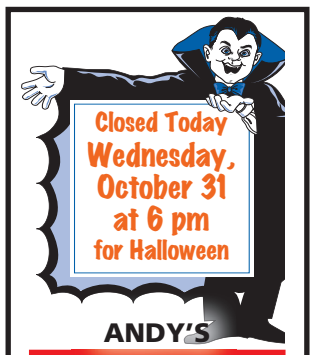

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Chillin' at the dance

Rozlynn Wall (left), Madison Lennox, and Rebecca Johnson were all smiles at the Sat., Oct. 27 Halloween dance at the Joel Steele Community Centre. The event was hosted by Chesterville's St. Mary Catholic School council, in partnership with North Dundas' recreation and culture department. See more photos on page 28. *Press Photo – Casselman*

Time to flash your 'stache

Local prostate cancer initiative to begin

by Matthew Uhrig
Press staff

WINCHESTER – Ladies, gentleman, boys, and girls, it is time to start growing, or showing, or drawing....

However you can attach a moustache to your upper lip, you are encouraged to do so.

The Eastern Ontario Prostate Cancer Awareness committee's Dare to Flash A 'Stache campaign kicks off tomorrow (Thurs., Nov. 1), and continues through until the end of the month.

While 26 regional fire departments, with mostly male members, are leading the support charge for this initiative, everyone, no matter your sex or age, is prompted to "flash a 'stache" for local cancer care.

As of press time, more than $6,500 had been generated for the campaign, which has earmarked funds for both the Winchester District Memorial Hospital (WDMH) Foundation and Ottawa Regional Cancer Foundation (ORCF).

Not only is the general public encouraged to support the moustache-growing challenge, but also local dignitaries and business owners have signed on to take part.

In the Township of North Dundas, Mayor Eric Duncan has joined the campaign, having supported Prostate Cancer Canada's Movember event in years past.

"Events like this are important for breaking the stigma [of prostate cancer]," Duncan said. "We need to get men talking about it."

The mayor also acknowledged the importance of keeping the initiative local, in order to ensure the financial benefit of both the local hospital and the ORCF.

• see 'STACHE on next page



Car care season is here!

Yes, winter is just around the corner, and with it comes the Winchester Press' Fall Car Care *guide. If you own a vehicle, it is time to prepare for all that winter brings with it. Check out the guide for automotive tips, local stories, photos, and information about area businesses.*

Longtime North Dundas CAO toasted

'Master of making things happen' honoured by township, peers

by Matthew Uhrig
Press staff

CHESTERVILLE – In the local municipal history books, Howard Smith holds two very distinct records.

The year 1997 saw Smith serve as the Village of Chesterville's final clerk-treasurer/administrator, while 1998 began with Smith at the helm of the newly formed Township of North Dundas.

On Fri., Oct. 26, the long-serving civil servant was honoured for his 30 years of municipal service during a reception at the Royal Canadian Legion Chesterville Branch 434.

"We're here tonight to celebrate a career that spanned three decades… Thirty years that have undoubtedly been successful," Mayor Eric Duncan said.



Former North Dundas CAO Howard Smith was honoured for his 30-year municipal career during a ceremony on Fri., Oct. 26. *Press Photo – Uhrig*

Smith stepped down in February, following years of health issues. Angela Rutley, who for some time had worked alongside Smith as his deputy-CAO, was ultimately chosen as his successor.

It was Jan. 1, 1998 when Smith took charge of North Dundas, and just a few days later the region was pelted with an intense ice storm, knocking out power nearly everywhere, and forcing hundreds of thousands from their homes.

"It was a truly extraordinary sight… True hell," Alvin Runnalls, former township mayor, said. "But the leadership and [efforts] of the volunteers was evident. Although traumatic, it was the catalyst to draw us closer as a township."

Claude Cousineau, who would become mayor of the newly amalgamated North Dundas, credited Smith's perseverance and action planning during the days of severe weather, and its aftermath.

"The ice storm hit us hard, but how people came together was unbelievable," he said.

• see TRIBUTE on next page

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Rideau Auctions co-owner Hunter McCaig is just one of many local residents taking off their moustache for the Eastern Ontario Prostate Cancer Awareness committee's Dare to Flash A 'Stache campaign. Pictured at left is McCaig's wife, Theresa, who agreed to shave off her husband's soup strainer.

Press Photo – Uhrig

'Stache

• continued from previous page

Further down County Road 31, in the Township of South Dundas, that municipality's mayor, Steven Byvelds, has also pledged to take part in the challenge.

However, it is quite the undertaking for Byvelds, who has sported a moustache since he was 17 years old.

"It has been there a large portion of my life," he said. "But, I guess this is part of my civic duty, and it certainly is a worthy cause."

Initially, Byvelds said he would only shave off his soup strainer if $1,000 were raised in support by today (Wed., Oct. 31). However, he is currently well off the pace, but admitted it was likely his forever-moustache would be coming off, regardless.

"Maybe then I'll set a new goal and see where it goes," he said.

Another notable moustache fan, who has had his upper lip friend for many years, is Rideau Auctions' co-owner Hunter McCaig.

Yet, it was his wife, Theresa, who encouraged him to shave it off for the campaign.

"I have never seen him without it," she said. "But, it is a good cause, and I think there is no better reason for him to do it."

As for McCaig, who said he has had the moustache for more than 30 years, he also acknowledged it was an easy decision to take it off.

"We all think it's a very worthwhile cause," he said.

To date, more than 15 teams, and a number of individuals, have signed on for the initiative, while others can continue to do so throughout the month of November.

In the end, 50 per cent of the proceeds generated will be transferred to the WDMH Foundation, while the remaining 50 per cent will go to the ORCF to help offset the cost of the Ottawa Hospital's recently installed da Vinci surgical instrument. The device is a high-tech tool that helps a surgeon access hard-to-reach areas of the body, particularly the pelvis and abdomen, with greater precision and fewer complications. The device has been particularly helpful while addressing the needs of prostate cancer patients.

At the end of the campaign, a wrap-up evening has been scheduled for Fri., Nov. 30 at the Morewood Recreation Association's Community Centre.

For more information about the Dare to Flash A 'Stache initiative, visit www.flashastache.ca.

POLICE BLOTTER

Downtown domestic incident

CHESTERVILLE – On Mon., Oct. 29, at approximately 7 pm, Stormont, Dundas, and Glengarry (SD&G) OPP officers responded to a report of a domestic incident on Main Street.

The investigation revealed that a male and his 33-year-old girlfriend were involved in a verbal altercation that resulted in the female assaulting the male.

She was arrested and faces a charge of assault, and is scheduled to appear Tues., Nov. 20 in Cornwall court.

City police investigating shooting

METCALFE – Officers with the Ottawa Police Services' Guns and Gangs unit is investigating a Sat., Oct. 27 shooting during a house party near Metcalfe.

Police said no one has been reported injured after the 1 am shooting inside a home on Grey's Creek Road. Investigators reportedly found three bullet casings at the address.

According to police, many of the partygoers had been drinking, and shots were fired inside the house, which was not previously known to police. Gang involvement is not suspected at this time.

Domestic while driving

MORRISBURG – On Sat., Oct. 27, at approximately 11:45 pm, SD&G OPP officers responded to a report of a domestic incident on Highway 401.

The investigation revealed that a female and her 19-year-old boyfriend were involved in a verbal altercation that resulted in the male assaulting the female.

He was arrested and faces charges of assault, and forcible confinement, and is scheduled to appear Tues., Nov. 20 in Cornwall court.

Charges laid

FINCH – As a result of an ongoing fraud investigation conducted by the SD&G OPP Crime Unit, two males were arrested on Tues., Oct. 23.

The investigation revealed that the males were attempting to defraud a North Stormont business using a money scam.

Alpha Bah, 25, of Saint-Laurent, Que., and Emmanuel Gbala, 29, of Laval, Que. face charges of conspiracy to commit an indictable offence – fraud over $5,000, and failure to comply with undertaking or recognizance.

Both men were held in custody pending an appearance in Cornwall court.

•

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

Time changes Nov. 4

WINCHESTER – Residents are reminded of Daylight Saving Time's end this weekend.

When clocks read 2 am local time on Sun., Nov. 4, they are to be turned back by one hour.

Daylight Saving Time will begin again on Sun., March 10, 2013.

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Tribute

• continued from previous page

"We were putting in 18 to 20 hour days in the office for 10 days straight… It was phenomenal. You could write a book about it, [Smith's] leadership was just so pertinent."

Cousineau also credited the former CAO with being a thoughtful director, championing the rights of his employees, and forever thinking of the township's best interest.

"He was always so gentle… He stuck behind his people all of the time," Cousineau said. "He truly was the master of making things happen."

Jim Cook, the last reeve to serve the Village of Chesterville, praised Smith's people skills, as well as his attention to detail.

"If memory serves, one of the few times [village] council was unanimous was with his hiring for Chesterville," he said. "It really is no surprise North Dundas hired him, as well."

Cook also thanked Smith for his congenial nature, and for being a friend through the years.

"What I have missed most is our conversations… They were almost daily," he said. "Whether it was about the business of the village, or other subjects, we became good friends, and I really miss [those talks]."

Runnalls also made mention of the myriad of achievements made by North Dundas during Smith's watch.



North Dundas Mayor Eric Duncan presented Smith with a token of appreciation from those in attendance, a stained glass painting depicting Smith's backyard along the South Nation River by local artist Cindy Laneville. *Press Photo – Uhrig*

"His negotiating skills always gave us a huge advantage," he said.

One of the biggest successes was the sale of the former Chesterville and Winchester Hydro to Hydro One, Runnalls said, which left the municipality with roughly $4 million in reserves, and a new building for the township's headquarters.

Other accomplishments included the elimination of the ward system, which saw the reduction of council from nine to five members; improvements to the Chesterville waterfront; introduction of a needed medical clinic; substantial park renewal; a new library location in Winchester, and a new facility in South Mountain; and a new fire hall for South Mountain's detachment, among others.

"He always did show a quiet determination, and thoughtful leadership," Runnalls said.

Duncan, meanwhile, applauded Smith's fiscal conservatism, and his ability to ensure any yearly tax increase was a reasonable one.

"He had the excellent ability to serve as a devil's advocate, knowing it was important to know both sides of the story," he said.

In all, eight speakers took their turn to talk of Smith's long career, and many accomplishments. When it came time for the former CAO to take the microphone, Smith took his time, and ensured almost everyone who played a part in his career, whether big or small, was acknowledged.

"[The health issues] have been extremely difficult, and the most trying times of my life… It is time now to park it and get out of the way," Smith said. "But, I have great memories I shall forever cherish… It has been wonderful to see everyone here, and I must say, this has been a humbling experience for me."

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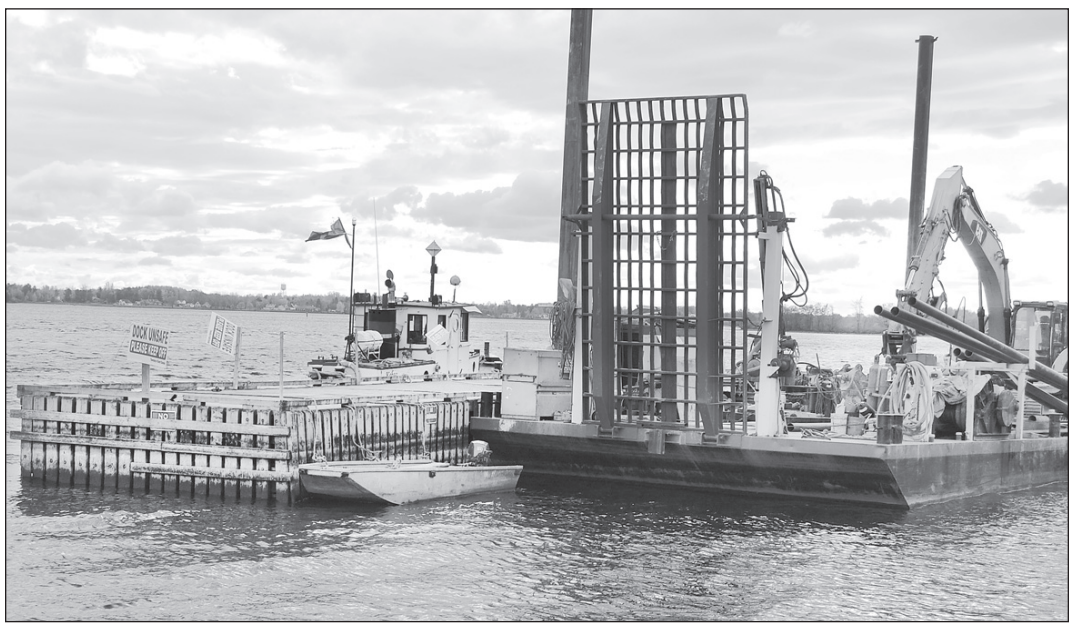
Rebuilding Morrisburg dock to cost $171,300



Kehoe Marine Construction of Lansdowne set up shop at the Morrisburg dock prior to their Mon., Oct. 22 start. The dock will be rebuilt to the exact dimensions of the previous structure. *Press Photo – Casselman*

MORRISBURG – With rehabilitation work now underway, it looks like the Township of South Dundas will soon have its dock back, just in time for the winter season.

Due to unsafe conditions, the Morrisburg dock, a central hub for residents and tourists alike, was closed for the 2012 boating season by municipal staff in May.

Unhappy residents spoke up, demanding to know why the dock was closed, and, more importantly, when it would be fixed and open for use again.

In response, township council and staff worked together to develop a plan of action. First up, CAO Stephen McDonald said that a needs-assessment inventory was required to define just what needed to be done to make the dock safe once more. Subsequently, J.L. Richards, an Ottawa-based engineering company, was hired to complete the assessment.

Council voted to retain Kehoe Marine Construction of Lansdowne for the job, which they were hoping to have completed in the fall.

Taking cues from the public, and paying special attention to the engineer's report and the municipal budget, council agreed to rebuild the dock, using the exact dimensions as the previous structure.

On Mon., Oct. 22, Kehoe began the process of tearing out the unsalvageable bits of Morrisburg's dock, leaving the essential framework in place.

As of Mon., Oct. 29, the base was left open, but work had stopped on the rehabilitation, likely due to expected inclement weather, said McDonald. He could not pinpoint a completion date at that time. However, an update is expected at the next council meeting on Nov. 6.

According to McDonald, the cost to rebuild the Morrisburg dock is $171,300, and is expected to come from the 2011 budget surplus.

Veterans invited to thank-you luncheon

MORRISBURG – Chartwell retirement residences across Canada, including The Hartford Retirement Centre in Morrisburg, will be paying tribute to Canadian veterans on Wed., Nov. 7 by inviting them for a complimentary lunch as a way of saying "thank you" for their service to this country.

With retirement and long-term care residences operating throughout Canada, Chartwell provides care and services to thousands of seniors, including many Second World War veterans.

"It's a small gesture that shows our gratitude and appreciation for the large sacrifices our veterans made to keep our country free," Brent Binions, president and CEO of Chartwell Seniors Housing, said. "Chartwell is committed to ensuring that their legacy lives on in future generations, and, while we have the opportunity, that we never stop saying thank you to them for their courage and contributions."

In 2010, Chartwell published a book entitled *Honour*, which featured the photos and profiles of individuals who were veterans or supported the war effort, and who lived in a Chartwell residence. Thirty-five photos by photographer Yuri Dojc accompanied intimate stories of personal experiences. Last year, Chartwell released the documentary *Honour: Their Stories, Our History,* which included the interviews that were conducted as part of the making of the book. Copies of the book and DVD have been donated to schools across Canada in an effort to ensure this piece of history is passed on to future generations.

"At The Hartford Retirement Centre, many employees comment on the fact that learning about the past life of our residents is one of the most interesting and fulfilling aspects of working with seniors," Kimberly Hodkinson, general manager, said. "By offering veterans a complimentary lunch, we are offering both our appreciation and our interest in learning their stories as well."

To book a complimentary lunch or for more information, contact Tracy Jones, at 613-543-3984 or by email at trjones@chartwellreit.ca.



Poppy people

Members of the local Timberwolves and Otters troops hit the Winchester streets on Sat., Oct. 27 as part the Royal Canadian Legion Winchester Branch 108's annual poppy drive. Pictured are Connor Tree (left), Jasmine Merkley, Tyson Merkley, and Landon Keats-Hardy.

Press Photo – Uhrig

New SNC trail to be dedicated

MORRISBURG – South Nation Conservation Authority (SNC), along with the Township of South Dundas, will hold a dedication ceremony at 11 am on Sat., Nov. 3 at the trailhead in the Two Creeks Conservation Area located on County Road 2.

The Don Graham Trail, named after a local resident, will make its official debut when SNC, township officials, and South Dundas residents join together to pay tribute to Graham's hard work and dedication in preserving the land, and making it accessible to the public.

"Don has worked tirelessly to promote a natural trail system for our area," said Mayor Steven Byvelds.

Following the formal ceremony, those in attendance will be invited to join in a hike along the Don Graham Trail.

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Local boys connect with role models

OTTAWA – It happens each year on the third Wednesday in October, role models come together with youth to honour every person's right to live a dignified life.

The fifth annual Global Dignity Day took place on Wed., Oct. 17 in countries around the world, including Canada.

Grade 7 and 8 students from Embrun's École élémentaire publique De la Rivière Castor attended the event on Parliament Hill in Ottawa where they met role models of all types (parents, educators, athletes, politicians, and more) from across the country.

Included in the trip were Winchester residents Eric and Joshua Armstrong.

According to Global Dignity Canada literature, the day was filled with activities and workshops aimed at instilling "a positive, inclusive, and interconnected sense of value in young people that will guide them as they grow."

This year's Canadian role models included: NDP MP Niki Ashton; Jeffrey Copenance, chair of the Indigenous Outreach for Global Dignity Canada; Jennifer Corriero, co-founder and executive director of TakingITGlobal; Ryan Hreljac, founder of Ryan's Well; Curtis Konek, member of the Nanisiniq Arviat History project; Conservative Senator for British Columbia, Yonah Martin; Wesley Prankard, founder of Northernstarfish; and Liberal MP Justin Trudeau.



Eric (left) and Joshua Armstrong of Winchester are pictured here with Liberal MP Justin Trudeau on Wed., Oct. 17 during Global Dignity Day on Parliament Hill in Ottawa.

NEWS BRIEFS

Masons support local hospital

MAXVILLE – The Eastern District Masons' presented the Winchester District Memorial Hospital (WDMH) Foundation with a cheque for $575 at their general meeting on Wed., Oct. 24 at the Metcalfe Centre in Maxville.

The donation is the latest in a series of donations made to the hospital during the 2011/2012 term. In total, the masons have donated more than $1,725 to WDMH.

With more than 800 members belonging to the area's 16 Masonic Lodges, the donation was comprised of members' personal donations. There are nine lodges operating in the WDMH area.

Support our Troops campaign

CORNWALL – Stormont, Dundas, and South Glengarry (SD&SG) MP Guy Lauzon is once again showing his support for the Support our Troops campaign by offering his offices as sign depots.

Residents wishing to show their support for the military by erecting a sign on their lawn can do so by visiting Lauzon's Cornwall office, or either of the satellite offices in Morrisburg and Winchester. (Available while quantities last.)

"This project has been an excellent way for the residents of SD&SG to show their pride and admiration for the work of our military personnel around the world," said Lauzon. "While our combat missions have come to an end, it is always still important to show that we're behind our soldiers and their families."

NDDHS Notes

by Sara Ives



Spooky spirits and tasty treats

MAPLE RIDGE – Happy Halloween! Today (Wed., October 31) will be full of spooking spirit, and tasty treats at North Dundas District High School (NDDHS). Students will also be sporting a variety of costumes, and even some of the faculty will be dressed for the occasion.

Last week, on Thurs., Oct. 25, the Link Crew went to Cornwall for a conference. Link Crew is a group of Grade 12 students who mentor and support the Grade 9 population in the school through their first year of high school. At the conference, student representatives were able to see what other groups from other schools were doing, and listen to many great guest speakers. Through this they were able to develop their skills more to the benefit of the Grade 9s.

Just a reminder to students and parents that school clothing is now on sale for the 2012-2013 school year, and the order forms can be picked up this week.

Meanwhile, NDDHS will soon be putting a spin on the traditional Oktoberfest celebration. The school will be hosting its own Oktoberfest-themed event on Fri., Nov. 2. Sausages will be on sale at lunch for students and staff to enjoy.

SNC shifts region back to level one status

WINCHESTER – South Nation Conversation (SNC)'s water response team has moved the region's water level back into level one throughout the watershed.

