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10 The Basket Case Opens Its Doors In Morrisburg



13 South Dundas Minor Hockey Play-off Round-up

Iroquois Legion Annual Chili Cook-off Saturday February 23 at 4:00 pm

The Iroquois Chieftain

Wednesday, February 20, 2008 "Serving the Seaway Valley" Vol 27 No. 8 Price $1.00

War of 1812 anniversary plans underway

The 200th anniversary of the War of 1812 is four years away.

Local groups along the St. Lawrence Seaway are already getting ready to go ahead with planning for the special celebration.

On March 1, there will be a community information forum on the upcooming bicentennial. The meeting will be held at Upper Canada Village store from 10 am to noon.

The information session will give everyone an opportunity to find out what planning has happened to date espcially on the local, provincial and federal levels.

The meeting will also highlight ways that communiuty groups can participate and be part of commeremoration events and activities and possible legacy events.

A press release this week, from Ontario's Tourism Minister, Peter Fonseca stated, "The Bicentennial of the War of 1812 is a huge opportunity for Ontario's tourism industry, "

The province has announced that it will be helping different regions of the province out with a $8,000 grant that can be used to help develop the plans to commemorate the War of 1812.

The press release went on to say, "Fonseca also named Tourism Parliamentary Assistant Jim Brownell, MPP for Stormont-Dundas-South Glengarry, as the Ontario government lead for War of 1812 Bicentennial efforts."

The Tourism Minister said that the Bicentennial is a terrific opportunity for Ontarians to remember the contributions that were made in the building of this province and to celebrate a 200 year legacy of peace along the world's longest, undefended border. Furthermore, the celebrations will stimulate downtown and the waterfront revitalization projects and otherwise strengthen residents' pride in their communities.



Students at St. Mary-St. Cecilia took part last week in a public speaking contest. In this photo, St. Mary-St. Cecilia public speaking contestants pose for a group photo. In no particular order are: Sophia Currier, Katrina Eden, Mackenzie Whyte, Laurn Henry, Noah Picotte, Nicholas Wooley, Allison Waytowich and Quinn Bennis. These students represent the Grade 3 and 4 students at the school. The first place winner in this group was Sophia Currier and Allison Waytowich. From the Grade 5 and 6 group are: Christyn Veinotte, Kamryn Frank, Brett Weegar, Kyle Bouchard, Brody Picotte, Shannon VanMoorsel, Julia Mullin and Caitlin Gallivan. The winners fromn this group were: Christyn Veinotte in first and Kyle Bopuchard in second. In the Grade 7 and 8 group are: Melanie Peters, Chelsea Schwerdtfeger, Laura Taunton, Rebecca Helmer and Eva Bowers. The winner from this group was Laura Taunton.

CHIEFTAIN PHOTO - J. MORIN

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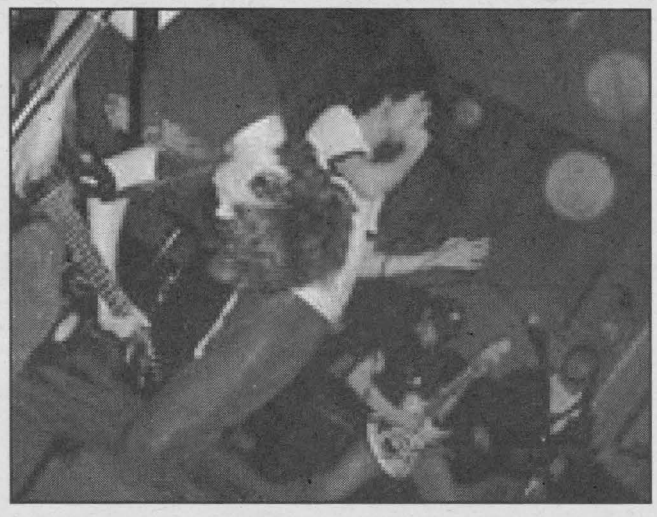
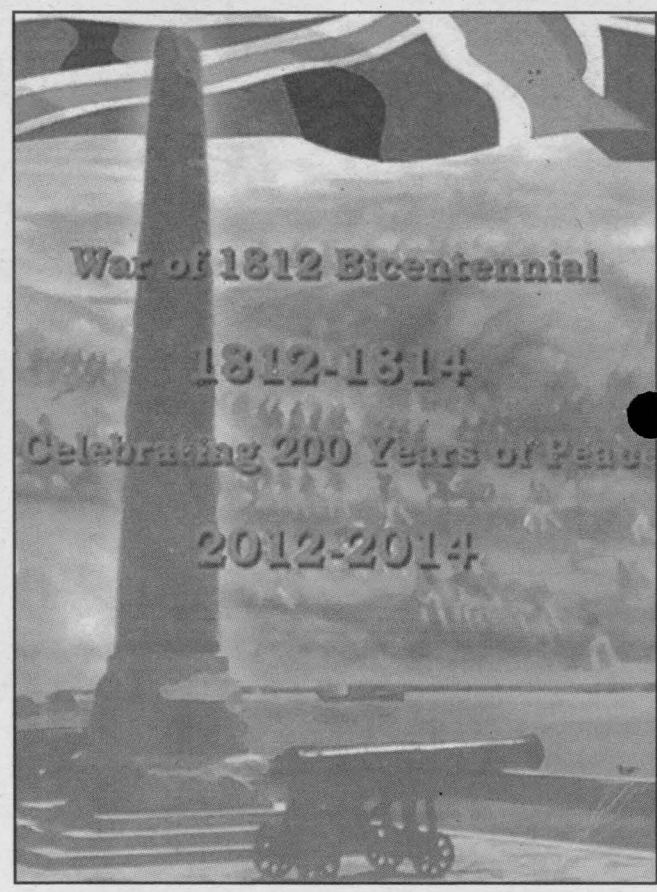


On Friday February 15th, teenagers flocked to the Iroquois Civic Centre to listen to some local bands from Morrisburg and Iroquois. This show included the following bands: ***Chummbukkit, Sleep is for the Dead, Render the Fallen, Reunited at Death, Qorumn,*** and special guests ***Hail to Thee.*** The band mates from ***Reunited at Death*** (RAD), organized the concert, which had a $5.00 entrance fee. Starting at 6pm, the members of all the participating bands did their own sound systems, lights, setting up equipment, and recording their live show. With a good turnout of about 100 people, shows like this one should be held more often as it gives teenagers an evening's entertainment in town and lets the local bands have a chance to play in front of friends and family.



Call Gabriel Thomas at 613-543-3704 for more information about the War of 1812 bicentennial.

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Obituary

Hall, Clinton

Clinton Hall, 87 of RR1 Cardinal passed away peacefully at his home on February 2, 2008. He was born August 5, 1920 in Williamsburg Township to the late Wilfred and Florence Hall. He was predeceased by his loving wife Ruby after 64 years of marriage. Together they farmed and delivered mail for 39 years. He was also a successful school bus operator for many years. Clinton enjoyed and took pride in maintaining his home until his death. He enjoyed visits from his friends and neighbours, always making them feel welcome. He especially enjoyed his family gatherings and celebrations. He adored and was especially proud of his great-granddaughter Emma Rose always looking forward to her visits. Clinton is survived by his two daughters Nelda and her husband Bert Hunter of Kemptville and Bonnie and her husband Ted Hoy of Cardinal as well as two grandchildren Alison and her husband Steve Riasyk of Long Sault and Marty and his wife Kerry of Toronto and a great granddaughter Emma Rose Hoy. Also surviving are his brother Douglas of Quyon, Quebec and sister-in-laws Mabel Swerdfeger of Iroquois and Arlene Stata of Morrisburg and several nieces and nephews. Friends called at the Marsden and McLaughlin Funeral Home in Cardinal on Monday from 7-9pm. Funeral service took place at the Funeral Home on Tuesday, February 5, at 11am. Donations to St. Andrew's and St. James Presbyterian Church Cardinal would be gratefully acknowledged by the family. The Friendship Group at St. Andrew's Church provided the luncheon following the service.

