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Who killed the Browns?



Exactly 130 years ago today, a gruesome double murder shocked the quiet hamlet of West Winchester.

Journalist Bert Hill (left, at the Brown Cemetery) is hunting for answers to our community's most controversial homicide – and, arguably, biggest mystery.

Part one in a two-part series.

by Amanda Smith-Millar
Press staff

WINCHESTER – You can drive right by without noticing it's there.

Located behind R&S Glass on Main Street, the little graveyard is tranquil and secluded, nearly concealed on all four sides by gnarled trees and tall bushes.

Few people drop by to pay their respects — although the odd groundhog does make an appearance sometimes.

There are roughly 50 tombstones scattered there, bearing the names of Winchester's oldest families: Veitch, Johnston, Levere, Robinson. And, of course, Brown.

That last surname has captivated the imagination of *Ottawa Citizen* reporter and Winchester resident Bert Hill. It's drawn him, time and again, to the most crumbling and dilapidated tombstones in the graveyard, inscribed with years that predate Winchester's 1888 incorporation, back when the sleepy farming community was known as "West Winchester" and Chesterville bore the Winchester name.

The story that interests Hill is not a happy one. Exactly 130 years ago today – on Sept. 2, 1879 – Robert Brown and his 12-year-old daughter, Ada, were hacked to death in their farmhouse near Winchester's modern-day Main Street.

Robert's 21-year-old son, Clark, was found guilty of the deed. The young man was publicly executed at the Cornwall gallows on Halloween morning, 1879.

However, other than those facts, only court transcripts and newspaper articles of dubious credibility can shed light on one of Canada's most mysterious 19th-century tragedies. It remains uncertain precisely what happened the night of the murders. We also don't know what role – if any – other Brown family members played in the homicides.

But it's easy to argue that, by modern standards, Clark had nothing akin to a fair trial. And while studying the murders gives us a rare glimpse into Victorian life in Upper Canada, the Brown story is ultimately a tale of one family ripped apart by a tragedy that, even today, would be tough to explain.

"It was a truly, truly horrible event. Even by today's standards," said Hill. "This seemed to be a solid family – protective, supportive. Then all that, basically, was all ripped apart by this horrible event, and then the repercussions that flowed from it."

Hill has written about 40 pages of material detailing the murders. He first became interested in the subject two decades ago, when he helped assemble a Winchester history book commemorating the village's 100th anniversary.

"Nobody really seemed to know the details [of the murder], or what had happened," said Hill. "And village history being what it was, we had neither the time nor really the enthusiasm to dig into that. I think a lot of people prefer to, you know, forget about that sort of stuff. Village histories tend to focus on the positive and, if not ignore, at least soft-pedal the bad stuff in the past."

Hill decided to keep digging using transcripts, old newspaper articles, archives, and what he calls "tremendous" preliminary research by fellow Winchester resident Shaun Steele.

"It sort of became a bit of an obsession," acknowledged Hill.

Last month, residents packed the Old Town Hall on the first day of Dairyfest (Fri., Aug. 7), suggesting interest in the landmark murder was still pretty strong.

"I was delighted with the crowd – I didn't expect nearly as many people as that," said Hill.

***

The day of Sept. 2, 1879 hadn't been easy for Clark Brown.

His mother, Lydia, would later testify her eldest son had suffered from debilitating headaches for years. Clark had been in considerable pain the day of the murder, she said, and "put his hands to his head and pulled his hair and rubbed his head. His eyes looked strange and red and I said to his wife that he appeared very bad and had been failing for a long time."

As a result, Clark had spent much of the day in the Brown household. Besides

• continued on next page

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• continued from the front page

Lydia and Clark, its inhabitants included victim number one – Robert (68) – as well as offspring Charles (17), the unfortunate Ada (12), and Winnifred (7). Clark's wife of under a year – Malvina (21) – also lived with the Browns. Numerous family members lived on nearby farms.

Lydia later insisted Clark's health problems were nothing new.

"He used to have pains in his head for about two years before this occurrence," the court transcripts quoted Lydia as saying. "When he had pains in his head, he would [grip] it with his hands, jerk his head up and grate his teeth. He would say his head felt so bad. He would have to sometimes remain in the house for a day. His eyes would look strange and he would want to have his head covered up."

To make matters worse, Clark recently had been kicked in the groin by a horse, and said he had eaten strychnine-poisoned cakes earlier that year.

Malvina had left for Metcalfe to visit her family hours before the murders, along with her brother-in-law, Charles. Malvina reportedly attended band practice and then returned to her parents' house. So both were absent for the homicide.

Back at the Brown farmhouse, little Ada and Winnie crawled into bed with their parents.

Lydia said she soon fell asleep, only to be woken by an alarming banging on the back door of the house.

Robert ran downstairs to see what was going on. He would never come back up.

"I heard him screech. He kept on screeching," Lydia later recounted.

In what might seem like shocking abandonment of her own children by today's standards, Lydia fled the house and crossed the street to get help from her brother-in-law. (According to Hill's research, Lydia at first said she didn't see what was going on in the dark downstairs as she fled her house, but later testified, "I saw Robert struggling with a stranger.")

Ellen – Lydia's niece – said she met her distraught aunt at the gate. Meanwhile, the commotion had already woken up other neighbours.

"Lydia grabbed hold of me and said, 'Somebody is murdering Rob and Clark!'" Ellen recalled.

But Lydia was mistaken. In her absence, not only had her husband been butchered to death, but Ada had been killed too. Both bodies were laying on the floor downstairs when neighbours made it back to the crime scene.

Clark, meanwhile, was reportedly sobbing, hysterical, and drenched in blood. He wouldn't leave the bodies alone and, according to witnesses, tried in vain to revive Ada. The apparent murder weapon – a bloody axe – was found nearby.

Later, Winnie – who was standing in the room observing the awful carnage — said she and her sister had run downstairs and outside to the well after their mother left. But Ada, Winnie recounted, had ordered her little sister back upstairs.

"I ran upstairs and jumped into bed," said Winnie. "Addie stayed down and did not come up again."

Winnie said she remained in bed until the house grew quiet.

"Clark brought me down and put me on the floor of the kitchen. There was a light. Addie lay at the foot of the stairs. She was dead. Clark did not saying [sic] anything to me... He was yelling, he didn't tell me what he was yelling for. He was yelling, 'Oh Pa.'"

Clark was inconsolable, according to multiple observers.

"He was all bloody – his face, his hands and his clothes. I paid particular notice of his socks. I think one of them had a toe out," said Patrick Fallen, another neighbour and relative at the scene. "[Clark] asked me if I was afraid of him and I told him I was not. He appeared at the time much excited... I have heard that he was sick and knew that the doctor had been there to attend to him."

The men wouldn't let Lydia inside to see her slaughtered husband and daughter. Instead, she tried to comfort Clark on the front step, wrapping a coat around her son, according to observers.

Then, said Fallen, something even stranger happened. Clark begin to sing a hymn — but then switched to a dancing tune.

***

Clark had an explanation.

He said a short, stocky male stranger in a straw hat had attacked his father and sister in the dark. The man had run off despite Clark's attempts to defend his family.

But Clark's story – much like his sock – appeared to have holes in it. According to Hill, Clark claimed to have brought a pistol downstairs, but it had failed to go off at the crucial moment. The number of times Clark attempted to fire the weapon varied upon different recounts, though. Hill also said the family seemed suspicious that the perpetrator fled across the fields. It was, the relatives said, a moonlit night, and the approaching relatives stated they hadn't spotted anyone leaving.

Finally, Clark told of fighting off the intruder — but he reportedly had few scrapes and bruises from the alleged altercation.

An inquest into the homicides began immediately.

The public became suspicious of Clark, especially since a rumour was running hard that Robert had mortgaged the farm to the hilt, and as a result the pair were having a father-son squabble over financial matters.

It also didn't help that bloody footprints were found leading upstairs. Those prints, said Hill, were roughly the same size as Clark's feet.

However, Clark denied knowing much about the mortgages. And he continued to deny murdering his family. That is, until he broke down and confessed to a policeman.

"I will tell it for the benefit of others. I am before God today the guilty one," said Clark, who read his signed confession to a crowd on the last day of the inquest. "What I committed the deed for, I do not know. I went up stairs that night for bed as usual, when a thought struck me that I should kill my father. I jumped out of bed, caught my pants and ran down to the foot of the stairs and put them on, ran to the wood shed and got the axe, and, God forgive me, went in and rapped on the door and father came down. As he opened the door, I dealt him a blow on the forehead, and think I knocked him down."

The rest of Clark's confession was somewhat convoluted and potentially out of sequential order. He also avoided revealing too many details about killing his sister, saying it was too horrific to recount.

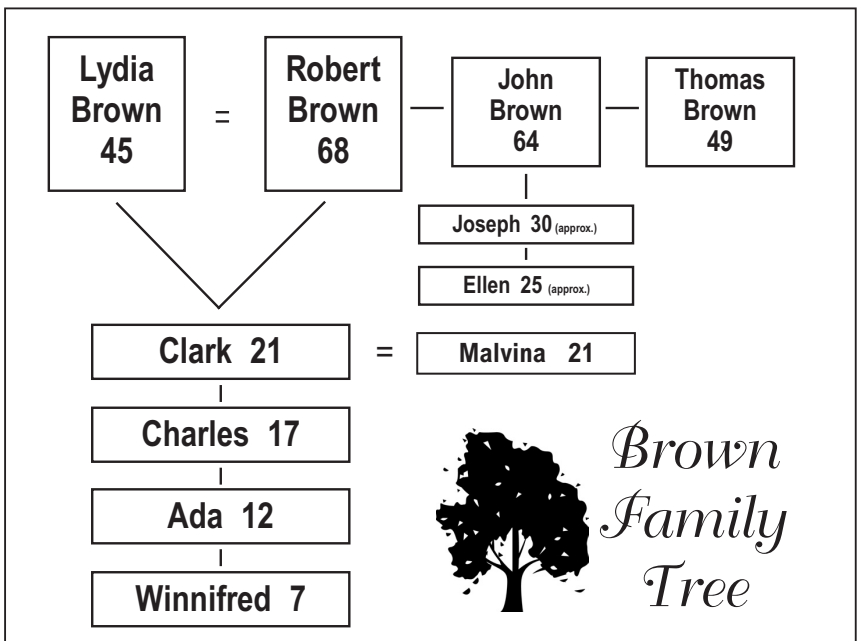
But the confession was official. Clark Brown was scheduled to begin trial in Cornwall in late September. He was found guilty and hanged by the neck shortly after 8 am on Oct. 31, 1879.

Clark didn't suffer, according to the *New York Times*. His neck broke upon the fall. The pulse stopped eight minutes later.

But for the surviving Browns, their triple tragedy left a flood of trauma in its wake.

***

Part two in next week's paper will examine how the professions of journalism, medicine, and law enforcement worked with the power of gossip to convict Clark – and even forced Lydia onto the stand.



This Brown family tree only identifies people directly involved with the murder investigation.

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Court appearances pushed to Oct.

by Matthew Uhrig
Press staff

MORRISBURG — The two men charged with arson in relation to a Chesterville-area fire appeared in Morrisburg court for the second time regarding that issue yesterday morning (Tues., Sept. 1).

Steven Seymour, 19, of Chesterville and Beau Breakey, 41, of Ottawa stood separately before justice of the peace Louise Rozon.

Men face arson charges

Breakey was the first accused individual called before Rozon. For his second court date, Breakey arrived on time. (On his initial appearance date of Tues., Aug. 4, Breakey was not present when his name was called, and a bench warrant was issued for his arrest. Police subsequently reported Breakey did, in fact, show up, but he was late.)

Breakey told Rozon he and his lawyer still needed to speak to one another. As a result, Breakey will now appear in court on Tues., Oct. 6.

Rozon informed Breakey that unless otherwise directed, he must appear in the Morrisburg courtroom on that day.

Later, Seymour stood before Rozon, at which time the accused was asked if he had sought legal aid. (At the Aug. 4 appearance, Seymour told Rozon that he did not have a lawyer, at which point he was directed to immediately seek a representative.)

However, this time, Seymour said that he was missing two documents in his attempt to obtain legal aid and was therefore denied the services. Rozon asked if he was moving forward with getting the required documents, and Seymour said he was.

Seymour's next appearance date will be Oct. 6 too, and Rozon said it will not be pushed forward again.

The two men are charged in connection with a fire at a vacant house on Nation Valley Road. Police reported that the blaze took place on Sun., May 24, and fire officials were called to the scene to put it out. No injuries were reported.

For the past several years, the local area has been plagued by a series of suspicious fires. The Stormont, Dundas, and Glengarry (SD&G) OPP Crime Unit has been investigating the string of fires where buildings and barns have been destroyed, sometimes killing cattle and other livestock. SD&G OPP have not yet said whether or not the two accused are linked to any of the other blazes. To provide information about any of the fires, call SD&G OPP at 1-888-310-1122 or Crime Stoppers at 1-800-222-8477 (TIPS).

Corrections & clarifications

In the *Winchester Press'* latest North Dundas council notes (Wed., Aug. 19 edition), an error was made in the section about resolutions from other municipalities. Council looked at two resolutions sent from the City of Greater Sudbury. Council did support the city's resolution about a proposed Workplace Fatalities Family Bill of Rights, but received and filed a letter requesting a change to Employment Insurance.

In addition, last week's Master Gardener article in the *Winchester Press* (Wed., Aug. 26 edition) contained an editing error about larvae in bearded iris. Gardeners can, in fact, clean away and destroy old leaves, mulch, or other debris from their iris beds and subsequently burn the material to kill the larvae.

The *Press* regrets both errors.

POLICE BLOTTER

Drug bust

WINCHESTER — On Wed., Aug 26 around 8 am, Project Paradigm members, assisted by SD&G (Stormont, Dundas, and Glengarry) OPP officers, executed a Controlled Drugs and Substance Act search warrant at a residence on Fred Street in Winchester. Officers arrested a male occupant and seized four marijuana plants. The 32-year-old male faces a charge of producing marijuana. He was held in custody pending an appearance in Cornwall court.

B&E

WINCHESTER — On Fri., Aug 28 around 1:30 am, SD&G OPP officers responded to a report of a break and enter on Main Street in Winchester. The investigation revealed that unknown suspect(s) smashed the glass in the front door to the LCBO and removed various bottles of liquor.

Drunk driving charge

WINCHESTER SPRINGS — On Fri., Aug. 28 around 8:28 pm, SD&G OPP stopped a motor vehicle for a Highway Traffic Act violation on County Road 5 in the Township of South Dundas. Police say they charged 21-year-old Andrew Pickup of Embrun for having a blood alcohol concentration exceeding 0.08. He is scheduled to appear in Morrisburg court on Tues., Nov. 3.

Domestic disturbance

MORRISBURG — On Fri., Aug 28 around 11:52 pm, SD&G OPP responded to a report of a domestic disturbance on Fifth Street West. The investigation revealed a 20-year-old male had an altercation with his girlfriend. The man had left the scene and, later that weekend, surrendered to police. He was arrested and charged with mischief under $5,000. He is scheduled to appear in Cornwall court on Tues., Sept. 15.

Tires stolen

WILLIAMSBURG — On Fri., Aug. 28, SD&G OPP officers responded to a report of a break and enter at Pinkus Tire and Battery on County Road 31. The investigation revealed that sometime the previous evening, unknown suspect(s) broke into the store and removed several tires.

Theft

WINCHESTER — On Sat., Aug 29 around 8:49 am, SD&G OPP officers responded to a report of a theft on County Road 3 in the Township of North Dundas. The investigation revealed that unknown suspect(s) stole a 1983 Honda Big Red 200 cc, three-wheel All Terrain Vehicle from the property sometime overnight.

Theft on Gypsy Lane

WINCHESTER –- On Sat., Aug 29, SD&G OPP officers responded to a report of a theft on Gypsy Lane. The investigation revealed that unknown suspect(s) stole a quantity of copper cable from the property sometime overnight.

Nestlé building vandalized

CHESTERVILLE — On Sat., Aug 29, SD&G OPP responded to a report of mischief on Main Street.

Officials say that at some point the previous evening, unknown suspect(s) smashed several windows at the closed Nestlé factory.

Mischief report

WILLIAMSBURG — On Sun., Aug 30 around 6:48 pm, SD&G OPP officers responded to a report of a mischief on Whittaker Road in the Township of South Dundas. The investigation revealed that sometime the previous evening, unknown suspect(s) entered a parked motor vehicle in the laneway and tried to remove the sound system.

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Therefore, I, Alvin Runnalls, do hereby proclaim September 9, 2009, as:

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in North Dundas, and urge the appropriate recognition thereof. In official recognition whereof, I hereby affix my signature this 24th day of August, 2009.

Township of North Dundas

Alvin Runnalls

Mayor, North Dundas Township

***Please Note:** Again this year John and Marg would like to ask people picking up roses to bring in a non-perishable food item for the Dundas Food Bank, thus making this a truly Neighbourly Day. Again this year, the Scotiabank Chesterville will match in funds the value of food donations received on this day.*





Presenters and award winners gathered for a photo after the Osgoode Ward Volunteer Awards at the Metcalfe Community Centre on Thurs., Aug. 27. Front row: Eleanor McLaughlin (left), Marjorie Robinson, Kay Johnston, Heather Bellinger, Sandra Blanchfield, and Catherine McLaughlin. Middle row: City of Ottawa Councillor Doug Thompson (left), Doug Hicks, Gord Hawkes, James Reece, Marilyn Moffatt, Anne Peterson, Tracey D'Aviero, Myra Kelly, Donna Pyper, Brent Pyper, Terry McLaughlin, and Grant Watson. Back row: Paul Masaro, Nicole McKerracher, Natalie Currie, Megan Swift, and Tony D'Aviero.

Appreciation shown to large group, awards banquet held for volunteers

by Amanda Smith-Millar
Press staff

METCALFE — More hard-working volunteers were recognized with Osgoode Ward Volunteer Awards than ever before this year, according to City of Ottawa Councillor Doug Thompson.

"This is the highest number of recipients we've had in 13 years," said Thompson at the Thurs., Aug. 27 banquet.

Held at the Metcalfe Community Centre, the prizes recognized individuals who have lent their skills, time, and effort to Osgoode Ward.

This year, individuals were recognized in five different divisions, including a special category for businesses.

"People like to be acknowledged for what they do," said Thompson.

He added that it's important to make sure even the modest, behind-the-scenes helpers are recognized, as these individuals' efforts can often go undetected and unrewarded.

He added that volunteers often continue to pursue their efforts after being recognized in front of their peers.

"It spurs people on," he said.

The Osgoode Ward Volunteer Awards banquet is held in different villages throughout the region each year.

2009 winners:

The Youth Volunteer Awards went to Paul Masaro, James Reece, and Megan Swift.

