. Visit www.freewebs.com/alingsview or call 613-448-1492.
43-46c

FOR SALE – Two fresh purebred heifers, 2 fresh grade heifers. Phone 613-445-2832 or cell 613-864-2832.
44

FOR SALE – Purebred Angus: 9 cows, two 2-year olds, bred AI and pasture, due March/April; one 2-year old Peaker bull, 4 yearling bulls. 613-535-2987.
44-46

BEADS – Wanted
Seed beads and/or beaded items. Must be pre-1920.
Call 613-535-2233

AUDITION CALL
Dundas County Players Spring Production
'Ten Lost Years' by Jack Winter & Cedric Smith
adapted from the book by Barry Broadfoot
Auditions: Jan. 26 & 27, 7-9 pm,
Winchester Old Town Hall Theatre
Roles: 5 men (ages 18-65), 5 women (ages 18-65)
Performance Dates: April 24-26, May 1-3, 2009
For audition monologues and to book an audition time contact
Director Terry Green at jtgreen@storm.ca or 613-989-1426

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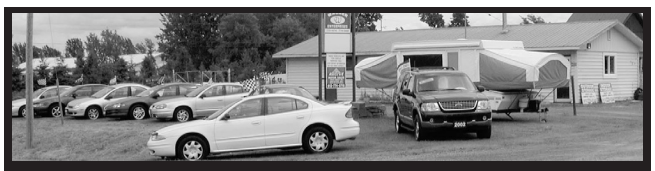

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Contact Pat Warren, 613-774-2943



METCALFE AGRICULTURAL SOCIETY
The Metcalfe Agricultural Society will hold its ANNUAL MEETING on Sat., Jan. 24, 2009, 1:30 pm, at the Metcalfe & District Lion's Den, Metcalfe Fairgrounds.
All members are invited to attend.

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Regular deadline for **Display Advertising** Friday at 4 pm

In Memoriam

BAKER – In loving memory of a dear brother, George William, who passed away January 16, 2006.
Gone are the days we used to share,
But in my heart you are always there,
The gates of memory will never close,
I miss you more than anyone knows.
– Love Bev
44

Verna Salter
December 27, 1930 - January 5, 2008
Franklin Salter
January 9, 1924 - January 17, 2000
If wheat and roses grow in Heaven,
Lord please pick a bunch for us,
Place them gently in our parent's arms
And tell them they're from us.
Tell them that we love and miss them
And when they turn to smile,
Place a kiss upon their cheeks
And hold them for a while.
When we lost you Dad, Mother 'held us up'. Losing you Mom, we continue to struggle in search of your strength, wisdom and grace. We cherish you both! We thank you for the love, the endless sacrifice you made and the precious memories that will forever be in our hearts. In honour of our parents, please perform an anonymous act of kindness for someone, it would bring them great joy.
– We love you deeply, forever and always
– Rick, Karen, Matt, Alyssa and Brendan
44

Margaret Albers
January 14, 2007
There's a face that's with us always,
There's a voice we'd love to hear,
A smile we'll remember forever,
A hug we'd love to share.
There's sad but sweet remembrance,
There's memory fond and true,
And not a day that passes now,
When we do not think of you.
– We love you and miss you so much Oma,
– Matthew and Sarah
44

Margaret Albers
January 14, 2007
In loving memory of our Mother, who passed away two year ago today.
Our hearts are full of memories
We cherish them with care,
The way you had to leave us
Will always seem unfair.
One thing we have to tell you
Of which there is no doubt,
You will always be loved and remembered
But so hard to live without.
– Forever in our hearts
– We miss you so much
– Joanne, Dwayne, Matthew and Sarah
44

Margaret Albers
January 14, 2007
Remembering you is easy,
I do it every day,
But missing you is a heartache,
That never goes away.
I hold you tightly within my heart,
And there you will remain,
Life has gone on without you,
But it will never be the same.
– Ben
44

DILLABOUGH – In memory of Betty, a dear wife, mother and grandmother, who passed away January 19, 2001.
There will always be a heartache,
And so many silent tears.
But always precious memories
Of days when you were here.
We hold you close within our hearts
And there you will remain
To walk with us throughout our life
Until we meet again.
– Sadly missed by Ralph, Janice, Steven and families
44