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Ontarians celebrate first Family Day

On Monday, February 18, many workers and students across Ontario celebrated Family Day, Ontario's newest public holiday.

Family Day officially became one of Ontario's public holidays on October 12, 2007, after Dalton McGuinty had promised that there would be a new holiday in February. The holiday is to be held on the third Monday in February every year. Ontario's acceptance of Family Day means that Ontarians now have as many public holidays as Albertans and British Columbians, while we still have one less holiday than Saskatchewanians. Both Alberta and Saskatchewan already had Family Day as one of their public holidays before Ontario accepted it.

Most Ontarian workers, who are covered by Ontario's Employment Standards Act, were eligible to take the day off for Family Day. However, there were some exceptions: some workers still had to go to work. First of all, federally regulated employees, such as those employed by banks, telecom companies, railways, and airlines, were not eligible for the holiday, as Family Day is a provincial, not a federal, holiday. Employees working for a "continuous operation", such as hospitals, hotels, motels, tourist resorts, restaurants, or taverns, were also ineligible for the holiday; however, they are to receive either extra pay for working on Family Day, or they will get another paid holiday. Some other workers who were not eligible for a day off on Family Day were: seasonal workers at hotels, motels, resorts, restaurants, and taverns who are given room and board by their employer, taxi drivers, lawyers, doctors, teachers, architects, chiropractors, dentists, massage therapists, optometrists, pharmacists, engineers, physiotherapists, psychologists, public accountants, surveyors, veterinarians, hunting and fishing guides, commercial fishermen, some farm workers, some construction workers, firefighters, and real estate salesmen. Finally, since the Employment Standards Act requires a minimum of nine paid holidays per year for workers, employers who already give their workers nine or more paid holidays per year will not be required to give their employees the day off with pay.

Most retail outlets were closed on Family Day, as was regulated under the Retail Business Holidays Act.

Ontario has nine official public holidays under the Employment Standards Act. In chronological order, these are New Year's Day, Family Day, Good Friday, Victoria Day, Canada Day, Labour Day, Thanksgiving Day, Christmas Day, and Boxing Day.

OPP Report

(South Dundas) – On February 16, at approximately 5:00am, SD&G OPP officers responded to a report of a domestic situation at a residence on Second Street, Morrisburg.

Investigation revealed an altercation had taken place between a 24 year old male and his common-law spouse. Further information revealed the couple had attended an event the previous evening which resulted in the accused assaulting the female.

The male (from Morrisburg) was arrested and held in custody, pending a court appearance (bail) in Cornwall.

Calling a "Snow Day"

ANDREA CARTIER
THE CHIEFTAIN



Rural roads sometimes take a beating during winter storms.

After a night of blowing snow, the Upper Canada District School Board, along with other school boards in the area, cancelled a number of school buses on Wednesday, February 13.

This was the eighth bus cancellation of the school year for some students, and a decision which wasn't taken lightly by the school board. In fact, hundreds of people are involved in making such a decision, and the process involved often begins the day before a cancellation.

According to the manager of transportation for the Upper Canada board, Ron Cotnam, the board is in contact with Pelmorex Weather Networks, a firm of weather forecasters based in Toronto, as early as the day before a potential bus cancellation. The Board receives updates from this firm, which is one of the top forecasters in North America, three times daily.

This is the same firm that forecasts for The Weather Network, and is also used by the Ministry of Transportation in order to make decisions about calling out snow removal equipment. Cotnam explained, "They are some of the best forecasters in the business, and they are very accurate." The Upper Canada District School board covers 12,000 square kilometres, stretching from the Quebec border almost to Kingston, and encircling Ottawa up to near Renfrew, and has contracts with over 50 bus companies to transport 26,000 children to school every day on approximately 1000 routes. Because of the huge area encompassed by the board, weather is monitored in 18 different zones, and data is collected electronically in different regions. These electronic monitors can report how much snow or freezing rain has fallen, and what main road conditions are like, but it requires people on the ground to report on back road conditions. For this reason, captains working for the various bus contractors are out between 4:15 and 4:30 to check on road conditions in their areas.

The school board is also in contact with the police department and the road crews, as well as other boards in the area. Between 5:00 and 5:30 am, the manager receives all reports from the captains, and an updated forecast from Pelmorex, and a decision has to be made. "Our number one concern is the safety of the students, the bus drivers, and other people on the road," explained Cotnam. Once a decision has been made, the contractors are called, as well as the school administrations, and 44 television and radio stations. In order that the word is circulated through a 100 telephone chains, these decisions have to be made by 6:15 am, and once made, must be abided with.

This winter may see a record number of "snow days" although they may as well be called "ice days' as ice poses an even greater risk for road travel than snow.

Though it may pose an inconvenience for parents, it is important that everyone be aware that the decision to cancel school buses is made based on accurate information and in the best interest of the students.

Thank You
In Loving Memory of
Clinton Hall
February 2, 2008

Our sincerest thanks to family and friends for flowers, donations, cards, food and all acts of Kindness, especially your presence... all very much appreciated. Special thanks to Danny McLaughlin and the Marsden and McLaughlin Funeral Home, to Rev. Geoffrey Howard and to the Friendship Group at St. Andrew's and St. James for the lovely lunch. Very special Thanks to Dr. Kellam for the many years of gentle care and comforting words.

Loved dearly and greatly missed
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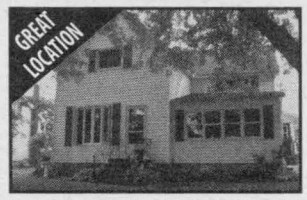

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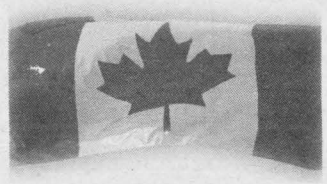
Editorial Page



This picnic table is waiting patiently for spring to arive. In a few weeks the weather should have turned warmer.

CHIEFTAIN PHOTO - DAWNA LEBLANC



Family Day

Family Day in Ontario was indeed different.

Most if not all retail outlets were closed and that fact alone made the day different from just about all others.

Looking out my kitchen window on Monday around mid-morning, I couldn't help but notice that all of my neighbours were at home.

There was an eerie silence in my neighbourhood that reminded me of 1998 and the ice storm.

When all of the power went off, you could sense a difference in the air. There were no electromagnetic force fields around anything and for a few days, weeks in my case, I had an idea of what it was like to live silently without electricity.

Family Day was not unlike that experience. The countryside was quiet. Families, whether they wanted to or not had to spend the day together.

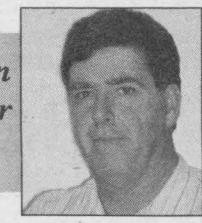
The roads were empty and for the first time in a very long time, residents had a real day off.