The announcement came on Fri., Oct. 26, following weeks of higher than normal precipitation, which has boosted stream flows. However, water levels remain below average for this time of year.

SNC staff reviewed rainfall, stream flow, and water levels with the team. Collectively, based on the information, the team decided to lower the previously declared level two low water condition.

The collective, created under the Ontario Low Water Response program, includes representatives from provincial and municipal governments, agriculture, business, and other special interest groups.

"The conditions merit leaving the level one condition in place for the time being," Jason Symington, SNC environmental technologist, said. "By doing so, we encourage residents, businesses, and municipalities to continue voluntary conservation measures."

A level one condition means that there is a potential for water supply problems. The team asks residents, businesses, and other industries throughout the watershed to continue to reduce their water consumption by at least 10 per cent in order to lessen the impacts caused by low water conditions.

SNC will continue to monitor watershed conditions, and provide updates as required. To assist in information collection, property owners, businesses, and industries are encouraged to contact the conservation authority if they are experiencing any unusual water-related problems.

The South Nation River begins at its headwater streams near Brockville and gathers water from as far away as Maxville to the east, and Ottawa to the west, before it empties into the Ottawa River near Plantagenet.

For more information, contact SNC at 1-877-984-2948 or visit www.nation.on.ca.

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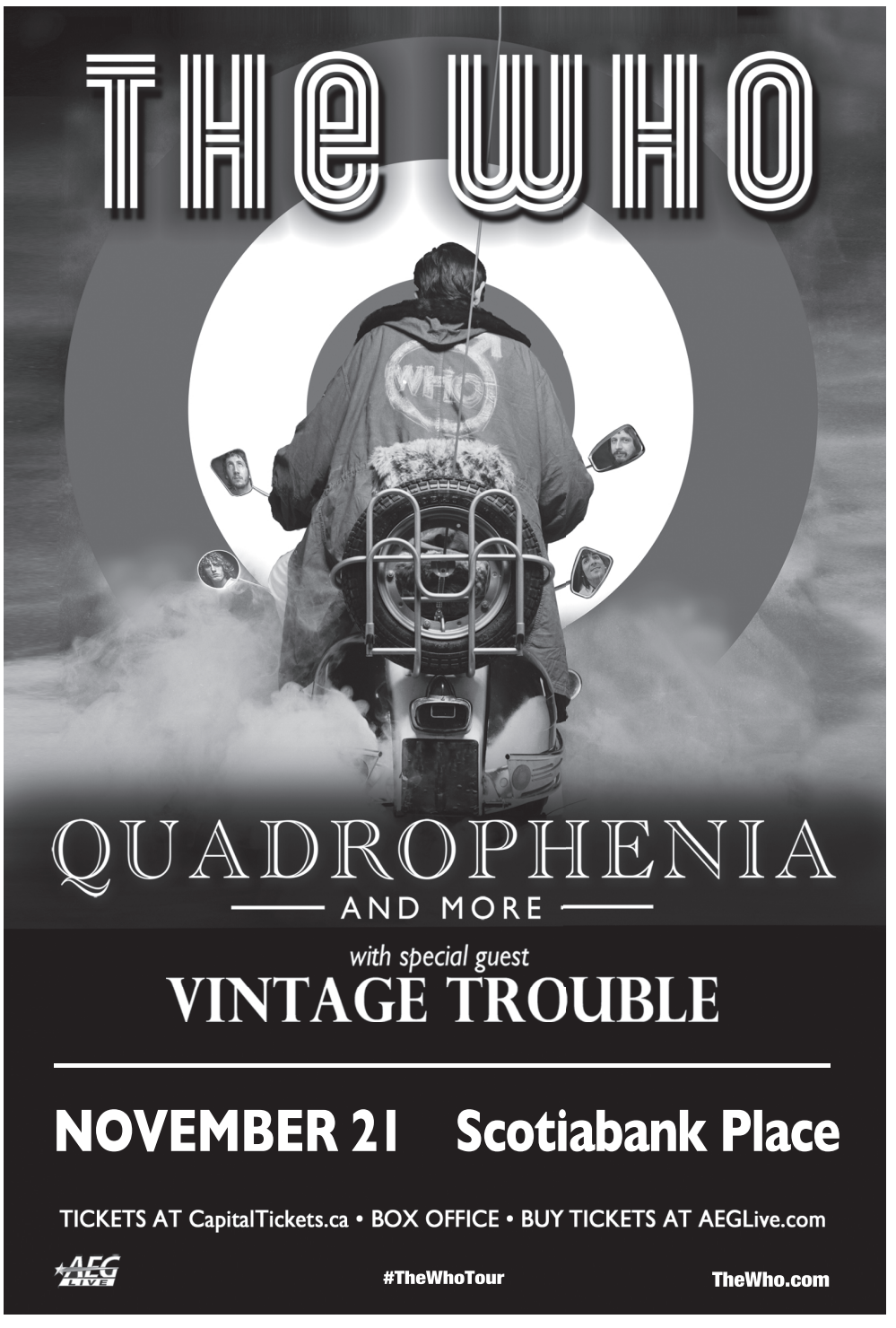


Trio feels art should be accessible to the masses

by Sandy Casselman
Press staff

METCALFE – More often than not, the word art creates images of priceless museum paintings by long-dead artists, or pricey pieces found in galleries for the elite and the wealthy.

Three local artists, who believe art is for everyone, are getting ready to bring their "art show" to the general public this weekend. The Metcalfe Town Hall will be home to various pieces of art created by John Benn, Dorothy Carlson, and Debbie Lyall from 10 am to 4 pm on Sat., Nov. 3 and Sun., Nov. 4.

In its second year, the art show is, as Benn explained, an opportunity to make art affordable to everyone.

"We don't confuse value with price," said Carlson, pointing out that oftentimes their artwork is priced much lower than its actual worth.

While he has been lucky enough to make a living with his artwork over the years, Benn said that he is not in it for money, but rather because he loves what he does. He is in search of learning new things and developing his skills, always trying to do better than his latest best.

"We're making art for the people who live here," said Benn.

Benn has spent the last year painting landscapes in South Ottawa, on the properties of people who live there.

"I don't choose what I paint," he said. "It chooses me."

Like Benn, who has written books of poetry, mastered the art of etching, painting, and more, Carlson is very diverse in the way she chooses to express herself artistically.

She has worked with fabric, written books, and is now working with digital collage graphics.

Regardless of the form her artwork takes, Carlson takes the ordinary and turns it into the extraordinary. Her book, *The Pocket Lint Chronicles*, takes something as ordinary and mundane as lint, and turns it into something with depth and meaning.

In Carlson's current work, digital collage graphics, she uses the scanned images of "found" objects, which she then manipulates into different forms, creating a new picture from the pieces.



Local artists, Dorothy Carlson (left), John Benn, and Debbie Lyall are pictured here, each holding a sample of their artwork. They're hosting an art show this weekend at the Metcalfe Town Hall, Sat., Nov. 3 and Sun., Nov. 4 from 10 am to 4 pm. *Press Photo – Casselman*

Benn and Carlson first met Lyall in 1983 when she did some framing work for the couple. Approximately 10 years later, they met again, and have been friends ever since.

Inspired by her friends, Lyall, who over the years has exercised her artistic talent through her work as an interior designer and custom framer, decided to take the leap into the more formal world of art.

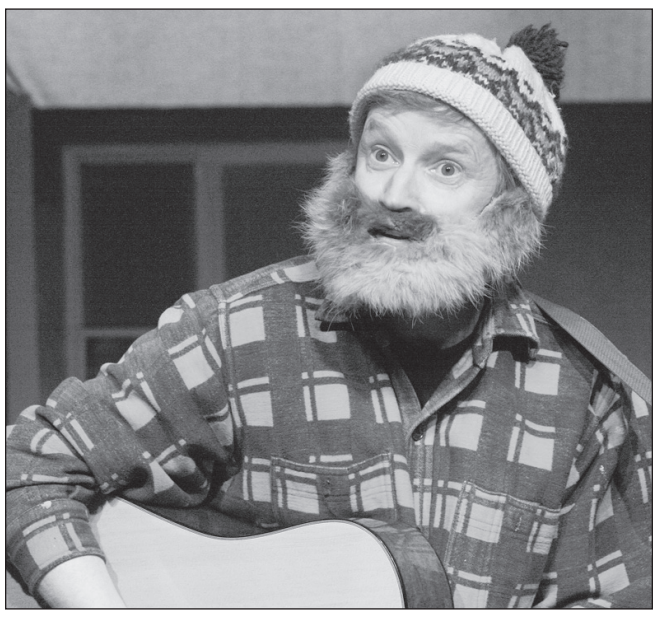
Like Benn and Carlson, Lyall chooses to express herself in her own unique way, creating one-of-a-kind pieces using fabric, scissors, and various found objects.

"I draw with scissors," said Lyall, who is now branching out into sculpture-like pieces using found objects, and machinery parts, like those from a sewing machine, for example.

Following completion, Lyall photographs each piece of artwork she does. The photograph is then used to make affordable prints for purchase. Using computer graphics, Lyall is now branching out into selling everyday items adorned with images of her prints, like aprons, for instance.

All three follow their own inspired ideas, taking up one challenge after another, always creating something new, different, and fun. In addition, they are dedicated to making art accessible to everyone, giving the average person the opportunity to own a piece they love.

"Our favourite sales are those who've never bought a piece of art before," said Carlson.



Still bugging around

The Dundas County Players (DCP)'s latest production, *Buzz Cabaret*, is slated to complete its two-weekend run from Fri., Nov. 2 to Sun., Nov. 4 at the Old Town Hall in Winchester. The buggy bonanza features songs, skits, dancing, and two plays – *Crawl To Be Kind* and *Time Flies*. Tony Glen is just one of the many local thespians featured in the production. *Press Photo – Uhrig*

UCP's Christmas auction coming Nov. 17

MORRISBURG – As a sign of the holiday season fast approaching, Upper Canada Playhouse (UCP) is gearing up for the local theatre's annual Christmas Gift Auction.

This year's event, which marks its 19th anniversary, has been scheduled for Sat., Nov. 17 at the Morrisburg Meeting Centre, on the campus of the Operating Engineers Training Institute of Ontario. The auction is UCP's only fundraising event, and it is also a win-win for everyone in attendance. Proceeds from the auction are used to maintain both the ongoing repairs and renovations required on an annual basis to keep the building a safe and comfortable venue for audience members. It also ensures that the theatre can continue to produce the quality professional productions for which they are known locally and provincially.

This year's auction proceeds will go towards the installation of new seats in 2013 to celebrate UCP's 30th anniversary. In return, the auction is a fun evening that gives friends and colleagues the opportunity to socialize, share a meal, enjoy some entertainment, and bid on the many auction items. Articles up for bidding include products and services donated by many businesses, individuals, and organizations within the community.

The 2012 auction begins with a social hour from 5 to 6 pm, where guests are free to mingle, enjoy complimentary wine and cheese, and be entertained by a barbershop quartet, who will be performing Christmas songs. Dinner will follow the social hour, with this year's meal being catered by Metcalfe's AJ's Catering.

A silent auction will be taking place throughout the first portion of the evening, while the night's live auction is to begin at 8 pm.

For more information, contact UCP at 613-543-3713.

Auditions for *The Wizard of Oz* to start soon

GREELY – The Greely Players are putting out a call for Munchkins, Ozzians, Dorothy, Toto, and other well-known characters for their upcoming auditions for *The Wizard of Oz*.

An information meeting scheduled for Sun., Nov. 4 at 1:30 pm, at the Greely Community Centre, will provide the details for auditions, rehearsals, and the show.

The production will be directed by Tim Picotte, who is a newcomer to the players.

"We are looking forward to having Tim on board this year" said Joan Bruce-Nibogie, the show's producer. "He has a great creative vision, and has a wonderful way with people."

Long-time Greely resident Holly Villeneuve will take on the role of vocal director, which she has handled in many other shows. Lise Page and Shanna Thomson will share the choreography job.

Apart from the lead roles of Dorothy, the Tin Man, the Scarecrow, Lion, and the two witches, there are many secondary roles for adults and teens. Children aged six and up will be used for munchkins, and the teen/adult chorus will be cast as Ozzians and other assorted characters. There will be a total of 35 to 40 cast members in the show.

For the first time ever, The Greely Players are setting aside some audition time for potential Toto's. The dogs will have to be small, and well behaved.

"Every second year The Greely Players mounts a production that will include younger cast members," Bruce-Nibogie said. "Two years ago we staged *Willy Wonka,* which featured many local children, and they thoroughly enjoyed the experience."

The music director will be Greely resident John Pohran, who will be joined by Canterbury High School musicians.

The auditions will take place on Sat., Nov. 10 and Sun., Nov. 11, by appointment only.

For more information, visit www.greelyplayers.ca or contact Bruce-Nibogie at 613-821-1756.

Shop the Morrisburg Village Plaza
from Nov. 1 to Dec. 22
for your chance to WIN in the
STUFFED ENVELOPE PROMOTION
All you have to do is make a pre-set dollar purchase (see individual stores for details) at a participating store in the Morrisburg Village Plaza. You will then be given a stuffed envelope. Shop often for your chance to receive a winning envelope. One envelope per pre-set dollar amount purchase, per family will be handed out. SHOP OFTEN to extend your chances to win!
Win up to $2,500 in BIA Gift Certificates that can be spent in stores, restaurants or services located in the Morrisburg Village Plaza.
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See stores for details.

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WINCHESTER PRESS
EDITORIAL
WEDNESDAY, OCTOBER 31, 2012 PAGE 6

Ontario's doctors set to wage provincial battle of the bulge

Will local residents soon see the day junk food is pulled from store shelves, hidden behind cabinet doors near the cashier, with the guilty party receiving the same treatment as both cigarettes and adult-only magazines?

If the Ontario Medical Association (OMA) gets its way, that may just be reality.

While not advocating for an outright out-of-sight policy, the OMA has introduced aggressive new measures to help prevent thousands of premature deaths associated with obesity.

Step one would see the increasing of taxes on junk food, while decreasing tax on healthy products. As well, OMA representatives would like to see the restriction of the marketing of fatty and sugary foods to children; placement of graphic warning labels on pop and other high calorie foods with little to no nutritional value; retail displays of high-sugar, high-fat foods to have information prominently placed, advising consumers of the health risks; and restricting availability of sugary, low-nutritional value foods in sports and other recreational facilities that are frequented by young people.

These new measures are in line with recommendations already put forth by the OMA, including legislation that would require calorie contents to be listed adjacent to the items on menus, and menu boards at chain restaurants; an education campaign to help inform Ontarians about the impact of caloric intake on weight and obesity; and making physical activity and education mandatory throughout high school.

In Dundas County, these mandates could have the ability to stretch beyond borders, and perhaps make a lasting impact.

Locally, obesity rates are at an all-time high, and continuing to climb. Dr. Paul Roumeliotis, the Eastern Ontario Health Unit's chief medical officer and CEO, has championed the OMA's benchmarks, but insists it will take much more to fight the local battle of the bulge.

While the OMA's recently announced measures can be construed as taking away personal choice, they can also be viewed as leveraging survival rates among the province's many residents.

Most adults have the ability to make healthy, rational choices. Yet, if they choose not to, they should be treading that slippery slope alone. However, in society, children oftentimes bear the brunt of adult decisions.

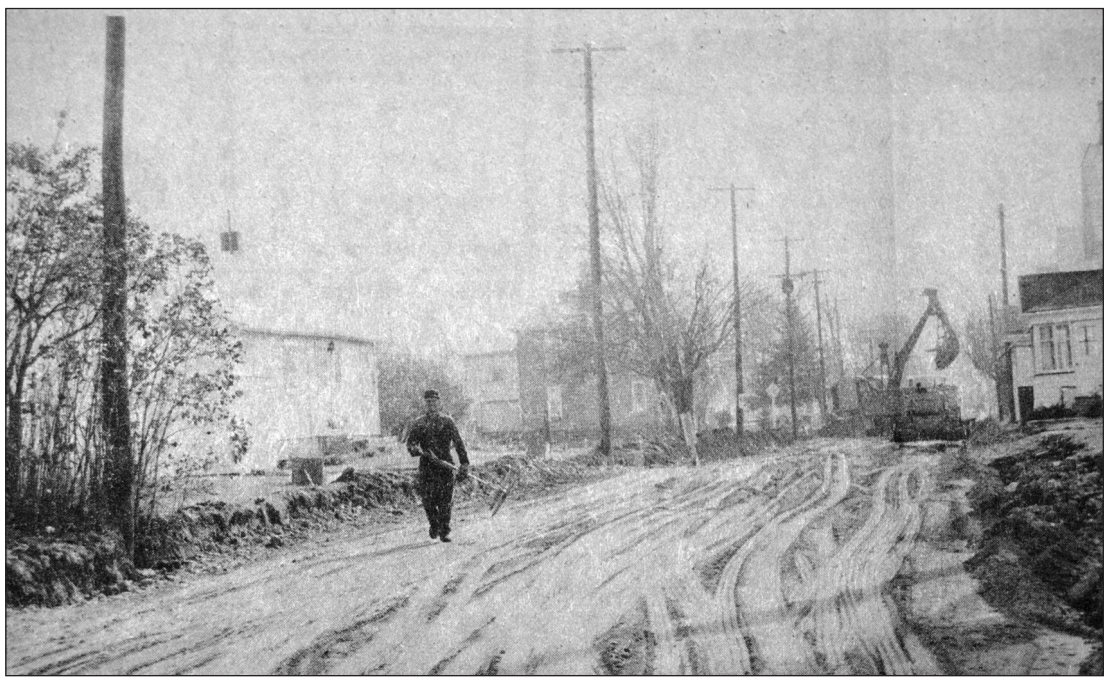
In Canada, almost one in three children — 31.5 per cent — is now overweight or obese, up from 18 per cent in the early 1980s. It is estimated that three-quarters of today's overweight kids will remain so in adulthood, with health effects ranging from diabetes to certain types of cancer and heart disease — costing Ontario taxpayers upwards of $2.5 billion annually.

This in itself is unfair. Children, oftentimes, are defenseless, and rely on their decisions to be made by their parents or caregivers.

Why set them up for an unhealthy lifestyle so young? It is disheartening to see children at local schools struggle with physical activity requirements, yet that cycle continues to turn.

If children truly are Ontario's future, they deserve a healthy start for a better tomorrow.

Remember when...



This week in 1972, "Inkerman's new look" made the front page. Cruickshank Construction Company of Morrisburg had been hired, at a cost of $418,390, to construct storm sewers, 1,250 feet of curb gutters, 2,600 square feet of sidewalks, and to lay whatever sod necessary. It was also reported, "the original contract called for grading, drainage, granular base, and hot mix paving from County Road 2 northeasterly to the intersections of Highway 31 and 43 south of Winchester." While the company had hoped to be finished by fall, they were running behind due to inclement weather, and estimated they'd finish by early the next summer.

1922

This week in 1922, a group of schoolboys decided to take advantage of the excuse Halloween gave them for playing tricks on the Winchester community. Unfortunately, the trick, "bordering" on vandalism and mischief, could have proven fatal when their game of smashing pumpkins on a road turned into throwing pumpkins at a passing vehicle. The *Winchester Press* reported that Dr. McLaughlin's windshield was hit by a piece of exploding pumpkin, causing the doctor to lose control of the vehicle, which flipped over. Luckily, for everyone involved, the doctor was uninjured.

1932

W.R. McMenomy's farm faced an unfortunate loss this week when the farmer's henhouse caught fire unexpectedly around 6:30 am. Due to the rapid spread of the flames, it was impossible to rescue the 300 hens inhabiting the house. Fortunately for McMenomy, the wind was blowing in the right direction, protecting his home and all other buildings from the spread of the fire. It was thought at the time that faulty wiring caused the blaze.

1942

This week, as in the weeks previous, the people of Winchester were being called upon to do what they could for the war effort: "Lend support to the boys who have offered their lives on your behalf. Buy Victory Bonds and buy them now - next year may be too late. Help drive that dagger home!"

1952

While Winchester's Fire Brigade was patted on the back by Frank Gardner of the Ontario Fire Marshal's Office for "maintaining their superb department," he scolded local township councils, who had assembled in Winchester for the quarterly Eastern Ontario Firefighter's Association meeting, over their inadequate support of farms in their areas. He took issue with the lack of fire service to farms in many of the townships.

1962

The *Press*, this week, reported that, in support of the official Poppy Day, the local Cub Pack would be making "a blitz of the town" on Nov. 3.

1972

This week, Lucien Lamoureaux was re-elected as MP of Stormont-Dundas in the federal election. While his Tory competitor, Grant Campbell, won the majority of votes in Winchester, Chesterville, Morrisburg, and Williamsburg, it was not enough to defeat the Liberal incumbent. Despite the anti-Trudeau rhetoric spreading through the county, Lamoureaux took all 44 Cornwall-east polls.