Meanwhile, Volunteer Appreciation Awards went to Doug Hicks, Natalie Currie, Tracey and Tony D'Aviero, Geoff Valentine, Anne Peterson, Grant Watson, and Nichola Dodds.

The H. R. (Dick) McLaughlin Memorial Senior Awards went to Myra Kelly, Heather Bellinger, Sandra Blanchfield, and Marilyn Moffatt.

The Special Business Commendation Award went to Brent and Donna Pyper of Greely Sand and Gravel, as well as Terry McLaughlin of Terlin Construction.

Finally, the Kay Johnston Oustanding Community Service Award was presented to Marjorie Robinson.

Local federal party nominations sign of early election?

by Matthew Uhrig
Press staff

CORNWALL — Stormont, Dundas, and South Glengarry (SD&SG) political candidates are ready if a federal election unfolds this fall.

After press time on Tues., Aug. 25, City of Cornwall councillor Bernadette Clement was nominated as the sole Liberal candidate for the SD&SG riding, while the local New Democrats (NDP) will once again be represented by Darlene Jalbert (she was acclaimed at a nomination meeting on Wed., Aug. 26).

For Jalbert, this will be the second time she goes to bat for local NDP supporters (she received 6,107 votes in the 2008 election).

Meanwhile, local Green Party constituents will be represented by David Rawnsley, who also ran in 2008, garnering 1,880 votes.

Clement is the political newcomer of the riding, having spent three years as councillor on top of her 18-year career as a legal aid lawyer.

Both Rawnsley and Jalbert are moving forward with political axes to grind, as the two stand in strong opposition of the reigning Conservative party.

"I'm very upset with Mr. Harper and what he's doing to Canada," said Rawnsley.

Meanwhile, Jalbert said she felt the Conservatives "dropped the ball" over the recent border-crossing closure in Cornwall, which stemmed from a dispute between Canadian customs officials and the Akwesasne Mohawks.

However, the three will be facing off against incumbent Conservative MP Guy Lauzon, who in the 2008 election defeated former Liberal candidate Denis Sabourin with 25,846 votes (57.3 per cent).

OBITUARIES

which have appeared in the *Press* from 2002-2009 are archived on our web site.

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David K. Thomas
Director of Education



Canadian figure skater Elizabeth Manley-Theobald delivered a speech to Herbal Magic clients, figure skaters, and other members of the public during the Morrisburg franchise's ribbon-cutting ceremony and open house on Wed., Aug. 26. The branch recently moved to a new location and is celebrating its sixth anniversary this year. Pictured are: Mark Harper (left), Herbal Magic franchisee; Karen Harper, Herbal Magic franchisee; Jim Brownell, Stormont, Dundas, and South Glengarry MPP; Barb Scott, South Dundas Chamber of Commerce president; Manley-Theobald; Duncan Robinson, chief marketing officer of Herbal Magic; Robert "Rowdy" Gillard, Township of South Dundas Mayor; Evonne Delegarde, Township of South Dundas councillor; and Eric Rochefort, regional manager for Herbal Magic.

Press Photos — Smith-Millar

Olympian brings magical message to Morrisburg

by Amanda Smith-Millar
Press staff

MORRISBURG — For her entire career, Canadian figure skater Elizabeth Manley-Theobald has battled with her weight.

Despite achieving her dreams, the 1988 Olympic silver medallist said nobody ever taught her how to keep the pounds in check responsibly, until she joined Herbal Magic.

"It's been a constant battle," Manley-Theobald (formerly Manley) told a crowd in Morrisburg during an appearance on Wed., Aug. 26.

Manley-Theobald is now an official Herbal Magic spokesperson. She stopped by the Morrisburg branch to mark the business' sixth anniversary, which included a ribbon-cutting ceremony and open house. Herbal Magic clients, local figure skaters, and various dignitaries gathered under a tent outside the weight-loss and nutrition centre to hear Manley-Theobald divulge a few secrets of success, as well as share her struggle to stay thin and healthy at the same time.

Manley-Theobald said she sought professional weight-loss help after suddenly gaining about 35 pounds while she cared for her dying mother.

"And I never saw it," said Manley-Theobald. "It happened so fast."

Joan Manley — who supported her daughter on the rocky road to success — had ovarian cancer. Their roles suddenly reversed, and Manley-Theobald became the caregiver. Between caring for her family and sleeping on a cot beside her mom, Manley-Theobald stopped taking care of herself, she said. Her blood pressure went through the roof.

"Not only was it weight, it was health with me," said Manley-Theobald.

When her mother passed away in summer 2008, Manley-Theobald said, she was extremely unhappy. It didn't help that in the appearance-conscious figure skating world, Manley-Theobald's transformed figure was the subject of unkind remarks.

The Ottawa resident said she eventually joined Herbal Magic mainly because of the coaching and encouragement it provides its clients.

"I would never have made the Olympics without a coach," said Manley-Theobald, adding that the same is true of weight loss.

Manley-Theobald maintained that she joined Herbal Magic as a gift to herself — not to please anyone else.



Elizabeth Manley-Theobald

"I feel the best I've ever felt," said Manley-Theobald. "And I'm proud to be wearing size four pants again!"

Growing up, said Manley-Theobald, conventional wisdom suggested that if skaters wanted to trim down, they should just skip a meal.

"It's unhealthy," said Manley-Theobald. "It doesn't work."

Today, said Manley-Theobald, the skating world has changed and has a much more positive attitude toward weight. (Back when she toured professionally with the Ice Capades, said Manley-Theobald, skaters were forced to "weigh in" and were fined $5 per pound if they exceeded their specified weight.)

"We should be teaching our children proper eating," said Manley-Theobald.

While Manley-Theobald didn't divulge many specific numbers, she said she's about 23 pounds into her goal.

The Order of Canada member is also gearing up for the 2010 Olympic Games in Vancouver, where she's scheduled to work as a CTV commentator.

After her talk in Morrisburg, Manley-Theobald fielded questions from the audience, such as "Do you have any tips for breaking in new skates?" (Boil socks in water, slide them on, lace up the new skates and vacuum the entire house, was the unexpected answer.)

After that, Manley-Theobald handed out certificates of achievement to Herbal Magic clients. Many people had already reached their weight goal and were working to maintain it.

"I'm supposed to be motivating you, you're motivating me!" Manley-Theobald exclaimed.

On Aug. 26, Manley-Theobald also made appearances at the Kemptville and Manotick Herbal Magic locations, which were celebrating fifth and eighth-year anniversaries, respectively.

All these locations are owned by Karen Harper and her daughter, Rebecca Garlough, who run the Herbal Magic centres with the help of their families. They recently moved the Morrisburg branch to a new spot at 147 Main Street. (Harper has purchased the entire building and also owns a tanning salon, Glo Soleil Tanning Studio, in one of the four locations. Exercise centre Curves is already operating in that space and renting from Harper. A nearby bakery is scheduled to open in the fall.)

Harper said many people come to Herbal Magic with health problems and, like Manley-Theobald, need to prioritize fitness and proper eating.

"[Manley-Theobald] is like the rest of us," said Harper. "Everybody has their own life to deal with."

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WINCHESTER PRESS
EDITORIAL
WEDNESDAY, SEPTEMBER 2, 2009 PAGE 6

Focus on health — we owe it to the kids

Last week, Olympian Elizabeth Manley visited Morrisburg and candidly discussed a touchy subject: her weight.

The Canadian figure-skating icon has become a spokesperson for Herbal Magic, which she says helped her shed most of the 35-odd pounds she gained while caring for her dying mother.

It's brave of Manley to talk about a subject many women avoid. Most importantly, she focused on the link between health and looking good. Manley said she feels better than ever, a testament to the fact that when you prioritize nutrition, monitor portion sizes, and quit agonizing over appearance, the pounds will go away, and you can get on with your life.

It's amazing an Olympian can go through her career without having a firm grasp of proper nutrition. Manley remembers the days when skaters were expected to "skip a meal" to trim down and please the judges. At last week's talk, audience members shook their heads in dismay when Manley reminisced about her days with professional skating troupe the Ice Capades, where there was incredible pressure to look skinny — skaters were fined $5 per pound if they exceeded their specified weight, she said. Those kinds of stories make parents recoil and, unfortunately, sometimes even decide against enroling their kids in figure skating.

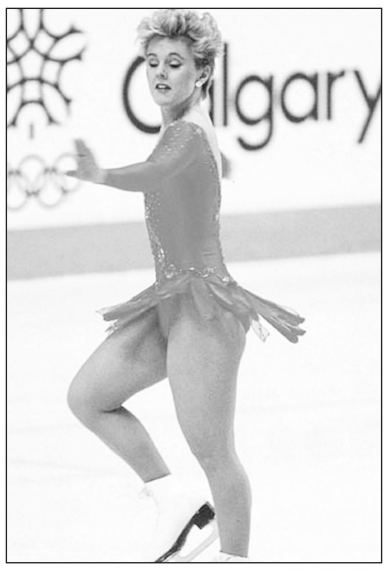

Photo courtesy Collections Canada

Manley said the Ice Capades used to fine their figure skaters $5 per pound if they exceeded their specified weight.

In fact, many of the young audience members who came to listen to Manley were decked out in their skating club track suits. When Manley spoke of the intense pressure in skating to "look good," some of the littlest girls seemed surprised and confused, as if they weren't yet aware of the sport's infamous association between staying skinny and being successful. Manley told the audience things have improved drastically in the skating world over the years. The sport, she said, has clamped down on coaches who weigh their skaters and force them to achieve an unhealthy size. To see those young girls there, so vulnerable and naive, you hoped Manley was right.

This preoccupation isn't exclusive to the skating world, unfortunately. By the time most kids are in high school, they've already internalized the message that your weight — but not necessarily your health — is something to worry about. Just last month, a study published in the journal BMC Public Health suggested Grade 5 boys and girls are equally as likely to be unhappy with their appearance. About 7.3 per cent of girls and 7.8 per cent of boys weren't happy with how they looked. The girls seemed to be happiest when thinnest, while the boys were unhappy if they thought they were either too skinny or too fat. (Interestingly, researchers also found girls from rural areas whose parents had little education were more likely to have body-image issues — which is something Dundas County should probably be worried about.)

Given the current childhood obesity epidemic, shouldn't kids be concerned about their waistlines, you might wonder? Well, some researchers think any kind of body obsession is bad news.

"The main concern with body dissatisfaction is it increases children's ability to develop an eating disorder and can be linked with poor nutrition and an increase in unhealthy weight gain later in adult life," said lead researcher Dr. Bryn Austin.

As a society, we need to stop introducing the concept to children that their worth is based on their appearance. Instead — like Manley did — we should focus on health. We need to end our preoccupation with size and encourage kids to eat as healthily as possible and exercise. When that happens, obesity will decline sharply, and eating disorders will too. That means women aren't always going to look like pint-sized U.S. skater Sasha Cohen. They might look more like, say, powerful and curvy skater Elizabeth Manley.

Life is short. There's too much to explore, to learn, to achieve in life for us to continue to waste our precious time obsessing about size — especially when health is so much more important.



Chesterville-area golfers Rick Barkley (left) and Rev. Roy Harwood were hoping to see a lot of green once their new game, Par-Darts, hit the market in a number of countries just in time for Christmas 1989.

Remember when...

1929

The *Winchester Press* reported that "the [Winchester] school reopened on Tuesday with a good attendance, and all teachers reporting in their place."

1939

Slot machines in Ontario were to be removed in 1939. According to "reputable" sources, the illegal machines were being operated quite openly, with authorities seemingly oblivious to the gambling, a "despicable" activity, according to the *Press*.

1949

The Dundas County Baseball League champions, the Winchester Royals, went on to eliminate the Leeds County champions from Newboro during the Ottawa District Playdowns. The Winchester squad defeated Newboro 11-1 in the first game and 5-0 in the second game. The Royals drew a bye in the semifinals and would face the winners of the Goldfield-Stittsville series in the Eastern Ontario Softball Association Intermediate Championship.

1959

Record enrolment was expected at Winchester schools in September of 1959. A new classroom at the elementary public school drew about 20 students more than in 1949. As many as 225 students were expected to enrol at the school, but that figure could have gone as high as 300.

1969

School attendance in the Winchester area was to remain about the same, according to school officials. Late registrations at North Dundas District High School was expected to push enrolment up over the 900 mark, but that was the only notable increase, other than new additions built onto the school.

1979

Teachers within the SD&G school board broke off talks with the board after negotiations for a new contract fell through. The teachers turned down an offer that included a 4.5 per cent pay raise.

1989

Winchester council agreed that tapping into additional water would promote growth in the village. The only obstacle holding back the development of housing was finding a new supply of water.

1999

The number of people using the Dundas County Food Bank was up, and the amount of donations coming in was down, according to food bank co-ordinator Judy Hilson. The number of people using the service between January and August rose by 25 per cent from 1998.

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Morewood High School Cadet Corps — 1944

Back row: Doug Hunter (left), Dwight Martineau, Harvey Moss, Walter Irven, Carl Young, and Kenney Dillabough. Middle row: Hector Carruthers (left), Henry Feeley, Jack Faulkner, Gerry Gardiner, Pete Carlyle. Front row: Mancel Smith (left), Kenneth Hunter, Edward Irvine, Mac Feeley, John Gardiner, Arnold Swerdfeger, and Malcolm MacGregor.

Barbecue for Grade 9's at NDDHS



NDDHS Notes

by James Casselman

MAPLE RIDGE — As the summer begins to wind down, and it's now September, many students realize they are soon to return to the halls of their school, in order to commence another year of their education.

North Dundas District High School (NDDHS)'s student council, consisting of 11 Grade 12 students, have already begun planning for the school year ahead.

The prime ministers are Cam Armstrong and Madison Koekkoek, followed by the premiers, who are Shelby Allison and Paul Erickson. Kaylee Steele and Jenna Wouters are the deputy-premiers. The ministers of athletics are Laura Breteler and James Shaw. The minister of finance is Darby Ace, the minister of social activities is Emily Wicks, and reporting the North Dundas news, I am James Casselman as the minister of records.

The first event on the agenda is the Grade 9 orientation barbecue, scheduled to run today (Wed., Sept. 2). Activities start at 10 am and run until noon, when the barbecue starts, which parents are welcome to attend. The annual orientation allows students to meet the student council and other Grade 9s. They will also be assigned lockers, given their timetables, and will have a chance to locate their classrooms.

The first week of school is to begin with a bang, as there will be a flurry of activity for students. The activities are designed to pump up school spirit and encourage participation. These activities will also launch the theme of the year, "girls versus boys." All activities and intramurals will have a boys versus girls aspect in order to increase competitiveness as well as participation.

The student council has begun planning activities and events such as spirit days, social activities, prom, and leadership camp. This year's leadership camp is scheduled to take place at Camp IAWAH during the fall. Having leadership camp at the beginning of the year allows students to use their newly acquired skills throughout the remainder of the school year.

Even though summer is still not yet complete, the student council is already psyched for an amazing year.

We are going to do our best to make the 2009-2010 school year energetic, interactive, highly spirited — and one to remember.

Ed.: *Following* Winchester Press *tradition, the records minister will submit regular columns to the paper to keep us updated on NDDHS student life.*

Harvesting and saving flower seeds



Ask a Master Gardener

by Angie Bernard

SPENCERVILLE — The heat of the summer has passed, the days are getting shorter, and the gardening season is winding down. It is time to start saving seeds. This is a very practical and economical way to have plants for your next gardening season, and seeds can be saved from any type of garden plant, including perennials, biennials, annuals, herbs, and vegetables.

Once you have decided which seeds you would like to save, the first thing to do is stop deadheading. If you don't, you will be removing the parts where the seeds develop.



You will need small paper bags (lunch bags), paper envelopes, elastic or string, and a marker.

Now, a word of caution. If you are growing hybrid plants, the seeds may not grow into plants that look like the parent plant, or the seeds may not be viable at all. The package or labels that come from your plants will tell you. Save your seeds only from open pollinated plant varieties.

Seeds are ready for collection when the flower petals have dried and are falling off. You will find the seed pods at the base of the flower where the petals were attached. The seed pod will turn brown and eventually split open. Some flowers develop their seeds at the base of the petals, so when the heads are dry, pulling them apart will free the seeds.

Once the seeds are ready to be collected, mark your paper bags with what type of seeds, where you collected them, and the date. For small plants like zinnias, snip off the flower heads and put them directly into the paper bags. For larger plants such as coneflowers, place the paper bag over the flowers of the plant and tie securely with the string or elastic. These paper bags can be left on the plant for a day or two to dry further, or cut the stem immediately and move the bags to the storage area.

Hang the bags to dry in a cool, dark, well-ventilated area, and shake the bags every day, as this helps free the seeds and increase air circulation. Do this for a week, then remove and discard any excess plant parts such as pods or petals. Spread the seeds out for a final check, looking for any softness or mould. If you find either, remove the spoiled seed, dry for another week, and then check again. If the seeds look good, put them into the paper envelopes. Transfer all the information from your collection bags to the envelopes and seal.

The seeds need to be stored in a dry, dark, and cool place until planting time. The envelopes can be placed in plastic zipper bags or glass jars to seal out moisture. A desiccant can also be placed in the plastic bags or jars to remove any excess moisture. These packages can then be placed in the fridge, garage, basement, or anywhere the temperatures are cool and constant. Seeds saved in this manner will stay viable for a year, usually two, and sometimes longer.

If you have gardening-related questions, e-mail mg.questions@ripnet.com or call 613-445-0754 or 613-821-2201 on Wednesday afternoons.

LETTERS TO THE EDITOR

Insightful editorial: reader

The Editor:
The *Winchester Press* deserves hearty congratulations for the Wed., Aug. 26 editorial, "Teachers: Did you enjoy your 'vacation?'" As a former teacher, I can say the piece provided excellent insight into the stresses and workload of public-school educators.

In addition to the issues raised in the editorial, our teachers are confined by the fact that "measurable outcomes" — like Education Quality and Accountability Office (EQAO) tests and other statistics — have eclipsed the original objective of developing academically and socially well-rounded people. Administrators, especially at board and ministry levels, focus on these numbers and not the real objectives of students' personal development.

Congratulations and thank you!
Gordon Garlough
Williamsburg

Former teacher credits the *Press*

The Editor:
As a former teacher, I can say the editorial last week (Wed., Aug. 26 edition) displayed an understanding of the teaching profession and a teacher's life not usually expressed. No doubt much of this insight comes from your own newspaper's regular involvement covering educational activities throughout the years, involvement for which you deserve much credit.

As well, on a related note, it is also worth pointing out that North Dundas District High School, in particular, is perhaps unique. Probably, no other high school in the province or country has had as many of its own graduates choose to return to their own high school to teach. Count them.
Phil Groves
Winchester

Consider South Mountain Transit

The Editor:
Last week, my good friend, Ann Brady, wrote a letter to the editor in the *Winchester Press* (Wed., Aug. 26 edition) about the lack of ridership on Wubs Transit.