Over the next few years I am sure that this holiday will change. Retailers will never accept missing an opportunity to make a sale. Until then enjoy it.

J.M.

A thought...

by Joseph Morin
Editor



From me to you

We now have the Toronto School Board wanting to go ahead with their plans for separate schooling for black students, despite the Premier of Ontario's adamant decision not to support the school board. That decision seemed to be in line with what everybody else was thinking.

Next we have the premier saying that he wants to do something about the tradition of saying the Lord's Prayer in the legislature. Apparently according to the Premier, about one-third of Ontario's population, is being left out when it comes to the Lord's Prayer and to have it recited at the government level when only two-thirds of Ontarians even know what it is simply deplorable.

We are all seeing a bit of history being enacted out here, and carried to its inevitable and disagreeable end.

There is a quote from Jane Addams. An American suffragette and social worker that captures the pickle that the premier and all of us are in, thanks to a willingness to allow a minority to dictate changes in how we do things. All in the name of fairness.

Jane lived in a different time. In 1933 while lecturing in Honolulu she said, "Civilization is a method of living, an attitude of equal respect for all men." Sounds great and very Canadian, the problem being that we invite the entire world to come and live here. We tell people that have had enough of war and injustice to come to Canada and start over. We explain to newcomers that we can make room for them because we are indeed civilized. It has never occurred to anyone that in some cases we have offered all that we have accomplished to people who could care less. Our tradition of law and democracy is our achievement. It is one thing to invite strangers into you home but another for those strangers to hijack what everyone has agreed to honour by rearranging the furniture.

Canadian law was not invented early in February 2008. It took hundreds of years to evolve it. There is a reason why it is the way it is. There is no doubt that our books of laws could be made better and the courts, I suppose, are always trying to find ways to perfect what, after all, is nothing more than human beings trying to separate fact from fancy when it comes to protecting the rights of ourselves and others. Any kind of arrangement has two sides that have negotiated it. If both of those sides agree to follow the agreed upon rules then all will be well.

If one side or the other accepts the negotiatians and then petitions for their own point of view, while the other half of the bargaining duet has gone to the washroom, the table becomes very slanted.

I remember working with a young man from Somalia years ago. He would come outside of the building and sit at a picnic table during our lunch break.

Every time a loud noise was heard, such as a backfire or a door slamming, he would crouch down and look fearfully around. Somewhat embarrassed he explained that when he was growing up back in his own country, the prospect of snipers was very real. When ever he went out to play with other children several would be designated to not play but simply watch to make sure that no snipers were about. This young man just loved Canada and was grateful that he could live here. He planned to raise a family in Canada and not having to watch out for land mines or snipers was more than a plus.

He embraced the Canadian way and never once talked of institutionalizing his culture the way other new Canadians have.

He was content keeping his culture and family traditions alive in his own home.

Iroquois Legion Newsletter

Branch 370

By Dar

As only thirteen Cribbage players were gathered in the lounge on Saturday, past, "Singles" were played. Finishing in 1st place with a total of 1061 was Ron Perrin while Andre Gravel claimed the second spot with his total of 1058. Roger Coulter trailed just five points short of Andre Gravel with a count of 1053 to come in third. Joan Ault elegantly was the bridesmaid for the day when she had 1046 points. A total of eight skunks made an appearance and picking up two each were Ken Palmer and Gladys Parks.

The Pot of Gold winner was Ray Delegarde who was NOT signed in. Remember Comrades it only takes a TOONIE dropped in the box and your name signed in the book to have a chance of winning. Right at the present time the money has not been won for a few weeks so the "POT" is looking pretty good. I wouldn't mind winning.

The Friday meal for this week is to be ham and scallop potatoes with beans and dessert is spice cake with sauce.

There were six tables of euchre being played. Picking up the first prize was Irene Rae Smith while Cecil Lewis and Sharon Easter shared the second prize.

The third prize was picked up by Elsie Bron. Only a couple of skunks were picked up at the Branch and they were claimed by Garfield Wright and Evelyn Bradford.

This coming Saturday, February 23 is the annual Chili Cook Off. If any of you have a favorite chili recipe you like to use, why not make it and bring it to the Branch. It starts at 4 pm. Sheila, Joyce and myself have one as I think it should have a good chance at winning (or mentioned about)! We had fun at putting it together and you would be surprised at all of the ingredients we use.

Oh by the way; we will be having a St. Patrick Day Party with the regular corned beef and cabbage with all of the trimmings. This will take place on Saturday March 15. Entertainment will be provided also. Don't forget to mark your calendar on this date AND while marking your calendar also mark April 26 (That's if you like Chinese food dinner and dance, (music by the Revivals)) a very good band providing 50's, 60's music. And we have a fundraiser draw on the go at the present time with very good prizes being offered. First prize is a side of beef cut and wrapped donated by our Mayor Charles Barkley, while the second prize is $100 of gas donated by Stinson Gas Bar and Car Wash Iroquois, and third prize is a goody basket donated by Rubyann Latulipp and Candace Menges. Some really good prizes! Tickets are $2 each and are available at several merchants in Iroquois plus at the Legion and from Legion members also.

Sure hope you can be of some help at any of the events. I'm sure you will have a good time.

At this time a big sincere thanks to all of the donors of prizes to make our Annual Darts for Hearts such a successful event. It's too costly to name each individual business and people that participated; therefore we can give more money to the Heart and Stroke Foundation. Your efforts were well worth it and appreciated also. Thanks again!

Don't forget the Legion General meeting on Thursday, February 21 at 7:30 pm We certainly could use your support!

Until next week-take care.

Letter to the Editor

To the Editor:

Now that the fight for Private School Funding is over, the Ontario Premier Dalton McGuinty has decided to take on another battle: To take the Lord's Prayer out of the daily devotions at Queen's Park. The Speaker recites the 'Our Father' at the beginning of every day and has done so for more than 100 years.

As a Christian, I am appalled! Mr. McGuinty stated that Christian prayer does not reflect modern Ontario, and that more than one third of the province were born outside the country. I am part of that one-third, as my family and I immigrated from The Netherlands in 1979, and I am part of the diverse group of Canadians we have today.

Though we have a diverse group of Canadians to "keep happy", there is, and always has been, ONE God! Most religions believe in this ONE God, though

they refer to Him by different names. It is impossible to come up with a prayer to please all people. The Lord's Prayer reminds us to ask God for our daily bread, for forgiveness, to forgive others, to keep from being lead into temptation and for God to deliver us from evil. Who, in their right mind, wouldn't want these things?

It's bad enough that the government has taken God out of the public school system, but by taking away the Lord's Prayer out of government, Mr. McGuinty is acquiescing that God has no place in society. I don't dispute that holding on to our traditions makes us a more diverse Canada, but I am against forcing God out of schools, holidays, and now government. What's next? Will carrying a bible be illegal to have in our homes or on the streets?

Lianne Tibben

It's tax season...make sure you take extra precautions with your mail

With tax deadlines fast-approaching and personal information going back and forth between accounting firms, financial institutions, the Canada Revenue Agency, homes and businesses, Canada Post and the Privacy Commissioner urge Canadians to ensure these very sensitive documents are kept secure at all times.

While this material is essential for preparing tax-related reports, it can also be used by fraudsters seeking to steal identities. By successfully getting their hands on documents containing sensitive information (including Social Insurance Numbers and account numbers), they can move on to other gains, such as obtaining credit cards bearing the names of their victims.