1982

Carl-Don Equipment of Mountain went up in flames this week, and fire stations from Mountain, Winchester, Kemptville, and Iroquois responded. Unfortunately, the loss was immense: business records were lost, parts inventory was lost, and insurance policies were lost.

1992

It was reported, in this week's edition of the *Press*, that 53.3 per cent of Stormont-Dundas residents voted "no" to the Charlottetown Accord. It was also reported that 46.3 per cent voted "yes," and that 192 ballots had been spoiled.

2002

This week, there were 25 to 30 people from the newly formed Township of South Dundas in attendance for the Mon., Oct. 28 public meeting at Matilda Hall in Dixons Corners. The discussion focused on whether the township should continue with a ward system, or move to an "at-large" system.

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545 St. Lawrence Street, Box 399,
Winchester, Ontario, K0C 2K0
Tel: 613-774-2524; fax: 613-774-3967
www.winchesterpress.on.ca
E-mail: news@winchesterpress.on.ca
Advertising: advert@winchesterpress.on.ca

Beth Morris, President
Allen Van Bridger, Co-publisher and Managing Editor
Donna Rushford, Co-publisher and Advertising Manager
Matthew Uhrig, Editor
Sandy Casselman, Reporter
Janet LaPierre, Production Manager
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VERIFIED CIRCULATION PAID
Canada

Words of passion from Balsam and Beechwood

Oski Wee Wee!
Oski Wa Wa!
Holy Mackinaw!
Tigers, Eat'em Raw!

If you have ever been to Hamilton, or even been in the same room with someone from Hamilton, there is no doubt you have heard this chant at one time or another.

Over the weekend, a sold-out crowd of nearly 30,000 let the famous Tiger-Cats' chant ring through the hallowed grounds of Ivor Wynne Stadium for the last time. And, as has been the case since the day the stadium opened generations ago – from the first game played at Beechwood and Balsam to the last on Friday night – Pigskin Pete was out there leading the cheer.

I can't say I have ever been a Hamilton Tiger-Cats fan. My childhood was more or less devoted to the Ottawa Rough Riders. But as much as Lansdowne Park seemed like home while I was growing up, I developed a fascination and love affair with Ivor Wynne as well.

I loved its history.

The first minute I stepped on the field at Ivor Wynne, I headed straight to the right hash of the 37-yard line at the end away from the scoreboard. I was in high school, and a few of us were guests of the Ontario Professional Football School for their punt, pass, and kick contest. When we got to the 37, on the right hash, I gave the ball to one of the guys I was with, a running back from Grimsby named Scott.

"Can you pin a field goal for me?" I asked. He thought it was kind of random, but he accommodated me. I was wearing jeans and a hoodie, and high cut Converse basketball shoes, but I split the uprights. I felt a mile high, and inside my mind, I was wearing a Tiger-Cats uniform and celebrating a Grey Cup win.



From the Other Side
by Jeff Morris

"What was that all about?" asked Scott.

"Ian Sunter," I said. "It was the 1972 Grey Cup. Chuck Ealey led the Tiger-Cats on a drive in the last minute, and on the last play of the game, Ian Sunter kicked the field goal to beat Saskatchewan 13-10. He kicked it from this exact spot at the 37-yard line. It was one of the greatest moments in CFL history."

And I imagined Pigskin Pete on the field, leading the cheers. "Oski Wee Wee…"

Scott saw me lost in the moment and figured that his new friend from Prescott was a bit weird. But for me, it was like a fantasy come true – like running the bases at SkyDome pretending to be Joe Carter, or firing a puck into the net at the Forum or Maple Leaf Gardens and pretending to be Guy Lafleur or Doug Gilmour or Mats Sundin.

So many memories at Ivor Wynne Stadium. Happy memories, like that one. Painful memories, like being cut by the Tiger-Cats. (They went with another kicker that year – a guy from out west named Paul Osbaldiston. I think they made the right choice.) There are memories of playing on the field, working as a reporter and a photographer on the field, and of being a fan at that field. Memories of the smell of barbecued Polish sausages being grilled in the second quarter before the halftime rush. Memories of going to every game when I lived in St. Catharines. Memories of passionate Tiger-Cats fans dousing Argo fans with beer on Labour Day. Memories of the great Tiger-Cats through the years – Angelo Mosca, Garney Henley, Terry Evanshen, Tommy Joe Coffey, Joe Zuger, Jimmy Edwards, Chuck Ealey, Bernie Ruoff, Rufus Crawford, Mike Kerrigan, Tony Champion, Earl Winfield, and Darren Flutie.

And each moment created by a long line of hundreds of stars had the same soundtrack: rabid, passionate fans led by Pigskin Pete. "Oski Wee Wee…"

In the 1920s, Hamilton Tigers fan Vince Wertz created the persona of Pigskin Pete, creating the Oski Wee Wee cheer and body signs from a cricket cheer used by Aboriginal people in his native Australia. The cheer, and Pigskin Pete, became fixtures at the Hamilton AAA Grounds.

In 1930, he brought the cheer to the brand new Civic Stadium (which would be renamed Ivor Wynne Stadium in 1971). Wertz would eventually retire from his role as Pigskin Pete, passing the torch – and the famous Pigskin Pete uniform and bowler hat – to his son, Bill.

The Tigers would eventually merge with Hamilton's other pro football team, the Flying Wildcats. Pigskin Pete and the Oski Wa Wa cheer would immediately become a signature for fans of the new team, the Tiger-Cats. In fact, during the Second World War, pilots trained at RCAF Hamilton would use the Oski Wee Wee chant to identify themselves to one another while flying through the fog over Germany.

Through my memories at Ivor Wynne, Paul Weiler played the role of Pigskin Pete. He took over from Bill Wertz in 1976 and led Hamilton in the Oski Wee Wee cheer until he retired in 2006. The new Pigskin Pete is Dan Black, who has updated and modernized the look of Pigskin Pete, but the chant and the body gestures remain the same.

And Friday night, the Oski Wee Wee chant rang from the corner of Balsam and Beechwood for the very last time.

The Tiger-Cats will move into a new stadium in 2014. Next year, though, they don't know where they will play. But wherever they end up, they won't be hard to find.

Follow the sound of the chant, then look for Pigskin Pete.

LETTERS TO THE EDITOR

Mayor defends economic development plan

The Editor:
I do not make a habit of responding to letters in the *Winchester Press*; however, after several letters from Mr. Keith Sherriffs in recent months, I feel the need to intervene, and debunk many of his inaccurate commentaries.

It is obvious that Mr. Sherriffs has missed reading recent editions of the *Press* highlighting the work that our economic development officer, Rob Hunter, has been doing for the past 18 months, including two very successful business education seminars. Furthermore, it is important for readers to know that Mr. Sherriffs has not even read the monthly reports online, as he would learn key information.

If the report were read, he would see that, in fact, we have promotional materials at nearly a dozen trade shows. (We share costs by joining together to save taxpayers' money.) We have had several local and regional businesses approach us about expansion and investment, and they are listed in the monthly reports. Furthermore, you can see the results with expansions at Dundas Machine, Dundas Power Lines, and others in the works for 2013.

Here's a key fact: Our 2012 building statistics show that we have had $5.1 million worth of building expansions on commercial and industrial land so far in 2012. That is 7.2 times more than last year already, and we still have two months to account for. That is solid statistical proof that we are going in the right direction.

We also have a great working relationship with the North Dundas Chamber of Commerce, and we are following through on our Strategic Action Plan, which includes tourism and cultural development.

The action plan is online, is being implemented, and was a document developed after open public consultations. In fact, we have other municipalities and chambers of commerce asking us for advice for their economic development activities.

I will let these verified and true facts and statistics speak for themselves, as opposed to hearsay. This would be a great principle for Mr. Sherriffs to use in future submissions.

Eric Duncan
Mayor, Township of North Dundas
Winchester

McGuinty's version of democracy at issue

The Editor:
Strange reaction from Premier Dalton McGuinty when both the NDP and the PCs both do their job and scrutinize the incompetent actions of this Liberal government, McGuinty takes *our* money and goes home. Closes the door.

If the opposition had more insight during McGuinty's majorities, there would not have been an eHealth scandal, now topping $2 billion wasted. No Ornge boondoggle, which was another $750 million (small potatoes). And no shuttering of the Southern Ontario power plants, maybe another $1 billion.

Well, no one ever said democracy was, or should be, a one-man show. No one except McGuinty, that is. He will solve the problems… sure he will. We have roughly $250 billion in debt in this province. McGuinty is standing at the bottom of the hole, having thrown the shovel out and bringing in a backhoe. Minister of Finance Dwight Duncan has also decided to call it quits, and McGuinty's gang is getting smaller. MPP Grant Crack, serving the riding of Glengarry-Prescott-Russell, said the PC members should stay in their riding offices, like he does. Maybe the PC members and Tim Hudak want to hear what Ontarians have to say. Listening to constituents, isn't that an interesting thought Mr. Crack?

Yet, McGuinty soldiers on. No legislature, no public debate, just McGuinty. The one-man rule.

McGuinty said he only prorogued the legislature for 18 days. Really? Eighteen days early for the Christmas break. Then Ontario waits until the Liberals elect a new leader. Then Ontario waits until a new cabinet is selected. Then Ontario waits until the next Liberal gang calls the legislature back, and then possibly an election.

All the while the backhoe is digging away at the bottom of the hole created by McGuinty.

Ontario is in dire straights financially. The legislature is prorogued. Is this how McGuinty does democracy?

Barry Millett
Summerstown

Let's talk about prostate cancer awareness

The Editor:
Men, let's talk! I am a survivor and a lot more talking is required. One in six men is diagnosed with prostate cancer, and out of those diagnosed, one in three will die. Yet men don't talk about it. They seem to think that it's a masculine weakness or threat to their manhood.

As my wife says, "Men do not like to talk about things below their waist." Women are far more talkative about breast cancer, and therefore have created more awareness and support. Men, we are 30 years behind breast cancer research, so let's start talking.

I invite men who have had prostate cancer to write to the editor and talk about your experience. Every experience is different, as there are no two cancers the same. Talk about the diagnosis, the trauma of knowing you have cancer, treatment, and after-effects. Open dialogue between the man and his wife about this cancer is necessary, as it affects their quality of life. Men, or partners, by writing the editor you create more awareness, but also provide a contact person for those newly diagnosed.

November is a month that has started to be a prostate cancer awareness month where men grow moustaches to promote awareness. A group of cancer survivors and friends decided to initiate an event in the Winchester District Memorial Hospital's catchment area to promote prostate cancer awareness.

• see PROSTATE on page 9

From Parliament Hill
by MP Guy Lauzon



Cracking down on MP pensions

WINCHESTER – I am sure as a taxpayer you will be extremely happy to hear that our government has finally taken action to reduce MP pensions.

A review of our pensions and those of the public service employees was part of our spring budget: Canada's Economic Action Plan.

During Finance Minister Jim Flaherty's review of expenditures, he identified a potential savings of $2.6 billion by asking federal public servants and elected officials to pay 50 per cent of their pension contributions. MPs and senators currently only contribute 14 per cent. Public servants pay 37 per cent.

Last week, our MP pension reform plan was passed unanimously by all parties in the House of Commons.

Under the current plan, MPs can retire at age 55 and draw a full pension after six years of service. The new plan will require MPs to wait until age 65 to receive a full pension. The same rules will apply to public servants.

These changes bring both plans more in line with pension benefits offered by some private employers. It must be noted that many Canadians do not have any retirement pension plan at all at their place of work.

During my eight years as an MP, I have heard concerns from constituents regarding the generous pension plans provided to MPs. I could not disagree. Quite frankly, when I was first elected I was as surprised as anyone to discover how generous the salary and retirement benefits were for MPs.

I must confess I was so intent on getting elected I did not think to inquire about the compensation that came with the position. I have since discovered that I am not the only one who failed to do so. Most of my colleagues admit they were not aware of the great benefits involved before being elected.

There are only 308 Canadians out of a population of 35 million who have the honour to serve in the House of Commons. I don't care what the compensation is, being an MP is the best job in the country, and I am privileged to be one.

•

Stormont, Dundas, and South Glengarry MP Guy Lauzon submits regular weekly columns to the Winchester Press. *His provincial counterpart for the riding, Jim McDonell, submits monthly columns.*

Your opinion counts

The *Winchester Press* values your opinion. Letters to the editor must be signed and include the writer's telephone number. Letters may be edited for length, grammar, and libellous statements. Op-ed content does not necessarily reflect the views of the *Press*.

Give us a call at 613-774-2524
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Veterans' Week
November 5-11, 2012

Make remembrance more than something you feel.

Make it something you do.



Each year, from November 5 to 11, Canadians join together to celebrate Veterans' Week - this year is no different.

During this week, hundreds of commemorative ceremonies and events will take place across the country to recognize the achievements of our Veterans and honour those who made the ultimate sacrifice.

This Veterans' Week, take time to remember

This Veterans' Week, take the remembrance challenge

There are many ways to show that you remember and honour our Veterans:

- Pin a poppy above your heart.
- Attend the local Remembrance Day ceremony.
- Talk to a friend or relative who has just returned home from Afghanistan or who served in other areas of conflict.
- Listen to Veterans talk about their experiences.
- Create a mashup and share it on the YouTube Channel
- Visit the Veterans Affairs Canada Facebook fan page, write on our wall and share how you remember.
- Follow Veterans Affairs Canada on Twitter and tweet about how you remember
- Change your Facebook profile picture to a poppy.
- Blog, tweet or update your Facebook status about the importance of remembrance.
- Plant a Garden of Remembrance.

Above all, we must vow never to forget. However you choose to remember, be sure to share with everyone you know.

Together, it is our duty to pass on the legacy and keep the memories of our Canadian Veterans alive.

www.veterans.gc.ca/eng/remembrance/veterans-week



Winchester Branch 108
Sunday, November 11

Poppies available until November 11

Parade from Legion **12:15 pm**,
Service in Winchester Public School at **12:30 pm**,
laying of wreaths at Cenotaph following service

All veterans requested to attend.
Legion membership not necessary.

Chesterville Branch 434
Sunday, November 11

IN CHESTERVILLE
Meet at the funeral home parking lot, **10:30 am** for parade.
Parade to Cenotaph for service at **11:00 am**
Following the ceremony, the Colour Party will lead the way back to the Legion for a reception *(Service in Legion hall if raining)*

IN MOREWOOD ON SUNDAY, NOVEMBER 11
Service at the Cenotaph at **11:00 am**
Reception at the Morewood RA Centre at **11:30 am**

Lest We Forget

Jim McDonell, M.P.P.
Stormont-Dundas-South Glengarry



Constituency Office
120 2nd St. W.
Time Square
Cornwall, Ont.
K6J 1G5
613-933-6513

Satellite Office
Winchester, Ont.
K0C 2K0
1-800-514-9660

Satellite Office
Morrisburg, Ont.
K0C 1X0
1-800-514-9660

E-mail:
jim.mcdonellco@pc.ola.org
www.jimmcdonellmpp.ca

On Remembrance Day, I encourage everyone to take the time to remember those who have fallen in the service of our country, and those who continue to serve Canada with courage and compassion.

We Shall Remember Them



Guy Lauzon, M.P.
Stormont-Dundas-South Glengarry
621 Pitt Street, Cornwall, Ont., K6J 3R8
613-937-3331 or 1-888-805-2513
info@guylauzon.ca • www.guylauzon.ca

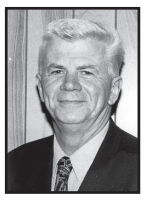
We salute our veterans for their courage, sacrifice and service.

Township of North Dundas
636 St. Lawrence St., Winchester 613-774-2105

Eric Duncan, Mayor; Gerry Boyce, Deputy Mayor;
Councillors Al Armstrong, Tony Fraser and John Thompson

Ottawa

Doug Thompson
Councillor
Osgoode Ward



City of Ottawa
110 Laurier Ave. West, Ottawa, ON, K1P 1J1
Tel. 613-580-2490 Fax. 613-580-2530
Res. Tel. 613-821-2000
E-mail: doug.thompson@ottawa.ca
web: www.ottawa.ca www.dougthompson.ca

Sat., November 3 at 11 am
Vernon Museum

Sun., November 4
9:30 am - Kenmore Hall
2 pm - Osgoode Legion
3 pm - Greely Legion

Sat., November 10 at 11 am
416 Memorial Park

Sun., November 11 at 10:45 am
Metcalfe Townhall

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The 2nd Russell Scouts took turns running an Oct. 20 effort to raise money for a trip to the Canadian Jamboree in July 2013. The morning crew included: Jakob Rogers (left); Sebastian Rutherford; Emma Rayson; Ian Pearson; J.P. Roger, e-recycling and bottle drive parent co-ordinator; Jonah Roger; Ryan Ramey; Destiny Vaillancourt; and Joel Goodwin.

Scouts raise funds for trip to jamboree

EMBRUN – Local area Scouts spent the day unloading electronic waste for recycling, and collecting empty alcohol bottles for deposit returns on Sat., Oct. 20 at Embrun's Your Independent Grocer.

With plans to attend the Canadian Jamboree in July 2013, the youth are hard at work raising and saving money to make it happen, needing roughly $40,000. With many fundraisers already completed, the group is still planning many more, including a dinner, dance, and silent auction event in March.

The 2nd Russell Scouts have registered two groups of children aged 11 to 14 for the event. The group's membership includes youth from Vars, Metcalfe, Marionville, Winchester, Chesterville, Casselman, and Limoges.

Prostate

• continued from page 7

Thus, you have surely seen the Dare to Flash A 'Stache promotion throughout the region. We created our own motto, and program in order to be able to manage where the funds would be directed. The decision was to have 50 per cent go to our own local hospital foundation, and 50 per cent to help fund the robotic surgical da Vinci machine at the Ottawa General Hospital. Throughout the next few weeks, more information will be provided in your local paper.

This is not a Movember event, as that is an international event where the money goes to the Prostate Cancer Canada Network. This is a great program, but the committee wanted to stay local and create a fun environment, as well as being in control of where the money raised would be allocated.

Everyone is invited to participate, and all you have to do is visit our website www.flashastache.ca, and sign up. Create a team or sign up as an individual, and help create awareness.

On Fri., Nov. 30 in Morewood we will be having a wind up featuring a moustache competition, and recognition of the participants.

And finally, have you visited your doctor and had the "finger test," plus a PSA test? There has been controversy over value of the PSA test, but it is a tool and good for bench marking.

I attended a seminar at the Ottawa General Hospital where it was highly recommended that any man older than 40 should have this test if only to establish a bench mark figure.

A doctor at the Ottawa Hospital Prostate Cancer Assessment Centre recommended that men as early as 20 years of age have the test, again to establish a bench mark figure for later testing.

See your doctor this month if you have not had a test in the last couple of years. Early diagnosis is the key to treatment and survival.

Get informed. To local service clubs or any other groups, have survivors, cancer representatives, or a doctor talk to you about this cancer. Prostate cancer is the third most common cancer in men following lung and colon.

So, men let's get talking. I will soon be looking for men or their wives to contribute letters to the editor about their experience.

Tom Clapp
Co-chair, Eastern Ontario Prostate Cancer Awareness committee
Winchester

In and around
Osgoode Ward
by Councillor Doug Thompson



Funding deadline on horizon

OTTAWA – Tomorrow, Thurs., Nov. 1, is the application deadline for local not-for-profit organizations, such as volunteer-based community or recreation associations, who are interested in receiving funding for one-to-two-day civic events.

In order to apply, groups must be offering events in a specific geographic area of Ottawa, events that foster civic pride, and community togetherness, and events that provide a host of family-friendly activities. In addition, the events must be free and open to the public.

For more information or to apply, visit City of Ottawa client service centres or go online to www.ottawa.ca. In addition, those interested can phone 613-580-2424 extension 24322 or 14133, or email rec-info@ottawa.ca

Honouring military

Osgoode Ward residents are invited to honour the efforts of past and present military personnel by attending one or more of the many Remembrance Day services being offered this year.

The schedule for services: Vernon Museum on Sat., Nov. 3 at 11 am; Kenmore Community Hall on Sun., Nov. 4 at 9:30 am; Osgoode Legion on Sun., Nov. 4 at 2 pm; Greely Legion on Sun., Nov. 4 at 3 pm; 416 Memorial on Sat., Nov. 10 at 11 am; and Metcalfe Town Hall on Sun., Nov. 11 at 10:45 am.