She knows what it's like to depend on public transportation, since she does not drive nor can she apply for a driver's licence due to health issues.Wubs is definitely the way to go for people living in the Chesterville and Winchester areas, as well along Highway 31, when it comes down to getting a secure ride to and from Ottawa during the busy work week. This is a no-brainer, folks.

People should seek alternative driving arrangements. Ottawa is so congested that it does not need more single drivers to clog up the streets of its downtown core and surrounding suburbs. If you are in the Inkerman, South Mountain, Mountain, Hallville, Reids Mills, Osgoode, Enniskerry, and Greely areas, ride with us on the South Mountain Transit (SMTNTransit) coach. Dan and Josée — proprietors and drivers of the SMTNTransit — are relying on full-time riders to continue this essential service. For $226 per month — including a pass from OC Transpo — you would be saving a lot of money, which might otherwise be spent on gas, wear and tear on your vehicle, and monthly parking fees.

The SMTNTransit has acquired a coach equipped with great seats, air conditioning, and a washroom.

Let someone else do the driving — and the worrying!

Think about it — it's time to economize and go "green."
Marie Leclaire
Brinston



Winchester Leo claims international Lions award



A roar of approval

Alicia Summers received a standing ovation at the Winchester Lions Club on Wed., Aug. 26, when she received the Leo of the Year Award. *Press Photo — Smith-Millar*

by Amanda Smith-Millar
Press staff

WINCHESTER — If the name Alicia Summers sounds familiar to *Winchester Press* readers, it's for good reason.

Since Grade 9, Summers has been involved with multiple projects and organizations — most notably, the North Dundas Leos, which is the youth pride of local Lions clubs. The Leos have seen a flurry of activity throughout the past year, during which they organized pancake breakfasts, dog walks for charity, barbecues, and car washes.

It seems like Summers and the Leo project *du jour* was always in the news, and on Wed., Aug. 26, the North Dundas District High School graduate received the Leo of the Year Award.

Winchester Lions Club members gave Summers a standing ovation as she accepted her medal and certificate.

"It's such an honour," said Summers.

The Leo of the Year Award recognizes club members with outstanding leadership skills, a superior record in implementing successful service projects, contributions to the Leo Club Program, distinction in community and school activities outside Leo commitments, high ethical standards, and personal integrity.

Only a handful of youth receive the award each year. Summers was among 23 winners around the world, according to David Voisey, past council chairperson of multiple district "A" for Ontario and Quebec.

Summers said she wasn't surprised to receive the award last week because the Lions needed to fill out substantial application-related paperwork to nominate her for the award. Eventually, they needed Summers' help to do so.

"They tried to keep it from me for a while," said Summers with a laugh.

Despite her high level of involvement, Summers has never been president of the North Dundas Leos. She was the club secretary for the past two years, and before that, simply a member.

"I think she really deserves it," said gal pal and fellow Leo Holly Klein-Swormink. The two young ladies have been friends for years and joined the Leos together back in Grade 9.

Klein-Swormink — who has been president, vice-president, and treasurer of the club — was in the audience to cheer on her friend at the Winchester Lions Hall last week.

She said Summers has a lot of skills but is a particularly efficient planner who uses her time wisely.

"She's probably the most hard-working [person] I know," added Klein-Swormink.

Both ladies said the award served as good public relations both for Winchester and local youth.

"It looks really good for the community," said Klein-Swormink.

Summers will be heading to Trent University soon to pursue a teaching career. She's seriously considering staying active within the Lions organization, no matter where she goes.

"I wouldn't continue [with] Leos, though," she said. "I would move to Lions."

Gospelfest touches down in town

by Matthew Uhrig
Press staff

WINCHESTER — The grounds surrounding Terrace Green Bed and Breakfast were alive with the sounds of gospel music during the second annual North Dundas Gospelfest.

The 2009 event was held over the weekend of Fri., Aug. 28 to Sun., Aug. 30 at the bed and breakfast's 11952 County Road 43 west location.

"It was absolutely wonderful," said Annette Angus, one of the chief organizers and co-owner of Terrace Green.

Angus, along with her husband Jim, welcomed 12 gospel music acts to perform "under the big tent" throughout the weekend, which was also co-hosted by Verona, Ontario's HeavenWorth Promotions.



Gary (left) and Denise Frizzell travelled from Tamworth, Ont. to perform at the 2009 North Dundas Gospelfest in Winchester on Sat., Aug. 29. Despite the rainy weather, organizers estimate more than 700 people attended the event which also ran on Fri., Aug. 28 and Sun., Aug. 30. *Press Photo — Uhrig*

The two said they estimate more than 700 people attended the weekend performances.

This year's event kicked off at 7 pm on Friday evening with a youth program.

The Saturday events got underway at 1 pm, despite the grey skies and continuous rainfall.

"The weather didn't dampen any spirits," said Angus.

Dorothy Ann Robbie, The Frizzells, The Old Hims, and The Proverbs all graced the stage on Saturday afternoon, followed by an evening performance at 6:30 pm, which saw the Open Door Fellowship Praise Team and evangelist Benny Jones entertain the crowd.

Sunday morning started at 10 am with a morning service featuring a second showing by the Open Door Fellowship Praise Team, Sweet Water Blue Grass Singers, and Jones, once again.

The event ended at 2 pm when the South Mountain Singers and Crimson River took to the stage.

"It was a wonderful weekend, despite the rain," said Angus. "Everyone was really uplifted."

Angus and her husband are looking forward to bringing the event back again next year.

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'Help Us Help You'

Pottery artist embraces community

by Matthew Uhrig
Press staff

SOUTH MOUNTAIN — For some people, art is merely a hobby that receives attention when all other aspects of life slow down.

However, when the calling of an artist becomes overwhelming, some make the bold decision to advance their artistic dreams and "go professional."

South Mountain-based artist Debbie Gilmer has been immersing herself in a "passion for crafting handmade stoneware pottery" for the past 23 years.

Gilmer said her relationship with pottery began when her daughter, Joanna, was beginning to grow more independent, leaving Gilmer to find something constructive to occupy her time.

"[I thought], if I don't do something for myself, I'll go crazy," she said.

Gilmer said the pottery work started as "just a hobby" but soon grew to be more than that.

"[I am] completely mesmerized by throwing dry clay [in] a wheel," she said.

In the beginning, Gilmer aimed to "pick her media" and found pottery was her calling.

"I really like working with the clay," she said. "Clay is a lot safer than glass."

Gilmer said she enjoys the texture and flexibility of the clay, as well as knowing that if something doesn't turn out right the first time, you can always throw the clay back in the wheel and try again.

Gilmer, who has been selling her work for the past 15 years, spoke of her need to make a "conscious decision" a few years ago to perfect her craft.

"I found that I didn't have a very good work-life balance," she said.



South Mountain-based pottery artist Debbie Gilmer (left) chatted with guest Terry Bay during an open house at Gilmer Clayworks on Sat., Aug. 29. Some of Gilmer's works (top right) sit on display at her home studio overlooking the South Nation River. *Press Photos — Uhrig*

Gilmer was, at the time, working in Ottawa as an executive director of a non-profit organization, but soon felt it was time to leave.

She said she stopped working full-time there, but remained on a part-time basis.

In the end, Gilmer said, she was able to find more time, which helped to improve the quality of her work.

"But I took a big pay cut," said Gilmer with a laugh.

With the recent relocation to a home on Nation River Road, Gilmer now has room for a shop in which to sell her goods, as well as space for a kiln and her pottery wheel.

Through her new studio, Gilmer Clayworks, she plans to begin teaching lessons to those interested in learning the art of pottery.

"I can now share my joy with others," said Gilmer.

During the weekend of Sat., Aug. 29 and Sun., Aug. 30, Gilmer held two open-house sessions to "show people the studio."

"I think everyone has a creative child waiting to come out and play," said Gilmer.



Gilmer's work reflects her Celtic roots, which she said have been one of her biggest inspirations.

"I found that with more and more research, the designs I had on my work looked like Celtic symbols," said Gilmer.

Gilmer said nature is also a major inspiration.

"The environment is beautiful," said Gilmer, speaking of the land surrounding her new home overlooking the South Nation River.

But Gilmer won't discredit the inspiration she received when she and her husband, Richard, lived on the family farm for many years.

Her pieces are also safe for food and drink, as well as being microwave, oven, and dishwasher safe, said Gilmer.

For those interested in lessons, contact Gilmer at 613-989-5397 or visit www.gilmerclayworks.ca.

Homecraft, culinary arts winners at South Mountain Fair

SOUTH MOUNTAIN — There were many Homecraft competition winners during the South Mountain Fair (Thurs., Aug. 13 to Sun., Aug 16). In the quilting division, the first-place prizes were claimed by Brenda Illingsworth, Sabina de Stecher, Bobby Campbell, Linda Bradley, and Patty Latourell (who won for three homecraft items). Latourell also received a $50 cash prize for having the highest points overall in the quilting competition.

In the knitting and crocheting division, Campbell, Doris Field Mills, Mary Vanderlaan, and Jean Milne took top honours.

Meanwhile, first-place competitors in the sewing division included Campbell (who won in four of the six categories), Bradley, and Illingsworth.

In the seniors (aged 60 or over) division, Campbell took the top spot four times, with Bradley winning twice and Field Mills placing first once.

A popular competition was the Children Hospital of Eastern Ontario (CHEO)'s Premie Blanket Special, in which contestants were asked to design and make a blanket for premature babies at the hospital. There was no entry fee for the competition. First prize went to Bradley for her quilted creation, while Mary Vanderlaan was deemed to have the best knitted creation.

In the special occasion items division — which called for items like Christmas centrepieces or gift baskets decorated for a baby shower — the first-place finishers included: Jean Milone, Barb Stewart, Sabina de Stecher, Campbell, Sandra Pym, and Jean Milne, and Deborah Brown.

Nicole Giles, Frances Hyland, Campbell, and Roxanne Mayhew were the winners in the pet accessories category.

In the hobbies and crafts division, the top spots were claimed by Anne Caza, Bradley (who won twice), Illingsworth, Campbell (who won twice), Pym (who won three times), Traci Copeland, Giles, Roxanne Mayhew, Elish Connors, Stephanie Tibben, Vanderlaan, and Latourell. In the specials category, winners included Pym (who won twice), Wendy Weagant, Tibben, and Brown.

In the division for scrapbooking and other paper crafts, the winners included Angela Daly, Christine Van Den Broek, Heather McShane, and Anita Modderman.

Culinary Arts

There were 137 adult exhibitors, up by 27 exhibitors this year, as well as 28 children's entries (this group was down by 33 exhibits).

Congratulations are extended to Wendy Weagant, the overall top winner in the adult class. Doreen Daly took second place, with Jean Milne coming in third.

The apple pie competition was won by Daly and Karen Lewin.

In the tea biscuit class, the winners were Daly, Jean Milne, Paula Weagant, and Karen Lewin. The muffin contest winners included Jim Duncan, Alex Sylvester, Paula Weagant, Wendy Weagant, Daly, Milne and Anita Modderman.

The winners of the chocolate cake special included Daly, Milne, Coleman, Wendy Weagant, Jim Scott, Paula Weagant, and Sandra Weagant.

The top winner in the junior section was Sam Sylvester. The following young people all won prizes in the baking section of this year's fair: Marine and Megan Payne, James Dryman, Alex Sylvester, Sarah Stewart, Cameron Stewart, Taylor Sherrer and Jaelyn Dryman, and Linsey VanKoppen, as well as Caitlyn, Patrick, Kyleigh, and Riley Jampen.

Organizer Sandra Weagant thanked all the sponsors who made the Culinary Arts event possible.

"We are grateful for their continued support of our fair," she said.



Come one, come all

South Mountain-based RockAway Farm, and its owners — Doug Durant and Mary Ann Smith — were the hosts of a barbecue attended by friends and neighbours on Sat., Aug. 29 to mark the unveiling of a new building on the property. The open house was sponsored by Rooney Feeds Limited (both its Iroquois and Kemptville locations), as well as Cover-All, which is the manufacturer of the new riding arena structure. Cover-All representative Katherine Hogervorst (right) oversaw her two helpers, Jessica (left) and Sarah Don, as the three barbecued hamburgers and hotdogs for guests.

Press Photo — Uhrig


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SCHEDULE OF EVENTS

THURSDAY, SEPTEMBER 3

7-9 pm	4-H Entries

FRIDAY, SEPTEMBER 4

8:30-11:30 am	Exhibition Hall Entries
7 pm	Demolition Derby

SATURDAY, SEPTEMBER 5

9 am-12:30 pm, 1:30 - 5 pm	Exhibit Hall Open
9 am-12:30 pm, 1:30 - 5 pm	Hospitality Tent Open
9 am-5 pm	AG EDUCATION DISPLAY - Exhibit Hall
9 am-7 pm	Petting Zoo - East of Cattle Barn
11 am-5 pm	Midway Bracelet Sold $17
9 am	Fastball / 3 Pitch Tournament
9 am-3 pm	Child Identification Centre - Tent
10 am-2 pm	Enoph Edutainment - roving
10 am-6 pm	Education / Kinder Corner -Tent
10 am-6 pm	Live Bee Display - Main Gate
10:30 am	Heavy Horse Show Holstein Show
11 am & 3 pm	***The King's Kids Children's Show*** - Pavilion
11 am-4 pm	Classic Auto Show - South of Grandstand
11:30 am	Children's Cattle Class ***Tammy McRae*** - Grandstand
12 noon	3-Pitch Tournamnet 2008 Talent Search Winners - Grandstand
	PARADE *"Sowing Seeds - Sewing Traditions"* Assemble at the east parking lot for judging of floats
12:30 pm	Parade departs for Fairgrounds Kid's Parade join at Main Gate Ayrshire Show/Jersey Show
1:00 pm	Parade arrives at the Fairgrounds Opening Ceremonies - Meredith Brophy, OAAS Agricultural President
1-4 pm	Face Painting - Tattoos - Pavilion
1:30 pm	Bingo - Stormont Hall
1:30 pm	Kemptville Legion Pipes & Drums and Reeds Highland Dancers - Grandstand ***STRONGMAN SHOW*** - South Ring featuring the ***"STEEL WARRIORS"***
2:15 pm	Studio "C" Dancers Mad Science - Pavilion - Light - Colour - Action
3:10 pm	Couperous Irish Dancers - Grandstand
4:15 pm	***STRONGMAN VS 18 WHEELER*** - Main Entrance
6:00 pm	Garden Tractor Pull - Grandstand
7 - 10 pm	Team Trivia - Dugout

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SCHEDULE OF EVENTS

SUNDAY, SEPTEMER 6

8 am	3- Pitch Tournament
9 am	Light Horse Show - North Ring
9:30 am	Interdenominational Church Service - Grandstand
10 am-2 pm	Enoph Edutainment - roving
10 am-6 pm	Educational / Kinder Corner - Tent
10 am-6 pm	Live Bee Display - Main Gate
10:30 am	4-H Beef Achievement Day
11 am -5 pm	Train Display - South Ring
11 am-5 pm	Exhibit Hall Open
11 am-5 pm	Hospitality Tent Open
9 am-5 pm	AG EDUCATION DISPLAY - Exhibit Hall
10:30 am, 12 pm, 2:30 pm, 4 pm	Little Ray's Reptiles - South Ring
11 am-7 pm	Petting Zoo - East of Cattle Barn
11 am-6 pm	Midway Ride Bracelet sold $17
11 am	The King's Kids Children's Show - Pavilion
11:30 am	Perkins Rona Children's
1:30 pm	Workshop - Tent Limited to 80, 1st come, 1st served
12:00 noon	***Cary Grant*** - Grandstand Antique Farm Machinery- South Ring
12:30 pm	Horseshoe Tournament
1-2:30 pm	Craft Table & Treasure Hunt -Tent (parent & child, 6 yrs. & under)
1 pm	Hereford & Simmental Show - Cattle Ring
1 pm	Baby Contest - The Dugout
1 pm	Mad Science - Simple Machines - Pavilion
1-4 pm	Face Painting - Tattoos - Pavilion
1:35 pm	Three Generation Dancers - Grandstand
2:30 pm	Road House Dancers - Grandstand
3 pm	The King's Kids Children's Show - Pavillion
3 pm	Powell School of Dance - Grandstand
4 pm	Band TBA - Grandstand
5 pm	***Mama's Girls*** - Grandstand
7 pm	Talent Search - Grandstand

MONDAY, SEPTEMBER 7

9 am-3:45 pm	Show Hall Open
9 am -3:45 pm	Hospitality Tent Open
9 am-5 pm	AG EDUCATION DISPLAY- Exibit Hall
9 am -3 pm	Petting Zoo - East of Cattle Barn
10 am-1 pm	Enoph Edutainment - roving
10 am-close	Midway Ride Bracelet $17
10 am	FastBall/3-Pitch Tournament Finals
10 am -4 pm	Educational/Kinder Corner - Tent
10 am-4 pm	Train Display - South Ring
10 am-5 pm	Live Bee Display - Main Gate
10:30 am	4-H Dairy Achievement Day
10:30 am, 12 pm, 1:30 pm, 3 pm	Little Ray's Reptiles - South Ring
11 am, 1 pm, 3 pm	Sheep Shearing - Cattle Barn
11 am	The King's Kid's Children's Show - Pavilion
12 pm	Horse Drawing Competition Bingo - Stormont Hall
1-4 pm	Face Painting - Tattoos - Pavilion
1:30 pm	The King's Kid's Children's Show - Pavilion
2:15 pm	Mad Science - Current Events - Pavilion

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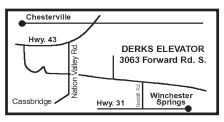

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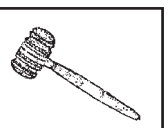
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TLC Ministries fundraiser set for Sept. 12

WINCHESTER — The deadline to buy tickets for the True Love in Christ Ministries Annual Dinner and Silent Auction is quickly approaching, and organizers say the event is sure to be a blast.

Scheduled to take place at the Winchester Community Centre (above the Winchester Arena), the annual event raises funds for goodwill work in the community.

The party is scheduled to take place Sat., Sept. 12, with doors opening at 5 pm and dinner starting at 6:15 pm.

The last day to buy tickets is Mon., Sept. 7.

Revenue from the evening will support the group's local work, such as providing Christmas gifts to disadvantaged area youth through Mountain outreach mission the House of Lazarus.

The big draw prize this year is a balloon ride for two, valued at $550.

Hot-ticket auction items include a game with seating in Ottawa Senators box seats and a four-day getaway, just to name two examples.