IMRIE – In loving memory of a dear wife, mother, grandmother, great-grandmother, Gladys, who passed away January 15, 1999.
A smile for all, a heart of gold,
One of the best this world could hold
Never selfish, always kind,
These are the memories she left behind.
– Always remembered
– Love George (Judd) and family
44

CLARK – In loving memory of a dear brother and father, John Wesley.
Never more than a thought away
Quietly remembered every day.
No need for words except to say,
Still LOVED, still missed in every way.
– Always in our hearts and minds, Joan and Michael, Steven, Shawn, MacKayla, Matthew, Kiley and Christopher 44

In Memoriam

BELANGER – In loving memory of our dear sister, Nelda, who lost her battle with cancer January 17, 2008.
The way you had to leave us
Will always seem unfair
You fought so hard to stay
As we watched you suffer,
And watched you die
All we could do was just stand by
How we wish with all our hearts
That you were here today.
– Missing you, Edna, Rita, Sandra, Gerald, Leonard, Donald and families
44

Coming Events

WINCHESTER LIONS CLUB
515 Albert St. 613-774-2630
BINGO
Every Monday
HALL RENTAL
THRIFT STORE
OPEN: 9 am-3 pm, Tuesday to Saturday
3tfc

WINCHESTER BADMINTON CLUB
Winchester Public School, Tuesdays and Fridays, 7-9 pm. For information call 613-774-4949 ask for Adrian or come to the club at 547 Louise Street, Winchester.
43-44

HOLISTIC MANAGEMENT COURSE
Six day course, Morrisburg, Feb. 6-8 and Feb. 27-March 1. Farm families learn how to harmonize environmental, social and financial goals and make better decisions. All farm types. Advanced registration required. For more information go to www.meetingplaceorganicfarm.ca or call 519-528-2493.
43-45

GYS EUCHRE
Will be held Thurs., Jan.22, 7:30 pm, Lions Hall, Winchester. Lunch and Prizes. All welcome. For information 613-774-2134.
44

NEW TAI-CHI FOR SENIORS
Every Tuesday, with gentle stretching to improve balance, 2:30 - 4 pm, Nelson LaPrade Centre, Chesterville. Wear loose clothing and low-heeled shoes and no tight jewellery. $10 per class; $40 per month. Contact NorDun Senior Centre, 613-774-6109.
44-45c

FEELING CHALLENGED?
How can we be happy, contented, peaceful when life's experiences get in the way? Join us for an evening of learning, friendship and support, Wed., Jan. 21, at 7 pm (snow date: Jan 28) at Osgoode Baptist and Vernon United Church, 8674 Bank St., Vernon. Facilitator: Verna Nuttall.
44

Auctions

ESTATE AUCTION
OF QUALITY ANTIQUES, COLLECTIBLES, CLOCKS, HOUSEHOLD FURNISHINGS AND MISCELLANEOUS ARTICLES
In the Vernon Recreational Centre, Vernon. Turn east on Lawrence St. half mile, just off Bank Street (formerly Highway 31). Approximately 20 miles south of Ottawa.
SATURDAY, JANUARY 24
commencing at 10 am
viewing from 8:30 am
To settle the estate of the late Henk Lubbers (formerly of Ottawa), plus other exciting inclusions the following will be sold.
Antiques: Oak dining room set; oak china cabinet; 2 matching dressers and chests of drawers; wooden extendable table and 6 chairs; washstand; cedar chest; tea wagon; parlour tables; corner whatnot; pressback chairs; nesting tables; church pew; pressback and platform rocking chairs; armoire; wooden desk; framed mirror; two 9'x9' and 9'x11' high quality area rugs; 2 curio cabinets; picture frames; cane stand and canes; paintings and pictures; antique wicker set; wicker chair; cherry coffee table and end tables; large framed needlepoint pictures; dresser; bedroom furniture; matching 3-piece red velvet chesterfield, loveseat and chair (ornately designed, excellent condition); miniature spinning wheel; child's cradle; mahogany 16' dining room table, custom made; hutch; hall tree; grandfather clock with mini bar and stereo inside; 3 Ansonia Gingerbread clocks; Ingraham and Bertmar mantle clocks; cuckoo clocks; train set; large doll house; 100 piece antique wooden spoon rack and collector spoons.
Collectibles: Oil lamps; crocks; 2 dairy cans; child's wagon; wood planes; railroad lantern; butter box; candle mould; milk bottles; butter press; porcelain dolls; animated dolls; several pieces of carnival glass (bases and bowls); quantity of glassware; 60 pieces of Royal bone china; glass lamps; candlestick holders; copper pieces; several china figurines; wooden figurines; cup and saucers; dinnerware sets; silver plate pieces; Delft Blue assorted pieces.
Miscellaneous: JVC 27" TV; assorted contemporary furniture; sewing machine; garden gnomes and tools; scroll saw; table saw; many other unlisted items.
Note: We would like to welcome you to our first sale at Vernon Hall in 2009. You will find an excellent array of items from a very well kept estate.
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Auctions