Commemorative dinner

On Sat., Nov. 10, the St. Lawrence branch of the United Empire Loyalist of Canada is sponsoring a commemorative dinner in honour of the Battle of Crysler's Farm, and the Battle of Hoople Creek.

For more information or for tickets, contact Carol Goddard at 613-938-2455 or by email at carol.goddard@sympatico.ca.

Author to visit library

On Tues., Nov. 6, author Alan Cumyn will visit the Greely branch of the Ottawa Public Library.

Cumyn will read an excerpt from one of his books, and allow time for discussion.

Library hours will be extended on that day, from 10 am to 5 pm.

For more information on this or other library programs, visit www.biblioottawalibrary.ca.

Children in theatre

Stage Children's Theatre group, which began work on a new production yesterday (Tues., Oct. 30), is open to Ottawa children in Grades 3 to 8.

In addition to encouraging team work, the group's goal is to build self-confidence, discipline, and commitment in its members through working on an actual production. Performance dates for the production are scheduled for Thurs., April 11 and Fri., April 12 next year.

Stage meets every Tuesday from 6 to 7:30 pm in the Osgoode Public School gym.

For more information, visit www.stageonline.ca or phone 613-826-6680.

Art lovers' weekend

Debbie Lyall, Barbara Carlson, and John Benn are sponsoring the second annual art show at the Metcalfe Town Hall.

The show will run from 10 am to 4 pm on Sat., Nov. 3 and Sun., Nov. 4, with hundreds of exhibits to peruse.

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Hospital auxiliary helps celebrate patient safety with latest purchase

WINCHESTER – As part of Patient Safety Week, Winchester District Memorial Hospital (WDMH) is celebrating the recent acquisition of 35 state-of-the-art intravenous (IV) pumps – thanks in part to the generous support of the hospital's auxiliary.

"These pumps are a significant step forward in terms of quality care and patient safety," Cholly Boland, WDMH CEO, said. "The new system supports our staff in the great work they do every day. We are grateful to the auxiliary for its continuing support of this commitment to care."

The Baxter Sigma Spectrum Infusion System helps staff by automatically double-checking settings, dose rates, and medications. It has a built-in safety library providing the latest medical information at their fingertips. The local medical facility is the first hospital in Canada to "go live" with this system in a wireless environment.

The WDMH Auxiliary is covering the full cost of purchasing the new pumps – totaling close to $300,000.

"There is always a need for new equipment in a hospital," Brenda Begg, director of purchasing for the auxiliary, said. "The IV pumps benefit every patient in the hospital. It was an opportunity for the auxiliary to touch the lives of so many in need."

The hospital-based organization has also achieved 70 per cent of its fundraising goal in support of the IV pumps. Money raised by the WDMH Auxiliary through donations, the Gift Shoppe, the annual fall bazaar, and the In Memoriam Fund, goes toward purchasing equipment for WDMH. In the past, the auxiliary has purchased ultrasound equipment, mammography equipment, exam tables, lab equipment, and much more.

"The auxiliary is extremely proud to be purchasing the IV pumps, and supporting the hospital's commitment to quality patient care," Begg said.



The Winchester District Memorial Hospital Auxiliary has helped to purchase state-of-the-art intravenous pumps for the local medical facility. Pictured with the new equipment are auxiliary members Marion Carkner (auxiliary president, left), Kim Link (director of fundraising), and Grace Robinson.

Golden Years hosts 62 at recent meeting

WINCHESTER – President Marlene Faulkner welcomed 54 members and eight guests to the latest meeting of the Winchester Golden Years Society. The session was held at the Winchester Lions Hall on Thurs., Oct. 18.

Dawn Campbell played piano for the singing of "O Canada," followed by recitation of the "Lord's Prayer."

Marjorie Lougheed read the birthdays and anniversaries for October, and the members present acknowledged them. Minutes from the previous meeting were read, and the treasurer's report was presented. Other committees were then heard from, while correspondence was read.

Debra Ann McBride explained to the members that all were welcome to attend the zone executive meeting, which was held at the Lions Hall on Wed., Oct. 24.

Guests Myra Kelly, Rev. Melody Trolly, and Marion Carkner were welcomed. Jokes and poems were read by Jessie Ball and Ray Robinson.

The Golden Years' next euchre events have been scheduled for three Thursdays next month – Nov. 8, Nov. 22, and Nov. 29.

Orma Earle discussed nuisance phone calls during the night, and members then talked about different ways to deal with them.

Trolly said "Grace" before the meeting's potluck was enjoyed.

Anne and Michael Lyon, Shelly and Janet Hutt, and Michael Julien were then introduced as the event's entertainment.

Anyone interested in playing during the upcoming euchre events is asked to call Robinson at 613-774-2134, while anyone 50 and older interested in joining the Golden Years is asked to contact Roberta Giberson at 613-774-4273.

Just click to support Naomi's 'build' project

WINCHESTER – Naomi's Family Resource Centre has submitted an idea to the Aviva Community Fund, and is now seeking the community's support in making this project possible.

Staff at Naomi's has requested funding to build an air-lock anti-room at the main entrance of the local women's shelter. The addition would be an enclosed porch-like structure, which would enhance safety and security for those entering and leaving the shelter. The project would include: the removal of the existing foundation, sidewalk, and structure. The new entry would have a double entry system, one door to enter the secure anti-room and another door to enter the shelter. The system would allow for those accessing the shelter the privacy to enter and leave without the need to hurry.

According to staff members, the women and children who are accessing services through Naomi's would benefit greatly from this project in ensuring their safety and security. Abusers can be unpredictable in their behaviour, which puts those in need of safety more at risk after they leave the abusive situation.

Voting began last week, and continues through until Mon., Nov. 5. Those casting votes of support must create an account using a valid email address, confirm this account through your email, and then begin voting.

For more information on the Aviva Community Fund, visit www.avivacommunityfund.org.

Naomi's has been broker-supported for this idea through Brian Erwin, a Winchester resident, and an agent with Ottawa-based D.S. Currey and Son Insurance Brokers.

To date, Naomi's has received more than 150 votes in support of the initiative.

Seniors list Oct. 25 euchre winners

WINCHESTER – The red-card winners at the latest Winchester Seniors' euchre event on Thurs., Oct. 25 were Faye Hanes, Don MacIntosh, and Orma Earl. The white-card winners were John Poole, Sharon Casselman, and Marjorie Shadbolt.

Walter Shadbolt and Grace Erratt took home the door prizes, while Ray Robinson, Casselman, and Hanes were the "share the wealth" winners.

The group's next euchre event has been scheduled for Thurs., Nov. 8.

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Demons dominate Braves, register Monday night victories

WINCHESTER – Both the North Dundas Bantam "B" and Major Midget "B" Demons were looking for victories when they welcomed the Brockville Junior Braves to Winchester.

And at the conclusion of Monday (Oct. 29) night's Upper Canada Minor Hockey League twin bill both squads were boasting important wins.

The double dip opened with the Bantam "B" Demons beating Brockville 3-1 for their second win in five games and concluded with the Midget "B" Demons bumping the Braves 4-1 for their first win in four starts.

Bantam goaltender Bayden Carr got the start, posted the win and earned an assist on Tyson Sherrer's empty net goal in the Demons 3-1 victory over the Braves, who tied the game 1-1 with 9:09 left on the clock.

Logan Holmes finished the scramble in front of the Brockville net to record the GWG after Spencer Kelly and Jack van Kessel had jammed the crease creating the opportunity for Holmes.

Dillon Clement scored from Sherrer and Cory Ross at 8:06 of the second stanza to get the Demons on the board.

The decision improved North Dundas' West Division record to 2-3-0 and lowered Brockville's to 4-3-0. The Demons next home game is set for Mon., Nov. 12 when the Cornwall Colts pay a visit.



Two helpers

Travis Marshall (No. 18) was looking to set up North Dundas Major Midget "B" Demons teammate Nick Fleury on this play against the visiting Brockville Jr. Braves in Monday (Oct. 29) night's Upper Canada Minor Hockey League game. Marshall picked up assists on goals by Mark McRae and Dylan Marshall in the Demons' 4-1 victory.

Press Photo – Van Bridger

Midgets win

Captain Mark McRae potted a pair of goals and Colin Giberson turned in a solid effort between the pipes as the Midget "B" Demons won for the first time this season.

Brockville finally ruined Giberson's bid for a perfect result scoring with 5:33 left on the clock.

McRae (Travis Marshall and Patrick Lebrun) opened the scoring at 10:46 and Dayton Kelly (unassisted) fired in what would prove to be the GWG with 1:14 left in the first period.

Dylan Marshall (Travis Marshall) opened up a 3-0 lead for the Demons at the 5:58 mark of period two. McRae (Nick Fleury and Mike Johnston) tucked a short shot inside the post 6:34 before the final buzzer, expanding his team's lead to 4-0.

First point

After starting the season with two losses on their West Division record, the Demons earned their first point battling the visiting Char-Lan Rebels to a 3-3 draw on Mon., Oct. 22.

McRae engineered all three scoring plays setting up Dayton Kelly at 14:47 of the opening stanza. Brett Bartholomew also helped out on the play. He teamed up with Fleury at the 5:23 mark of the same frame and joined Dylan Marshall to help out Patrick Gibson who counted the tying tally.

The win moved North Dundas to within a point of both the Char-Lan Rebels (1-2-2) and the South Stormont Selects (1-2-2). The Cornwall Colts (5-1-0) and South Dundas Lions (5-1-0) top the East Division standings. Brockville (2-3-1) dropped into fourth place in the West Division with the loss.

Next Monday (Nov. 5), the Smiths Falls Bears (2-2-2), who hold down third-place in the West Division, will be in Winchester for an 8:30 pm start.

Senior Devils post pre-season wins

KEMPTVILLE – A pair of victories opened the pre-season for the North Dundas District High School senior boys basketball team.

The Devils tipped off against the host St Michael Catholic High School Mustangs and the Tagwi Warriors on Sunday (Oct. 28) and rolled to a 45-41 decision over St. Mike's and posted a 57-31 win against Tagwi.

"Our defence was super for so early in the season, offensively we bobbled a few too many balls and missed a few too many easy opportunities, but its nothing a little fine tuning and court time won't fix," said coach Deanna Corbett-White.

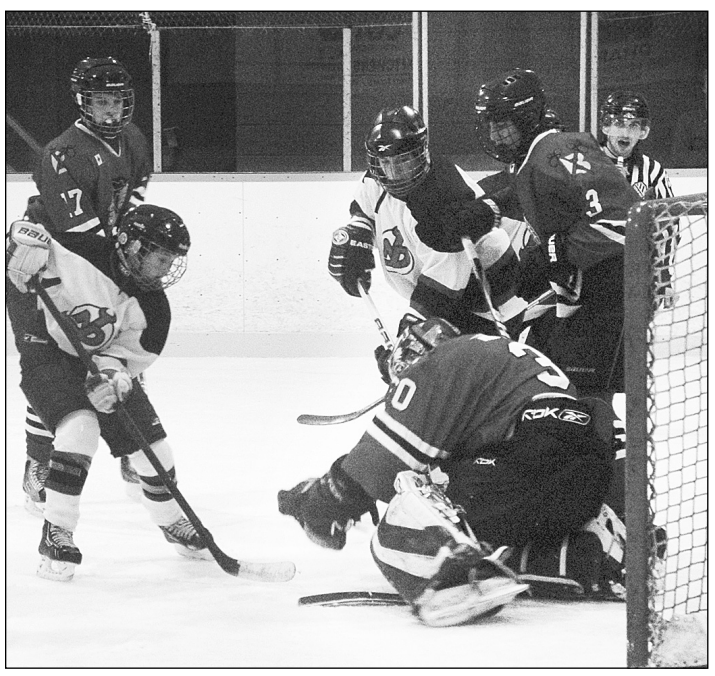
Wes Schmidtke, Robbie Kerr and Evan Corbett-White (four three pointers) each produced 18 points in the two games. Daniel Trumper (11), Bruce Bufton (10), Cory Vandemheen (9, one three pointer), Chris Neil (7), Jordan Markwell (6), Liam Morrow (4) and Dayton Kelly (2) all threw down points.

Kerr, Corbett-White, Bufton and Morrow also took charges during the day.

"Against Tagwi, again we played great defence and offensively we improved from the first game," added the coach.

Corbett-White also reported Kerr and Schmidtke made many blocks, one spectacular by Schmidtke, and Evan Corbett-White had a ton of assists.

"We are glad to get a couple of games under our belts and are looking forward to our next game, in Hammond against St. Francis Xavier [on Fri., Nov 9]," said the coach.



Set-up man

North Dundas Bantam "B" Demons defenceman Spencer Kelly moved into the slot in front the Brockville Jr. Braves goaltender during Monday (Oct. 29) night's Upper Canada Minor Hockey League game. Kelly earned an assist when Logan Holmes finished the play giving the Demons a 2-1 lead at 6:18 of the final frame. North Dundas defeated Brockville 3-1 on goals by Dillon Clement, Holmes and Tyson Sherrer (ENG).

Press Photo – Van Bridger

Split with Rideaus and Islanders

Hawks have hot-cold weekend

WINCHESTER — A defensive lapse was the ruination of a weekend that could have netted the Winchester Jr. "B" Hawks four points instead of two.

Friday (Oct. 26) night Winchester was in Westport where they knocked off the hometown favorite Rideaus 4-3. The next night (Sat., Oct. 27), the Hawks were back in the friendly confines of the Joel Steele Community Center to face the Rideau Division's top team, the Gananoque Islanders (11-4-0-0).

The Hawks battled back from a 3-1 deficit to knot the score 3-3 with 3:09 left to play. There was 1:31 on the clock when a defensive break down allowed Islander sniper Wyatt Cota to drift a shot in over Anthony D'Urso's glove and into the mesh.

The end result was a 4-3 loss, a 6-8-0-1 record and third-place status in the St. Lawrence Division standings. Because there is some parity in the Eastern Ontario Junior Hockey League (EOJHL), the Hawks are just two points behind the Casselman Vikings (6-3-0-3) and three back of the first-place Char-Lan Rebels (8-6-0-0), who have gone 3-5 in their last eight games.

Home and home

The Hawks will face the Rebels in a home-and-home showdown this weekend. Coming off a pair of losses, Char-Lan will be in Winchester Friday (Nov. 2). The following night (Sat., Nov. 3), the two teams will square off in Williamstown.

Hawks head coach Tom Kirkwood feels the entire league is on even footing and no one team seems to be able to put together a long string of wins.

"I believe it is good for the EOJHL and the fans. But it is hard on coaches trying to get all players to play to their potential and be consistent every game," he said.

Hawks GM Craig "JB" Smith agreed that it is frustrating trying to figure out how the team can be so good one night and be uninspired the next. He hinted that some roster changes may be in the offing.

Islanders 4 - Hawks 3

Gananoque took a 2-0 first-period lead on goals by Cota and Chris Smith. Chris Rossi (Cody Levasseur and Kevin Vinyard) got the Hawks on the board making it 2-1 at 15:01 of period two.

Tyler Murray created a 3-1 lead for the visitors scoring a PPG at 12:52 of the final frame.

Josh Stubbings (Aaron Dickenson and Adam Beveridge) sliced Winchester's deficit to 3-2 with 6:06 left on the clock. Daniel Butchart tied it scoring his first goal on his birthday, finishing a power play set up by Kyle Richardson 3:09 before the final buzzer. Unfortunately for the Hawks, Cota's marker ruined their rally.

"Gananoque is a very good skating team, but our inconsistent effort allowed them to steal the win," noted Kirkwood.

Hawks 4 - Rideaus 3

"The boys played a very solid game, led by D'Urso [goaltender, made 42 saves]. We didn't have Jamie Olivier [school], but the three lines dug in and played a strong game," said the coach.

Rossi (Levasseur at 6:06) and Stubbings (SHG Ramsey Wheeler at 3:03) netted the Hawks a 2-1 lead in period one.

A tally by Richardson (Josh Renaud at 16:57) in the second kept the Hawks in front 3-2.

Dickenson (Rossi at 16:43) counted the GWG in the final frame.

Connor Merkley (2 PPGs) and Cameron McNutt (SHG) were Westport marksmen.

Meet the HAWKS

Brandon Bourgeois
No. 6
Defence



Defenceman Brandon Bourgeois is a new recruit for the Winchester Jr. "B" Hawks. The 19-year-old is a native of Moncton, N. B. and is studying economics at Ottawa's Carleton University. Bourgeois stands number five on the Hawks scoring list with three goals (2 PPGs), seven assists and 10 points. He has served 21 minutes in penalties in his first 15 Eastern Ontario Junior Hockey League games. O'Farrell Financial and Capital Site Development sponsor Bourgeois' No. 6 jersey.

Canadians bring down Jets in shootout

METCALFE – Max Veronneau and Steve Fullum beat Metcalfe goaltender Ryan McLaughlin in a Sunday afternoon shootout at the Larry Robinson Arena and gave the Ottawa Junior "B" Canadians a 4-3 victory over the hometown Jets.

Sunday's (Oct. 28) loss left the Jets with a 6-3-0-1 record and fourth place in the Eastern Ontario Junior Hockey League's Metro Division standings. The Canadians (9-5-0-0) have played four more games than Metcalfe and are five points ahead of them. Gatineau (12-2-1-1) are in first and Ottawa West (11-5-0-1) in third. The fifth-place Clarence Beavers (6-6-0-0) are one point behind the Jets.



Metcalfe Jets goaltender Ryan McLaughlin tempted Ottawa Junior Canadians' Jamie Molinski by showing him the five-hole, but denied the shooter a goal during a shootout at the Larry Robinson Arena in Metcalfe on Sunday (Oct. 28). The Canadians did get tallies from Max Veronneau and Steve Fullum in the showdown, while the Jets managed just one by Jordan Gillis in a 4-3 loss.
Courtesy photo

Two at home

Metcalfe will be the scene for a pair of Jets home games this weekend. On Friday (Nov. 2), the Valley Division's Arnprior Packers (7-6-0-1) will provide the opposition at 8:15 pm. Sunday afternoon (Nov. 4) at 2:15 pm the top-ranked Gatineau Mustangs will test the Jets.

Canadians 4 - Jets 3 SO

Metcalfe took a 2-0 lead on the Canadians on goals by Scott Flemming (Thomas Mansbridge and Dave Kilrea at 16:29) and Kilrea (PPG Dawson Fisher and Marc Hough at 5:25)

Ottawa's Daniel Hovey put his team on the board at 2:01 of the period.

A PPG by Ottawa's Patrick Marsh evened the count 2-2 21 seconds into period two, but the Jets were able to take a 3-2 lead when Flemming (Mansbridge and Kilrea) netted a PPG with 4:32 left in the same session. Veronneau knotted it 3-3 48 seconds before the period was over.

The final frame was scoreless forcing a shootout. Veronneau and Fullum cracked in the Ottawa markers, while Jordan Gillis put Metcalfe's lone goal into Matt Couvrette's net.

The shots on net were even at 29.

Jets 7 - Blue Wings 6

It was a seesaw battle between the Perth Blue Wings and the Jets last Friday. Metcalfe took a 2-0 lead into period two and promptly made it 4-0, only giving up four unanswered markers and heading into the final 20 minutes tied 4-4.

Scott Flemming handed the Jets a 5-4 lead 22 seconds into the final frame, but once again Perth bounced back and skated ahead 6-5 on shots fired by Chris Goulet and Mike Smyth.

There was 9:26 left to play when Dan Abraham evened the score 6-6 with help from Glenden Bakker, but Bryan Dalrymple's PPG engineered by Joel Cunningham and Jordan Gillis 7:17 before time ran out proved to be the deciding factor.

Cunningham (2-1-3), Kilrea (0-3-3), Fleming (1-1-2), Daniel Abraham (1-1-2), Thomas Mansbridge (1-1-2), Fisher (1-1-2), Bakker (0-2-2), Dalrymple (1-0-1), Gillis (0-1-1), Hough (0-1-1) and Kyle Downey (0-1-1) all contributed to the win. Eric Drouin stopped 32 of the 38 Blue Wings shots he faced for the win.

Novice 'C2' Demons collect five of six points

CARDINAL – Jordan Heuff and Joshua Dagenais each scored twice as the North Dundas Novice House "C2" Demons defeated the South Grenville "C1" Rangers 5-3 right in their own barn in Cardinal.

Saturday's (Oct. 27) win improved the Demons first-place record to 5-0-1 and gave them a one-point lead in the Upper Canada Minor Hockey League East Division standings over the Brockville Jr. C3" Braves (5-0-0). The Demons are scheduled to tangle with the "C3" Braves in Brockville on Sat., Nov. 3. On Thursday (Nov. 1), the "C2" Demons will meet the "C1" Demons, who hold down second in the West Division with a record of 4-1-0, in Chesterville at 6 pm.