"We strive to reach out to the surrounding communities and build relationships one person, one family, one group, one business at a time while sharing the love of Christ in practical ways," said organizer Lynn Ford. "We have great auction items through the generosity of our many faithful business supporters. As well, we are so grateful for the new businesses who have come on board to support us. I like to say there is strength in numbers, will you count yourself in? No amount is too small. Whether it be in gifts, resources, talents and/or time, all together it makes for a solid foundation."

Tickets are $25 each. Call Ford at 613-989-3042 for more information.



Water fight!

The cool later-summer temperatures last week didn't stop day campers from hosting a water fight or two on Fri., Aug. 28 outside St. Mary Catholic School in Chesterville. The camp — Water World — was the last in the series offered by the Township of North Dundas this summer. Above: An unsuspecting Zack Laneville got thoroughly drenched by sneaky Ashley Bouwman.

Press Photo — Smith-Millar

Huge prizes won at South Mountain Fair

SOUTH MOUNTAIN — There were some big-ticket prize winners at the South Mountain Fair this year, all of whom won draws at the end of the event, which wrapped up on Sun., Aug. 16.

A trip to Alight At Night (Upper Canada Village) was donated by Byers Limousine Service and won by Carolyn Barkley of Inkerman.

Home Hardware, Winchester donated a $750 in-store gift certificate, which was won by Roger Lamarche of Winchester.

Mike Dean's Super Food Store donated $1,200 in groceries. The prize went to Jerome Clair of Harrowsmith.

A family membership to Sandy Row Golf Course was won by Larry Lounsberry of Picton.

Finally, Molson donated two tickets for an Ottawa Senators game. Kimberley Havekes of Mountain won this prize.

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Chiefs sweep series in three

OTTAWA — A fifth-inning defensive meltdown led to the demise of the Winchester Sox.

Facing the National Capital Baseball League's Tier 3 pennant-winning Barrhaven City Chiefs in game three of their semi-final series, the Sox watched a 5-4 lead evaporate and their chances of advancing to the championship final vanish.

The top-ranked Chiefs (21-2-1) plated seven runs against the sixth-place Sox (9-14-1) in the fateful fifth of Monday's (Aug. 31) deciding game at the Nepean Sportsplex and posted a 12-5 victory.

"Obviously Barrhaven is a good team," offered Winchester skipper Chris "Ed" Hart. "They have only lost three times this season — all to us!"

"We were in deep trouble in the fifth," said Hart. "The bases were loaded and nobody out. We got the ground ball we wanted but couldn't turn the double play," said Hart.

Winchester defeated the Braumeisters 2-1 in their quarter-final set and squared off against the Chiefs in the semi-final round. Barrhaven won the opener 9-4 but Winchester rebounded with a 10-7 victory in game two on Sunday (Aug. 30).

Dave Yarwood's three-run homer in the sixth inning was the difference in the 10-7 victory. Justin Comeau pitched the entire game and retired the Chiefs in order in the seventh to preserve the win.



Showdown

Blue Balls goaltender Stan Tibben faced White Lightning shooter Rob Thurler on many occasion during the 2009 Dundas Men's Roller Hockey League "A" championship game in Morrisburg on Thurs., Aug. 27. Thurler, being checked by Blues' Dave Summers (right) on this play, cracked in three snipes and set up six goals, including the winner by Justin Heuff, in the Lightning's 11-10 victory. *Press Photo — Van Bridger*

Hawks Craig 'JB' Smith to assist coach Sheard

WINCHESTER — In his seven years on the job with the Winchester Jr. "B" Hawks hockey club, Craig "JB" Smith has had to wear many hats — scorekeeper, equipment man, scout, general manager and coach.

As the curtain is about to rise on the 2009-2010 Eastern Ontario Junior Hockey League campaign, Smith will again be doing double duty with the Hawks.

He will retain his duties as the team's general manager but will add the assistant coach tag to this year's portfolio.

The Hawks signed veteran coach and former professional hockey player Paul Sheard as head coach during the summer, and because he is new on the job, he recruited Smith to assist him with his new assignment.

"Paul ask me to help him out on the bench because he wasn't familiar with our players," explained Smith.

Smith said he enjoys coaching and was pleased to accept the added work.

"I like coaching and enjoy the game situations," he said.

Smith said he will look after the defence and Sheard will run the forwards.

"But Paul will have the final say. If he sees something he thinks needs to be changed it will be his call," Smith said.

Sheard excited

It has been than a decade since Paul Sheard has coached junior hockey but he told the *Press* this week (Mon., Aug. 31) he is looking forward to getting back in the game.

Sheard was head coach of the Kemptville 73's from 1995 to '97, and during his stint on the bench, his team finished second in the St. Lawrence Division (95-96) and was the finalist in the divisional championship round.

He put his name in the record books during his second season in Kemptville. That year, the club established an Eastern Ontario Jr. "B" Hockey League record going undefeated (38-0-4). The 73's also won the St. Lawrence Division championship, the Rideau-St. Lawrence Division championship and the Eastern Ontario Jr. "B" Hockey League crown.

The following year (1997-98), he served as the head coach of the Metcalfe Jr. "B" Jets for three months (September to November) before stepping down due to philosophical differences with team management. Sheard then finished the season serving as a co-coach with the South Ottawa Jr. "B" Canadians.

Sheard started his junior career as a member of the Ottawa 67's (1967-73) where he played on teams that included Denis Potvin, Ian Turnbull, Pete Lee and Bunny Larocque. He scored 110 points in his final season with Ottawa and was drafted by the Vancouver Canucks in the second round. He played in the Canucks organization with Seattle (WHL) and Des Moines (IHL) from 1973-75.

The next two season he skated with the Eastern League's Erie Blades (1975-77). In the following season he skated with the Emburn Panthers (Eastern Hardy Cup champions), with the Erie Golden Blades winning three Atlantic Coast championships (1978 - 83) as the team captain, player-coach and director of player personnel.

From 1983-86 Sheard was a member of the Ottawa District Senior Hockey League's Almonte Centennials (league champions), Orleans Blues and Navan Flyers (player/coach).

• continued from previous page



Super season

The 2009 season was a memorable one for the Winchester Minor Red Sox ball team. The Sox put together a record of 20 wins and one loss and claimed the 2009 Upper Canada Little League (UCLL) mid-season tournament title in June before successfully defending their 2008 league championship by capturing the 2009 UCLL playoff championship. Five players — Brodie Barkley, Joey Benoit, Brayden Cochrane, Jakob Downey and Shane Rodney — played on both championship squads. The 2009 Winchester Minor Red Sox are: front (left) - Joey Benoit, Jakob Downey, Brayden Cochrane, Brodie Barkley, Spencer Kelly, Samuel Horner; middle (left) - Eric Armstrong, Josh Armstrong, Logan Holmes, Jack Messervey, Logan Billings, Shane Rodney, Devon Billings; coaching staff - Eldon Horner (left), Steve Cochrane and Brian Downey.

Hawks open camp in Kemptville

WINCHESTER — Craig "JB" Smith has started hearing positive news from both prospective and returning players as the Winchester Jr. "B" Hawks open their 2009 training camp.

"Really who knows until we see who turns up at camp," said the Hawks veteran general manager. "But I have heard from some of the guys and they told me they are coming back and are keen to get started. We have also made a couple of deals and things look pretty good — but it's junior hockey we will see."

The Winchester camp opened last night (Tues., Sept. 1) and continues tonight (Wed., Sept. 2 - 9:00 pm) and tomorrow night (Thurs., Sept. 3 - 9:30 pm) at the North Grenville Recreation Complex in Kemptville.

"I expect at least nine guys back from last year," he told the Press. "I have heard that a couple of guys who are still making up their minds and right now Michael Hitesman (goaltender) is in a junior "A" camp in Orangeville."

Smith explained that he still has veteran Ryan Armitage and Midget "B" Demons graduate Ryan Hay to block shots.

Smith is hoping to build his defence on veteran Bobby Little and recently acquired overager James Kirkwood, who won two EOJBHL championships with the Alexandria Glens.

"Getting James [Kirkwood] from Alexandria was a big deal for us," said Smith.

"We won't have Benny [Collins] and his 107 points this year — we will miss him for sure. But I think we will be all right up front — but who knows," he said.

Among the veterans who have indicated they will return are Adam Schofield, Taylor Davis, Parker Davies, Kyle Peck, Graham Loyst, Ryan Lesway, Alex Krumins, Devin Simons, Justin Comeau, Cory Huybregts (out last season due to knee injury) and Bobby Little.

Forward Brodie Boulanger won't be back. His playing rights were traded to the South Grenville Rangers on Aug. 18 for a pair of forwards — 19-year-old Robert Ventura and 17-year-old Lance Hodgson of Williamsburg.

Smith also has Toyes Hill's Dustin Tinkler to fill his 16-year-old roster. Tinkler was in the Kemptville Jr. "A" 73's camp but will join the Hawks.

Protected players

The Winchester Hawks 2009-10 protected players list includes: Brandon Buma (Chesterville), Phil Duncan (Winchester), Tyler Jones (Chesterville), Ryan Hay (Chesterville), Ryan McRae (Chesterville), Taylor Johnston (Winchester), Chris Embury (Winchester), Mike Cross (Chesterville), Jeremy Benoit (Kemptville), Jeremy Burley (Kemptville), Shawn Hunt (Kemptville), Ben Braymen (Kemptville), Craig Schooley (Kemptville), Andrew Beuman (overage), Alex Krumins (overage),

• continued on next page

Cedar Glen wins Junior Valley team low gross title

WILLIAMSBURG — Not only did the host Cedar Glen team claim the 2009 Junior Valley League team low gross championship trophy, they also had a team member record a hole-in-one.

It was a big day for Jack Van Kessel, who not only earned special recognition for his ace on No. Six, but also captured the Beaupre Jewellers (Iroquois) Trophy for posting the low net score for eight to 13-year-olds. His low gross 102 converted to a net 67 (retro).

The annual event played at the Boucks Hill course last week (Wed., Aug. 26) attracted teams from the Summerheights Golf Links, Iroquois Golf Course and Morrisburg.

The Cedar Glen team of Dylan Fawcett, Brayden Van Kessel, Brandon Cousineau, Warren Steele, Jack Van Kessel, Liam Morrow and Dayton Kelly combined for low gross stroke total of 556.

More winners

Low gross (14-18) Valley League Founding Father's Trophy - Chad Deneault, Summerheights - 76.

Low gross "B" (8-13) Morrisburg Trophy - Danny Deneault, Summerheights - 88.

Low net "A" (14-18) Summerheights Fun Night Trophy - Kristina Swank, Iroquois - 101 gross/59 net.

Low net "B" (8-13) Beaupre Jewellers Iroquois Trophy - Jack Van Kessel, Cedar Glen - (retro) 102 gross/67 net.

Low net girls - Alex Martell, Summerheights - 90 gross/74 net.

Closest to the pin on No. 12 (8-13 and girls) - Drew Minnish, Morrisburg.

Closest to the pin on No. 15 (14-18) - Brad Mackay, Summerheights and Drew Mattice, Iroquois.



Cedar Glen Golf Course hosted the 2009 Junior Valley League championship tournament on Wed., Aug. 26 and the host team captured the McLennan Trophy (team low gross). The junior champs are: front - Jack Van Kessel (left) and Dayton Kelly; back (left) - Brandon Cousineau, Warren Steele with mascot "Pit Bull" and Liam Morrow. Missing: Dylan Fawcett and Bryden Van Kessel. Photo courtesy Morrisburg Leader

Hawks coach

• continued from previous page

Sheard's coaching credentials also cover the sport of fastball. He coached both at the junior and senior levels, including a stint with the Mountain Mets in 1989.

Some gentle persuasion by the Winchester Hawks' new president, Kevin Bowie, rekindled Sheard's interest in coaching.

"I have known Kevin Bowie all of my life and I have known 'John Boy' [GM Craig Smith] and 'Angry Al' [Armstrong - ass't GM] for years. I thought they [Hawks] had a pretty good management team in place, so here I am," he said.

Sheard said he met several of the Hawks players at the team's Dairyfest ball tournament and was told they were positive about having a new executive and coach coming in.

"I'm excited about getting started and from what I have been hearing we should have a pretty decent team," he said.

Sheard also said he was looking forward to the job and is happy to have someone of Smith's experience and knowledge of the players to act as his assistant.

Because the Hawks' training camp was about to open when he talked to the *Press*, Sheard certainly wasn't able to outline what kind of a game play he had in mind for the upcoming campaign.

"That will depend on the players' chemistry. If I see we have skaters, we will skate. If we have big hitters, we will hit. Time will tell," he said.

Hawks camp

• continued from previous page

Brandon Kelley (overage), Travis Froats (overage), Josh Bouwman (overage), Kyle Peck (overage) and Devon Armitage (overage).

New trainer

Smith also reported that he has signed a new trainer/equipment manager. Darrell Sumonds, who recently moved to the area, will replace Edmond Davies-Lyons.

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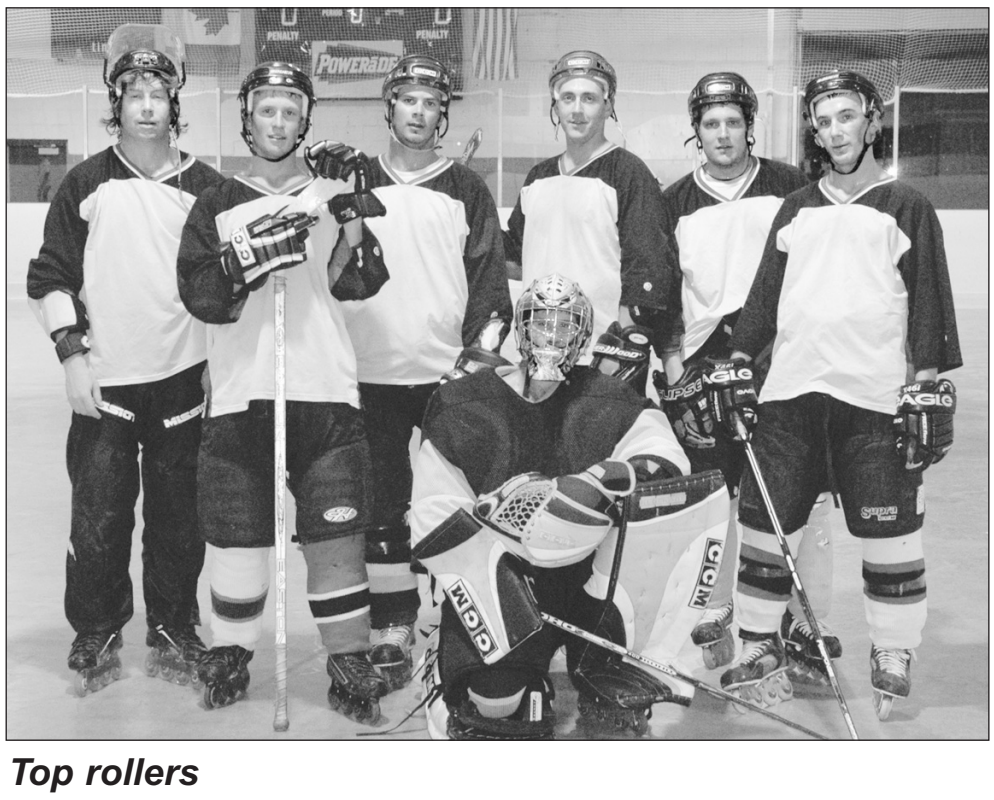

Top rollers

The White Lightning knocked off the three-time, defending champion Blue Balls 11-10 in the 2009 Dundas Men's Roller Hockey League "A" final last week (Thurs., Aug. 27). The new roller champions are: Russ Brown (left), Dean Moore, Justin Heuff, Mike Heuff (goaltender), Barret Brundige, Rob Thurler and Darrel Moore. *Press Photo — Van Bridger*

Lightning shocks Blue Balls 11-10 in roller hockey 'A' final

MORRISBURG — Justin Heuff's howitzer shot, fired from just inside the blue line, broke up a 10-10 tie and handed the White Lightning a last-minute 11-10 victory over the Dundas Men's Roller Hockey League defending champion Blue Balls.

This year's title match, played on Thurs., Aug. 27 at the Morrisburg Arena, was a replay of the 2008 final which the Blue Balls won by a 6-5 margin. That victory gave the Balls their third consecutive "A" championship.

Robbie Darling and Sheldon Beckstead put together seven-point games and led the Black Attack to a 12-7 decision in this year's consolation showdown.

"A" final

Powered by Dave Summers' four-goal effort the Blue Balls exploded into a 5-2 lead in the first period. The Lightning opened up a 10-7 lead in the final frame but needed Heuff's howler to break the 10-10 deadlock and pull off an exciting 11-10 win with 37 seconds on the clock.

Rob Thurler (3-6-9), Dean Moore (2-3-5), Heuff (2-3-5), Barret Brundige (0-4-4), Darrel Moore (2-1-3) and Russ Brown (1-1-2) put points up for the new champs.

Mike Heuff was the winning 'tender.

Dave Summers (4-2-6), Travis Rowe (3-3-6), Trevor Morozuk (2-3-5), Tyler Brown (0-3-3) and Mitch McDonald (1-1-2) replied for the Balls.

Absenteeism crushes Orange

"B" showdown

Injuries and absenteeism forced the Orange Crush to face the Black Attack in the "B" final with just three attackers. Trevor Morozuk and Justin Heuff agreed to sub into the Crush's lineup.

Darling (4-3-7), Beckstead (3-4-7), Chris Phifer (2-2-4), Tyler Lafortune (2-2-4), Jamie McIntosh (1-2-3) and Craig Belanger (1-1-2) produced points for the winners. Randy Markell posted the win.

Ryan Thompson (1-3-4), Morozuk (3-0-3), Jon Chambers (1-2-3), Justin Heuff (2-0-2) and Brad Johnston (0-1-1) supplied the Crush offence. Kevin Helmer 'tended the nets.



Consolation champs

The Black Attack prevailed over the short-staffed Orange Crush squad and laid claim to the 2009 Dundas Men's Roller Hockey League's "B" championship last week (Thurs., Aug. 27). The best of the "B" final are: Robbie Darling (left), Craig Belanger, Sheldon Beckstead, Randy Markell, Jamie McIntosh, Tyler Lafortune and Chris Phifer. *Press Photo — Van Bridger*

Cedar Glen's Munro cards 46 in A class

WILLIAMSBURG — Lea Anne Munro was top shooter in the Ladies Night field at Cedar Glen Golf Course.

Munro carded a low gross 45 and topped the "A" class leader board. Muriel Whittekker's 36 was the low net score last Wednesday (Aug. 26). Munro also claimed the closest-to-the-pin prize for her placement on No. 12. Whitteker also picked up a second prize for her shot, which was closest to the No. 15 flag.

Pat Reaney (low gross 48) and Sheila Crowder (low net 35) were the best in the "B" flight.

Brenda Brunt (low gross 55) and Pat McKay (low net 37) were the class of "C" flight.