"Identity theft is a great threat that Canada Post is working hard with authorities to eliminate. We caution all Canadians to remain vigilant at all times," said Moya Greene, the company's president and CEO. "Identity theft can be frustrating, financially crippling, and its impact can continue to haunt you for years to come," added Jennifer Stoddart, Privacy Commissioner of Canada. "Your personal information is invaluable, so protect it and protect yourselves."

More information on how to protect one's mail is available at http://www.canadapost.ca/postalsecurity.

More information on identity theft and protecting your personal information is available at http://www.privcom.gc.ca/ind/index_e.asp.

Eastern Ontario Development Program

Stormont–Dundas–South Glengarry Member of Parliament and Parliamentary Secretary to the Minister for FedNor, Guy Lauzon,today announced a Government of Canada investment of $10 million toward the renewal of the Eastern Ontario Development Program (EODP) for one year.

"Today's announcement demonstrates our Government's commitment to addressing the challenges facing businesses and residents in rural Eastern Ontario," said Minister Clement.

"Through this investment of $10 million, our Government is promoting economic development in rural Eastern Ontario that will lead to a competitive and diversified regional economy."

"The Government of Canada has set out a tangible action plan to create an entrepreneurial advantage for Ontario businesses," said Parliamentary Secretary Lauzon. "The Eastern Ontario Development Program and the Community Futures Program are two vital components of that plan."

Managed by FedNor, the regional economic development organization responsible for the Community Futures Program in rural Ontario, the EODP will be delivered by the 15 Community Futures Development Corporations (CFDCs) located throughout rural Eastern Ontario, as well as the Eastern Ontario CFDC Network Inc. The EODP is a Government of Canada initiative that allows rural Eastern Ontario communities to pursue the creation of a competitive and diversified regional economy through investments within five key economic development priorities –business and community development, access to capital, skills development, retention and attraction of youth, and technological enhancements. "We are grateful for this latest commitment by the Government of Canada to the people of rural Eastern Ontario," added Allan Thom, Chair of the Eastern Ontario CFDC Network Inc. "The EODP has proven to be a major contributor to the successful development of business and job

opportunities in the region and we are proud to carry on this important work."

To find out more about Ontario CFDCs and the EODP, visit: http://cfdc-ontario.ic.gc.ca.

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Building a Stronger Community ... One Family At a Time

A mid-winter break

BY STEPHEN BALENA
IROQUOIS CHIEFTAIN

The title of this column could be in reference to our first Family Day here in Ontario, but I am referring to the warm and rainy weather we just had.

A low pressure system from Texas passing to our west allowed a surge of warm air to enter our region giving us a break from what had been one of the snowiest winters on record. To date this winter over 200cm of snow has fallen on the Seaway region and over 150cm in Toronto.

Speaking of Monday, after a little freezing rain made things interesting on Sunday night, the temperature soared to 8C under partly sunny skies. Not a record for the date, but pleasant nonetheless. The mild weather ended on gusty west winds after an arctic cold front passed early Tuesday. Speaking of arctic fronts one such front last Friday dropped the temperature from -1C to -7C in the Seaway in under two hours. The front was accompanied by blowing snow and wind gusts to 60km/h.

Lunar Eclipse...

I must admit I was a bit of a nerd as a kid, I still am. I enjoyed anything to do with weather of course, but also the stars and the moon. One of my favorite events that still stands out today was a series of photographs I took of a lunar eclipse back on July 6, 1982. The photo to right was the last of the series taken just before sunrise. It was a warm and humid, very typical Montreal summer night that July, and despite the nuisance of city lights, the event was remarkable to watch. This week we will see a similar spectacle in the night sky. Wednesday, February 20 is both a *Full Snow Moon* and a *Full Lunar Eclipse*. The eclipse occurs as the moon passes through the earths shadow. The moon relies solely on the sun for its source of light and this source will be cut off by the earths shadow. Only a limited amount of light will reach the moon, thus creating some spectacular colors on the edges. The total lunar eclipse will be visible in Iroquois and all of eastern Canada. It is forecast to be remain clear and cold, ideal viewing weather for this event. The good news is it will occur when most of us can view it and not in the dead of the night as is often the case. The moon will enter the earths umbral shadow and thus start the eclipse at 8:43 pm February 20. It will reach totality at 10:01pm and continue till 10:52pm. It will then slowly slide out of the earths shadow and the eclipse will end by 12:09am on February 21. Unlike with the solar eclipse, there is no danger whatsoever in watching a lunar eclipse. You can even use binoculars. Enjoy the event.

There are two excellent sites on the web for more information on this subject; www.sunearth.gsfc.nasa.gov and www.mreclipse.com

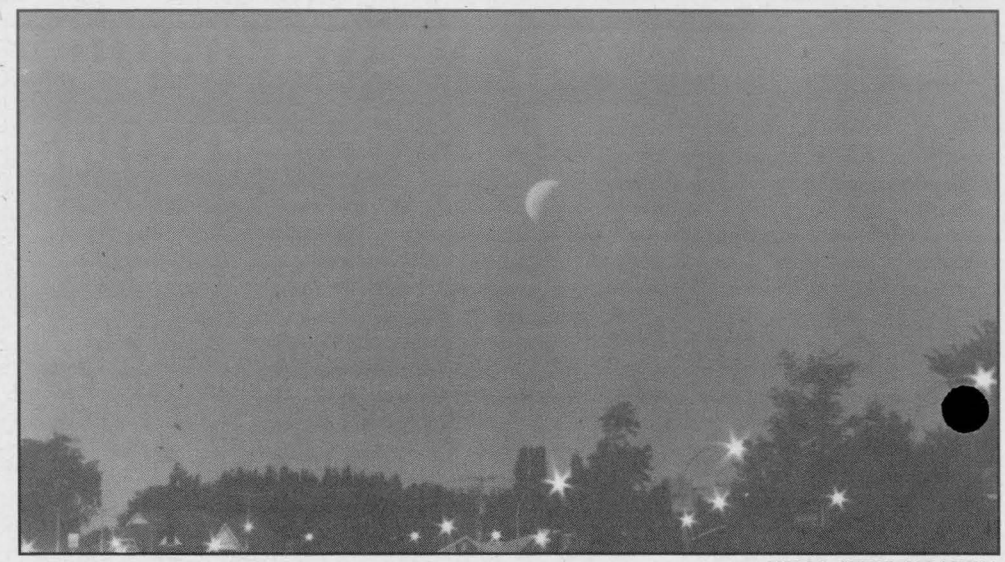

PHOTO: STEPHEN BALENA

The lunar eclipse as seen from the Montreal suburb of Verdun early on July 6, 1982.

Hang this handy calendar on your refrigerator every week!

JANUARY 2008

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

Community Calendar

IROQUOIS AND DISTRICT

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FEBRUARY

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10	11	12	13	14	15	16
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24	25	26	27	28	29	

Ottawa Region Media GROUP — The Iroquois Chieftain

February 20 - Information Session. The Community Diabetes Information Session will be on Hypertension. The information session starts at 7:00pm at the Dillabough Board Room (across from the WDMH parking lot). Nancy Graham, RN and Deidre Cooke RD, CDE are the speakers. All welcome.

February 22 - Lunch. The Friday lunch at the Iroquois Legion is ham and scallop potatoes with beans. Dessert will be spice cake with sauce. Everyone welcome!