Alexandre Sylvestre gave the Demons a 1-0 lead on the Rangers completing a play started by Heuff at 8:05 of period one. Heuff then made it 2-0 with help from Cameron Lynch with 1:59 left in the same session. A goal by Dagenais, who scored from Tayte Bouchard at 6:56 of period, opened up a 3-0 lead in the second period.

South Grenville trailed 3-1 after two sessions, but tied it 3-3 on goals by Kasey Jessome (7:190 and Jordan Horan (5:53) forcing North Dundas to rally for a 5-3 win. Dagenais (unassisted) counted the GWG on an unassisted play with 1:13 on the clock and Heuff used a feed from Michael Tufts to make it 5-3 57 seconds before the final buzzer.

Demons 3 - Panthers 3

Jacob Starr's tally scored 2:26 before the final buzzer gave the host Kemptville "C3" Panthers a 3-3 tie with the Demons last Thursday (Oct. 25).

Tufts, Sylvestre and Heuff netted the North Dundas goals. Lynch (2), Maddux England and Heuff earned the assists.

Demons 4 - Rangers 2

Heuff cracked in three goals in the first period as North Dundas roared into a 4-0 lead on the South Grenville "C3" Rangers in Spencerville on Mon., Oct. 22.

Dagenais counted the single, while Sylvestre and Lynch each picked up an assist. The Rangers didn't get on the scoreboard until the 5:17 mark of period three.

Atom House 'B' Demons tame Bears 6-1

SMITHS FALLS – Goaltender Liam Antille gave up a second period goal backing the North Dundas Atom House "B" Demons in a 6-1 victory over the host Smiths Falls Bears.

Last week's (Mon., Oct. 21) victory improved the Demons' Upper Canada Minor Hockey League record to 2-1-1. The South Grenville Rangers (3-1-1) are first in the East Division. North Dundas is second, the Kemptville "B2" Panthers (2-2-0) third and the Brockville "B1" Braves (0-3-0) last. Friday (Nov. 2), North Dundas will challenge the visiting "B2" Panthers in a 6 pm game in Winchester.

Austin Rivet and Tyson Ferguson each potted a pair of goals for the Demons. Sara Sloane and Elyssa McLeod snapped in single shots in the 6-1 win.

SPORTS SCOREBOARD

Eastern Ontario Junior Hockey League

Rideau - St. Lawrence Conference

RECENT RESULTS
St. Lawrence Division
Oct. 24: Brockville 5 - Westport 3
South Grenville 7 - Gananoque 4
Oct. 25: Casselman 6 - Brockville 4
Oct. 26: Athens 5 - Alexandria 2
Winchester 4 - Westport 3
Oct. 27: Gananoque 4 - Winchester 3
Westport 9 - Akwesasne 5
South Grenville 3 - Char-Lan 1
Oct. 28: Alexandria 11 - Morrisburg 2
Akwesasne 3 - South Grenville 1
Athens 3 - Casselman 2 SO
Gananoque 5 - Char-Lan 3

STANDINGS

Rideau	W	L	LOT	GF	GA	PTS
Gananoque	11	4	0	64	46	22
Athens	9	4	1	54	43	19
Westport	9	6	0	66	60	18
Brockville	6	7	2	49	65	14
South Grenville	6	10	1	56	69	13

St. Lawrence	W	L	LOT	GF	GA	PTS
Char-Lan	8	6	0	60	50	16
Casselman	6	3	3	45	40	15
Winchester	6	8	1	54	59	13
Alexandria	5	9	0	50	75	10
Akwesasne	4	7	1	33	45	9
Morrisburg	3	10	0	39	70	6

**Teams losing in OT receive one point*

TOP SCORERS

St. Lawrence Division	G	A	PTS
D. Derouchie, C-L	11	13	24
C. Rutley, Morris.	7	12	19
J. Cyr, Alex.	9	9	18
L. MacDougall, C-L	9	9	18
M. Lefebvre, Morris.	11	6	17
T. Filion, C-L	7	9	16
N.Senseverino, C-L	7	9	16
J. Stubbings, Win.	8	6	14
R. Wheeler, Win.	7	7	14
S. Bzdyl, Morris.	6	8	14

Rideau Division	G	A	PTS
W. Cota, Gan.	12	16	28
S. McLaughlin, SG	12	15	27
C. McNutt, West.	8	14	22
D. Lacroix, Athens	6	15	21
P. Rock, Brock.	10	7	17
P. Cameron, Athens	9	7	16
C. Merkley, West.	7	9	16
P. Drouin, West.	7	8	15
J. Sullivan, SG	7	8	15

Metro - Valley Conference

RECENT RESULTS
Metro - Valley Division
Oct. 23: Ottawa 4 - Ottawa West 1
Oct. 25: Renfrew 6 - Ottawa West 5 OT
Oct. 26: Metcalfe 7 - Perth 6
Gatineau 9 - Arnprior 1
Almonte 4 - Ottawa 3
Oct. 27: Almonte - Renfrew
Oct. 28: Ottawa 4 - Metcalfe 3 SO
Renfrew 7 - Clarence 4
Stittsville 6 - Almonte 3
Ottawa West 7 - Arnprior 2
Perth 5 - Shawville 2

STANDINGS

Metro	W	L	LOT	GF	GA	PTS
Gatineau	12	2	2	88	40	26
Ottawa West	11	5	0	81	62	23
Ottawa	9	5	0	88	61	18
Metcalfe	6	3	1	43	39	13
Clarence	6	6	0	47	42	10

Valley	W	L	LOT	GF	GA	PTS
Renfrew	7	6	1	59	57	15
Arnprior	7	6	1	65	73	15
Stittsville	7	5	0	51	45	14
Perth	6	7	1	60	61	13
Almonte	6	8	1	56	73	13
Shawville	4	11	1	56	89	9

**Teams losing in OT receive one point*

National Capital Junior Hockey League

RECENT RESULTS
Oct. 26: St. Isidore 4 - Embrun 3
Oct. 27: Vankleek Hill 5 - North Dundas 2
Embrun 3 - Cumberland 1
Oct. 28: St-Isidore 7 - Nprth Dundas 4
Cumberland 4 - La Peche 3

STANDINGS	W	L	OTL	GF	GA	PTS
North Division						
Cumberland	6	2	0	36	26	12
La Peche	5	3	0	37	30	10
Papineauville	4	3	0	29	23	8
Rockland	1	6	1	27	47	3
South Division						
St-Isidore	7	0	1	49	23	15
Embrun	5	2	2	33	27	12
Vankleek Hill	2	5	0	26	30	4
North Dundas	2	7	0	30	61	4

North Dundas Jr. Rockets
2012-2013 National Capital Junior Hockey League
HOME GAME
Sat., Nov. 3 vs Embrun Panthers, 8 pm
Chesterville Arena

50/50 DRAW WINNER -
Sat., Oct. 13 - Jackie Garlough, $905
Next draw Sat., Nov. 3

Winchester Jr. "B" Hawks Hockey Club
HOME GAMES
Fri., Nov. 3 vs Char-Lan Rebels - 8 pm
50/50 DRAW WINNERS
Sat., Oct. 27 - Phil Beattie, $5,245

Winchester Town Hockey League

RECENT RESULTS
Oct. 23:
Green Berets 6 - Bush Leaguers 4
Sadler's Suds 6 - Chesterville Maulers 6

STANDINGS	W	L	T	GF	GA	PTS
Bush Leaguers	3	1	0	27	20	6
Green Berets	2	1	1	31	29	5
Sadlers Suds	1	1	1	19	19	4
C. Maulers	0	3	1	20	30	1

TOP SCORERS	G	A	PTS
Dean Byvelds, BL	10	9	19
Dana Schofield, BL	8	7	15
Mark Mitchell, GB	9	4	13
Nik Paas, GB	5	8	13
Jon Nadobny, GB	5	6	11
Tyler Jones, SS	5	6	11
Derek Vingerhoeds, GB	4	7	11
Aaron Kelly, CM	4	6	10
Ryan Hay, CM	7	2	9
Robyn Sadler, SS	5	4	9

Winchester & District Ladies Hockey League

RECENT RESULTS
Oct. 28: Andy's Foodland 2 - WS Trucking 0
Country Girls 0 - Cooper Physio 0
KC's Maintenance 2 - Annable's Jewellery 1

STANDINGS	W	L	T	GF	GA	PTS
Annable's Blues	2	0	1	5	2	5
KC's Maintenance	2	1	0	5	2	4
Andy's Reds	2	1	0	3	2	4
WS Trucking	1	2	0	4	6	2
Country Girls	1	2	0	3	5	2
Cooper Pinks	0	2	1	4	5	1

TOP SCORERS	G	A	PTS
A. Rylaarsdam, KC's	3	2	5
Amy Fraser, AB	2	2	4
Veronique Daviault, AR	2	2	4
Courtney Barkley, KC's	1	3	4
Kaila Beckstead, Blues	2	1	3
Tabbitha Derue, CG	2	1	3
Chantal Thurler, KC's	2	1	3
Courtney Barkley, KCs	1	2	3
Julia Drouin, KC's	1	2	3
Heather McDiarmid, CP	0	3	3

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Crystal Mitchell, Winchester $2,215
Oct. 5:
Alan MacLennan, Alexandria $2,370
Oct. 27:
Phil Beattie, Chesterville $5,245

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Home games for November are:
Fri., Nov. 2 - 8:15 pm - Char-Lan at Winchester
Fri., Nov. 9 - 8:15 pm - Casselman at Winchester
Sat., Nov. 17 - 8:00 pm - Akwesasne at Winchester
Fri., Nov. 23 - 8:15 pm - Morrisburg at Winchester

50/50 Tickets are available from various businesses in Hallville, Inkerman, Chesterville, South Mountain and Winchester.

'We thank you for your continued support.'

Quinton, Corkery top NDDHS cross-country runners at EOSSAA



Connor Findlay finished 39th in a field of 135 junior runners at EOSSAA.
Press Photos – Van Bridger

KEMPTVILLE – Jake Quinton and Tori Corkery turned in the top finishes for the North Dundas District High School Devils competing in the 2012 EOSSAA Cross-Country Championships.

Quinton clocked a time of 23:43.37 (6,100m), finishing 21st in a field of 83 junior men at last week's (Thurs., Oct. 25) meet held at St. Michael Catholic High School in Kemptville. Corkery crossed in 26th place in the junior girls division. Her time of 17:44.08 (4,100m) placed her 26th of 116 runners.

This year's competition, which is a qualifier for OFSAA, attracted 54 schools and a total of 808 athletes.

Thousand Island Secondary School (TISS) of Brockville claimed the senior women, junior women, midget men and midget women team championships. General Panet Secondary School of Petawawa took home the junior men and senior men team trophies.

North Dundas finished seventh (of 12) in the junior men's division and ninth (of 12) among junior women's teams. The Devils were also 15th (of 19) in the senior women's division.

Devils details

Midget women – 3020m (135 runners): Patricia Barlow, 60th (13:37.97); Shaelee St-Marseille, 78th (14:16.75).

Junior women – 4,100m (116 runners): Tori Corkery, 26th (17:44.08); Cheyenne Williams, 74th (20:29.31); Cassandra Thompson, 90th (21:17.29); Ashley Johnson, 108th (22:53.66).

Senior women – 5,400m (135 runners): Myranda Ruel, 36th (42:28.75); Cheryl Baldson, 53rd (25:55.81); Lyndsay Chambers, 102nd (29:11.00); Jodie Hall, 114th (30:18.00).

Midget men – 5,400m (135 runners): Spencer Kelly, 43rd (22:06.61); Cory Ross, 100th (25:12.25); Cory Chambers, 109th (25:29.60).

Junior men – 6,100m (135 runners): Jake Quinton, 21st (23:43.37); Connor Findlay, 39th (25:26.93); Mitchell Melenhorst, 46th (25:56.09); Jordan Casselman, 50th (26:16.63); Walter Klein-Boonschate, 77th (29:05.49).

Senior Men – 6,950m (171 runners): Patrick Bueley, 45th (26:53.00); Marc Thurler, 46th (27:06.00); Mason Steele, 131st (31:42.00).



Myranda Ruel led the Senior (girls) Devils EOSSAA team finishing 39th against 135 runners.

Cavill registers third shutout

Reds blank Truckers 2-0

WINCHESTER – Dominque Cavill posted her second consecutive and third shutout in four Winchester and District Ladies Hockey League games supporting Andy's Foodland Reds in a 2-0 decision over the WS Trucking Company.

The Reds (3-1-0) victory opened Sunday (Oct. 28) morning's triple bill and allowed them to keep pace with the KC's Lawn Maintenance (3-1-1) crew who doubled Annable's Jewellery Blues (2-1-1) 2-1 in the 10 am tilt.

The 9 am encounter finished as a scoreless draw between the Country Girls (1-2-1) and the Cooper Physio Pinks (0-2-2) with Karina Damato (Pinks) and Cristal Beattie (Girls) recording their first shutouts of the season. Beattie was named the player of the game.

Reds 2 - Truckers 0

Veronique Daviault used a pass from Kelly Francis to mark the GWG at 15:19 of the first half. She then drew an assist on Laura McDonnell's insurance goal at 13:18 of the same session earning player of the game status.

KC's 2 - Blues 1

Chantal Thurler earned player of the game honours scoring the GWG for KC's, finishing a play engineered by Amanda Rylaarsdam and Courtney Barkley 2:31 before the final buzzer.

Amy Fraser teamed up with Janice Casselman and Dawn Young and gave the Blues a 1-0 lead at 11:03 of the first half. KC's tied it with 2:56 left in the same half when Daina Warren marked her first goal of the season after taking a pass from Holly Klein-Swormink and Kaitlyn Hay.

Kristie Wade posted the win and Carrie McCadden suffered the one-goal setback.

Week three games

Carrie McCadden registered her second shutout in three Winchester and District Ladies Hockey League games backing the Annable's Jewellery Blues in a 1-0 victory over the Country Girls on Sun., Oct. 21

McCadden received her offensive support from Christina Luykx (player of the game) who converted a pass provided by Kelly Zeran and Dawn Young into the GWG at 13:05 of the second half.

Dominque Cavill also posted her second goose egg of the campaign, helping Andy's Reds blank KC's Maintenance 1-0 in the 8 am game. Andrea Francis' (player of the game) unassisted goal recorded at 15:41 of the first half was the game winner.

WS Trucking Company used a pair of goals by Trisha Leduc to knock off the Cooper Physio Pinks 2-1 in the 10 am encounter. Lana Begg and Stephanie Scott assisted Leduc at 19:48 of the first half, while her GWG was unassisted at 15:04 of the second session.

Cathy Lee Brookes used a feed from Heather McDiarmid to ruin Roxanne Backes' (player of the game) shutout bid.

Rockets run into trouble on the road

ST-ISIDORE – A pair of road losses have stretched the North Dundas Rockets National Capital Junior Hockey League losing string to five games.

Sunday (Oct. 28), the South Division leading St-Isidore Aigles improved their record to 7-0-1 with a 7-4 decision over the fourth-place Rockets who fell to 2-7-0. The night before (Sat., Oct. 27), a 5-2 loss in Vankleek Hill enabled the host Cougars (2-5-0) to climb over the Rockets and settle into third place. Both teams have four points and trail the second-place Embrun Panthers (5-2-2) by eight.

This weekend North Dundas will welcome the Panthers to Chesterville on Saturday (Nov. 3) for an 8 pm tilt. Next week (Sat., Nov. 10) the Predateurs de La Peche will be in Chesterville at 8 pm.

The league's leading goal scorer, Maxime Seguin, led the high-flying Aigles to their 7-4 win, scoring three times and adding an assist. Seguin inflated his personal numbers to 12 goals, six assists and 18 points with the four-point effort.

St-Isidore held a 3-2 advantage after a period and carried a 6-3 lead going into the final frame.

Chris Embury potted a pair of pucks for the Rockets who got singles from Brandon Buma and Liam Morrow. Josh DeRouchie (2), Dylan Armitage, Ryan Byers, Embury, Pete Klein-Swormink, Ryan Romans and John Vanzyl drew assists. Newcomer Matthew Kingston took the loss.

Cougars growl

North Dundas gave up a 3-1 lead in the first period in Vankleek Hill and could not recover, dropping a 5-2 decision.

Byers and Adrian Lee were the Rockets marksmen. Mike Cross (2), Embury and Brian Van Moorsel provided the passes. Andrew Dechamplain got the start and took the loss.

Joel Chayer (2), Andrew Charlebois, Jon Dion and Marc-Olivier Pilon pegged the Cougar markers.

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Wrap around

The North Dundas Minor Midget "B" Demons edged the Cornwall Colts 2-1 last week (Thurs., Oct. 25) in an Upper Canada Minor Hockey League game played in Winchester. The victory improved the Demons' East Division record to 2-3-0. North Dundas forward Kyle Oosterhof tried to sneak the puck into the Cornwall net on this play, but was denied. *Press Photo – Van Bridger*

Atom 'B' Demons edge Rangers 3-2

PRESCOTT – Cam Sherrer's solo effort broke up a 2-2 stalemate and lifted the visiting North Dundas Atom "B" Demons to a 3-2 victory over the hometown South Grenville Rangers.

Sherrer's unassisted effort was recorded 5:55 before the final buzzer in Sunday's (Oct. 28) Upper Canada Minor Hockey League game and moved the Demons (3-0-2) into a tie, at eight points, with the West Division's Smiths Falls Bears (4-0-0). Friday night (Nov. 2), North Dundas will welcome the East Divisions number-two ranked Char-Lan Rebels (3-0-2) to Winchester for a 7 pm match.

South Grenville broke up a scoreless deadlock with a Connor Van Luit goal at 3:41 of the second period of Sunday's contest. North Dundas responded with a pair of goals in the final 2:12 of the same frame. Xavier Leclerc (unassisted) tied it 1-1 at 2:12 and Adam Barkley's unassisted blast put the Demons up 2-1 with 1:52 left in the session.

Chris Sloan pulled the Rangers into a 2-2 tie when he scored with 7:11 left on the clock but Sherrer's shot gave the visitors their 3-2 victory.

Toby Byrne and Nickolas Michaud share the North Dundas goaltending chores.

Cyclones tie Lions 2-2 with last-minute goal

CARLETON PLACE – Chynna Beach salvaged a point for the hometown Cyclones who battled the Dundas County Midget House Lions to a 2-2.

Sunday's (Oct. 28) Ottawa District Women's Hockey Association game in Carleton Place saw the visiting Lions fall behind 1-0 in the first period, but take a 2-1 lead with 7:57 left in the final frame.

Dundas knotted the count 1-1 with 32 seconds left in the second period. Mallorie DeJong evened the count finishing a play created by Melissa Stevens and Marcy Smith.

Mackenzie Barkley netted a feed from Jodie Hall and Laura van Kessel 7:57 before the final buzzer, but the Lions weren't able to protect that slim 2-1 advantage.

Carleton Place (4-0-1) leads the standings with nine points. Smiths Falls (3-2-1) is second with seven. Dundas (2-1-2) sits in third with six. Outaouais (2-2-1), Russell (2-2-0), Kemptville (1-3-2) Clarence-Rockland (0-3-2) and Perth (0-2-2) round out the rankings.

Paas, Vingerhoeds lead Berets to outplay Bush Leaguers 6-4

WINCHESTER – Derek Vingerhoeds scored three times and Nik Paas netted the winning goal as the Green Berets handed the Bush Leaguers their first Winchester Town Hockey League loss beating them 6-4.

Last Tuesday's (Oct. 23) twin bill also featured a 6-6 tie between Sadler's Suds (1-1-2) and the Chesterville Maulers (0-3-1).

Vingerhoeds' second goal scored with 16:28 on the clock gave the Berets a 4-3 lead, but the Leaguers knotted the count 4-4 when Dana Schofield netted his third marker of the game at the 10:41 mark. That set the stage for Paas to give his team a 5-4 lead when he finished a play set up by Mark Mitchell and Clayton Kohn with 3:52 left in the game. Vingerhoeds' third tally, engineered by Trent McBain ensured a 6-4 verdict 22 seconds before the final buzzer.

With their win, the Berets (2-1-1) moved to within one point of the first-place Leaguers (3-1-0).

Vingerhoeds (3), Mitch Shay, Mark Mitchell and Paas counted the Beret markers. McBain (3), Kohn (2), Jon Nadobny, Cody Carruthers, Mitchell and Paas provided the passes. Jason Chambers was the winning 'tender.

Schofield scored three times for the Leaguers, while Travis Froats scored once and picked up an assist. Travis Rowe (2) and Kyle Dearing earned assists. Chris Currie suffered his first loss.