Barb Douglas (low gross 59) and Shirley Pettinger (low net 42) dominated the "D" ranks.

Jeanne Perry aced No. Six. Marie Beckstead claimed the 50-50 draw prize.

Barb Phifer claimed the low net "D" trophy playing with the Cedar Glen team in the Ladies' Valley League championship. Janet Levere registered the best spare score in the same event

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Members of the Winchester Waves swim meet who competed in the 2009 Russell Barracudas Swim Meet (Sat., Aug. 26) celebrated their first-place finish following their final competition of the season. The winning Waves are: front - Brooke Cousineau - Waves lifeguard; row one (left) - Maura Baird and Jack Baird; row two (left) - Tom Baird, Delaney Johnston, Lucy Baird, Nakita Steele, Nolan Holmes, Xavier Leclerc, Jamie Quinton; row three (left) - Amy Proulx, Hannah Paquette, Cordell Steele, Tristan Paquette, Joey Benoit, Jessi Zandbelt, Samantha Benoit, Jake Quinton, Yvrik Leclerc; back row (left) - Jasmine Leclerc, Marshall Steele, Tyson Steele, Alex Proulx, Mason Steele, Zachary Leclerc, Paige Holmes and Jesse Proulx. Missing: Linsey VanKoppen, Julia Laflamme and Chelsea Clark.

Photo courtesy Cindy Steele

Waves make big splash in Russell

RUSSELL — It was a spectacular way for the Winchester Waves to finish the 2009 season.

Buoyed by the outstanding performances of seven team members, the Waves earned championship status at the 2009 Russell Barracudas Swim Meet on Sat., Aug. 26.

Winchester received the number-one ranking ahead of the Manotick Marlins, Kemptville Bluefins, Russell and the Chesterville Rippin' Racers.

Delaney Johnston - girls six and under, Nakita Steele - girls seven and eight, Xavier Leclerc - boys seven and eight, Yvrik Leclerc - boys nine and 10, Linsey VanKoppen - girls 11 and 12, Tyson Steele - boys 11 and 12 and Zachary Leclerc - boys 13 and 14 all earned best swimmer honours in their respective age brackets.

Final results

Members of the Winchester Waves placing in the top three at the Russell meet included: Girls six and under - Delaney Johnston - first free style, first breast, first back; Maura Baird - third free style. Boys: Jack Baird - first back, second free style.

Girls seven and eight: Nakita Steele - first breast, first back, third free style; Boys: Xavier Leclerc - first breast, first back, second butterfly; Nolan Holmes - first fly, second breast, third back; Tom Baird - first fly, second back; Tristan Paquette - second fly, third breast.

Girls nine and 10: Jamie Quinton - first fly, second individual medley (IM); Hannah Paquette - second back. Jessie Zandbelt - third fly. Boys: Yvrik Leclerc - first IM, first back, first fly; Cordell Steele - second IM, second breast, third back.

Girls 11 and 12: Linsey VanKoppen first free, first back, second IM; Jasmine Leclerc - third back, third fly. Boys: Tyson Steele - first IM, first breast, first back; Jake Quinton - first fly, second back; Marshall Steele - second back, third IM; Joey Benoit - third fly.

Girls 13 and 14: Chelsea Clark - third fly; Boys: Zachary Leclerc - first fly, second free, third back; Mason Steele - first back, third fly.

Relays results

Free style: girls eight and under - Delaney Johnston, Amy Proulx and Nakita Steele - first. Boys: Tom Baird, Nolan Holmes, Xavier Leclerc and Tristan Paquette - first.

Girls nine and 10: Lucy Baird, Jamie Quinton and Jesse Zandbelt - second.

Boys 11 and 12: Jake Quinton, Cordell Steele and Marshall Steele - first; Yvrik Leclerc, Alex Proulx and Tyson Steel - second.

Girls 13 and 14: Chelsea Clark, Paige Holmes, Julia Laflamme and Jasmine Leclerc - third. Boys: Zachary Leclerc, Jesse Proulx and Mason Steele - first.

Medley: girls eight and under - Delaney Johnston, Amy Proulx and Nakita Steele - first. Boys: Tom Baird, Nolan Holmes, Xavier Leclerc and Tristan Paquette - first.

Girls nine and 10: Lucy Baird, Jamie Quinton and Jesse Zandbelt - first.

Boys 11 and 12: Yvrik Leclerc, Alex Proulx and Tyson Steele - first; Jake Quinton, Cordell Steele and Marshall Steele - second.

Girls 13 and 14: Chelsea Clark, Paige Holmes, Julia Laflamme and Jasmine Leclerc - third. Boys: Zachary Leclerc, Jesse Proulx and Mason Steel - first.

SPORTS Scoreboard

Dundas Men's Roller Hockey League

RECENT RESULTS:

Aug. 20: Semi-finals
Blue Balls 12 - Orange Crush 3
Lightning 9 - Black Attack 7
Aug. 27: Finals
"A" White Lightning 11 - Blue Balls 10
"B" Black Attack 12 - Orange Crush 7

FINAL STANDINGS:

	W	L	T	GF	GA	PTS
Blue Balls	10	3	1	143	108	21
White Lightning	7	6	0	132	118	14
Black Attack	7	7	0	121	137	14
Orange Crush	2	10	1	91	132	5

TOP SCORERS:

	G	A	PTS
Dave Summers, BB	59	36	95
Travis Rowe, BB	41	29	70
Darrel Moore, WL	37	30	67
Ryan Thompson, OC	28	28	56
Tyler Brown, BB	28	25	53
Dean Moore, WL	26	26	52
Robbie Darling, BA	29	22	51
Chris Phifer, BA	21	29	50
Justin Heuff, WL	23	16	40
Russ Brown, WL	16	24	40
Jon Chambers, OC	21	15	36

National Capital Baseball League

TIER 1 PLAYOFF RESULTS

Aug. 23 : Marc Sports 3 - Panthers 0
Aug. 25 : Marc Sports 3 - Panthers 2
Marc Sports defeats Winchester Panthers 2-0
"A" Semi-final:
Aug. 30: Cubs 3 - Marc Sports 1
Sept. 2:
"B" Semi-final:
Aug. 31: Kingston Ponies 3 - Kanata Selects 1
Sept. 2:
Sept. 3:

FINAL STANDINGS:

	GBL	W	L	T	RF	RA	PTS
Brewers*	--	17	7	0	111	87	34
Marc Sports*	0.5	15	6	3	158	93	33
Diamondbacks*	0.5	15	6	3	126	100	33
Kanata Selects*	3.5	13	10	1	135	92	27
Cardinals*	4	12	10	2	106	99	26
Kingston*	4.5	12	11	1	90	99	25
Win. Panthers*	5.5	11	12	1	114	118	23
CC Cubs	6	11	13	1	131	134	22
Gryphons	11	5	17	2	93	134	12
Braves	14.5	1	20	3	69	175	5

* Clinched playoff spot

TIER 3 PLAYOFF RESULTS

Aug. 19: Braumeisters 12 - Winchester 2
Aug. 21: Winchester - Braumeisters rained out
Aug. 23: Winchester 13 - Braumeisters 3
Aug. 24: Winchester 11 - Braumeisters 7
Winchester wins series 2-1

Semi-finals

"A" Winchester Sox vs Barrhaven City Chiefs
Aug. 27: Barrhaven Chiefs 9 - Sox 4
Aug. 30: Winchester Sox 10 - Chiefs 7
Aug. 31: Chiefs 12 - Winchester 5
Barrhaven wins series 2-1
"B" Orleans Mavericks vs Expos
Aug. 27: Mavericks 7 - Expos 1
Aug. 30: Expos 23 - Mavericks 11
Aug. 31: Expos 16 - Mavericks 7
Expos win series 2-1

FINAL STANDINGS:

	GBL	W	L	T	RF	RA	PTS
Barrhaven**	--	21	2	1	242	89	43
Expos**	6.5	14	8	2	185	130	30
Braumeisters*	9	12	11	1	157	134	25
Blue Jays*	9.5	11	11	2	171	175	24
Orleans*	10	11	12	1	162	175	23
Winchester*	12	9	14	1	158	192	19
Aylmer	13.5	7	15	2	135	203	16
Fighting Irish	15.5	6	18	0	130	242	12

* clinched playoff spot
** clinched first round bye

Winchester Jr. "B" Hawks 2009 Exhibition Games

Wed., Sept. 9 at Ottawa West 7pm
**
Fri., Sept. 11 - South Grenville Rangers at Winchester - 8:15 pm
**
Sat., Sept. 12 at Prescott vs South Grenville Rangers - 7:30 pm
**
Sun., Sept. 13 at Athens vs Aeros 2:30 pm
**

Rideau-St. Lawrence Division
2009 Home Opener
Fri., Sept. 18
Hawks host Casselman Vikings
8:15 pm

Winchester Jr. "B" Hawks 2009 Training Camp

Tues., Sept. 1 - 9 to 11pm
Wed., Sept. 2 - 9 to 11pm
Thurs., Sept. 3 - 9:30 to 11pm

All sessions will be held at the North Grenville Recreation Center in Kemptville

For more information call Al Armstrong at 613-795-9292

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MEN'S LEAGUE BOWLING - 7 PM TO 9 PM MONDAY NIGHT ONLY
LADIES' LEAGUE BOWLING - MON., TUES. & WED. AFTERNOONS
SENIORS' CASUAL BOWLING - THURS. & FRI. AFTERNOONS
PUBLIC BOWLING - SAT. AFTERNOONS & EVENINGS - ALSO SUN. AFTERNOONS (CALL FOR TIMES)
• SPECIALTY GROUPS • FUNDRAISERS
• BIRTHDAY PARTIES
• SCHOOL & CHURCH GROUPS
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Barkley, Weegar one, two in Cedar Glen men's field

WILLIAMSBURG — Kurtis Barkley and Lindsay Weegar led the "A" class field and finished one stroke apart in the Men's Night ranking at Cedar Glen Golf Course.

Barkley carded a low gross 34 and Weegar a 35 on Members' Night last week (Thurs., Aug. 27). The annual event attracted 107 golfers.

Grant McMillan (30) and Larry Harper (31) led the "A" flight net scorers.

Rick Bernier put his shot closest to the pin on No. Six and Weegar dropped his ball closest to the flag on No. Nine. The longest drive was belted by Joey Barkley from the No. Seven tee.

Darrell Shelp won the putting contest. He was followed by Scott Helmer and Bill Collins.

Kurtis Barkley won the A/B skins - three on two. Dave Don claimed the C/D skins - two on six.

Phil Douglas (38) and Bill Collins (39) shot the best gross scores in "B" class. Don McMillan (31) and Jeff Casselman (32-retro) posted the top net scores.

Ron Robinson (41-gross) and Patrick Bongers (42-gross) led the "C" class contingent. Scott Helmer (28) and Andrew Byvelds (31) calculated the winning net numbers.

Michael Hunt (50-gross) and Ian McNeil (34-net) were the best of "D" class.

Super support

Cedar Glen Golf Course, Ingleside TIMB-R Mart, Winchester Home Hardware, Bruce Kerr Insurance, NAPA Auto Parts (Bill Collins), Greg's Meats, Pinkus Tire, Whitteker Bus Lines (Kevin Whitteker), Williamsburg Garage/Hunterdale Outfitters, Janice Casselman RMT, Winchester Physio, Evolution Iron, Whitteker Meat Market and Steve Summers provided gold-level sponsorship for the event.

The silver sponsors included: Lakeshore Massage Therapy, M&T Advertising, Neil's Refrigeration, Canadian Tire Corp., Sutton's Restaurant, Cass Bridge Gift Shop, Pioneer Gas (Ben Henry), Eastern Engines, LMS Motor Sales, Country Kitchen Restaurant, President's Choice (Morrisburg), Kraft (Cheryl Lowe), Lowe's Auto Repair, Classic Cuts, Dave Lapier (Marsden and McLaughlin), Parmalat and Hydro One.



Undefeated champs

Finishing in first place had its rewards for the North Dundas United, completing their 14-game Ottawa Carleton Soccer League Women's Rec 6 (WR6) season undefeated — 11-0-3 — was icing on the cake. The top two teams in each division are eligible to be promoted to the next level, so North Dundas will play in the Women's Rec 5 bracket in 2010. The United outscored the opposition 68-19 (plus 49) in their first season in the league. The 2009 North Dundas WR6 United are: front - Courtney Williamson - keeper; second row (left) - Dana Kittle, Chantal Thurler, Laura Gibson, Kaitlyn Hay; back (left) - Stephanie LaPalme, Jennifer Ware, Katrina Loggie, Taylor Pride, Rosalie Murton, Lori-Anne Davies, Garth Elliott - coach. Missing: Stephanie Cochrane, Jessica Laneville, Karlyn Moore, Taylor Shelp, Kara Lee Young, Tara Young and Teal Gove. *Press Photo — Van Bridger*

New fee structure set for hunting on SNC land

FINCH — South Nation Conservation (SNC) is increasing its yearly high-season administration fee for hunting in its forests. From September to December, it will climb to $50. (The fee for January to August is still $20.)

"The new two-tiered fee structure more adequately reflects demands on staff time according to the time of year," said Chris Craig, SNC senior forestry technician. "It's in the hunters' best interest to get letters of permission before Sept. 1 to save a few dollars."

Craig emphasized that hunters caught on SNC land without permission can be charged with trespassing and fined. He noted all hunters are required by law to get written permission before entering private lands or tracts administered by the SNC or other agencies.

The authority owns some 10,000 acres, including forests and wetlands, distributed across its 4,000 square-kilometre watershed. With permission, SNC allows hunting on its properties with a few exceptions related to public safety and forest operations.

"We have no objection to orderly, organized hunting parties using our lands with proper written content," Craig said. "Responsible hunting is beneficial to the ecosystem."

Some of the wildlife occupying SNC lands that can be hunted (depending on the season) include moose, deer, wild turkey, ruffed grouse, woodcock, ducks, and rabbits.

To obtain a letter of permission, contact Craig at 1-877-984-2948 extension 234. A valid hunting licence must be produced. No matter the fee paid, letters of permission are effective for each open season through a full year.

Arrive Alive. Don't drink & drive.

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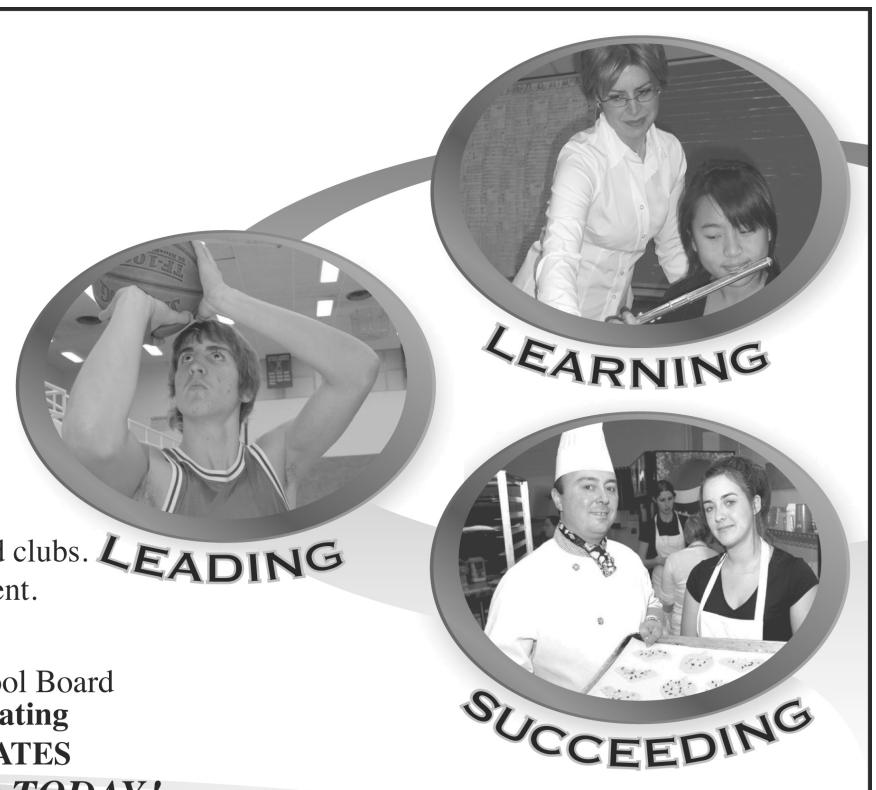

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12835 County Road 8, RR 3, Chesterville
613-448-2328
Principal : Geoff Trasuk

Seaway District High School (Gr. 7-12)
2 Beach St., Iroquois
613-652-4878
Principal (Gr. 9-12): Terry Gardiner
Principal (Gr. 7-8): Guy Lamarche

Tagwi Secondary School (Gr. 7-12)
16750 County Rd. 43, Avonmore
613-346-2122
Principal: Chad Brownlee
Grade 9 Welcome BBQ
Thursday, Sept. 3, 9:00 a.m. – 11:30 a.m.
Grades 7-8 Welcome BBQ
Thursday, Sept. 3, 11:45 a.m. – 2:15 p.m.