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Call now to book to be sure to obtain your desired date!
Note: We will also be hosting 4 antique and collectibles auctions at Our Facility between now and spring and are still accepting quality antique and modern consignments.
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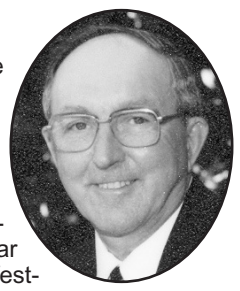
OBITUARIES

Sherman Hoy



Sherman Wilson Hoy of Kemptville passed away in Kemptville on Tues., Dec. 30, 2008. He was 81.

He was the dearly loved husband of June Hoy (nee Bell). He will be sadly missed by his son Allan (Ruth Bond) of Hallville and daughter Carolynn Hoy of Calgary. He was the dear brother of Orton (Frances) Hoy of Westlock, Alta., Mildred Hyndman of Kemptville, and Hilda Weedmark of Burritt's Rapids. He was also survived by sisters-in-law Greta Hoy of Brockville, and Joan Ponting (nee Bell) of Ottawa, and many nieces and nephews. He was predeceased by brothers: Nelson, Edwin "Andy", and Lyle: sisters Verna Murdock and Lila Makepeace: and son-in-law Robert Paget.

Visitation was held at Grant Brown Funeral Home Rolston Chapel in Kemptville on Sat., Jan. 3 followed by the service in the chapel of the funeral home. Interment will be in the spring at South Gower Cemetery.

Those who wish may make memorial donations to the Canadian Lung Association or a charity of choice.

For condolences and on-line guest book please visit www.grantbrownfuneralhome.com.

Joyce Eleanor Holmes

Oct. 14, 1914 - Jan. 6, 2009



Joyce Eleanor Holmes (nee Hummel) peacefully went home to be with the Lord on Tues., Jan. 6, 2009. She was 94.

She was born on Oct. 14, 1914 in Winchester Township to the late Samuel and Jenny Hummel. She was the wife of the late Thomas I. Holmes, whom she married on March 30, 1935. They co-laboured in dairy farming for 55 years. The family of seven consisted of Lynden (deceased), Lyall (Pat), Marion (Robert) Carkner, Carol (David) Bryan, and Connie (deceased). She was the grandmother of 17 grandchildren and 21 great-grandchildren. These numbers consisted of a set of twin grandsons and twin great-grandsons.

She attended the Winchester Wesleyan Church and taught Sunday School for many years to an adult class. She served on the Hospital Auxiliary for Mountain and made great contributions of time and effort to help raise funds. Joyce had a wonderful green thumb and could nurture anything to live. She was a devoted and strong partner in her silent role to the JoyHolme Farm located on County Road 43, and then moved to Victoria Street Apartments, residing there for 18 years. Her dedicated attitude to her family was visible in all she did. Her gracious hosting of countless meals were served to family and an open invitation to anyone who appeared at mealtime.

Joyce was a true follower of Jesus Christ. Her strength came from her faith, and she often stated that she did not know what she would have done if she didn't have Jesus. She lived her faith, and her quiet demeanour spoke volumes about who she was and what sustained her day to day.

She had been in hospital in Winchester and headed to Cornwall General for therapy. She worked very hard to achieve strength in her right leg, not wanting to be a burden to anyone. She kept her warm smile, and her pleasant personality charmed each new contact, delighting everyone in the different hospitals. They found it hard to believe she was 94 years young.