Suds 6 - Maulers 6

A third-goal second half enabled the Chesterville Maulers to rally from a 5-3 first-half deficit and take a 6-5 lead but the Suds salvaged a point when Tyler Jones used a pass from Rob Thurler and Robyn Sadler to tie the count (6-6) with 3:40 left on the clock.

Cory Wilson and Derek Miles with two goals put the Maulers back in the game.

Aaron Kelly (2-3-5), Wilson (2-2-4), Miles (2-0-2), Matt Baker (0-1-1) and Matt VanDelst (0-1-1) helped the Maulers earn their first point. Jesse White tended the nets.

Jones and Chris Piquette each counted two goals and an assist for the Suds. Colton Stitt and Sadler sniped the singles. Thurler (2), Troy McNaughton and Sadler collected helper points.

Lions edge Clarence-Rockland 2-1

CLARENCE CREEK – Taylor Cummins converted a pass provided by Christyn Veinotte and Paige Morris into the deciding goal in the Dundas County Midget "B" Lions 2-1 victory over the host Clarence-Rockland squad.

The Cummins' tally was recorded at 9:20 of the first period of Sunday's (Oct. 28) Ottawa District Women's Hockey Association game in Clarence Creek.

Shannon Van Moorsel buried a Geena Rose feed into the back of the Clarence net 26 seconds into the opening stanza and Clarence tied it with a Melissa Bergeron goal at 4:08 setting the stage for the Lions GWG.

Periods two and three were scoreless. The win improved the Lions record to 2-2-1.

Dundas lost its previous game (Sun., Oct. 21) 2-1 to the visiting Smiths Falls Cubs in Morrisburg.

Brittany Dean's goal, set up by Vicki Van Hoof and Hope Klein-Swormink at 3:34 of period three, tied the score 1-1. The Cubs cracked in the GWG at 4:40.

The Lions are on the road tomorrow (Thurs., Nov. 1) travelling to Carleton Place to take on the Cyclones. Next week (Tues., Nov. 6), the Nepean Wildcats will provide the opposition in a 7:30 pm game in Winchester.

Bantam House "B" Bantams bomb Athens, South Stormont

CHESTERVILLE – Propelled by the three-point performances of Avery Holmes and Travis Roderick, the North Dundas Bantam House "B" Demons cruised to a 9-3 win over the Athens Aeros.

Last week's (Thurs., Oct. 25) victory was the second consecutive for Ray Sherrer's squad and improved their Upper Canada Minor Hockey League record to 2-4-0.

A week earlier (Thurs., Oct. 18) the Demons, backed by Shane Rodney's flawless work between the pipes, whitewashed the South Stormont Selects 6-0.

Up next

The Demons will try to work their way back to the 500 level by winning games in Westport against the North Leeds Stars on Sat., Nov. 3 and in Chesterville on Mon., Nov. 8 when they host the Char-Lan Rebels.

Demons 9 - Aeros 3

Roderick recorded his two goals in the first period as North Dundas opened up a 3-2 first-period lead on Athens. Holmes pumped in the single.

A four-goal second period gave the Demons a 7-3 lead going into the final frame. Zack Nelson, Kyle Findlay, Holmes and Liam Baker hit the target.

Single shots fired by Brayden Roberts and Cristiano Vogrig drove the final to 9-3.

Baker (2), Vogrig, Cameron Reed, Findlay, Roderick and Holmes earned the assists.

Jared Schoenfeld was the winning goaltender.

Demons 6 - Selects 0

Brandon VanBruinessen's unassisted marker, recorded with 1:42 left in the first period, proved to be the GWG in the Demons' 6-0 decision over the South Stormont Selects.

Sheldon Lafortune converted a relay sent to him by Travis Roderick and Kyle DeJong into a 2-0 lead with 40.8 seconds left in the same session.

Captain Cameron Reid opened up a 3-0 lead scoring from Rhyce Sherrer and Zack Nelson at the 7:08 mark of period two. Sherrer then increased the North Dundas advantage to 4-0 finishing a play started by Mitchell VanBruinessen and Brayden Roberts with 5:46 on the clock.

The final difference went to 6-0 on third-period tallies by Roderick (Vogrig and Mitchell VanBruinessen at 7:27) and Brandon VanBruinessen (Baker and Findlay at 0:01).

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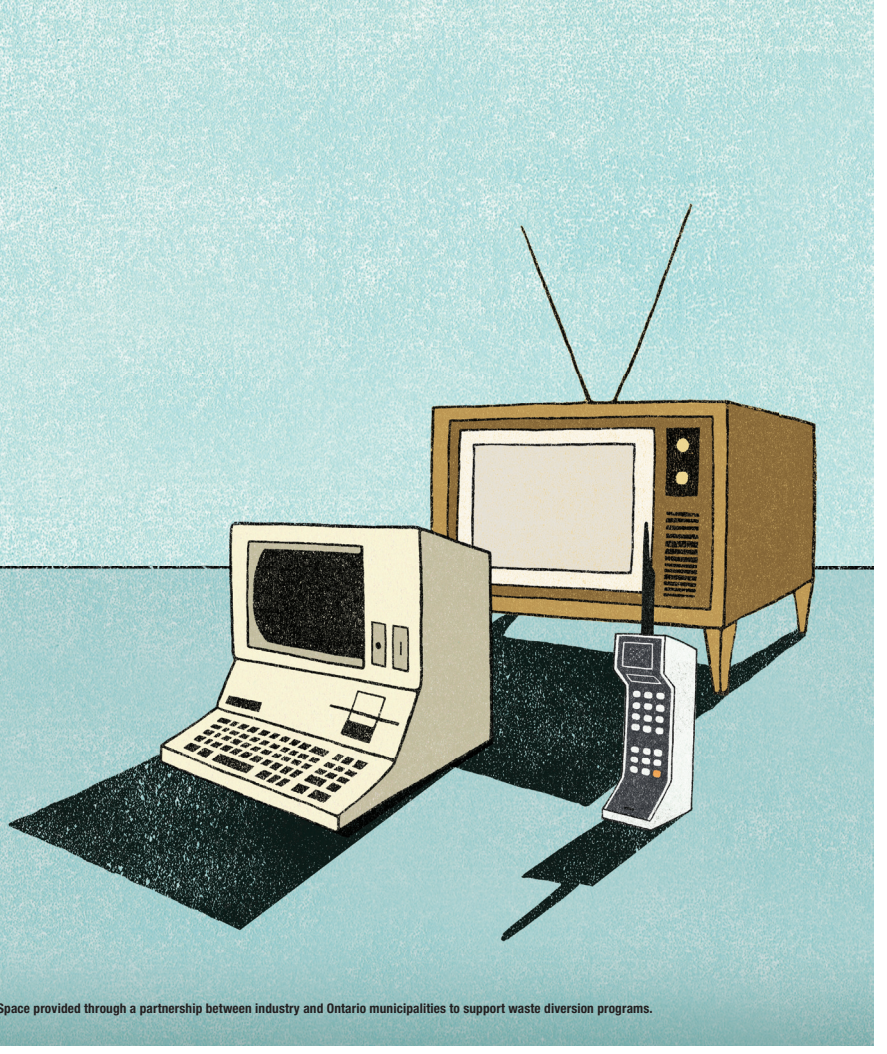

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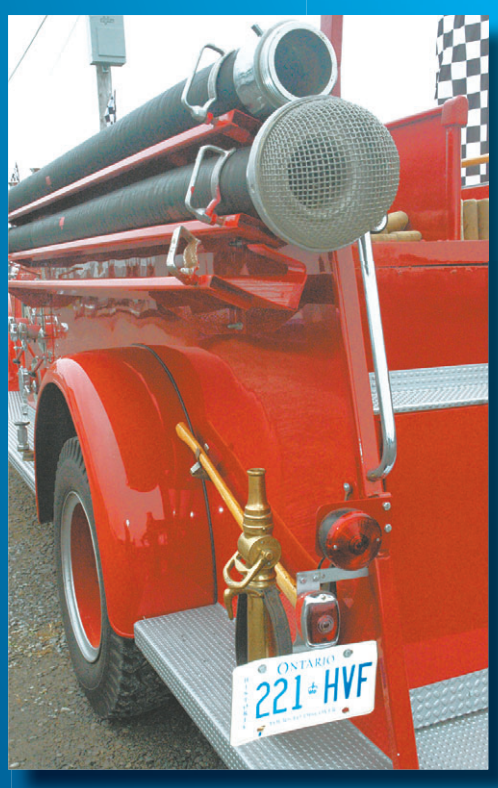





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Press Photos – Van Bridger







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Chesterville classic

The pride and joy of firefighters

Originally purchased by the village of Chesterville Fire Department in 1953, this 1953 GMC Lafrance fire engine has been restored and maintained by succeeding members of the volunteer service.

The pumper was retired in 1995 and purchased by Chesterville firefighters from the Township of North Dundas for $1. The last call it made was in August 1991 when it was used to fight a fire at the Thompson building on Chesterville's Main Street.

The restoration was undertaken in 1998 at an estimated cost of $10,000. The GMC is powered by a straight six-cylinder engine, which puts power through a four-speed, standard transmission to a two-speed split axle. The Lafrance fire pump disperses water from the 500-gallon tank at 500 gallons per minute. There are 300 feet of 1½" hose, 300 feet of 2½" hose, a three-stage, 60-foot ladder on board, along with auxiliary equipment.

The GMC is still used in demonstrations and makes special appearances, in parades such as the North Dundas Country Christmas Parade of Lights when Santa Claus is a special passenger.

Current department member John Dearing said, "The truck is still the pride and joy of the Chesterville firefighters, current and past, whose personal contributions have paid to restore and keep up this old girl."

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Cars need washing in winter, too

If you think a car wash is only for sunny summer days, think again. Washing a car in the winter months can help it operate at peak capacity despite harsh weather.

People take different tactics when it comes to washing their cars. Some prefer to hand wash their vehicles, taking care to primp and polish. While this might be easy when it is warm outside, cold weather can quickly zap ambition and actually make it downright painful to do so. Also, environmental experts tend to frown upon washing the car in the driveway because of the water waste and chemical detergents running into storm sewers. Commercial car washes recycle and filter their water.

Preventative car care is especially important when the cold weather sets in. The road additives – such as salt and sand – can wreak havoc on a car's paint, corrode the undercarriage of the vehicle and potentially rust the wheel wells. Keeping the car clean and waxed can protect the finish and help protect against scratches and marring from any winter road debris.

Car corrosion damage is especially common during the winter months. Prevention remains the best solution to corrosion, and a car wash is a preventative measure that takes little effort.

Automatic car washes are a convenient way to clean a vehicle in the winter. However, these facilities tend to use harsh chemicals that eat through debris. This can result in swirling patterns and spotting on some cars. An alternative is to head to one of the self-wash car wash bays and bring along your own products or rely on theirs so that you will have a high-powered water supply for rinsing. Even if you cannot do the cleaning job you would in the warmer weather, rinsing some of the salt and grime from the car, especially underneath, can go a long way toward preventing corrosion.



It's essential to wash away road salt and other grime of the cold-weather season. Otherwise, drivers risk damage to the car's enamel and corrosion of its undercarriage.

Before the snowy season sets in, it's a good idea to do a thorough washing of the car and apply a new coat of a high-quality wax. The wax will serve as an extra barrier against grime.

Before and after washing the car when it's below freezing, it's advisable to use a de-icing product on the doors and windows. If not, the windows might get stuck.

Washing a car in a cold climate is not something many people enjoy, but it's a good way to keep a car running strong and looking good.

Working out the bumps and bruises

Catlin Boyer, an employee at D's Collision Centre in Winchester, is pictured here prepping a car for an upcoming paint job.

Press Photo – Casselman



Did you know?

Many people are fully attentive when they get behind the wheel of a motor vehicle. Motorists are increasingly concerned about rollovers, which are more prevalent in vehicles with a higher profile, such as SUVs and trucks. Rollovers may be caused by improper tire pressure, bad weather, potholes and over-correcting of a vehicle when swerving out of the way. Motorists can, however, reduce their risk of being in a rollover accident.

• Select SUVs with a wider distance between the tires in the back of the vehicles. This wider stance gives an SUV more stability than those that are narrow and tall.

• Keep driving speeds within the recommended range. Higher speeds often contribute to rollovers.

• Slow down when navigating turns, especially those on off and on ramps of highways. Slow down by taking your foot off of the accelerator rather than pressing hard on the brakes.

• Maintain proper tire pressure and regularly check if your tires are in good shape. Tire blow-outs may cause rollover accidents.

• Distribute items in the car evenly so weight is spread throughout.

• Keep an eye out for potholes and other road obstructions that could cause the vehicle to go off balance.

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Keeping your vehicle in check

Most people know that regular maintenance of your vehicle can help with the longevity of its operation. But, did you know that ensuring all parts are in working order could bode well on your bottom line? Properly inflated tires can curb your gasoline usage, while maintaining a vehicle's exhaust system can also help to lower overall emissions. At W.J.L. Boyd and Sons/OK Tire in Winchester, the shop's technicians, like John Montgomery, have the skills necessary to perform preventative maintenance procedures in order to lengthen a vehicle's lifespan, and ensure it is in proper, and safe, working order for the driver.

Press Photo – Uhrig

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Simple ways to add years to a vehicle's life

Getting more for your money is a popular trend among consumers. As economic uncertainty reigns, smart consumers are looking for the best values in an effort to get the most out of each and every dollar they spend.

One of the best ways to stretch a dollar is to take better care of your vehicle. Buying a home and financing a college education are perhaps the only times many consumers will spend more money than they do when purchasing a vehicle. But unlike a home or an education, few people take their vehicles seriously, all too often avoiding vehicle maintenance that can greatly increase a car or truck's life expectancy.

Drivers who want to keep their cars going strong for years to come can do so in a handful of ways.

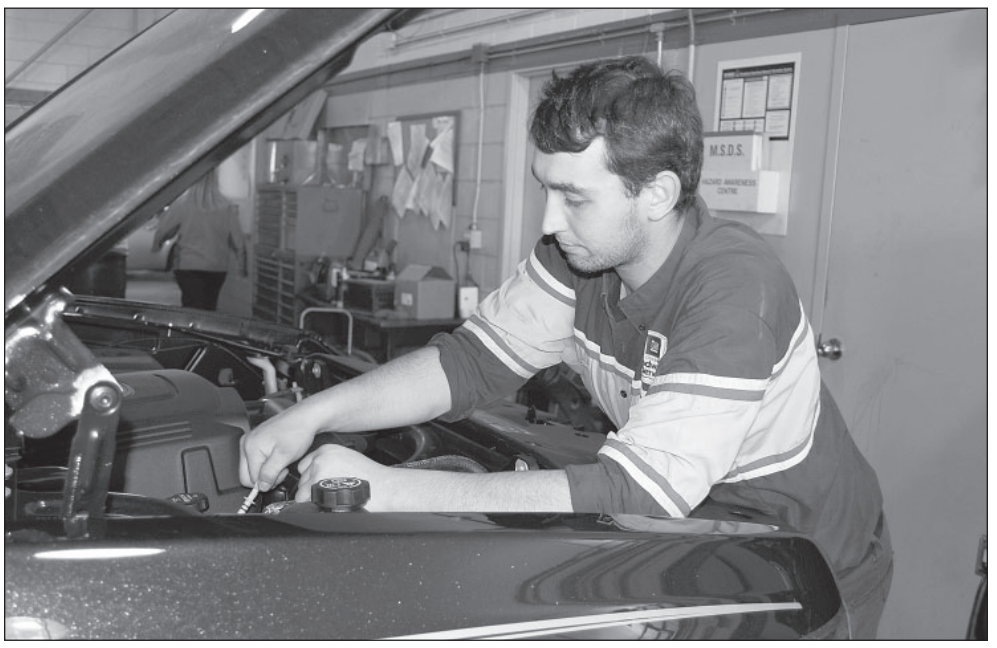
• Prevent, prevent, prevent. Preventive maintenance might seem like a boring way to spend a weekend morning or afternoon, but the efforts will be well worth it. Oil changes and filter replacements are quick and easy jobs but pay major dividends over the long haul. Drivers who aren't comfortable performing these tasks themselves need not worry about costly trips to the mechanic. Routine jobs like an oil change or air filter replacement are relatively inexpensive, and today's vehicles can go much longer between oil changes and filter replacements. Each vehicle manufacturer is different, so drivers should consult their owner's manual and adhere to the recommended maintenance schedule.

• Stay balanced. Balanced tires are tires that will last longer. But an out of balance tire will not only shorten the life of tires, it can also do damage to the rest of the vehicle while simultaneously making riding in the car much less comfortable. When a tire is properly balanced, its mass is uniformly distributed around the axle, making for a smooth, vibration-free ride. However, an out of balance tire shortens the life expectancy of suspension components, including bearings and shocks. Repairs that result from an unbalanced tire can prove costly. Should a vibration occur as the vehicle accelerates (typically, this vibration will be noticeable when the car reaches speeds of 40-45 mph), chances are the tires are not properly balanced.

• Look good, feel good. The credo of "look good, feel good" isn't only applicable to humans. In fact, a car that looks good likely feels good as well. Washing and waxing a car regularly helps avoid rust under the carriage and in the wheel wells. The longer a car goes between washes, the more likely it is to rust, and the paint is likely to corrode as well. There is no quick fix to either of these problems, but preventive maintenance, like routinely washing and waxing the vehicle, can keep these potentially menacing issues from ever rearing their rusty heads. Preventing rust and corrosion is also a good way to ensure a car's resale value does not diminish over time.

• Get out and drive. Cars that spend most of their life in stop-and-go traffic likely won't last as long as those that routinely get out and go. That's because city driving with lots of stopping and going is very taxing on an engine. On a highway, air flow to the radiator, oil flow to the engine and everything that makes a car run is much more consistent, reducing the stress on the engine as a result. Constantly accelerating and decelerating is hard on an engine, while the consistent speeds of highway driving offer a welcome respite to the engine. City dwellers should get out and drive their car on a highway at least once a month for no less than 30 minutes. This is also a good way to get rid of potentially harmful condensation that can negatively impact engine performance.

When looking to get more for your money, one of the best ways to do so is to take better care of the car sitting in your driveway.



Checking fluids

Routine oil changes and air filter replacements are essential in maintaining a vehicle. Tommy Casselman is shown here checking the oil in a truck at Upper Canada Motor Sales Limited in Morrisburg. *Press Photo – Casselman*

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How to conduct a test drive

There are many things that a test drive can tell you about a car or truck. A test drive shouldn't be a quick jaunt around the block. It should include a thorough examination of the vehicle, and the drive should be long enough for you to get a feel for the vehicle.

It is important to take your time on a test drive and not feel rushed. There are also many other tips that can help you find the right buy.

• Pick a time when you feel focused. Doing a test drive on your lunch hour or right before you're expected at a meeting or carpool is not the ideal time to make an assessment of the vehicle. You certainly may feel rushed and distracted by the other tasks you have to accomplish. Rather, pick a time when you are well rested and well fed and able to concentrate on the job at hand.

• Avoid distractions. Sometimes schedules conflict, and you may have to bring other people, including children, along on the test drive. However, when possible, only include those people who will be driving the vehicle in the test drive. This way you will be able to focus solely on the car and not worry about what the other passengers are doing as well. It is also perfectly acceptable to ask the salesperson to be quiet during the test drive and reserve explaining the features and attributes for before or after the drive. This way you can focus on the driving experience.

• Research the vehicle. It helps to go into a test drive already knowing the majority of the specifications on the vehicle and what the car or truck is capable of doing. This way you'll be able to tell if the sales information you are receiving is accurate or embellished.

• Try out different terrains. Most test drives consist of a short jaunt to and from the dealership. Salespeople also may recommend certain routes, but these could be tailored to get the best response out of the car. But if you're familiar with the area take a test drive on your terms. Try different road surfaces and speeds. Also be sure to make turns to gauge the turning radius. This can be as simple as making some turns in a parking lot.

• Change lanes. Take the opportunity to change lanes so you can judge the visibility of the vehicle.

• Adjust the seating. This will help you determine the comfort level of the vehicle and if it will fit your frame. You don't want the car to be uncomfortable to drive.

• Test the radio and the climate control. See how the car functions, including whether it takes a long or short time to reach a comfortable temperature.

• Have a passenger ride in the back. If you won't be distracted by it, have a friend or family member ride along and pay attention to the things you might be missing while focusing on the road. These may include road noise, suspension and the general comfort of the vehicle.

A test drive is an important component of buying a car. It can often make or break a sale, so be sure to include it on your must-do list.

Did you know?