T.R. Leger School of Adult, Alternative and Continuing Education
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Contact Pat Warren, 613-774-2943

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Notice

HOLIDAY MONDAY DEADLINE
Copy for all Classified Ads for Wednesday, September. 9, 2009 issue must be in by **4 pm**, **Friday, September 4, 2009.** The Press Office will be closed on Monday, September 7, 2009 for Labour Day.
24-25

WINCHESTER PRESS OFFICE HOURS
Monday - Thursday 9 am-5 pm
Friday 9 am-4 pm
Closed Saturday and Sunday
21stf

Services

ALCOHOLICS ANONYMOUS
If you want to drink that's your business. If you want to stop, that's ours. Call AA, 613-774-5415 or 613-535-2284. For families of alcoholics (ALANON), 613-774-5969 or 613-535-2284.
17tfc

VICTOR BROOKS & SON INC.
Tree services. Take downs, trimming, planting, stump removal, bucket truck, chipper rental. Free estimates. 613-535-2322.
45tfc

CRACKMASTER CONCRETE
Leaky basement repair from inside. Cracks sealed by injection. Serving Eastern Ontario. All work guaranteed. Call Rob at 613-551-6283, 1-877-334-5737.
2tfc

PIANO LESSONS
Julie Fawcett-Harper returns to teach private piano lessons in Winchester after 28 years. Weekly half hour sessions at Fawcett's Piano and Organ Studio. Phone 613-260-9306.
22-25

DONNIE'S GUITAR LESSONS
Country and rock. 1 hour lesson, $25. Call 613-774-5144.
24-25

MC'S DRIVEWAY SEALING AND TREE SERVICES
Hedge trimming and general clean-up. Call Daniel McMillan **613-543-0549**.
24-29

COUNTRY BOY SANDING
Installation and refinishing to wood floors. 10 years experience. Insured. Phone Mark, cell 613-577-2178.
25-28

Help Wanted

HELP WANTED – Experienced Class B school bus drivers required for routes picking up in Winchester area, and serving Russell Public School and Russell High School. Excellent working conditions. If interested please call Cheryl McHugh at McHugh Bus Lines 613-445-0262.
23tfc

HELP WANTED – Farm worker for free stall dairy barn. Some milking possible. Call 613-445-3364.
24-25

HELP WANTED – Part-time delivery person, 2-3 days per week, light [illegible]. Call Tom 613-240-7612.
Position Filled
24-25c

HELP WANTED – Looking for full-time help on large dairy farm, Chesterville area. Phone 613-223-9624 or 613-223-9651.
24-25

GREELY – Chip wagon, Mon-Thurs, 11 am-2 pm, immediate opening. Phone 613-229-3021.
25-26

HELP WANTED – Full-time milker for 250 cow herd in modern milking parlour. Some weekends also. Marionville. Fax resume to 613-445-1275 or phone 613-445-3364.
25-26

HELP WANTED – In area gift store beginning ASAP. Retail experience required. 35 to 40 hours per week. Please send resume to 1453 County Road 31, Winchester, Ontario, K0C 2K0 or fax to 613-774-0119.
25c

Work Wanted

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

WORK WANTED – Karl's Moving. Commercial and house moving, local and long hauls in Ontario. Prices starting at $70 per hour. No surcharge. Call 613-652-2526.
46tfc

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

WORK WANTED – Home Daycare available. Experienced caregiver has spots available full-time, part-time, before and after school. Healthy snacks and lunch provided. References available. Contact Janel Weber, 613-774-5177.
23-26

WORK WANTED – Masonry, repointing brick and stone houses. Chimney/foundation work, pargeting, carpentry work, roofing, siding, painting, decking, and windows. Gary Kirkwood 613-523-5056.
24-25

WORK WANTED – Home daycare openings: full-time, part-time and before/after school. Exceptional childcare provided in a safe, loving environment by mother of two. Home cooked, healthy meals, structured/age appropriate play indoors and outdoors. Smoke and pet free. Please call Rebecca 613-989-2350.
25

For Rent

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

Accommodation

FOR RENT – 2-bedroom apartment, South Mountain. Available immediately. $650 monthly, heat included. No pets. Includes gas fireplace and laundry facilities. Call 613-989-2103 or 613-445-3257.
17tfc

FOR RENT – 43 Moffat Street, Morewood, 2-bedroom apartment, $575 monthly, utilities extra, on-site laundry facility, ample parking, high speed internet access, includes appliances. Call 819-771-6433.
16tfc

PARK PLACE
2-bedroom apartment includes washer, dryer, fridge and stove. No pets. No smoking. 613-774-3832.
17tfc

FOR RENT – In Winchester, 2-bedroom apartment in clean, quiet building. Call 613-229-1653.
18tfc

FOR RENT – 4-bedroom country home, large kitchen, 1 acre lot between Morrisburg and Iroquois. $900 plus hydro. Available Oct. 1. Call 613-258-4991.
24-25

FOR RENT – Oct. 1, 2-bedroom apartment, stove and fridge included, in Rosewood. Call 613-297-3463.
25tfc

HOUSE TO SHARE – 25 year single male looking to share my 3-bedroom home. Rent 2 rooms or 1 room in the town of Winchester. Must be mature and have references. Smoker or non-smoker. Rent between $450-$550 depending on how many rooms you rent. Call Bob 613-299-1446 after 5:30 pm.
25-26

FOR RENT – Williamsburg, bachelor $500, 2 bedroom $700, heat and hydro included. First and last month, references, cheques required. Non-smoking building. 8 am-5 pm 613-822-6635.
25-28

For Sale

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

FOR SALE – Thinking of buying or selling a home, farm or business? Call Steve Summers at Coldwell Banker Coburn Realty, 613-774-3408.
46tfc

FOR SALE – Lightly used U-haul moving boxes, various sizes, $0.25 each. Phone 613-774-0201.
24-25

FOR SALE – Ladder racks and truck shelving out of Bell van. Call 613-774-2860.
25-26c

For Sale

FOR SALE – Tomatoes, also available canning tomatoes, sweet corn, potatoes, apples, honey and jam, available at Dentz Orchards and Berry Farm, 4766 County Road 16, Iroquois, 613-652-2397. Open Mon.-Sat., 8 am-6 pm. Closed Sunday.
25tfc

FOR SALE – St. Andrew's Presbyterian Ladies of Chesterville are taking orders for apple pies and crisps and fresh fruit pies, mincemeat and tortiere pies. Call 613-448-3636, 613-448-2564, 613-448-2038. Cut off date for orders is Oct. 28.
25c

Automotive

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

Farm

GRAVITY BOXES AND GRAIN BUGGIES
20 in stock: 750, 600, 500, 475 and 400 bushel models. New and used. Phone Como Farm Equipment, 613-448-3408.
21-29c

CUSTOM COMBINING – Corn and soybeans. New arial flow, grain buggies and trucks. Call Ryan Fawcett 613-229-0266.
24-29c

WANTED TO BUY – Straw in large round bales. Call Bill at 613-543-0491 or email: barkhm5@magma.ca
24-27c

FOR SALE – Straw: large square bales of oat and wheat straw. Delivery available. Hugh Fawcett 613-880-5829.
24-29c

FOR SALE – 70' of self-locking head rail. Call 613-445-3364.
24-25

FOR SALE – Straw, large square. Clean. Bright. Call Frank Casselman 613-448-2476 or 613-978-1816.
25c

FOR SALE – IH #45, 23' cultivator; IH #720, 6-furrow plow; Mohawk chisel plow; 5-shank 3-pt. hitch ripper. For more information call 613-794-5521.
25-26

FOR SALE – Val-Metal belt and feeder, 115'; Pearson cattle chute and squeeze. Call 613-821-2693.
25-28

Household

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

FOR SALE – Whirlpool washer, dryer, dishwasher, stove. All in excellent condition, 2-1/2 years old. Also a dinette table and 2 chairs. Phone 613-989-3139.
24-25

WINCHESTER PRESS
545 St. Lawrence St.
Winchester
613-774-2524

Our offices will be closed
Monday, Sept. 7
for the Labour Day Holiday
Deadlines for our Sept. 9, 2009 issue:
Display ads - **Thurs., Sept. 3, 5 pm**
Classified ads - **Fri., Sept. 4, 4 pm**

Winchester Press Classified Advertising Rates
All Classified Advertising Payable In Advance
30 cents per word, $6.00 minimum
Classifieds will be accepted by telephone but must be paid by 5 pm Monday, for publication on Wednesday
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E-mail: advert@winchesterpress.on.ca
Regular deadline for **Classified Ads**
Monday at 4 pm
Regular deadline for **Display Advertising**
Friday at 4 pm

Household

FOR SALE – Wall unit, maple coloured, 6' long x 6'2" tall, holds large TV, has bookshelf with frosted glass doors. $75 negotiable. 613-535-2753.
25-26

Pets/Livestock

HORSES FOR SALE – 19-year-old and 7-year-old mixed quarter horses, both about 15.2 hands high. Also ponies for sale. 613-987-2241.
24-25c

FOR SALE – Holmesdale Patsy Linjet, born Oct. 14, 2002, sire Sunnylodge Linjet, BCA 183-177-183, VG 87, due Aug. 22, bred to Allyndale-I Atticus (Goldwyn X Durham); Holmesdale Riba Champion, born May 18, 2007, due Aug. 27 to Regancrest Mr. Samuelo. Phone 613-774-2169.
24-25

FOR SALE – 8-month old female black Lab, all shots, $150. Call Geoffrey at 613-880-2707.
24-25

FOR SALE – Muscovy ducks, various ages, 1 week to BBQ perfect, or keep for efficient, natural fly control. Normally don't quack or need a pond. Phone 613-821-4580.
25

FREE KITTENS – Grey male, black female, litter trained. Call 613-448-2294.
25

Card of Thanks

THANK YOU – I would like to say 'thanks' to my children for the BBQ party they had for my 80th Birthday and to our relatives, friends and neighbours for the cards, gifts and good wishes. What a wonderful day. May God Bless.
– Vivian Holmes
25

In Memoriam

HORNER – Elaine left for Heaven September 2, 2007.
We miss her so much
But are happy to say
To end the suffering
It was the only way.
– Loved Always
– Will, Eldon, Steven, Shelly, Sarah and all the grand kids
25

Coming Events

WINCHESTER LIONS CLUB
515 Albert St., 613-774-2630
BINGO
Every Monday
HALL RENTAL
THRIFT STORE
Main St., Winchester
OPEN
Monday - Friday 9 am-3 pm;
Saturday 9 am- noon
3tfc

PSYCHIC BALL
Hosted at Lola's 493B Main St., Winchester, Sat. Sept. 12, 6-11 pm. Readings by Luv Dragon. **Book your appointment.** 613-774-2828. Food sampling and refreshments. Bring a friend.
25-26c

Coming Events

PAWRIFFIC FUNDRAISER
Sat., Sept. 26, 10 am-4 pm, Earl Baker Park, Morrisburg. Contact 613-543-4384 for more information.
25-28c

REGISTRATION
Winchester Legion
Mixed Dart League
Will be held Thurs., Sept. 10, 7-8 pm, Winchester Legion basement. Registration $15 plus $2 per night (Thursdays). Fun Night Sept. 17. Darts start Sept.24. Newcomers welcome. Experience not required, fun league. Questions call Ann 613-774-0077.
24-25c

ST. PAUL'S UNITED CHURCH
Welcomes Rev. John Lovering
St. Paul's United Church, 3302 Yorks Corners Road, Kenmore, invites all to worship and to welcome Rev. John Lovering on Sun., Sept. 6 at 9:30 am. Sunday School and Nursery available. For more information contact Marilyn at 613-821-2626.
24-25

ALL YOU CAN EAT
TURKEY SUPPER
Williamsburg United Church
Tues., Sept. 15 starting at 4:30 pm. Adults, $14; children under 12, $6; children 6 and under, free. **Eat-in or take-out.**
24-26

HAPPY 80th BIRTHDAY
GERALD WEBB
Come help us celebrate at an Open House, Sat., Sept. 5, 1-4 pm at the Civic Centre in Iroquois. Best Wishes Only!
25

HAVING A PARTY?
Winchester Curling Club is LLBO licenced for 130 people. Info: Tom Sloane 613-774-0321.
25c

WESTERN HARD TIMES DANCE
Tri-County Country Music Association, Sat., Sept. 5, 8 pm, Morewood Rec. Centre. $5 at the door.
25c

MUSIC LESSONS
Still here and still teaching after 16+ successful years - pedagogy experts John Hutchinson and Alicia Desjardins. Students include RCM silver medal winners, regional and provincial winners, scholarship and trophy winners at 4 major music festivals. Lesson available in piano, voice, theories, popular, classical, and pedagogy. Alicia is a Suzuki piano expert for young beginners. 613-535-1234.
25-26c

GYS EUCHRE
Will be held Thurs., Sept. 10, 7:30 pm, Lions Hall, Winchester. Lunch and Prizes. All welcome. For information 613-774-2134.
25

METCALFE INDOOR SOCCER LEAGUE REGISTRATION
For October-April, at Metcalfe Farmers' Market, 8 am-12 noon, on Sat., Sept. 12. Non-competitive League for kids 4-17 years. Practices (one evening/week) and games (Tuesday and/or Saturday) held in Metcalfe area schools. League also requires volunteer coaches. For more information check www.metcalfeindoorsoccer.com or 613-860-1440.
25-26

Coming Events

METCALFE CURLING CLUB REGISTRATION
For the 2009/2010 season will take place Fri., Sept. 11, 7-10 pm with a wine and cheese; renew old friendships and make some new ones. New curlers are always welcome! Also, Sat., Sept. 12, 10 am-12 noon or visit us at www.metcalfe.ovca.com, 2793 8th Line Road, Metcalfe.
25-26c

HARVEST SUPPER
St. Paul's Presbyterian Church, Winchester
Thurs., Sept. 24. Watch for more details.
24-25c

CALLING ALL SCUBA DIVERS AND BEACH LOVERS!
Thom Travel and John Ashley (PADI IDC Staff Instructor) escorted dive group, Superclub Breezes, Curacao. Toronto departure Jan. 10-17, 2010. $1160 + $138 tax, double, (book ASAP, only 14 seats left). Take advantage of special group rates for your winter holiday. Anyone can join! Toll free 877-846-6885 or email: myrna@thomtravel.com. Registration #1258982.
25c

UPPER CANADA QUILT GUILD
Meets on the second Tuesday, monthly, starting Tues., Sept. 8, 7 pm at the Stampville School, northeast of Iroquois on Brinston Road. For more information call Secretary Etta Strong at 613-543-4230 or President Kelly Pratt at 613-543-3868.
25-26

SEAWAY VALLEY SINGERS
New Season begins Wed., Sept. 9, 7:30 pm, Williamsburg Christian Reformed Church. New members welcome. Phone 613-543-3412 for information.
25-26c

Yard Sales

HOLIDAY MONDAY DEADLINE
Copy for all Yard Sale ads for Wednesday, September 9, 2009 issue must be in by **4 pm, Friday, September 4, 2009.** The Press Office will be closed on Monday, September 7, 2009 for Labour Day.
24-25

YARD SALE
Sat., Sept. 5, 8 am-12 noon, 559 Albert Street, Winchester.
25

MULTI-FAMILY GARAGE SALE
Due to rain last Sat., we are having another sale Sat., Sept. 5, 8 am-2 pm, 10732 Van Camp Road, Mountain.
25

Auction Sales

ATTENTION AUCTIONEERS
HOLIDAY MONDAY DEADLINE
Monday, September 7, 2009 is Labour Day. The Press Office will be closed. **Deadline** for Wednesday, September 9, 2009 issue will be **4 pm, Friday, September 4, 2009.**
24-25

Auction Sales are continued on next page

Little Ads...
Big Results...
Winchester Press Classifieds
Now posted online for even more value.



IT'S A BOY!

Bruce Bourgeault and Erika Morris are happy to announce the arrival of Cash James Quentin Morris Bourgeault. Cash arrived on July 31, 2009 and weighed 8 lb., 4 oz. Baby brother to Sean, Ryan, Justin and Cameron. Proud grandparents are Dan and Elaine Morris and Thelma Bourgeault. Thank you to Dr. Kardash and the nurses at Ottawa Hospital Civic Campus.

McAuley

In loving memory of a dear son, brother and uncle, Tom, who passed away suddenly on Sept. 2, 2003.

Our hearts are full of memories,
We cherish them with care
The way you had to leave us
Will always seem so unfair.
One thing we have to tell you, Tom
Of which there is no doubt,
You will always be loved and remembered
But so hard to live without.

Fondly remembered and sadly missed
Love,
Mom and family

Thank You

Thank you for the many sympathy cards and phone calls and to all who visited the funeral home to honour Basil Casselman. Thanks to the Oddfellows for their service, Pastor Joyce Trask for the funeral service, organist and soloist Sandra Barkley Probst, Dennis Whitteker, Don Miller and Earl Casey for their musical contributions and to grandson Jeffrey Casselman for the eulogy. To the grandchildren and Glendon Casselman and Doug Merkley for being pallbearers, the ladies of Winchester Springs United Church for lunch, Marsden and McLaughlin Funeral Home in Williamsburg and David Lapier for his comforting manner, we thank you.

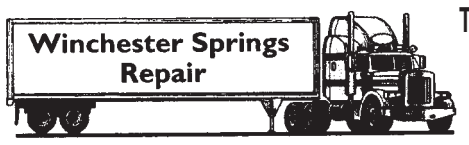
These acts of kindness will always be remembered by Marion and Family

In Appreciation

Many thanks for your help so far in giving financial support to **PAT HOLMES,** a cancer victim. Because the treatments are between $2,000 and $3,000 every three weeks and not covered by OHIP, it is heart-warming how generous the community has been. Pat is doing well and is encouraged by what the doctors are telling her. We ask that you **CONTINUE** to rally round and drop your donations at the following places. We credit local businesses for their strong support in the usual **WINCHESTER** style!

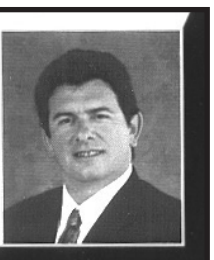
Ben's Gas Bar
Country Kitchen Restaurant
Brister Insurance
Andy's Foodland
Shadbolt's Stedmans Dept. Store
Seaway Valley Pharmacy
Crazy Loonies
Annable's Jewellery
Marie's Beauty Salon
Jen's - Fawcett's Jewellery & Gifts
Mike Dean's Super Food Store
Sutton's Restaurant
Mary's Restaurant
Winchester Home Hardware
Sears (Sherri Francis)
Winchester Video
Bridals by Al-Mor

Engineered Hardwood Flooring
Reg. $5.95 sq. ft. *While quantities last*
$3.99 sq. ft.
CURRAN FLOORING CENTRE
Mon. - Fri. 8:30 am - 5 pm, Sat. 9 am - 5 pm
18 INDUSTRIAL DR., CHESTERVILLE • 613-448-2068



Tractor Trailer and Automotive Repair
David Durant **613-227-1875 • 613-774-0666**
3301 County Rd. 31, Box 35, Winchester Springs, Ontario

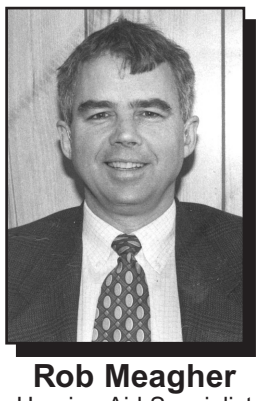
Home Decor – Above and Beyond!
Belle Flower Gifts
Our prices and selection are extraordinary!
Tues.-Wed. 10-5, Thurs. 10-6, Fri.-Sat. 10-5, Sun. 11-4, Mon. closed
1453 County Rd. 31 *(Corner of Morewood Road)*
Winchester 613-774-0647

LAPLANTE
CHEVROLET PONTIAC BUICK GMC
632 Principale, C.P. 334, Casselman ON K0A 1M0
613-764-2846
Fax: 613-764-3692
Sans frais/Toll Free
1-888-894-2292
lucien@laplantechev.com
www.laplantechevolds.gmcanada.com

Lucien Ranger
Représentant des ventes
Sales Consultant

Wood Energy Technology Training
HARBERS
FLAME CENTRE & MASONRY INC.
Joy and Brian Harbers
• Wood • Pellet • Corn • Gas • Stoves • Fireplaces
• Chimneys - Brick, Block, Repairs & Restoration
Certified Mason – WETT Technician
4385 Blly Lane, RR3, Williamsburg, Ont., K0C 2H0
613-535-2301 Fax 613-535-1170 www.harbers.ca

Kemptville Home building centre
2540 Hwy 43 W., Kemptville (613) 258-6000 1-800-810-4269
KBC www.kbchome.ca

Window and Door Specialist
JELD-WEN Dalmen Ostaco
Dale Diamond
dale.diamond@kbchome.ca

HEARING TESTS

Rob Meagher
Hearing Aid Specialist
(A member of A.H.I.P.)
Service Clinics
Friday, September 11
Nor-Dun Seniors' Centre
10 am
517A Albert Street
Winchester
Supplier of leading makes of hearing aids. Registered Ontario Department of Health Authorizer and Vendor Dispenser. Servicing to all makes. Serving this area for 50 years.
DAVIDSON HEARING AID CENTRE LTD.
1399 BANK ST., OTTAWA 613-233-2957
CALL NOW
TOLL-FREE 1-800-267-9697
FOR YOUR APPOINTMENT
HEARING AIDS ARE PARTIALLY FUNDED FOR ONTARIO RESIDENTS

Auction Sales

AUCTION SALE
Civic #10720 Cameron Road. County Road 43 to Development Road, south to Cameron Road – OR – County Road 43 to Mountain, south to Cameron Road.
SATURDAY, SEPTEMBER 12
commencing at 10 am

Double bedroom set; double box spring and mattress, as new; blanket box; teak dining room set; teak wall unit; teak kitchen table with 4 chairs and slide out ends; teak bookcase; chesterfield; coffee table; 2 recliner chairs; loveseat; Et. cabinet; Kitchenaide mixer (red and cake strips and Victors famous chocolate cake and recipe); double iron bed; kneeling bench; wicker chairs; kitchen appliances; dishes; miscellaneous items; crocks; planters; copper water can; cast kettle; oil lamps; large quantity of books; bird house collection; collectibles; decoys (plastic and wooden); bedding.