Joyce was laid to rest at the Daniels Funeral Chapels Inc. in Winchester. The funeral was held on Sat., Jan. 10, at the Winchester Wesleyan Church that she attended most faithfully. Pastor Thurland Brown officiated the celebration of a life that truly emanated her love for the Lord. The pallbearers were her grandchildren.

Joyce's life was a testimony. She will always be treasured, and as one of the grandchildren said, "now we have another angel watching over us".

"Thank you Mother — we are so grateful that you are home."

Vivian Steinburg

Jan. 21, 1921 – Jan. 07, 2009



Vivian Steinburg (nee Fetterly), our mother, wife, grandmother and friend went to eternal rest on Wed., Jan. 7, 2009.

She left behind her husband Ralph, her children Marilyn Carruthers (Ken), Shirley Porteous (Raymond), Katherine Rombough (Lynn), and Clifford Steinburg (Lise), 11 grandchildren, 27 great-grandchildren, and one great-great-grandchild. She was predeceased by one grandchild.

We would like to thank the staff at the Winchester District Memorial Hospital and Ottawa Civic Hospital. Special thanks to Lyn Hill and her staff at the Hartford Retirement Centre in Morrisburg for their kindness to Dad and Mom. Thanks also to Marsden and McLaughlin Funeral Home in Williamsburg. A special thanks to our neighbours, friends, and relatives who paid their respects, sent flowers, gave donations, cards and food, and to the Morewood United Church choir and the Morewood women for the lovely lunch after the funeral. Extra special thanks to the Chesterville-Morewood United Church Minister, Wendy Wright-MacKenzie for her kindness to our family, and for the musical tribute from her and her husband to mom. Wendy, you went above and beyond the call of duty.

Mom, you are gone but will never be forgotten.

— The Steinburg family

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613-535-2687
Or email Gary Postma, Principal at principal@tcswilliamsburg.ca

www.tcswilliamsburg.ca

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Winchester

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Qualified applicants may submit current resume by mail or electronically **by January 28, 2009** to:

Mrs. Susan Poirier, Director of Nursing
533 Clarence Street
P.O Box 970
Winchester, ON
K0C 2K0
Fax: 613-774-4015

susan.poirier@dundasmanor.ca

Only applicants selected for an interview will be contacted. No phone calls please.

In Appreciation

I would like to thank Dr. Darbyshire for seeing me on Friday afternoon and realizing and agreeing with me that something had to be done. Thank you to Dr. Heymans for arranging everything with the Ottawa Hospital-General Campus. It was where I needed to be. Thank you to the paramedics, Dr. Roy, all the interns and doctors who oversaw my case (there are too many to name) both in CDU and on 7th West. A special thanks to the nurses on 7th West, Vanessa, Debbie, Karine and Kalunga. To Peter in CDU, all nurses should be as caring about their patients as you are; you are not just a nurse but a very special person.

YOUR HEALTH IS PRECIOUS, IF YOU THINK THERE IS SOMETHING WRONG – SEEK MEDICAL ATTENTON – AND PUSH UNTIL YOU GET IT!!!

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– John Ray

Karen Ray-Stewart

Church Directory



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10:00 am - Family Service with Music and Sunday School
"To be a living Church, united in one congregation, reaching out to God's world."
613-774-2236
22tfc

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10:00 am - Adult Sunday Bible Study
11:00 am - Worship Service
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Mondays 10 am-12 noon
Single Moms' Support Group
Everyone welcome
Pastors
Bud McKibbon
Mollie McKibbon
25tfc

NATIONSIDE PENTECOSTAL CHURCH
13 Albert Street, Chesterville
Pastor: Rev. David Charles
613-843-9653
Sunday
10:00 am - Sunday School
11:00 am - Worship Service
For information 613-448-3725
31tfc

WINCHESTER WESLEYAN CHURCH
Our Church Loves Kids, and Kids Love Our Church
Check out the updated www.winchesterwesleyan.com
Sunday
10:30 am - Worship Service and Sunday School
Pastor: Thurland Brown
Children's Pastor: Amy Morris
613-774-3137
537 Main St., Winchester
33tfc