Airbags were invented in the early 1950s by John W. Hetrick, an industrial engineer and member of the U.S. Navy. It wasn't until roughly 20 years later that airbags began being used in mass-produced autos. Nowadays, airbags have become an instrumental part of a vehicle's safety system, offering extra protection in crashes. Each year, thousands of lives are saved thanks in part to airbags. However, airbags are not without some measure of danger. It is estimated that airbags deploy at between 100 to 300 mph and in mere milliseconds. The force of the airbag can cause injuries to the face and head. But such injuries pale in comparison to those the airbags protect drivers and passengers against.

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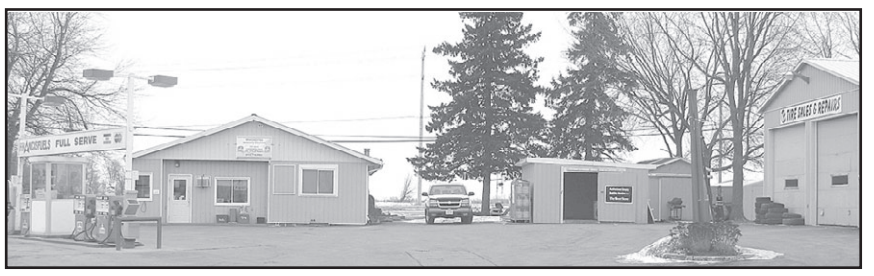

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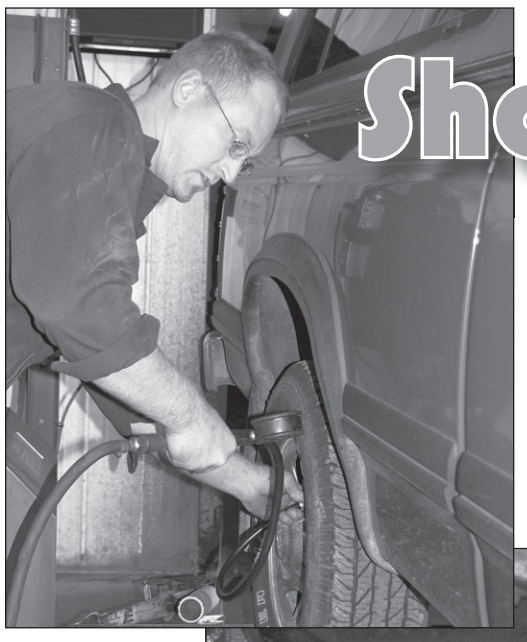
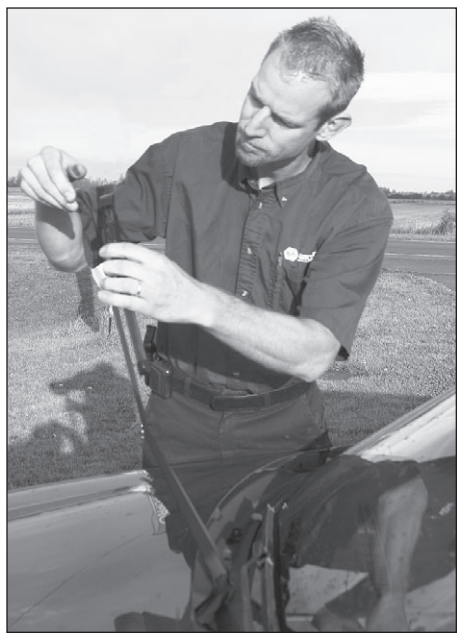
Shop Talk

Area garages are busy making sure your vehicle is ready for the winter driving season ahead.

Right: *Winter is fast approaching, and Brent Crowder of Pinkus Tire and Battery Kingdom Limited in Williamsburg, seen here switching out a tire, has been busy getting vehicles ready for the oncoming snow and ice.*









Above: *Steve Lacey of D&J Motors Limited in Winchester is shown here topping up the air in the tires of this truck, which was also undergoing an e-test.*

Right: *Ed Findlay, a mechanic at Akcent Motor Sales Automotive Repairs Centre in Winchester, is shown here replacing a starter in this Toyota truck.*

Press Photos – Casselman, Uhrig

Above, right: *Pictured installing new wipers is Winchester Automotive Services shop owner Phil Van Noppen.*

Below: *Bill Walsh, a mechanic at Strader Motor Sales, said the Morrisburg-based business is a full-service garage, prepared for most needs of vehicle owners.*



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Commuter food craziness



The Lighthearted Vegetarian

by Janice Atkey Videto

Commuter food, brown bagging it, sack lunches – call it what you will, but sometimes organizing a good weekday lunch can be a challenge. Here are some tips that will make brown bagging it the smoothest part of your commute.

Some facts around brown bagging it...

What's wrong with grabbing whatever comes to hand? Two things. Thoughtless food is often junk food.

That costs health. Providing yourself with good nutrition tells your body that you respect and love it. From a practical standpoint you are providing yourself with the fuel you need to perform at peak levels, not just drag through your day, or worse, fly through your day on a manic sugar/chemical driven jag.

It also costs your wallet. The website, www.milliondollarjourney.com, written by FrugalTrader, expected to be a self-made millionaire by age 35, says one of his strategies is saving $1,300 a year by brown bagging lunch, based on an estimated cost of $8 for a bought lunch versus $3 for a homemade lunch.

Food is an expression of love. Sounds corny, but it is true. This is one of the most vital lessons we can teach ourselves, and pass on to our children.

Just do it....

Remember when we talked about scheduling cooking time? It works with lunch preparation too. When making dinner, cook extra and package the leftovers for lunches, a few fresh for this week, then freeze the rest for variety in upcoming weeks. Soon your freezer will be a well-stocked personal lunch counter with lots to choose from. Use your leftovers to make a great wrap sandwich with the addition of some greens and salad dressing or yogurt. Make a refrigerator stew. Take all your leftovers and fearlessly throw them in a stewpot with some broth and herbs and let it simmer away while you prepare other dishes. Use it as a stew over rice, or add a crusty roll for dunking, or thin it out for a hearty soup.

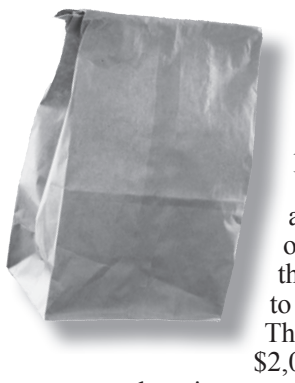
Make it a family affair. Involve the kids. They are more likely to eat something they have helped prepare. Include a protein, a vegetable, and a whole grain. Fruits like bananas, apples, and oranges travel well and require no advanced preparation. Consider dried dates or apricots as your dessert.

And the survey said...

Special thanks to WUBS Transportation for kindly allowing me access to their riders, and to the Ottawa Commuter Bus riders for very generously taking the time to complete the survey. The results were very revealing!

• Eighty-three per cent of the commuters carried a lunch always or most of the time. Impressive!

• Those that made a lunch, rarely or never forgot it at home, meaning that they respected the effort that went in to making it, so put the effort into remembering to bring it. Bravo!



• Fifty per cent of lunches were derived from leftovers, fifty per cent were made fresh. This demonstrates that most folks only need to prepare a couple of lunches a week from scratch, not as heavy a workload as one might think.

• There was an even split between wanting a nutritious lunch and wanting something that was fast and easy to prepare. And the vast majority believed that homemade lunches were much healthier than anything that they would buy.

• Most riders said they would never skip lunch. Another bravo! Remember the well fed, balanced, and refreshed employee is the more productive employee.

• And the pocketbook angle? The vast majority of our survey respondents said they would have to spend $5 to $10 for a purchased lunch. That totals about $1,500 to $2,000 a year! Our savvy brown bagging commuters are saving themselves a lot of hard-earned cash.

Until next time...

Follow the Ottawa commuters' great example and make things you look forward to eating in your lunch. And best of all, save money – maybe as much as a couple of thousand dollars – then use it to do something really special for yourself and your family.

Now try it on your plate

Vegilicious recipe du jour

Curried Kasha Salad

1 ¾ cup kasha or couscous
3 ½ cup vegetable broth
2 - 4 tsp curry powder
1 Tbs ginger
1 cup fresh mint chopped
1 cup fresh parsley chopped
¼ cup lemon juice
2 Tbs olive oil
3 green onions chopped
1 to 2 cloves garlic minced
½ cup chopped cucumber
1 can of white bean rinsed and drained
¼ cup toasted sliced almonds

Directions

Cook kasha/couscous, broth, curry and ginger over high heat till boiling. Reduce heat, cover, and continue to cook until no liquid remains. Fluff with fork. Add other ingredients, stir well.

Brown bag lunch tip

Eat warm or cold as a main dish, use in a sandwich wrap, or add broth and heat for a hearty stew.

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21stf

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14tfc

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45tfc

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52tfc

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30tfc

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19tfc

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32-34

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32-41c

FOR RENT – Heated storage. Call Gerry Boyce, 613-989-2330.
32-35c

FOR RENT – Winter vehicle indoor storage near Morewood for cars, boats, RVs. Secured, owners live on premises. Call Marcel 613-448-4394.
34-36

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FOR RENT – 7203 Belmeade Road, 2-storey log, 3 bedrooms, 1-1/2 bath on paved road near Vernon. Main floor kitchen, dining room, living room and 1/2 bath; 3 bedrooms and full bathroom on second floor. Laundry room and extra storage in unfinished basement. Fridge, stove, washer and dryer included. Outdoor parking. Propane hot water heat. $1,050 monthly plus utilities. Available immediately. Call 613-736-7807.
34-35c

For Sale

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7stf

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20tfc

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26-34

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27-34c

FOR SALE – Driftwood Garden Decor. Ad a piece of dry driftwood to your lawn or flower bed. Prices $5-$95, depending on size and look. Phone 613-821-4580.
32-34

FOR SALE – Antique gardening tools (forks, shovels, hoes, etc). Phone Connie Hart after 6 pm 613-448-3227 or days 613-774-2524.
32stf

FOR SALE – Seasoned firewood, $80 per cord. ALSO looking for standing timber. 613-535-2930.
33-34

FOR SALE – Quality firewood, all hardwood, maple, oak and elm. Ready to burn. $100 per face cord. Quantity discount. Call 613-818-4669 or metcalfefirewood@gmail.com
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29stf

In Memoriam

ZWARTS – In loving memory of Henk who passed away 3 years ago on November 1, 2009.
Those whom we love go out of sight,
But never out of mind.
They are cherished in the hearts
Of those they leave behind.
Loving and kind in all his ways,
Upright and just in all his days.
Sincere and true in heart and mind,
Beautiful memories he left behind.
– You are missed.
– Maria Zwarts; Marines and Fern Zwarts and family; Bob and Nancy Zwarts and family; Greg and Marleen Fawcett and family.
34c

Lorraine Hutt
January 22, 1922 - November 3, 2010
Even after life is gone
In our hearts your love lingers on.
Even after you have left our sight
In our thoughts
Your light shines bright.
Even after you are gone
In our memories
You forever live on.
– David, George and families
34

CUMMING – In loving memory of our father and grandfather Ken, who passed away November 1, 2011.
Memories will keep you forever near.
Always on our minds and in our thoughts.
Always will be loved and missed.
– Love Peter, Nancy, Stacey, Krista and Sarah 34

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And whisper for you to hear,
That I still LOVE you dearly
And wish that you were here.
I hold you closely in my heart
And there you will remain,
To walk beside me all my life
Until we meet again.
– Your daughter, Joan
34

Coming Events

WINCHESTER LIONS CLUB
515 Albert St., 613-774-2630
BINGO - Monday Nights
HALL RENTALS - 613-774-0724
THRIFT STORE - 613-774-1736
Monday - Friday 9 am-3 pm; Saturday 9 am-12 noon
48tfc

YE OLDE BARGAIN SHOPPE
Open Wed. from 10 am-3 pm and Thur. from 10 am-3 pm and 6-8 pm. A great place to shop for good used items and clothing. Unbelievable prices. St. Andrew's Presbyterian Church basement, 34 Mill Street, Chesterville. Donations greatly appreciated.
BAG SALE
Wed., Oct. 31, 10 am-3 pm; Thurs., Nov. 1, 10 am-3 pm and 6-8 pm and Sat., Nov. 3 from 9 am-3 pm.
34tfc

CHRISTMAS MARKET
Chesterville Farmers' Market at the Chesterville Legion on Sat., Nov. 24, 9 am-2 pm. **Still have some vendor spaces open.** Please call 613-774-2224, or www.chestervillefarmersmarket.com. Also on facebook at Chesterville Farmers' Market.
32-35c

UCW's FALL LUNCHEON AND BAKE SALE
Metcalfe St. Andrew's United Church
2677 8th Line Road, Metcalfe on Sat., Nov. 3 from 11:30 am-1 pm. Soup, sandwiches and squares. Cost $8. All welcome. For further information please call 613-821-2075.
33-34c

MOUNTAIN-SOUTH MOUNTAIN UNITED CHURCH ANNIVERSARY
Sun., Nov. 4, 10 am. Guest speaker will be Dr. Charles Adamson with music by church choir and the South Mountain Gospel Singers. Lunch will be served following the service. Everyone welcome to attend this special occasion.
33-34c

4th ANNUAL CHRISTMAS OPEN HOUSE
Please join us for our Open House Thurs., Nov. 1, 10 am-7 pm, Belleflower Gifts, 1453 County Road 31, Winchester.
33-34c

SEE NEXT PAGE FOR MORE COMING EVENTS & AUCTIONS

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Coming Events

VERNON PRESBYTERIAN ANNIVERSARY SERVICES
Vernon Presbyterian Church will be holding their Annual Anniversary Services on Sun., Nov. 4. Morning service at 11 am with a special guest minister. Evening service at 7 pm featuring the Cain Town Ladies Ensemble and the Church Orchestra. Refreshments to follow the evening service.
33-34

HARVEST TURKEY SUPPER
Sat., Nov. 3 at Osgoode Baptist and Vernon United Church, 8674 Bank St., Vernon. Two sittings 5 pm and 6:30 pm. Tickets $15 for adults; $5 for 5-12 years and free for under 5. For tickets call Edith McDiarmid, 613-821-5447, Porteous' 613-821-2174, Clark's 613-821-1099.
33-34c

TRI COUNTY COUNTRY MUSIC DANCE
Sat., Nov. 3 at Morewood Hall, 7:30-11:30 pm. $5 at the door.
34

OTHS FAMILY-FRIENDLY EVENT
The Osgoode Township Historical Society and Museum invites you to join us for a family-friendly event on **Fri., Nov. 9, 6:00-8:30 pm**, at 7814 Lawrence Street, Vernon. Local storyteller Marta Singh will entertain us around a campfire and guests will be invited to a marshmallow reception before and after. Cost: $2 per participant. **RSVP by Mon., Nov. 5, 613-821-4062.**
34-35c

GYS EUCHRES
Will be held in Lions Hall, Winchester, 7:30 pm, Thurs., Nov. 8, Thurs., Nov. 22 and Thurs., Nov. 29. All welcome. Prizes and lunch. Info 613-774-2134.
34

ARMISTICE DINNER
Russell Legion, Sun., Nov. 4 from 4:00-6:00 pm. Adults $15; children 6 and up $8. Takeouts available. 34c

Yard Sale

YARD SALE
531 and 532 Victoria St., Winchester on Sat., Nov. 3. Christmas items, toys and more. 34

Auction Sales

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Owner and Auctioneer not responsible for loss or accidents.

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Auction Sales

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SATURDAY, NOVEMBER 3
commencing at 10 am

Note: Expect 1 wagon load of small farm related items. **Plan to attend on time for this is a 3 hour auction only. Reason for Auction:** Farm has been sold. **Owner and Auctioneer not responsible for loss or accident.**

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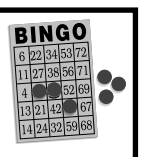

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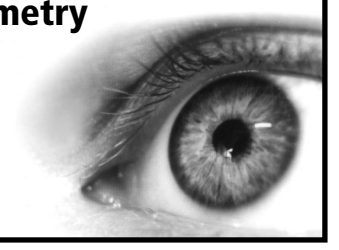



IT'S A GIRL!

Nolan and Brody, along with their parents, Krystin and Nicholas Henry, are ecstatic to announce the arrival of their little sister, Heidi Julie Janet Henry, born September 21, 2012 at 1:16 pm, weighing 5 lb., 12 oz. and measuring 18 inches long. Proud grandparents are Cathy and Gary Gravelle of Winchester and Ina and Dave Henry of Russell.

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Post secondary education in business administration, commerce, economic development, marketing or communications, or related discipline. EcD designation and 3-5 years experience in economic development in the municipal or broader public sector is preferred. Information on the website explains the position with further instructions on how to apply. Please note, we do not accept resumes. Interested applicants may pick up an application package from the address below or obtain one from the website at www.sdgcounties.ca. Applications complete with a cover letter must be received no later than 12:00 noon on Friday, November 16, 2012.

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United Counties of Stormont, Dundas & Glengarry
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Telephone: (613) 932-1515 ext. 200
Fax: (613) 936-2913
www.sdgcounties.ca

We thank all applicants for their interest, however, only those being selected for an interview will be contacted. We will accommodate the needs of qualified applicants under the Human Rights Code during the hiring process.

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We would like to thank the following individuals/ businesses whose contributions helped to make the **Ladies' Night Out** on Oct. 11, 2012 such a success!

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Lakeshore Massage Therapy
M. Laviolette
Marja Smellink
Mary Perry
Mike Dean's Super Food Store
Morrisburg Home Hardware
Nick's Pub
Proctor & Gamble
Rideau Carleton Raceway
Riley's Valu-mart
River Rat Treasures
Scotiabank – South Mountain
Seaway Embroidery
Signature Homestyles
Stokefire
St. Lawrence Medical Clinic
Smyth's Apple Orchard
Tammy Mudde
The Basket Case Gifts & Café
Upper Canada Village
Whitteker Bus Lines
Whitteker Meat Market
Winchester Flooring & Furniture
Winchester Lions Club
Zumba & Drums Alive

Fundraising will assist us in our projects: George Davidson Family Resource Fund that provides a source of financial assistance for families of children and adults with an intellectual disability, transportation costs and our Snoezelin Room.

Winners of our Draw: **Apple iPad** – Irene Castle, Cornwall
Stokefire – Colleen Merkley, Morrisburg
Whitteker Meat Market – Warren Fitzpatrick, Cornwall

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  - 10 fresh 2-year-olds with full pedigrees plus 10 purebred open heifers from Bricon Holsteins, Millville, New Brunswick
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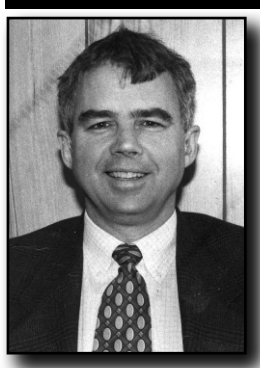
HEARING TESTS



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2250 County Rd. 31, Winchester, ON
Saturday, Nov.10, 2012
9:00 am

Furniture: Dishwasher; lamps; dining room set; vanity; headboards; mirrors; coffee table; otto-mans; bar stools; chairs; TV stands; deacon bench; dresser w/mirror; wine cooler;

Gym Equipment: Weight stands; weights w/bars; StarTrac 4400 exercise bike; Life Fitness bicep/chest/ shoulder press stand;

Lease Returns: Photocopiers; POS systems;

Christmas Items: Christmas trees; Christmas gift wrap; Christmas bows; wrap storage box; tree stands; musical Santa; shelf sitter; door hangers; memory foam mattress (twin); ornaments; cards; napkins; wreath storage box; and

Miscellaneous: Birdhouses; assorted toys; clean-ing products; area rugs; tents; dishes; toaster oven; coffee makers; microwave; toilets; beauty supplies; cameras; watches; perfume; TV stands; baby stroll-ers; clocks; luggage; misc. small tools; electric key-board; inversion table; laundry sinks; tub; ceiling fans; kids' storage organizer; dehumidifier; skylight tubes; irons; bikes; pool cleaner; bike carrier; bike trailer; sandboxes; massage table; range hood; bug wackers; heater; wet/dry vac; pet ramp; security boxes; deck tiles; rakes; pet beds; gun cases; polish; twin draft guard; drum set; picture frames; skate-board; clocks; plant stands; guitars; wooden rocking horses; jewelry box; cash register; printer; home theatre system; telephones; bath sets; golf clubs; toasters; food processors; George Foreman grills; ice luges; platters; gravy boats; countertop convec-tion oven; rice steamer; bbq sauce; nap mats; doll highchair; baby sleigh; stuffed toys; 100's of movie rentals.

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PUBLIC NOTICE

QUOTATIONS are now being accepted for Replacing Existing Furnaces at the Williamsburg and Matilda Garages.