Miscellaneous: Honda RT 5000 riding mower with 4wd, 4 wheel steering, dozer blade, HTA snow blower, 3-pt. hitch rear-tine rototiller attachments; MZ16 h New Holland 16 hp lawn mower; Yardman 8 hp chipper; grass sweeper; tilt trailer; 2 rubber tire wheelbarrows; gas rototiller; Black and Decker cordless lawn mower; 24' extension ladder; 10.5 shop vac; 6' and 8' stepladders; Brico 10" table saw with grinder on the end; workmate; quantity of workshop tools; garden tools; 3 cast iron benches; Homelite chain saw; gas BBQ; swing bench; cast iron double sink; wrought iron step planter; work bench; 3 bikes; quantity of extension cords; many unlisted items.

Canteen on Site
PROPRIETOR
Victor Haire
AUCTIONEER
Ken Finnerty
Office: 613-258-4284
Res: 613-258-5311
Cell: 613-614-0700
FOR PICTURES
kenfinnertyauctions.ca
25-26c

Auction Sales

AUCTION SALE
For Allan and Irene Render
Take Highway 401 exit 696 at Brockville and travel north on County Road 29 to Spring Valley, then west on Murray Road.
HOLIDAY MONDAY
SEPTEMBER 7
commencing at 10 am

Suzuki 4 kw generator; Ariens 8 hp snowblower; Homelite gas trimmer; Stihl leaf blower/vac; LawnBoy lawn mower; 2 reel lawn mowers; Ariens rototiller; air compressor; pressure washer; garden tools; milk and cream cans; ladders; Ryobi scroll saw; bench sander; bench grinder; vises; large quantity of hand and power tools; tool boxes; quantity of assorted hardware; freezer; apartment size Coca-Cola cooler; kitchenware; chrome sets; drop leaf table; 6 cane bottom chairs; cane back rocker; leather rocker; Victorian style chair; writing desk; dressers; milk bottles; yard sticks; advertising trays; washboards; wooden chests; assorted crocks and jugs; wooden telephone; sewing machine; vacuum cleaners; treadmill.

Reason For Sale: The Renders have moved to a retirement home.

TERMS
Cash or Approved Cheque
AUCTIONEER
James Cooper
613-652-4145
For Full Listing Visit
www.theauctionfever.com
25c

Auction Sales

ANNUAL FALL MACHINERY, EQUIPMENT AND TOOL AUCTION
15093 County Road 18
Osnabruck Centre
SATURDAY, SEPTEMBER 26
WANTED

Good quality consignments of farm machinery, cattle handling equipment, farm related items including horse and hobby type articles, light industrial equipment, lawn and garden equipment, shop tools, ATVs, good quality new and used building and fencing products and more for our fall consignment auction!

NOTE

It has been proven that the earlier your merchandise is consigned and placed in yard the more exposure it gets and the more money it brings. Call now to consign. Better early than late. Turn that unused equipment into cash. This sale has become one of the biggest and best in Eastern Ontario, boasting of the best variety and one of the largest amounts of registered buyers from across Eastern Ontario, Western Quebec and Northern New York.

TO CONSIGN
Peter Ross Auction Services
Ingleside, Ontario
613-537-8862
www.theauctionfever.com
25c

Auction Sales are continued on next page

WINCHESTER & CHESTERVILLE FUNERAL HOMES
1283217 Ont. Inc.
Frank X. Curry, *Proprietor/Funeral Director*
Natasha Buter, *Funeral DIrector/Manager*
613-932-6300
505 Church St., Winchester
613-774-2120
Fax 613-774-4059
Proudly Canadian and Independent
62 Queen St., Chesterville
613-448-2120
Fax 613-774-4059

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

NOW RECRUITING TEAMS FOR FLU AND H1N1 CLINICS

RNs • RPNs • Data Processors

One team in Stormont, Dundas & Glengarry and one team in Prescott-Russell will work alternate immunization clinics from mid-October, 2009 to mid-January, 2010.

KEY QUALIFICATIONS

RNs	RPNs	Data Processors
• Ontario certificate of competence for the current year	• Ontario certificate of competence for the current year • Intramuscular injection training	• Good database skills and basic level word processing skills • Good communications skills in both official languages

For more details, visit www.eohu.ca and click on "Careers & Volunteering".

Forward your resume and availabilities to hrh@eohu.ca by **Tuesday, September 8 at 4:30 p.m.**

Network Classifieds

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A-Z Technical Bldg. Systems Inc.: Pre-Engineered Steel Buildings. Since 1978! Stamp drawings & leasing available. Ask for Wally: Toll-Free at 1-877-743-5888, Fax (416) 626-5512. www.a-ztech.on.ca.

STEEL BUILDING SALE!.... PRICED TO SELL! ONTARIO manufacturer. Quick delivery. Easy do-it-yourself construction. 25X40 $5,160. 30X40 $5,990. 35X50 $8,750. 40X60 $10,600. 48x90 $21,900. Ends optional. OTHERS! 1-800-668-5422. Pioneer Steel Manufacturers.

MISCELLANEOUS

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A BELOW BANK RATE, 1st and 2nd Mortgages from 2.6% VRM, 4.29% 5 YR., 95% - 100% o.a.c. Financing, 1st TIME HOME BUYERS, Debt Consolidation, Self-employed, All Credit Types considered. CALL 1-800-225-1777, www.homeguardfunding.com, EST. 1983. LIC #10409.

0$ ARE YOU SINKING IN DEBT? 1st, 2nd & 3rd Mortgages - Bruised Credit - Bank Turndowns - Debt Consolidation - Refinancing - Power of Sale - Past Bankrupt - Home Renovations. We can lend a Hand (Brokerage License # 11384). CANADALEND.com, Email: paul.pabla@canadalend.com, Toll-free 1-877-999-9133 CALL NOW!

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REPOSESSED PRE-FAB HOMES!! SAVE 50%++!!! Canadian Manufacturer's USA Downturn Order Cancellations. Brand New 1260 SF Pre-Engineered Package originally $29,950.00, Factory BLOW OUT LIQUIDATION $14,975.00!!! Other sizes-SACRIFICE PRICES! GREEN-R-PANEL Building Systems: 1-800-871-7089. IMMEDIATE/FALL/SPRING 2010 DELIVERY AVAILABLE.

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$$ NEED MONEY $$ Have RRSP or locked in pension plan from an ex-employer (LIRA) or (LIF) 3 easy ways to help. Call: 1-866-976-7336.

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Auction Sales

COMPLETE GOING OUT OF BUSINESS LIQUIDATION AUCTION
For Greenway Sales and Service
NEW TRAILERS, NEW LAWN AND GARDEN TRACTORS, NEW SMALL AG EQUIPMENT, NEW CHAIN SAWS, LARGE QUANTITY OF NEW SMALL ENGINE PARTS, SHOP TOOLS AND EQUIPMENT, NEW WOOD AND PELLET STOVES, NEW OUTDOOR WOOD BOILER, TRUCK, FORKLIFT AND MUCH MUCH MORE
Civic 3704 Highway 34, approximately 1.5 km south of the village of Alexandria.
FRIDAY, SEPTEMBER 11
commencing at 12:30 pm
New Trailers: One new 2009 PJ flat deck tandem trailer with flip ramps and two 7000 lb axles, 18'; one new 2009 PJ flat deck tandem trailer with slide out ramps and two 5200 lb axles, 18'; two new 2009 PJ flat deck trailers with slide out ramps and two 3500 lb axles, 18'.
New Riding Mowers: Brand new Cub Cadet FM Z50 hydrostatic 50" deck zero turn mower with 22 hp Pro Grade Kohler engine; brand new Toro Titan ZX6050 60" deck zero turn with 26 hp Kawasaki engine; brand new Cub Cadet LTX1146 tractor style hydrostatic drive 46" deck with 23 hp Kohler engine; brand new Toro tractor style 22 hp 46" hydrostatic drive; brand new Toro LX427 tractor style 42" hydrostatic drive with 19 hp Kohler engine.
New Stihl Products: Including approximately 10 new Stihl chain saws; new Stihl magnum backpack blower; new Stihl TS420 quick cut saw; new Stihl trimmers; new Stihl BT45WB gas power drill; 3 new leaf blowers; large quantity of new Stihl chain saw and trimmer parts; quantity of new Stihl safety gear and clothing; Stihl 2-stroke garden tiller.
Other New Lawn and Garden Items: including new lawn roller; new Toro push mower with Honda engine; Cub Cadet push mower; 6 hp Honda engine.
New Ag Equipment: Including new 48" 3-pt. hitch Douglas finishing mower; new 6' 3-pt. hitch Whistler heavy duty rotary cutter with slip clutch; new box scraper; 2 new 5' 3-pt. hitch scrapers; one new 6' scraper; new Walco A145 3-pt. hitch 45" offset rototiller.
New Stoves and Accessories: Including brand new Empire 250 Deluxe outdoor wood boiler; brand new Osburn 1600 series woodstove; brand new Osburn 2000 series woodstove; brand new 4000 BTU Kozi pellet stove; large new air handler rad system to hook up to outdoor boiler; other stove accessories.
Large Quantity of new Parts: Including mower blades; Briggs and Stratton parts; MTD and Cub Cadet belts; Kohler parts; large variety of lawn mower and snow blower parts; Tanaka parts; Toro and Cub Cadet parts and service manuals; quantity of new trailer tires and rims; new 200 cc 4-wheeler.
Used items: 2002 Mazda B4000 truck with automatic trans, air conditioning, power windows and locks, 156,000 km to be sold safetied and E-tested; 1994 Nissan propane powered 7000 lb forklift; Sabre JD riding lawn mower; Craftsman riding lawn mower; JD 3-pt. hitch single auger snow blower with hydraulic chute; 3-pt. hitch back end loader; 40' steel storage container with barn doors; large quantity used Stihl chain saw parts; shop tools and equipment to include scissor lift for garden tractors or ATVs; large upright air compressor; Honda pressure washer; bench grinder; 2-tonne engine lift; drill press; parts washer; chain saw sharpener; chain saw chain riveter; large quantity of hand tools; box bins; large quantity of new nuts, bolts and other hardware. Many other articles too numerous to mention.
Note: This would be an excellent opportunity for consumers to buy new merchandise in an auction environment as well as an excellent opportunity for small engine businesses and dealers to purchase new parts and shop equipment. List is subject to change without notice including additions and deletions due to day to day sales.
Plan to attend.
Everything must go!
Owner and Auctioneer not responsible for loss or accident.
Canteen and Washroom
TERMS
Cash or Cheque with Proper ID
AUCTIONEER
Peter Ross Auction Services
Ingleside, Ontario
613-537-8862
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AUCTION SALE
TRACTOR,
EXCELLENT ASSORTMENT OF TOOLS AND LAWN AND GARDEN EQUIPMENT, BUILDING, HOUSEHOLD EFFECTS AND MUCH MORE
Civic #6250 69th Avenue, RR #1 Lancaster. From Highway 401 take Lancaster Exit #814, take South Service Road (between Rob MacIntosh and Esso gas station), travel east approximately 6 km to 69th Ave. (first road east of Wesley's Bridge). Watch for signs!
SATURDAY, SEPTEMBER 12
commencing at 9:30 am sharp!
viewing 8:30 am day of sale only
Int. 444 diesel tractor with Int #1550 front end loader, 4018 hours, nice; set of tractor chains; 6' single auger, 3-pt. hitch snowblower with hydraulic chute, nice; 7' 3-pt. hitch grader blade; 64"x102" heavy duty utility trailer with drop down ramp and end gate; Honda EX 5500 watt water cooled generator with electric start and only 199 hours and all adapters, like new, paid $5,800; Honda HR-215 SXC gear-driven self-propelled push mower with rear bagger and side shoot; 6 hp Troy-Bilt rear-tine rototiller with electric start; 4.75 hp Briggs and Stratton pressure washer; 16" and 20" Poulan chain saws; Craftsman 3 hp air compressor, 25 gallon; electric telescopic tree trimmer; gas powered weed eater; Beaver table saw; 12,000 BTU propane heater; construction heater; wheelbarrow; 75' of heavy 220 electric cord; battery charger; excellent assortment of hand and power tools including flat wrenches; large assortment of socket wrenches up to 3/4" drive; pipe wrenches; pipe threader from 1/4" to 1"; tap and dyes; electric grinder; bench grinder; Black and Decker orbital saw, 25 speed; router; electric drills; electric stapler; large assortment of air tools including metal cutters, chisels, drills, impact wrenches, grease gun and more; large assortment of steel and wood drill bits, router bits; large assortment of nuts, bolts and other hardware; clamps; two 12-tonne hydraulic jacks; assorted hand and garden tools; 2 anvils; vise; workshop table on wheels, 70"x32"; two 4'x8'x1/4" steel plates; quantity of lumber including 2x4s, 2x6s, 2x8s; quantity of ash lumber; approximately 8 new sheets of aspenite; approximately 8 new sheets of plywood; fishing equipment including rods, lures, spinners and more; aluminum extension ladder; live trap; hip waders and hip boots; binoculars; complete set of men's right hand registered Arnold Palmer golf clubs including 4 woods and 12 irons; gun safe; Mossberg pump action 410 shot gun, buyer must produce valid FAC, no exceptions.
Building: To be removed by purchaser at purchaser's expense, one 12'x16' finished inside and out, wired and insulated workshop, nice building.
Household and Miscellaneous: Maytag fridge; Woods freezer; Simplicity bar fridge; apartment size washing machine; electric rotisserie; Hoover commercial Model #1210 upright vacuum cleaner; office desk; stereo; over 60 records; various bird houses and feeders including 12-compartment aluminum Purple Martin house, 11-compartment Gourd Purple Martin house on 20' pole; 4-arm steel bird feeder bracket; outside fireplace (Chimnea); many other articles too numerous to mention.
Reason for Sale: Property for sale. Mr. Sabourin is relocating to the city. Plan to attend.
Owner and Auctioneer not responsible for loss or accident.
Canteen and Washroom
TERMS
Cash or Cheque with Proper ID
PROPRIETOR
Mr. Robert Sabourin
AUCTIONEER
Peter Ross Auction Services
Ingleside, Ontario
613-537-8862
www.theauctionfever.com
25c

Auction Sales

AUCTION SALE
CASE BACKHOE,
AMAZING ASSORTMENT OF TOOLS AND MUCH MORE
21245 Lochinvar Road, Dalkeith, Ontario. From Highway 417 take Exit #27 Vankleek Hill (at Herbs Travel Plaza), turn south, take Tannery Road (at Herbs), follow to end (approximately 2 km), turn left onto Lochinvar and travel approximately 3/4 km. Watch for signs!
SUNDAY, SEPTEMBER 13
commencing at 10:30 am
1987 Case 580 Super E, 4wd extendahoe backhoe with 2 buckets (nice machine for age); Prince Craft outboard boat with 120 hp Evinrude motor and trailer; 2 sets of pallet forks; 17' tandem flat bed trailer with hydraulic brakes; small homemade horse/cattle trailer; approximately 100 good cedar posts; quantity of horse tack; Kayak; small pony sleigh; oil-fired hot water tank, 2 years old; assortment of good vinyl windows; quantity of racking; large quantity of new various size copper wire; 3 chains saws; extremely large quantity of tools including Mosa 4-cycle electric welder/generator; Miller 225 electric welder; large air compressor; heavy duty industrial table saw; small metal bender; 3 railroad jacks; large quantity of Rigid pipe equipment including vise, cutters and dyes from 1/2" to 2" reamers and more; large quantity of new nuts, bolts, washers and other hardware; Rockwell jointer planer; various pullers; large quantity of hand and power tools; large quantity of air tools; air tire machine; Coleman 5000 watt generator; metal cut off saw; MC compound miter saw, new; oxy/acet torches; Homelite 40cc gas power whipper snipper; two 5' high heavy duty tool chests with roller bearing drawers; 2 sets of chain falls; drill press; sand blaster; 3/4" sockets; 3/4" air impact; many many other tools and other articles too numerous to mention.
Reason for Sale: Farm has been sold and Mr. Boudreau is retiring from farming.
Owner and Auctioneer not responsible for loss or accident.
TERMS
Cash or Cheque with Proper ID
PROPRIETOR
Mr. Gaetan Boudreau
AUCTIONEER
Peter Ross Auction Services
Ingleside, Ontario
613-537-8862
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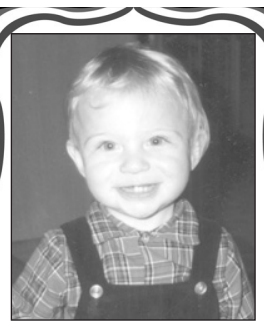
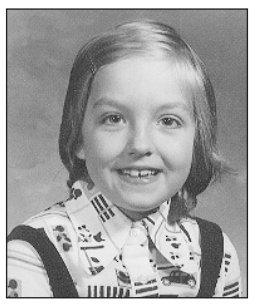


Happy 18th Birthday
Matthew Havekes
August 31, 2009
Love, Mom, Dad & Trevor



Happy 40th Birthday
on Sept. 3, 2009
Tracy Crowder Lewis
Love ya, Mom & Perry

Happy 80th
'Uncle' Harry Freeland
(Sept. 7, 2009)



Love, Laura-Lee, Leo, Roy, Maralene and McLean Families

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Société d'aide au développement des collectivités

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S. D. Et G. Community Futures Development Corporation (SD et G CFDC) offre une variété de services pour des propriétaires et des entrepreneurs de petite entreprise, incluant :
- financement remboursable flexible pour la mise en train, l'expansion ou la stabilisation ;
- achats one-stop pour l'information, des références et la consultation d'affaires ; et
- services de planification des affaires.