ST. PAUL'S PRESBYTERIAN CHURCH
Winchester
Office: 613-774-3333
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Minister
Rev. Dr. Floyd McPhee
Sunday
10:00 am - Divine Worship
43tfc

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Sunday
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ADULTS
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HARMONY COMMUNITY CHURCH
Hwy. 31 and Ormond Road
613-774-5170
harmonychurch@bellnet.ca
Sunday
10:30 am - Morning Service
Nursery and Sunday School available
Web: www.harmony-church.org
27tfc

UNITED CHURCHES
Office: 613-774-2512
Hours: M-W-F 9 am-12 noon
www.winchesterunitedchurch.org
Rev. Elaine Beattie
Supervising Minister for Emergencies
H: 613-535-9961
W: 613-535-2245
Workship Leader
Rev. John Moore
Sunday, January 18
WINCHESTER SPRINGS
9:30 am - Worship Service
WINCHESTER
11:00 am - Worship Service, Sunday School and Nursery
44c

CHRISTIAN REFORMED CHURCH
Williamsburg, Ont.
Church 613-535-2227
Office 613-535-1882
www.williamsburgcrc.org
Pastor: Rev. John Noordhof
Sunday
9:30 am - Worship Service
7:30 pm - Worship Service
Please be our guest this week.
41tfc

COMMUNITY CHRISTIAN REFORMED CHURCH
Dixons Corners
Pastor:
Rev. Clarence Witten
613-652-2400 (Church)
Sunday
10:00 am - Morning Worship
6:30 pm - Evening Service
32tfc

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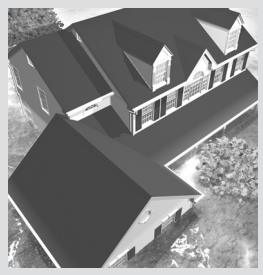

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Nancy Schaillee
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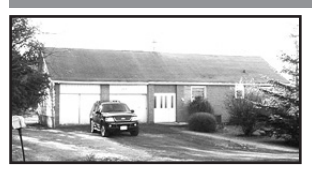
CELL
613-551-7025



THIS WEEK'S FEATURED PROPERTIES:



REDUCED - MORRISBURG COUNTRY: Three-bedroom bungalow with a double attached garage, low maintenance exterior, eat-in kitchen, unfinished full basement with laundry and storage rooms. A 27-ft. aboveground pool and patio doors to the deck. Lot over one-half acre. New roof shingles 2006, new electric water heater. Minutes from Morrisburg and Hwy. 401 off ramp. Motivated vendor, flexible closing. Asking **$120,000**



MORRISBURG: This 2-bedroom home sits on a nicely landscaped lot on a family oriented crescent, close to all amenities. Hardwood floors upstairs and down. Plenty of storage space. A charming front porch and a large rear deck for family gatherings. Move-in condition, maintained with pride and featuring numerous upgrades including electrical service, windows and roof shingles. Take a look today. **$132,900**



RIVERSIDE HEIGHTS: Updated 1,400 sq. ft. bungalow with loft and sunken family room with woodstove. Nicely updated flooring: vinyl in kitchen, laminate in all but two bedrooms. Main-level laundry and bathroom with his/hers sinks. Large loft makes third bedroom with spacious landing. Outside entrance to basement workshop. Oil/wood heat; well/septic. Backyard bordered on west by provincial park land. **$135,000**



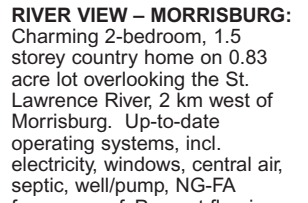
INGLESIDE: Mini farm on a quiet country road east of Morrisburg. This 4-bedroom home sits on almost 5 acres with barn. House has many features such as carport, 2 bathrooms and patio doors to deck and pool. Hardwood floors in dining room and much more. Nice property with fenced pasture, and barn could be suitable for horses. Great setback offers privacy and quiet. **$149,900**



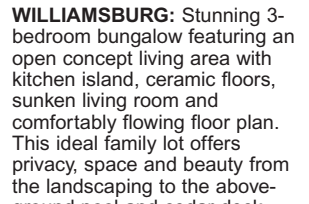
RIVER VIEW – MORRISBURG: Charming 2-bedroom, 1.5 storey country home on 0.83 acre lot overlooking the St. Lawrence River, 2 km west of Morrisburg. Up-to-date operating systems, incl. electricity, windows, central air, septic, well/pump, NG-FA furnace, roof. Parquet flooring up and down. Main level bath and laundry. Dry basement. **$209,900**