February 23 - Chili Cook-off. The Iroquois Legion will be hosting their Annual Chili Cook-off starting at 4:00 pm. For more information call the Iroquois Legion.

February 23 – Chili Night. Morrisburg District Co-operative Pre-school is hosting a chili dinner from 4-7 pm. Adults $7.00, 4-12 yrs $4.00 and 3 & under FREE.

Do you worry about the way you eat? Overeaters Anonymous may have the answer for you. No weigh-ins, dues or fees. New meeting on Tuesdays at 7:30 pm at St. Johns' Anglican Church, Lakeview Drive, Iroquois. Call 613-330-4912 for more information.

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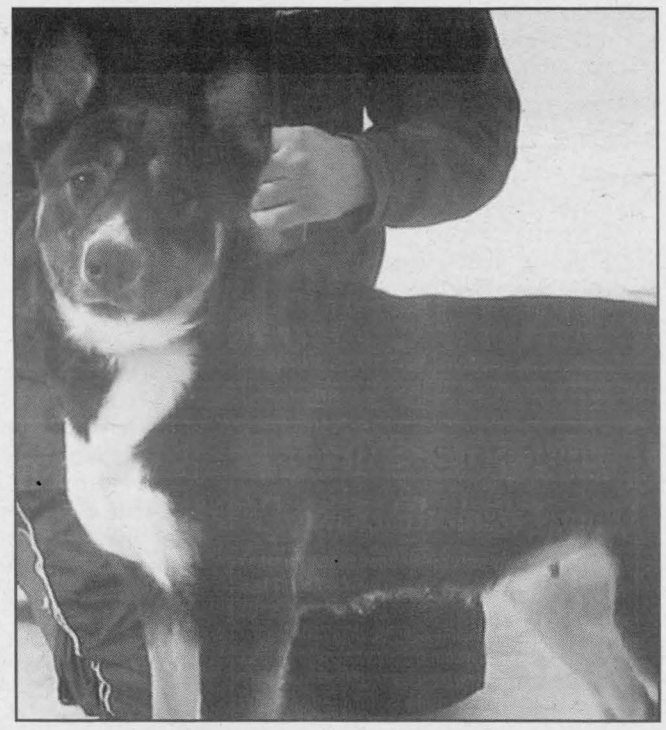

Dalia is a female Shepherd and Akita mix. She is 11 months old and would be a great companion for someone who has lots of love and attention to give her. She is patiently waiting for her new family to adopt her! If interested in Dalia you can meet her at the Ontario SPCA (550 Boundary Road in Cornwall). For further info on her or other animals for adoption we can be reached at 613-936-0072.

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A love for life and smiling can be contagious



Mary Cook

BY MARY COOK

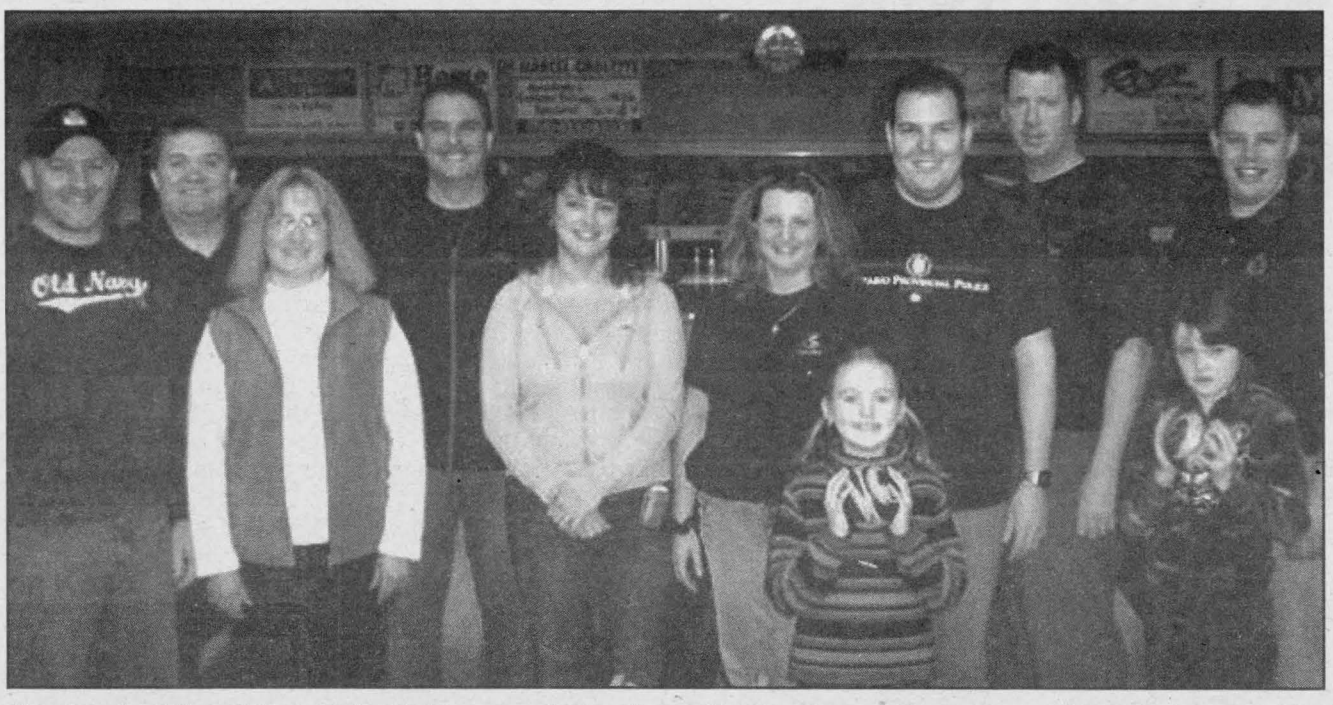
Have you ever met a stranger, and your gut instinct tells you, "here is someone who probably loves life and people"? If you meet as many people as I do in my travels you get pretty good at reading faces. Sometimes I make mistakes, but not too often. I have met a lot of sour faces in my day, and I have also met many who wear perpetual smiles. The ones wearing the smile are the ones I remember.

Personality is what you wear outside your body, but it is a pretty good yardstick of what is inside too. Let me introduce you to a couple of people who wear their personalities outside their bodies. Take the young lady who works the cash register at my favourite grocery store. First of all, she could be a poster girl for Playboy. But this has nothing to do with her good looks, but it has everything to do with how she greets her customers, her radiant smile, her obvious love of her job, and the fact that I have never once seen her show irritation to anyone, even the customer who is trying to sneak 20 items through the fast-lane cash register, where the limit is 8-10. She is such a joy that I find myself waiting in line, just for her. She wears her personality on the outside.

Then there's Marge who never misses church. She and her husband drove every Sunday from an Ottawa suburb to downtown St. Andrews, Don always at the wheel. And then suddenly Marge, without warning, was widowed. Certainly it was a sad time for Marge, because she so depended on her husband. You see, Marge suffers from severe arthritis, can't drive her car, and generally depends on others to get around. But the tragedy of losing her husband hasn't stopped the radiant smile, or the personality that shines through, and still, she never misses church, although now she is picked up by a fellow parishioner. I would call Marge 'radiant' and her personality has never wavered. I'm not sure my 'personality' would hold up in her circumstances. If space would allow it, I could name countless others who smile instead of frown.