SD & G CFDC est des gens du pays, non-pour-profite des organismes financés par Industry Canada par FedNor et les comtés unis de Stormont Dundas et Glengarry.

Nous serons présents de South Dundas and North Dundas:
1) Septembre 16, 2009
2) Octobre 21, 2009
3) Novembre 18, 2009
4) Décembre 16, 2009

Pour un rendez-vous:
Angela Besner
26 Pitt Unité #207, Cornwall, ON
(613) 932-4333 x22
www.sdgcfdc.on.ca

Thinking of starting or expanding a small business?
S. D. & G. Community Futures Development Corporation (SD & G CFDC) offers a variety of services for small business owners and entrepreneurs, including:
- flexible repayable financing for start-up, expansion or stabilization;
- one-stop shopping for business information, referrals and counselling; and
- business planning services.

SD & G CFDC is a local, not-for-profit organization funded by Industry Canada through FedNor and The United Counties of Stormont Dundas & Glengarry.

We will be in South Dundas and North Dundas Township on the following dates:
1) September 16, 2009
2) October 21, 2009
3) November 18, 2009
4) December 16, 2009

For an appointment:
Angela Besner
26 Pitt St. Unit #207, Cornwall, ON
(613) 932-4333 x22
www.sdgcfdc.on.ca

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Applications can be sent by e-mail or by fax. Thank you for your response but only applicants receiving an interview will be notified.

Please forward resume to:
Serge Lamarche
Service Manager
e-mail: serge@greentech.ca
fax: (613) 774-1069

Keeping Health In Mind

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

Here's to vacation

Vacations are an important part of good mental health. It is an opportunity to have a break from the everyday routine, to have the opportunity for a change and to try or see something new.

A vacation has different meanings to different people. It can imply leaving town and traveling by plane or car for long periods of time or short, taking mini-getaways and/or day trips. A vacation can also mean staying at home and being able to enjoy the comfort and familiarity of it, perhaps to even "catch up" on things.

Nonetheless we all need it. We asked the kids for their thoughts on it.

My daughter said; "Because it will be a sleepover somewhere new, it'll be fun, nice, and beautiful. There will be different toys and we'll try not to be too loud." Interestingly, she then walked over to her brother and rubbed his head. He acknowledged it and reciprocated her sentiments with a smile. Interestingly, her good feeling had rippled over to her brother and then to mommy, who enjoyed their interaction and good behavior. We can see the impact that our mood and emotions have on others.

Then we asked my son for his thoughts on vacation. He said: "Better than the weather here, it'll be fun, we'll get to do lots of stuff, play in the sand, there'll be new stuff to do and new people to meet."

Both have voiced vacation time as being an adventure, something exciting and fun. It seems that thoughts of it generated positive attitudes and energy, as they continued to play harmoniously.

Any downside? The downside to a vacation, my daughter said: "Maybe we'll be bored". My son said: "The arguing in the car and that's really the only thing, Mom". Yes, the bickering would be bothersome and annoying but the change and vacation spirit can also reduce it, as I saw while they played well together while discussing the topic of vacation. For many the downside to a vacation would be financial concerns. It does not have to cost too much, it's more about your mindset. A vacation can be defined as you choose it. Maybe a trip down to a tropical island isn't feasible, but there are various vacation options. Try talking to others for ideas and be creative. The other downside would be our expectations that things should be a certain way; of course perfect, and great. Life is full of challenges to learn from and keeping in mind our good mental health, how about trying to 'go with the flow', remembering to be flexible, as things can change on short notice, and make the most of it, realizing certain things are out of our control, no matter what. Take the opportunity to indulge in the experience. Enjoy the opportunity to rejuvenate, whenever and wherever you go, and with whatever you chose to do.

Susan Mikula, S.W.T., Social Work Technician,
Tri-County Mental Health Services

For more information or to receive the French version of this article, or to seek professional advice, please call 932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall and Alexandria.

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

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Lordy, Lordy, They're Not Forty! These Old Guys Are Turning... 50!



50th Wedding Anniversary

August 6, 2009

Bill & Titia DeVries

With all our love and best wishes for many more happy years together!

Anna, Karl, Anton and Eric
Kathryn, Fred, Sarah, Tom, Stephanie, Kyle, Aaron and Janelle
Duncan, Karin, Sydney, Samantha, Nicolas and Jack



Church Directory

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Our Church Loves Kids, and Kids Love Our Church
Check out the updated www.winchesterwesleyan.com
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10:30 am - Worship Service and Sunday School
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Children's Pastor: Amy Morris
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33tfc

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Rev. Jon Martin
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25c

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www.winchesterunitedchurch.org
Rev. Wendy Wright-MacKenzie
Supervising Minister for Emergencies
H: 613-448-9185
W: 613-448-2532
Sunday, September 6
Worship Leader
Rev. John Moor
WINCHESTER SPRINGS
9:30 am - Worship Service
WINCHESTER
11:00 am - Worship Service with Summer Sunday School. No Nursery.
25c

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Rev. Dr. Floyd McPhee
Sunday
10:00 am - Divine Worship
22tfc

COMMUNITY CHRISTIAN REFORMED CHURCH
Dixons Corners
Pastor:
Rev. Clarence Witten
613-652-2400 (Church)
Sunday
9:30 am - Morning Worship
16tfc

NATIONSIDE PENTECOSTAL CHURCH
13 Albert Street, Chesterville
Pastor Dean Canning
613-448-9149
Sunday
10:00 am - Sunday School
11:00 am - Worship Service
For information 613-448-3725
23tfc

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

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Hwy. 31 and Ormond Road
613-774-5170
harmonychurch@bellnet.ca
10:30 am - Sunday Service
Nursery and Sunday School
Web: www.harmony-church.org
17tfc

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MORRISBURG: Affordable, convenient Morrisburg living, Mobile in Hill's Mobile Park. Originally a 3 bedroom, now a spacious 2-bedroom with large covered deck and a workshop/storage building. $156.75/month Park Fee. Available immediately. Asking only **$22,000**



NEW LISTING – MORRISBURG: The perfect retirement spot. Not ready or tired of an apartment, this is the best alternative. Low maintenance, no stairs, paved drive, level lot, attached garage and a great Morrisburg location. This home has been completely redone within the last year except for the electric furnace. Don't hesitate, take a look, and make us an offer. **$129,000**



WILLIAMSBURG: Great low-maintenance 3-bedroom 1.5 storey home in Williamsburg. Super spot for commuters, only minutes from Hwy. 401, 45 minutes to Ottawa via Bank Street. Gas furnace in '08, water heater and softener in '09, new bathroom fixtures and many more updates in the last 2 years, including paint, plumbing and laminate flooring. Closets in all bedrooms, walk-in closet in upstairs bedroom. Comfortable space at an affordable price. Take a look! Make an offer! **$126,700**



MORRISBURG: Built in mid 1990's, this 2-storey, 3-bedroom semi has full basement with potential for finishing into extra bedroom, rec room, office. Lovely big eat-in kitchen with open concept leads to spacious living room/dining room area, with access to rear deck. Inside original vinyl flooring and carpets. Natural gas furnace checked annually. Rented natural gas hot water tank, 1 year old. Overall good condition. A very good option in a nice well-kept neigbourhood. **$149,900**



NEW LISTING – IROQUOIS: Clean, neat, and very move-in ready. Great space and layout, quiet and convenient location on a family or gardener's sized lot just minutes from the Village of Iroquois. Shopping, golf, schools, recreational facilities, and the St. Lawrence River all just moments away. Excellent place to call home. Features include 200 amp electrical service, furnace replaced in 2006, 18 inches of attic insulation, and the roof has been re-shingled (south side 2 years ago, north side 5 years ago). Can be purchased by itself or with Commercial property next door. **$175,000**



NEW LISTING – IROQUOIS: This is a great opportunity to get your own business started or relocated. Solid 2,400 sq. ft. building, well insulated, heated by a propane furnace (installed 2006), 2-bay garage with 10' x 12' overhead doors, 24' x 28' stock room. Large lot with plenty of parking, very convenient to the Village of Iroquois and Highway 401. The owner operated an auto repair business at this location for many years, but it's time to retire. Can be purchased separately or with bungalow next door. Take a look, make an offer. **$90,000**



MORRISBURG: Well-maintained attractive and spacious semi-detached in Morrisburg. Full bathrooms on both floors. Completely finished lower level with family room, 2 bedrooms, 4-pc. bath, utility and laundry. Upstairs spacious eat-in kitchen, large bright living room, and 2 more bedrooms! Perfect home to raise a family. Spacious rear yard overlooks meadow. **$155,000**



WILLIAMSBURG: This 1,232 sq. ft. 2-bedroom bungalow shines, inside and out. Lovingly finished and updated. Quality and functionality are apparent. Living space doubles with finished basement. Maple hardwood flooring in living room and dining rooms. Bright galley kitchen with marble counter. Bathrooms on both levels. Main-level laundry. Washer, dryer, fridge, stainless stove included. 16'x16' back deck adds an outside room, great for dining or lounging in the nice private back yard. Very nice neighbourhood—cul-de-sac. **$209,000**

www.realtor.ca



Meet the Lions

The 2009-2010 Winchester Lions Club held a meeting at the Lions' hall on Wed., Aug. 26. Front row: John Lamberton, director (left); Doug Shirreffs, secretary; John Cinnamon, president (third time around); Guy Belliveau, treasurer; and John Coulombe, director. Back row: Don Irwin, member; Larry Michaud, member; Mike Burnside, director; Bob Porteous, member; Joan Shirreffs, lion tamer; Marlene Faulkner, director; and Clint Coleman, tail twister.

Press Photos — Smith-Millar

Williamsburg euchre results

WILLIAMSBURG — The white-card winners of the latest Williamsburg Senior Citizens' Group Euchre event, held on Wed., Aug. 26 at the J.W. MacIntosh Seniors' Support Centre, were Howard Kennedy, Lorraine Tupper, and Allen McMahon.

The yellow-card winners were Evelyn Schwerdtfeger, Ray Casselman, and Annie Parsons.

The door-prize winners were Betty Barkley and McMahon. Meanwhile, Tupper, Harold Gallinger, Irene Carr, and Marina Simpson won the draws.

The next euchre event is scheduled for Wed., Sept. 9.

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10 WEEKS BEGINNING ON

Monday, Sept. 14, 2009 ~ 1-4 pm

at the J.W. MacIntosh Seniors' Support Centre
4324 Villa Drive, Williamsburg, Ontario

The course will cover the following topics:

- Hospice Care Philosophy
- Family Dynamics
- Legal Aspects
- The Special Needs of the: AIDS, Cancer & ALS Client
- Communication Skills
- Grief & Bereavement
- Pain Management
- Spiritual Needs and more

For further information or to register, contact the Hospice Office. Space is limited, so please call early.

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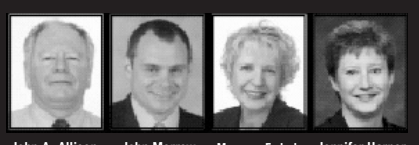

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NEW LISTING: 29 Silver Fox Crescent, Fox Fire Ridge, Winchester - Extended family dream home! Located in quiet rural subdivision w/fabulous views from the two levels of wrap-around balconies. This 3,200 sq. ft. home is basically 2 complete 1,600 sq. ft. bungalows. **$419,900**



NEW LISTING: 2995 Francis Street, South Mountain - Hi-ranch bungalow on spacious lot. 3+1 bedrooms, main-floor laundry, lower-level family room with woodstove. Above-ground pool with plenty of yard to play in and great decking to enjoy the outdoors. **$219,500**



FAMILY HOME: 3 Crysler St., Morrisburg - Meticulously maintained side-split has over 1,500 sq. ft. of living space. Main-level hardwood floors, 3 bedrooms, 2 baths, family room w/fireplace in lower level. Enjoy the inground pool and lovely backyard. **$224,900**



RURAL BUNGALOW: 13736 Cty. Rd. 9, Chesterville - Lovely all-brick bungalow on 0.93 acres of beautifully landscaped flower and vegetable gardens. Lovely remodeled eat-in kitchen, main-floor laundry. Hardwood flooring in living room, ceramic in kitchen. Two cosy propane cast-iron stoves on two levels. **$175,000**

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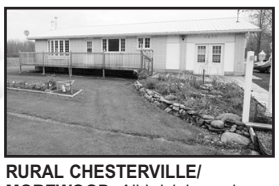
ELMA: Mint condition, perfect for the young family. Three bedrooms, huge garage, so clean and tidy it shines! **$139,900**

WILLIAMSBURG: Affordable and only 1.5 years old. This 3-bedroom, 1-bath home sits on a pretty landscaped lot. Tile entrance, oak kitchen, enclosed and screened carport, full rec room and nicely landscaped patio area. Great for young, starting out or retired and downsizing. MLS 729246 **$174,900**



RURAL CHESTERVILLE/ MOREWOOD: All-brick bungalow on a country acre features a little bit of privacy, 3+2 bedrooms and a huge 45x87 insulated and heated shop with 18.8x17.6 double doors and high ceilings. Paved country road with easy access to full service villages. **$249,900**



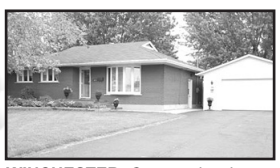
MORRISBURG: Stunning 1,600 sq. ft. 2004 built custom 2+1 bedroom, 2 bath home with all-stone exterior and large deck with pool is waiting for you. Features oversized 2-car garage, almost finished basment, hardwood throughout, sun-filled den and much more. **$293,500**



WINCHESTER: Brick and stone 3-bedroom with rec room and fully equipped in-law suite in the basement. Includes a great open kitchen with eating area, private and large yard, drive-thru garage and 2008 shingles, all on a quiet cul-de-sac with little traffic. **$199,900**



WINCHESTER: Last home on a family friendly cul de sac offers 2+1 bedrooms, 2 full baths, an eat-in kitchen, separate dining area, large family room and a 14x15 rear deck to enjoy the sunset while looking over the rear fields. **$215,000**



WINCHESTER: Come enjoy the beautiful perennial gardens front and back, big deck overlooking the big fenced yard, Hanover kitchen and gleaming hardwood in this all-brick bungalow with 3+1 bedrooms, 2 baths, huge rec room with cosy gas fireplace, and double garage. **$219,900**



FINCH: Affordable family home with big backyard! This 3-bedroom, 1-bath home features a basement ready to finish with space for an extra bedroom, bath and rec room, a detached garage, paved drive and fenced yard. Some TLC = instant equity! **$129,900**

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NEW LISTING, $98,000, Location, location, location! Across from Mike Dean's Super Food Store. Complete renovations w/addition 1998, lot size 64x99 includes extra lot. Business opportunity.



$189,500, HOBBY FARM, 42 ACRES, farmhouse renovated, front porch, covered deck, combo wood/oil furnace, 2 full baths. Private location, well maintained. Immediate possession.

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$169,000 - FANTASTIC 2-bedroom all-brick bungalow. Paved driveway with single garage plus second gravel driveway at rear of property. Totally renovated in 2004-2005. Hardwood and ceramic flooring throughout, new kitchen, windows, doors, roof and oil-fired hot water tank, custom blinds. Basement is undeveloped, just waiting for your personal needs. Landscaped with interlock, patio, flowers galore and lovely big corner lot, ready to move in. Come look.

WILLIAMSBURG



$189,000 - PRICE REDUCED: All brick and stone bungalow, 3 bedooms, 1-1/2 baths, full semi-finished basement, hardwood floors in living room, dining room, hall, 2 bedrooms and foyer. New kitchen counter, freshly painted throughout, new propane hot water boiler will be installed, rec. room, workshop, den, storage and utility rooms in basement. New shingles in 1999. Heated double garage with workbench, paved driveway, large back and side yards. Ready to move in. Generator hook-up and switch box.

WINCHESTER



$239,000 - ONE YEAR OLD (new) 2-bedroom home with unfinished full basement with third bath plumbed in, waiting for your personal development. Hardwood and ceramic throughout, lovely kitchen with moveable island and eating nook. Large master bedroom with 4-piece en suite. Half bath at foyer entrance. Quiet street, walking distance to downtown.

WINCHESTER



$249,000 - PRICE VERY REDUCED: Owner says sell!! Vacant. Lovely all-brick bungalow with 3 bedrooms, 2 full baths, 3 fireplaces. Beautiful south-facing sun room with gas fireplace and french doors to living room-dining room with large wood-burning fireplace. Master bedroom with en suite. Lovely front entrance and sitting area, garage, circular driveway, mature trees, half a block to hospital.

WINCHESTER



$343,000 - PRICE REDUCED: Fantastic 2,000+ sq. ft. family home with full unfinished basement waiting for your needs. Lovely 3-bedroom, wheelchair-accessible home. Central vac, open concept with french doors leading to large living room with gas fireplace. Garage is used as sunroom in summer. Workshop in basement. Fully landscaped, curbing on flower beds, interlock, stone steps and sitting area, Gutter-Guard eavestroughing.

FINCH



$154,900 - PRICE REDUCED: Owner says sell!! Totally renovated in 2001 plus a new addition. Three-bedroom, 2-bath home, nice large living room with open concept, powder room on main floor, full bath on second floor, good-sized master bedroom with 2 huge closets. Family room is an everything room and has an outside entrance. Porch at front, large deck at back, huge back yard, paved driveway. Only 55 minutes to downtown Ottawa.

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SEPTEMBER 6-13, 2009



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National Trucking Week is held annually to spotlight the important contributions made by the more than 500,000 Canadian men and women who keep the country's freight moving. Trucking in Canada is a $67 billion industry and employs over 200,000 truck drivers. Trucks move 90 percent of all consumer products and foodstuffs within Canada and almost two thirds, by value, of our trade with the United States, our largest trading partner. Without trucking, the wheels of commerce would stop rolling and Canadians would be unable to enjoy a high quality of life.

Trucking is a diverse industry made up of a few large companies but dominated by thousands of small and medium-sized businesses and independent owner-operators. Members of the trucking industry and industry suppliers mark the week by recognizing truck drivers and other employees in a wide variety of ways.

For more about National Trucking Week please visit the Canadian Trucking Alliance web site at www.cantruck.ca.

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