WILLIAMSBURG: Stunning 3-bedroom bungalow featuring an open concept living area with kitchen island, ceramic floors, sunken living room and comfortably flowing floor plan. This ideal family lot offers privacy, space and beauty from the landscaping to the above-ground pool and cedar deck. The basement is finished including a huge rec room and laundry/storage/utility area. This home is a pleasure to show and would be a dream to own. Take a look today! **$269,900**



COUNTRY ESTATE: Gorgeous and stately 1884 century manor is on 50+ acres with a pond and trails. Triple brick construction, original slate roof in excellent condition, 4 bedrooms, 3 newly renovated bathrooms, 9-ft. ceilings with crown moulding and updated eat-in country kitchen with original working Findlay Oval stove. Bed and breakfast potential. To see more details www.newmorningmanor.ca **$375,000**



ST. LAWRENCE WATERFRONT: This unique 5-bedroom home includes a guest suite with 4-piece en suite. Spacious and inviting foyer features beautiful ceramic floors and double closet. The feeling of space continues to the living room, ideal for entertaining and offering an incredible river view. Great waterfront for a family who enjoys swimming, fishing and river front living. **$409,000**

RIVERVIEW LOT MORRISBURG: One half-acre lot on the north side of County Road 4 (Lakeshore Drive, Morrisburg), with a great view of the beautiful St. Lawrence River. Well and septic will be required. Build your home to face south and watch the water shimmer from the front porch. **$52,500**

MORRISBURG: Vacant Industrial Lot of 6-1/2 acres just north of Morrisburg (south of CN station). Good visibility, close to Highway 401 access and located at railway station. Lots of frontage and a treed lot. **$35,000**

www.realtor.ca

Thank You

We would like to take this opportunity to thank everyone involved in hosting our benefit dance and for their support and generosity. A special thank you to family, friends, neighbours and staff for making the transition into our new home an easy one. It is nice to know that small communities take care of each other in their time of distress. Saying 'thank you' never seems to be enough.

Many thanks,
Tom & Betty Henderson

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OPEN HOUSE
Saturday, 3:30-5 pm

$199,500 - 4298 Schell St., Approx. 1,100 sq. ft. hi-ranch with stone front, direct entrance to garage with 9 ft. garage door. Walnut kitchen cabinets with crown molding, custom lighting, rear deck, huge back yard. **Lower level den** to be built prior to closing. **www.afantasticplace.ca**



OPEN HOUSE
Saturday, 3:30-5 pm

$209,220 - 4320 Schell St., 1,200 sq. ft., 3 bedrooms, 2 full baths incl. en suite. All hardwood/ ceramic tile, spectacular kitchen with island. Big corner lot, extra height lower level, main-level laundry. Direct entrance to garage. Subdivision has city sewer. Virtual tour of model home: **www.4310SchellStreet.com**



OPEN HOUSE
Saturday, 3:30-5 pm

$222,920 - 4291 Schell St., 1,240 sq. ft. raised ranch, wall-to-wall upper level hardwood, lower level walk-out overlooking small creek and distant barn. Spectacular kitchen, 2 full ceramic tile baths including en suite. Direct entrance to garage. Open concept. Sister house available with 1/2 acre of land! **www.afantasticplace.ca**



VERY PRIVATE

$236,888 - Restored century home with tin ceilings, original ash flooring and high moldings. All modern conveniences: gourmet eat-in kitchen features a lovely bay window that overlooks totally private lot. South-facing pergola, wood pellet stove and other bonuses!
www.4301Whittaker.com



TOTAL SECLUSION

$199,888 - 2,600 sq. ft. century home, 4 bedrooms, 3.5 baths en suite X 3. Updates: plumbing, wiring, 200 amp service, shingles 2008, high-efficiency propane furnace, windows, kitchen, 2 WETT certified woodstoves. Some original moldings as well as birch and pine flooring. Huge garage plus loft.
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FEATURED PROPERTIES