Every time I visit a retirement or nursing home, I meet countless people, who in spite of their surroundings, find joy around them every day. Over the past year, it would be safe to say I was in close to 50 such facilities. It would also be safe to say, without exception, and regardless of why they are there, the vast majority of these seniors are a sheer joy to meet. It always amazes me how so many people can be wrenched from their familiar surroundings, homes they have shared with a mate for decades, and then find themselves in a facility where their time is planned for them, their quarters are unfamiliar, they are living with strangers, and yet they can smile and find joy every day.

I have no idea who William Lyon Phelps is, but long ago I cut out a piece he had written in an old Reader's Digest. It pretty well sums up what separates a person with a good personality from the grouches around him. I paraphrase what he said: "The happiest people are those who think the most interesting thoughts. Interesting thoughts can live only in cultivated minds. Those who decide to use leisure as a means of mental development, who love music, books, good company and good conversation, are the happiest people in the world; not only are they happy in themselves, they are the cause of happiness in others."



Members of the SD&G OPP (Uniform and Auxiliary Unit) took part in the annual fundraiser for Big Brothers, Big Sisters. Bowling events took place in Chesterville and Alexandria on February 10. At front holding balls Samuelle Doiron and Hannah McDonell, back Cst Joel Doiron, Auxiliary Cst Steve Sage, Carol Ann Sage, Auxiliary Cst Eric Bancroft, Roxanne Bancroft, Vicky Behn, Auxiliary Cst Doug Behn, Auxiliary Cst Todd McDonell and Auxiliary Sgt Jason Flaro.

Clear your civic signs

SD&G OPP are urging residents in the United Counties to clear their civic number signs. With the above average snowfall received this winter, snow banks created have caused signs to be totally or partially covered.

Emergency Services personnel rely on civic numbering when responding to emergency calls for service. A little time spent ensuring visibility can make a difference in help getting to you!!

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UPPER CANADA
District School Board

The Upper Canada District School Board's *Boundary 2020 Review* continues with more meetings of the Accommodation Review Committees, two Committee of the Whole meetings, and final decisions by the Board of Trustees on May 14, 2008. For more information on meeting dates, locations and times please visit the Board Web site at www.ucdsb.on.ca and follow the Boundary 2020 links.

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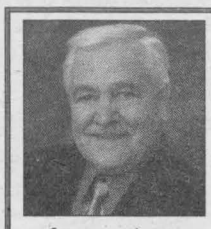
Greg Pietersma
Chair

Learning Together

David Thomas
Director



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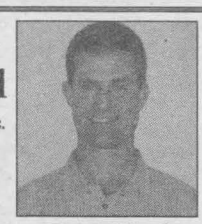

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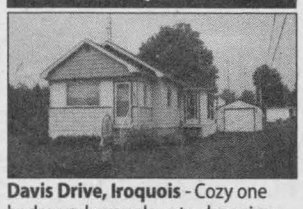

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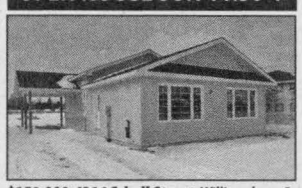

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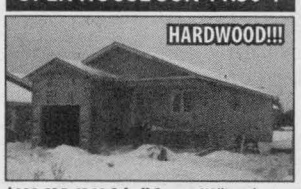

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Funding a valuable program

BY DON MCCABE
VICE-PRESIDENT, ONTARIO FEDERATION OF AGRICULTURE

Since its introduction in 1993, the Environmental Farm Plan program has worked with 30,000 Ontario farmers, all anxious to improve the environment on their farms.

Through an ongoing lobbying process, funding for the program has been maintained from the federal government. Ontario contributes to the program's success with technical support. Participating farmers pay a share of the costs for many categories of projects.

Interest in the program continues high. Recent statistics tell us the total number of participants is 11,384 – 6,257 of them new, and 5,127 returning workshop participants, since the inception of the new cost-share program in 2005.

The Canada-Ontario Farm Stewardship Program has had 11,185 projects approved, accounting for a total of 52.5 million dollars in Federal funding allocated and 39.2 million dollars in Federal funding paid – that's 94 per cent of the available budget. With this level of uptake, it has to be obvious to our governments that Ontario farmers take their responsibility for protecting the environment very serious.

Unfortunately, even with this level of commitment from farmers, there is no guarantee the funding partnership with the Federal Government will always be there. The current agreement expires at the end of March, 2008, when the government's fiscal year ends.

Support
OFA
so OFA can support and protect your industry!

Representatives from the Ontario Farm Environmental Coalition have been negotiating with government representatives for a new agreement. Late last year we were told the government would be offering an extension agreement that would kick in April 1, 2008, Growing Forward, theoretically providing for a seamless transition from the current program year to the next.

As of today we have heard very little news from either level of government and we are being left completely in the dark. This situation presents problems for farmers wanting to begin new projects under the program – there could be several months after the end of March before funding and new projects could start in the new program period.

The current program was delayed in starting by two years and we can't afford to lose our current momentum.

The Ontario Federation of Agriculture and its partners at OFEC – Ontario Farm Animal Council, AGCare, and the Christian Farmers Federation of Ontario – know that farmers are concerned with protecting the environment and we will continue the negotiations with the expectations that funding details will be arranged and farmers will have public support for the projects they get approved - if some level of the government would talk to us!

OFA and its OFEC partners will continue their efforts to ensure funding is available, and workable details remain part of ongoing EFP projects. It is essential the governments keep up their end of the bargain.

Mission Possible at East Front

Students at East Front Public School celebrated fitness and character Thursday as part of ongoing efforts to get "squared away". More than 200 students at the school participated in the *Mission Possible: Character Always Logic* event. The "character fair" celebrated the successful incorporation of the Upper Canada District School Board's Character Always! initiative within East Front's *Froglogic* program.

Throughout the morning, classes traveled between four stations at the school, where they engaged in physical training or "PT", learned about character virtues such as resiliency, and enhanced teamwork skills through a construction project. In the afternoon, students enjoyed an inspirational movie about Canadian hero Terry Fox and were entertained by a magician whose show featured lessons on character.

The fair was designed to build on the enthusiasm for *Froglogic* already felt by students and staff at East Front, said Principal Kieran Kennedy. It was primarily organized by seven student teachers from Suny Potsdam in conjunction with administration. All East Front teaching and support staff also assisted with activities conducted that day.

Froglogic is a wellness program based on the training philosophy of the US Navy Seals and was created by former SEALs instructor David B. Rutherford of Boca Raton, Florida. The program is designed to build character and improve students' emotional, mental and physical well-being through a combination of classroom discussions and fitness training. The goal is to get kids "squared away" or operating at their peak performance in each of these areas. The program was introduced at East Front in January 2007 as a pilot project for select grades. It was expanded to grades 1 through 6 in September.

"This is really a celebration of how far we've come," explained Paula McCallum, a teacher at East Front and a member of the school's *Froglogic* team. "It's amazing the progress our students have made in just five months. The students have really taken ownership of this program. You can see it in their faces."

That ownership was evident Thursday as students dug deep and pushed themselves while Kennedy barked out orders at the PT station in the gym. Students were smiling as they performed wind sprints, push-ups and wall sits. They later formed into four-man squads, hoisting a pile of exercise mats above their heads while they performed squats or moved across the gym on their knees. Later they challenged the clock as they raced across the floor pulling a teammate on a mat.