Further details, specifications and required forms are available at the Municipal Office at 4296 County Road 31/Bank Street, Williamsburg, ON or 613-535-2673. Quotations are due Thursday, November 15, 2012 at 12:00 PM.

The Township reserves the right to accept or reject any or all tenders. Lowest or any tender not necessarily accepted.

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Winchester, Ontario, K0C 2K0
Tel. 613-774-2105 Fax 613-774-5699
www.northdundas.com info@northdundas.com

Leaf Collection

Leaf and yard waste will be picked up as follows:

Tuesday, November 6
Village of Chesterville

Wednesday, November 7
Village of Winchester

Bags must be placed at the curb by 8 am.

Any questions contact:
Doug Froats
Director of Waste Management
613-774-5157

St Lawrence Chiropractic Clinic

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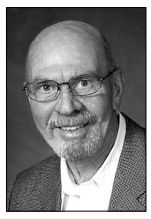

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TOWNSHIP OF SOUTH DUNDAS

SOUTH NATION CONSERVATION DE LA NATION SUD

Don Graham Trail DEDICATION CEREMONY

Please join South Nation Conservation Authority and the Township of South Dundas in recognizing Mr. Graham's role in preserving the natural state of Two Creeks Forest Conservation Area.

Saturday, November 3

11 am to 12 noon
Two Creeks Forest Conservation Area
(off County Road 2, between Morrisburg and Iroquois)

Following the ceremony, attendees are invited to hike the trail and experience the beauty of the area as part of the province-wide Hike Ontario day.

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ANNOUNCEMENTS

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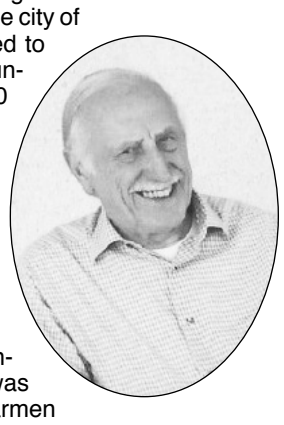
Death Notices & Obituaries

Gustave Francois Audenaert

It is with great sadness that we announce the peaceful passing of Gustave Audenaert early in the morning on Mon., Oct. 22, 2012, at Providence Care in Kingston.



He was born Feb. 18, 1921, in the city of Ledeberg, Belgium, and immigrated to Canada in 1975. He resided in Mountain Township for more than 30 years. He was the husband of the late Andree Van Heulle. He was the father of Marlene Gryspeerdt (Philip), grandfather of John Gryspeerdt (Susan), Danielle Gryspeerdt (Jacques McNulty), Mike Gryspeerdt (Allison), Vicki Gryspeerdt (Chris Heywood), and great-grandfather of Richie, Scott, Steacy, Thomas, Lea, Charlie, Hendrix, Max, Jesse, and Lyall. He was predeceased by his one sister, Carmen Audenaert.

Gustave served in the Second World War as a soldier in the Belgium Army from age 20 to 22. He worked in Ghent, Belgium as a physical education teacher, and was the director of a camp for children during the summer months. He was very physically fit and active, and enjoyed basketball and swimming, both as an athlete and as a coach. He was a gentle man who loved nature, especially trees; the outdoors was his domain. He was fair and just, and provided love and guidance to all members of the family. He had a huge positive impact on everyone he met.

He will be greatly missed by family and friends. Many thanks to all those who provided care to him.

Friends are invited to visit at the Brown Chapel of Hulse, Playfair & McGarry, 805 Prescott Street in Kemptville (613-258-2435), on Sat., Nov. 3 from 11 am until the time of service in the chapel at 1 pm, followed by interment at Reids Mills Cemetery. Family and friends will be invited to a reception at the funeral home following the interment.

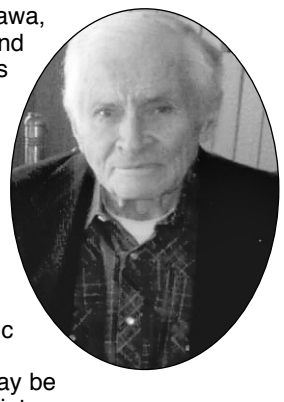
Those who wish may make a memorial donation to the Alzheimer Society of Ontario.

Condolences, donations, or tributes may be made at www.mcgarryfamily.ca

Harold David Birt

Harold Birt of Mountain passed away peacefully at home on Tues., Oct. 23, 2012, in his 87th year.

He was the beloved son of the late James Birt and Lena (nee Finley). He was the loving brother of Mary (the late Ernie Blais) of Ottawa, the late Austin, Daniel (Hazel), and Rita (Mrs. John Albert). He was the dear uncle of many nieces and nephews. Harold was the cherished friend of Patricia Guy (Geoffrey), and their children, Elizabeth, Jacob, and Patrick.



A memorial mass was held at St. Mary of the Visitation Roman Catholic Church in Chesterville on Mon., Oct. 29 at 10 am, followed by inurnment at St. Daniel's Catholic Cemetery in South Mountain.

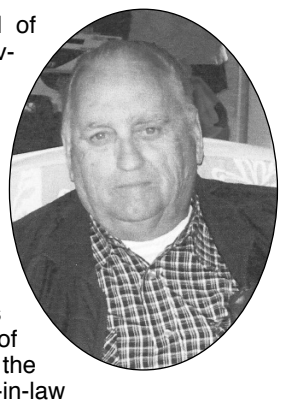
By family request, donations may be made to the Canadian Cancer Society.

The arrangements were entrusted to Byers Funeral Home in South Mountain (613-989-3836).

I believe when a man grows old and sums up his days, he should be able to stand tall and feel pride in the life he's lived.

Rae G. Imrie

Rae Imrie of Winchester passed away suddenly at the Winchester District Memorial Hospital on Wed., Oct. 24, 2012. He was 74.



He was the beloved husband of Doris (Cinnamon). He was the loving Dad of Pat (Jackie); Bev (Reg), Kim (Shawn); and Donnie; and the cherished Pop of Greg (Jennifer) Stewart; Tanya (Jon) Pringle; Ryan, Kirsten, and Sarah Milne; Hailey and Marissa Imrie; and Great-Pop of Kyle, Brooke, and Nolan Stewart; and Chloe and Mya Pringle. He was the loving son of Judd and the late Gladys Imrie. He was the dear brother of Carole Roach (the late Earl), and the late Wilma. He was the brother-in-law of Barbara Van Breugel, Dwayne (Kathy) Cinnamon, and Allan (Maureen) Cinnamon. He will be sadly missed by many nieces and nephews.

Rae rested at the Byers Funeral Home in South Mountain (613-989-3836) from 2 to 4 and 7 to 9 pm on Sun., Oct. 28. A funeral service was held at the South Mountain Agricultural Hall on Mon., Oct. 29 at 1:30 pm followed by interment at South Gower Cemetery.

By family request, donations may be made to the Nor-Dun Seniors Support Centre or the Canadian Diabetes Association.

Online condolences may be made at www.byersfuneralhomeinc.com

Jen Wylie

Jen Wylie of Winchester passed away peacefully at the Ottawa Heart Institute on Sun., Oct. 28, 2012. She was 34.



She was the beloved wife of Greg Stewart, and the loving Mom of Kyle, Brooke, and Nolan. She was the cherished daughter of Debra (Mike) and Reg (Bev). She was the precious sister of Stacey (Bob), Tara (Tim), and Craig (Angela), and sister-in-law of Tanya (Jon). She will be the fondly remembered aunt to Logan, Tanner, Tyler, Paige, Chloe, and Mya. She was the beloved granddaughter of Doris (the late Walter) Wylie, and the late Bert Black. Jen will be missed by many aunts, uncles, cousins, and countless friends.

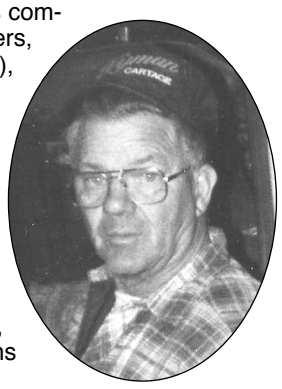
By Jen's request, cremation has taken place. Visitation will be held at the Byers Funeral Home, 2990 Church Street in South Mountain (613-989-3836), on Thurs., Nov. 1 from 2 to 4 and 7 to 9 pm. The funeral service will be held at the Mountain Township Agricultural Hall, 2967 Lough Road, on Fri., Nov. 2, at 11 am.

By family request, donations may be made to the Ottawa Heart Institute.

Online condolences may be made at www.byersfuneralhomeinc.com

Allen G. Wyman

Allen G. Wyman passed away peacefully on Sat., Oct. 20, 2012, with his family by his side.



He will be deeply missed by his companion, Jean Carroll, his daughters, Kerry Kelly, Kelli Howick (Brent), Darlene Wyman (Brad), and his stepdaughter, Linda Carroll (Pierre). He was Grandpa to Justin and Clinton, and stepgrandpa to Semaj, Brandi, and Carissa. He is survived by brothers, Wilmer and Ivan, and predeceased by brothers Wilson, Gerald, and Robert.

The funeral was held on Thurs., Oct. 25 at Capital Memorial Gardens and Chapel in Ottawa.

Donations were made to the Heart and Stroke Foundation.

OBITUARIES
which appeared in the *Winchester Press*
from 2002-2012 are archived
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www.winchesterpress.on.ca

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IN MEMORIAM

In loving memory of a beloved grandson,
Christopher 'Cookie' Thompson,
who passed away on Nov. 5, 2006.

We thought of you today, Christopher,
But that is nothing new.
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name,
But all we have are memories
And your picture in a frame.

Lovingly remembered,
Grandma Thompson

~ IN MEMORIAM ~

THOMPSON

In loving memory of our dear nephew and cousin,
Christopher 'Cookie' Thompson,
who passed away
Nov. 5, 2006.

You never said I'm leaving
You never said goodbye
You were gone before we knew it
And only God knows why.

A million times we've needed you
A million times we've cried
If love alone could have saved you
You never would have died.

In life we loved you dearly
In death we love you still
In our hearts we hold a place
That only you can fill.

It broke our hearts to lose you
But you didn't go alone
As part of us went with you
The day God took you home.

We miss you always and forever
And until we meet again
We feel your presence with us
Your love, as only you can.

Always remembered,
Uncle Ken, Aunt Linda,
Dale, David & Families

In Memoriam

In memory of our parents
Lanson and Margaret Hyndman,
November 8, 2003, October 24, 2010.

Our wonderful memories of you
continue to inspire us and remind us
of your unending love.

— Forever missed, Helen, Marilyn, Murray, Jo-Anne & Families

~ IN MEMORIAM ~

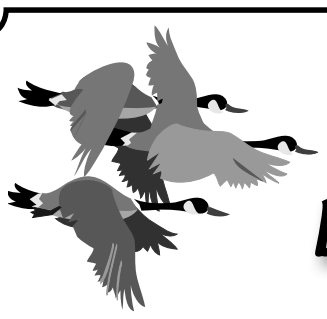


Christopher Thompson
NOVEMBER 5, 2006

In loving memory of a precious son, brother, and now uncle, who died tragically six years ago.

Nothing can dim the sound
of your voice and the memory of your smile.
The wonderful things you said and did that made our lives worthwhile.
The friendship and love you generously gave to everyone you knew.
We will never forget the precious years, the ones we spent with you.
Forever loved, forever remembered.

– Dad, Mom, Ryan, Michael, Courtney and Hunter Christopher



Church Directory

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
7:00 pm - Evening Service
Please be our guest this week
43tfc

WINCHESTER BAPTIST CHURCH
Traditional Music-centred Services
Sunday
10:00 am - Adult Sunday Bible Study
11:00 am - Worship Service, Pre-School, Sunday School
Everyone Welcome
Pastors
Bud McKibbon
Mollie McKibbon
25tfc

HARMONY COMMUNITY CHURCH
12010 Ormond Rd.
at County Rd. 31
harmony church@bellnet.ca
www.harmony-church.org
Wednesday, Oct. 31
Harmony Drop In Centre - Chesterville open at **4:00 pm**, supper at **6:00 pm**, Youth Group organized activities begin at **7:00 pm**
Sunday, Nov. 4
at Harmony Church
9:30 am - Adult Bible Class
10:30 am - Morning Worship Service - Message by Pastor Bruce North
7:00 pm - Evening Service - Healing Service at Harmony Church
34c

COMMUNITY CHRISTIAN REFORMED CHURCH
Dixons Corners
Pastor:
Rev. Clarence Witten
613-652-2400 (Church)
Sunday
10:00 am - (June-Sept. 9:30 am) Morning Worship Service
17tfc

WINCHESTER WESLEYAN CHURCH
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(Friday Night Teen Drop-in)
Sunday Services
10:30 am - Worship Service and Sunday School
613-774-3137
537 Main St., Winchester
www.winchesterwesleyan.com
43tfc

ST. PAUL'S PRESBYTERIAN CHURCH
Winchester
Office: 613-774-3333
A warm welcome awaits everyone
Interim Minister
Rev. Bob Martin
Sunday
10:00 am - Divine Worship
21tfc

WINCHESTER UNITED PASTORAL CHARGE
Office: 613-774-2512
www.winchesterunited.net
Hours: Mon., Wed., Fri. 9 am-12 noon
Rev. Christine Lowson
613-258-4859
Sunday
WINCHESTER SPRINGS
9:30 am - Worship Service
WINCHESTER
11:00 am - Worship Service, Sunday School and Nursery
34tfc

Tips for staying safe this Halloween night

WINCHESTER – Today (Wed., Oct. 31) is Halloween, and the Stormont, Dundas, and Glengarry OPP are reminding everyone to be safe.

Parents are asked to prepare children before going out, and motorists are asked to be extra cautious when on the roads tonight.

Everyone is reminded that mischief, as defined by the *Criminal Code* applies to interfering with the lawful use and enjoyment of property, as well as to damaging or destroying property. While Halloween is generally considered a good time for pranks, the OPP reminds possible pranksters that some of these may qualify as mischief, which could lead to arrest, a court appearance, a possible conviction, and subsequently, a police record. Think first.

Officers will be out in full force this evening.

Tips for motorists:

• Watch for children darting out from between parked cars, walking on roadways, medians and curbs.

• Enter and exit driveways and alleys carefully, watching for those in dark clothing.

Tips for parents:

• Make sure an adult or an older responsible youth will be supervising the outing for children under 12.

• Map out a route with your children, instructing them to follow it.

• Teach children to stop only at houses that are well lit, and never to enter a stranger's home.

• Establish a return time.

• Tell your children to refrain from eating treats until they return home (then wash fruit, slicing into small pieces, and when in doubt, throw it out).

• Review all safety precautions, including pedestrian and traffic safety rules.

• Pin a slip of paper with the child's name, address, and phone number inside a pocket.

Costume tips:

• To stay warm, children should wear warm clothes underneath costumes.

• Avoid tripping hazards (the leading cause of unintentional injuries on Halloween) by ensuring costumes aren't too long.

• Use strips of retro reflective tape to make children visible, and carry flashlights.

• Follow manufacturer instructions for make-up application, or if masks are worn, ensure there are nose and mouth openings, as well as large holes for eyes.

• Do not allow children to carry sharp objects (accessories like knives should be made from flexible materials).

Rules for children:

• Walk, don't run from house to house.

• Don't cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.

• Walk on sidewalks, not in the street.

• Walk on the left side of the road, facing traffic if there are no sidewalks.







Above left:
Olivia Pereira took a turn at each of the fun activities, including the colouring table.

Above right:
Medieval knight Matthew Pereira (left) took a moment to pose for a picture with his werewolf friend Eric De Vries.

Left:
William Miller (left) and Alex Miller decorated sugar cookies with icing and sprinkles.

Below:
Tatiana Kekanovich-Holmes (left), and her sister, Anicka, just finished creating masks, and took a moment to smile for the camera.



Halloween hullabaloo

Chesterville's St. Mary Catholic School council, in conjunction with the Township of North Dundas, hosted a Halloween dance on Sat., Oct. 27 at the Joel Steele Community Centre in Winchester. The hall was swarming with superheroes, monsters, ghouls, princesses, fairies, knights, and more. With lots of activities to choose from, Superman and Spiderman decorated cookies, Skeletor painted a pumpkin, a woodland fairy coloured a holiday picture, and Supergirl and Wonder Woman ran circles around the dancing crowds, while a medieval knight and a fearsome werewolf dueled it out in the lobby with their awesome swords.
Press Photos – Casselman



Happy 13th Birthday Ashley Harper
(Nov. 3, 1999)
Finally a teenager!
Love Mom, Dad and Jessica



Happy 6th Birthday to Austin *'Our little monkey'* Pirie on November 6
Lots of love from Mommy, Daddy, Dylan, Mandy, Brandon, Squirt (the turtle) and all your family

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WINCHESTER NOR-DUN CENTRE

COMING EVENTS FOR NOVEMBER 2012
Nor-Dun Seniors Support Centre, Winchester Site
Diners Meals' Monday, Wednesday, and Friday. Cost: $6.00, Non-Senior: $8.00

WEDNESDAY, NOV. 7: Footcare – Call to make your appointment
THURSDAY, NOV. 8: Laughter Yoga – 10:30 am at Nelson LaPrade Centre
FRIDAY, NOV. 9: Hearing Aid Clinic – Call 613-233-4374 to make an appointment
TUESDAY, NOV. 13: Seniors' Movie Day – 1:00 pm at the Old Town Hall
WEDNESDAY, NOV. 14: Footcare – Call to make your appointment
WEDNESDAY, NOV. 14: Presentation by "Lifeline" – 12:30. Everyone welcome.
SATURDAY, NOV. 17: Craft & Bake Sale at Nor-Dun Centre, 9:00 am to 1:00 pm
WEDNESDAY, NOV. 21: Footcare – Call to make your appointment
TUESDAY, NOV. 27: Shopping Trip leaving at 10:00 am to Carlingwood. Call to reserve.
TUESDAY, NOV. 27: Dundas Manor Tea & Fellowship at Dundas Manor. Everyone welcome.
WEDNESDAY, NOV. 28: Bus Trip to Upper Canada Playhouse leaving at 1:00 pm
THURSDAY, NOV. 29: Footcare – Call to make your appointment
FRIDAY, NOV. 30: Shopping Trip leaving at 9:00 am to Cornwall. Call to reserve your seat.
THURSDAY, NOV. 8 & 22: Health & Wellness Clinics at Millview Apt. - 1:30 - 3:30 pm
THURSDAY, NOV. 8 & 22: Health & Wellness Clinics at Beachcroft Apt. - 8:30 - 11:30 am
BID EUCHRE on Thursday at 1:00 pm except on the 3rd Friday. EXERCISE CLASS every Wednesday at 9:30 am. EVERYONE is welcome to come and join in the lively conversation at the COFFEE GROUP every morning at 9:30. TAI CHI classes every Tuesday at 9:30 am at Nor-Dun Centre. **CHAIR YOGA starting Nov. 7 in Winchester & Chesterville. Call Nor-Dun for more information.**

Nelson LaPrade Centre - Chesterville, ON
TUESDAY, NOV. 6: Cream soup, cabbage rolls, cheesecake – Presentation by Vern Williamson on Remembrance Day
TUESDAY, NOV. 20: Pea soup, roast chicken, pie – Presentation by WDMH Diabetes Team
Please call 613-774-6109 to reserve your meal each week.
THURSDAY, NOV. 8 & 22: Health & Wellness Clinics, Nationview Apartments 12:30-3:30 pm
TUESDAY, NOV. 27: Shopping Trip leaving at 10:00 am to Carlingwood. Call to reserve.
WEDNESDAY, NOV. 28: Footcare by appointment at Nelson LaPrade Centre
FRIDAY, NOV. 30: Shopping Trip leaving at 9:00 am to Cornwall. Call to reserve your seat.
Every Thursday - Euchre at 1:00 pm and Tai Chi classes 2:30 - 4:00 at Nelson LaPrade Centre

Agricultural Hall - South Mountain, ON
THURSDAY, NOV. 1: Cream soup, Swiss steak, cake – Entertainment by "Tim O'Neil"
THURSDAY, NOV. 8: Tomato vegetable soup, pork chop, rice pudding
THURSDAY, NOV. 15: Cream soup, roast beef, pie – euchre
THURSDAY, NOV. 22: Tomato rice soup, chicken breast, rocky road bar – Health & Wellness Clinic
THURSDAY, NOV. 29: Chicken alphabet soup, beef stew, cake – Presentation by WDMH Diabetes Team.
Please call 613-774-6109 to reserve your meal each week.
For more information please call us at 613-774-6109 ***CLIP & SAVE***

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