BRINSTON: Tidy 2-bedroom bungalow, huge landscaped lot with pond plus garage/workshop. Clean and neat home with hardwood floors, huge master bedroom with patio doors to patio, a great retirement or young family home. Only **$139,900**



WINCHESTER: A beautifully done 2-year- old home featuring gleaming hardwood floors, large oak kitchen with lots of cupboards, bright sunny living room with vaulted ceilings and dining room overlooking the fields.Two full bathrooms with an oversize soaker tub in en suite, plus a main-floor laundry and a 2-car garage! Come on home. **$299,900**



WINCHESTER bungalow: Tidy bungalow on a quiet street, 3 bedrooms, a huge rec room, fireplace in the living room and also in the rec room, plus a main-floor family room. Deck overlooks the big yard. **$179,900**



MOREWOOD: A large home on a pretty rise overlooking the fields on 2 acres. All brick with 3 bedrooms and two bathrooms, lots of room, garage, easy commute to Ottawa. **$249,900**

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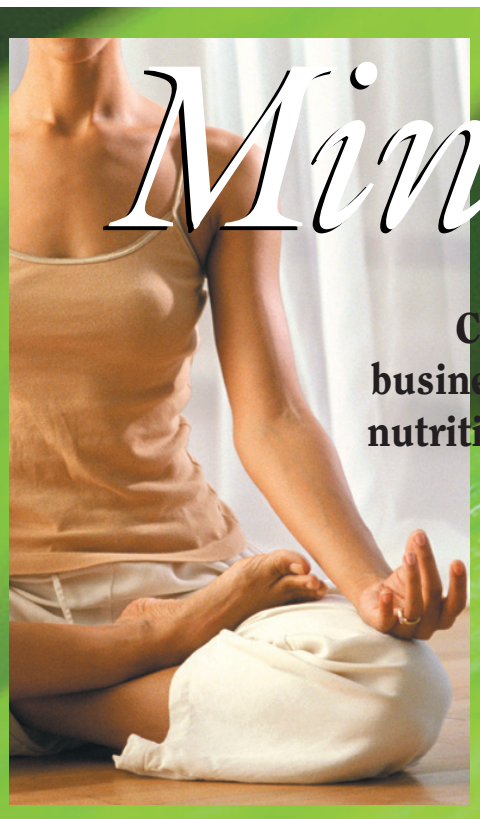
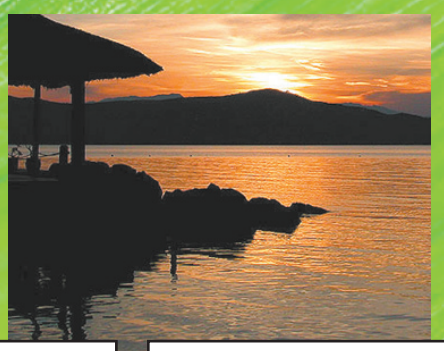
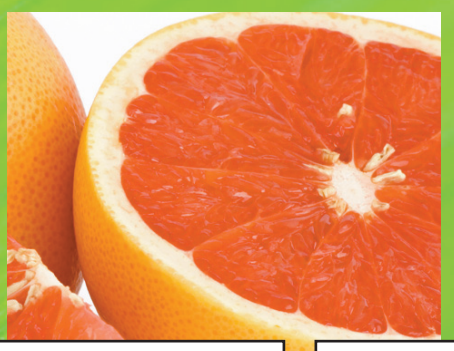
Concerned about your health and wellness? The following health-conscious businesses are ready to help you with every facet of your wellbeing, from fitness and nutrition to stress management, children's health, natural remedies and much more.









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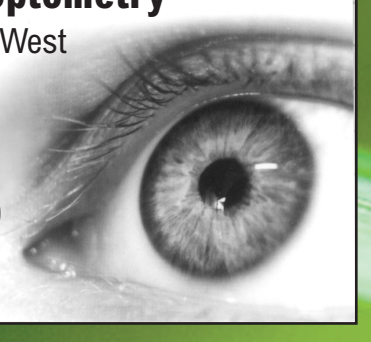

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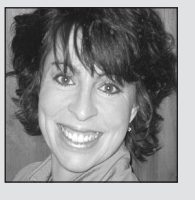

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