Earth Talk

Dear EarthTalk: As I understand it, coal that is used to fuel power plants and other industrial activity is a key culprit in pollution and climate change. So what is "clean coal" and is it really?

-- Matthew Oliver, Minneapolis, MN

The term "clean coal" describes various processes that remove pollutants from coal, our cheapest, most abundant—and *dirtiest*—energy source. By reducing coal's environmental footprint through technological wizardry, the coal mining industry and the Bush administration hope to keep coal, which currently produces more than half of all U.S. electricity, a big part of our energy picture for many years to come.

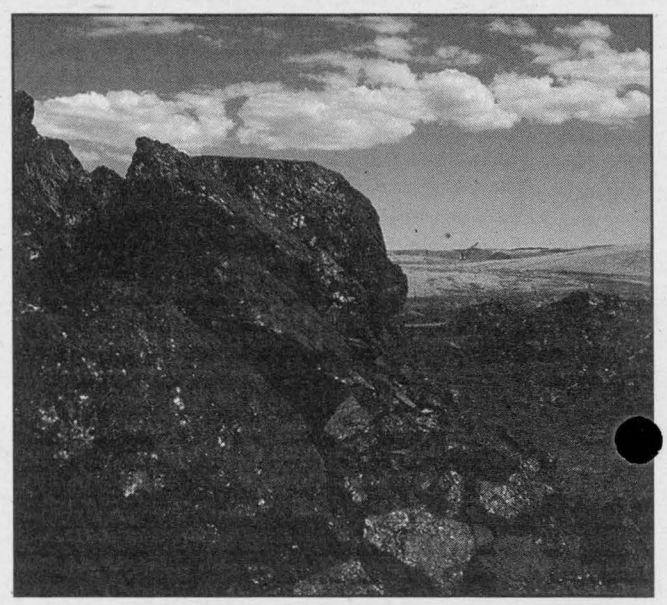
Clean coal proponents also want to liquefy coal to turn it into a form of automotive fuel that, according to the industry-sponsored Coal-to-Liquids Coalition, costs less and burns cleaner in some ways than the traditional diesel fuel it could replace. Several members of Congress from coal states are keen on having the government subsidize the production of so-called liquid coal—which can be used anywhere diesel fuel currently goes—as a "homegrown" alternative to foreign oil. Industry analysts say there is enough coal in America to last hundreds of years, saving us untold expense and trouble obtaining regular petroleum from unfriendly foreign governments.

But major environmental groups, from the Sierra Club to the Natural Resources Defense Council, say that "clean coal" is anything but. The process involves heating coal to 1,000 degrees Fahrenheit and mixing it with water to produce a gas, then converting the gas into diesel fuel. Although the Coal-to-Liquids Coalition says that carbon dioxide emissions from the entire production cycle of liquid coal are "equal to, or slightly below, those of conventional petroleum-derived fuels," its claims are based on a single federal study, now six years old, that environmental leaders disagree with profoundly.

Jim Presswood, federal energy advocate of the Natural Resources Defense Council says, "Liquid CO2 emissions are twice as much as emissions from conventional petroleum-derived fuels." He says that even if CO2 emissions were captured as part of the process, at best liquid coal would be 12 percent worse than the gasoline equivalent. As some environmentalists have put it, liquid coal can turn any hybrid Prius into a Hummer.

The Washington Post editorialized, "To wean the U.S. off of just one million barrels of the 21 million barrels of crude oil consumed daily, an estimated 120 million tons of coal would need to be mined each year. The process requires vast amounts of water, particularly a concern in the parched West. And the price of a plant is estimated at $4 billion." Also, in recent years, particularly in Appalachia, mining companies have gone from simple excavation to blasting off the tops of mountains in an ecologically devastating process known as "mountain top removal."

For their part, greens acknowledge the importance of cleaning up coal and other dirty energy sources, but would rather see more funding devoted to researching, developing and implementing alternative and renewable energy sources that don't come with so much environmental baggage.

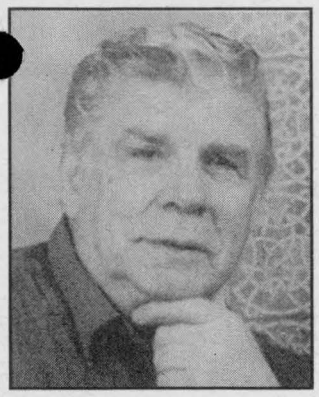


"Coal is our cheapest, most abundant -- and dirtiest -- fuel source. 'Clean coal' proponents want to purify and liquefy it for use in diesel-powered autos. But green groups say producing liquid coal pollutes more than petroleum-derived fuel and that using it in autos would be like 'turning a hybrid Prius into a Hummer.'"

PHOTO COURTESY OF GETTY IMAGES

Steve Thompson Writes...

Clerical Errors and Congregational Misdeeds



Steve Thompson

Fifty years ago, Sunday mornings were filled with tension at our house on the farm. Mother would roust all seven of us out of bed as soon as Dad had gone out to start the milking. No matter how cold the floorboards were in winter, no matter how deep the snow, or how rainy and windy the weather outside, out my brother Erik and I would go to the barn to help with the chores and then come back into the house for breakfast. After the porridge, the orange juice and toast, standing orders were to brush our teeth and wash our hands and faces whether they needed it or not.

Our Saturday night baths in the washtub were an unpleasant memory. We could generally understand washing our hands, as they smelled of cows and the manure we had been forking out of the side door of the barn and onto the pile; but behind our ears? It seemed a bit much to us. Then we had to get dressed in white shirts, ties, slacks, and hard, unforgiving shoes for the drive to town. Mom played the organ at our church, and she had to be there. Since our mother couldn't drive, Dad had to go. Why the children had to tag along was the subject of repeated debate, and one we always lost.

There were compensations: We were a family of six boys, with a baby sister, and we had no close neighbours, so it was a chance to visit with friends and see the more mysterious and interesting sex. Our mother kept a close eye on us, so our dreams of romance never developed into anything promising, but the visual opportunities were pleasing. When we were old enough to join the choir the chances improved, but the liaisons were unproductive. We changed into choir gowns in the same room, but aside from the occasional glance at frilly lace, long tanned legs and flushed faces, nothing.

Looking back on it, we probably weren't the only ones dissatisfied with our lot in life. Even the ministers weren't there by choice. The bishop made the decisions about placements, but this charge would hardly be anyone's first choice. Being an Anglican priest in a small town had its drawbacks. The congregations were small, with two or three churches combined into one assignment. While the bishop listened to requests from parishioners and his clergy, he tended to be predictable. Priests who were just beginning their careers would arrive, fresh-faced and idealistic. Older ones wjio had difficulties in establishing a rapport with their flock, or who had offended the bishop in some way, made up the rest.

The ministers were a varied lot. One was a woman, the first female priest any of us had heard of, and divorced at that. A second was a former intelligence officer in the Armed Forces. A third had a wooden leg, while another had an Irish temper that we saw flare up from time to time. This latter prelate found an appropriate punishment for two young fellows who had dipped into his store of communion wine while doing a job for the church. When the two knelt to receive the consecrated wine during the next service, he kept the chalice tipped up and forced each to drink considerably more than he'd intended. Then as they were leaving the church after the service, he asked them if they'd had enough "this time." Nodding sheepishly, and aware that he knew of their surreptitious foray into the wine stock, they never stole any more.

One minister extended the length of his sermons if he felt things were going well, sometimes in pleasure at his success, but sometimes unconsciously. The lengthy services often annoyed those who had plans after church. One girl in the front row of the choir pews, for instance, would hold her watch up and look at it, and then wind it. One memorable day there was an especially long sermon, and the service was half an hour over the normal time. She took off her watch, shook it, made faces at it and the minister, and then scowled for the remainder of the sermon. The minister was probably the only one in the church who missed the show.

Then there was the venerable bishop, in his eighties and entering senility, who forgot what he was doing during a confirmation service. During the laying on of hands, he placed his palm on the bald head of an old gentleman who was joining the church. With eyes closed, he paused, and then began again with, "I declare this cornerstone well and truly laid." It was probably not the entry into the Anglican Church for which the elderly parishioner had hoped.

One fine day our mother announced that we were to attend confirmation classes as our next stage of acceptance into the church. This meant another drive to town weekly, but we didn't mind too much, as there were several girls in the class. My brother Erik and I, the only ones deemed ready, were almost twelve and thirteen at the time, and the differences in the sexds were becoming apparent to us. Had I been more religious in nature, I would have believed that the frocks, shorts and revealing blouses were sent to tempt us and test us. As it was, I merely gave thanks for the opportunities provided, and enjoyed getting to know the girls better. There was a shortage in our small rural school, so this was a wonderful opportunity. Girls! So different and yet so comfortable. Whether giggling, whispering, dropping their eyes demurely, or moving close, intoxicating with their perfume or just their freshly scrubbed presence, they were delightful.

I had always enjoyed school, and the memory work assigned to us was easy for me. My brother, on the other hand, didn't care for the academic part of school life and rejected homework on principle. I was worried when the priest told us that we would be confirmed next Sunday and that the bishop would likely be asking us questions to ensure that we had learned our catechisms.

I reviewed my memory work assiduously, and mastered all of the responses and verses I was to learn. My younger brother never memorized a single line. The great day dawned, and when the bishop arrived at the church I imagined that Erik would be refused entry into the club. Instead, when the old fellow descended into the anteroom in his magnificent robes and mitre, he merely asked us whether we had learned our catechisms, to which my brother modestly answered in the affirmative. I expected thunder and brimstone but nothing happened, and my brother got away with it. His angelic smile when he was confirmed as a member of the Church would have melted the coldest heart, but the poke in the ribs I gave him was the closest I could come to satisfaction over the incident.

In those pre-teen years, the church was one of the social centres of our lives. If nothing else, it helped us develop friendships and entertained us royally. They were simpler times, and the further removed I am from them, the better they seem to have been.

From Steve Thompson's book of short stories called "Doesn't That Hurt the Cow's Back".

The stories are courtesy of the General Store Publishing House.

HEAL WITH PRAYER

Seaway Community Church Directory

Harmony Community Church
Missionary Church of Canada
***Celebration Service** - 10:30 am*
***Evening Service** - 7:30 pm*
***Bible Study** - Wed. 7:30pm*
Hwy. 31 & Ormond Rd, Winchester 774-5170

United Church of Canada
Matilda Pastoral Charge
Brinston and Hulbert Valley Worship -
Regular Sundays Contact office for worship times - 652-4997.
Clergy: Yvonne Willis

Roman Catholic Churches
St Mary's, Morrisburg
Saturday - 7:30pm
Sunday - 11:00 am
St. Cecilia's Iroquois
Sunday - 9:00 am
Rev. Father R.J. Chisholm
Phone 543-2544

Community Christian Reformed Church
Sunday Worship
10:00 am
*Evening Service - **6:30 pm***
Dixon's Corners, Ontario
Pastor: Rev Clarence Witten Phone 652-2400

The Presbyterian Church in Canada
***St Andrew's, St James, Cardinal**, - 9:30*
***Knox Church Iroquois** - 11am*
Sunday School - 9:45 am
Rev. Geoffrey Howard
652-6215

United Church of Canada
Cardinal-Johnstown
***Johnstown United** - 9:30am*
***St. Johns Cardinal** - 11:00pm*
Rev. Melany Cassidy-Wise
657-4702

Community Family Church
Iroquois Civic Centre
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Anglican Church of Canada
Parish of Morrisburg/Iroquois/ Riverside Heights
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***11:00 am** - St John the Baptist*
11:00 am - *Holy Trinity*
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The Reverend Craig Bowers , Rector
543-3904

Lutheran Churches
St Peter's - Williamsburg
Sunday Worship Service 11:15
St. Paul's - Morrisburg
Sunday Worship Service 9:30
Everyone Welcome
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Tel: 535-2569

Anglican Parish of All Saints
St. Paul's Church - Cardinal
9 am Services
Rector: Rev Canon Claude Delorm
925-0987

United Church of Canada
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Sunday School - 10:30
Rev. Janet Evans
652-2056

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Evangelistic Service - 7:00 pm
Rev. David Gogolin

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Gathering Youth Aflame - Fri 6 pm
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Church 543-2681

Immanual Fellowship Rowena
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Iroquois , On
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***Morning Worship** - 11:00 am*
***Evening Service** - 7:00 pm*
***Bible Study** - Tuesday nights*
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Pastor Marcel Charette 535-2029

Living Word Ministries
A Bible Believing Christian Church
***Worship:** Sunday - 10:00 am*
Morrisburg Meeting Centre
Pastor: Larry Cromie 340-6252

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146079

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

New business in South Dundas



Celebrating the official opening of the Basket Case, Store and Cafe are: Seated, left to right: South Dundas Deputy Mayor Robert Gillard, owners Carl Mathews-McIntyre and Hanna Rycroft. Back row left to right are: Dick Kropp, Anne Marie Young South Dundas Economic Develpmemnt Officer, Geraldine Fitzsimmons South Dundas Chamber of Commerce, South Dundas mayor Charles Barkley, Councillor James Graham, artist Al Graham and Barbara Scott, South Dundas Chamber of Commerce.

Every time a new business arrives in South Dundas, there is cause to be encouraged and happy.

Last weekend, on Saturday, February 16, a Morrisburg business called Basket Case Store and Cafe, Gift Baskets for all Occasions officially opened its doors.

Basket Case has captured a unique corner of what South Dundas residents are looking for.

Operated and owned by Carl Mathews McIntyre and Hanna Rycroft backed up by cook Shelly McManus the Basket Case has created a space that most of us can enjoy.

The store operates as a small cafe with daily meals that are perfect for a quick and delicious lunch. While visitors to the store are enjoying a nice afternoon meal they can also take a look at the hundreds of unique and precious items for sale.

There is a host of local artists that have lined up to sell their art at the Basket Case. Artists such as Brenda Acguire, Al Graham, Gail Stephenson, Elsie Gallinger, Ruth Jensen, Carole J. Walsh just to name a few, have put their many works on display.

After a look at the wonderful artwork, visitors to the Basket Case can also look through the many interesting artistic items that are for sale. Hanna describes the store's purchasing policy as one that looks for one of a kind items. She also points out that the atmosphere is great for an afternoon lunch date and that the store will take art work and other artistic items on consignment.

As the staff of the Basket Case assembled for an official opening photo, they were joined by several members of the South Dundas Council as well as the South Dundas Economic Development Officer. Mayor Charles Barkley told the crowd at the store that he was very pleased that the owners had chosen Morrisburg for their business. He explained that the Basket Case was a perfect fit for the area.

The store hours are: Monday through to Saturday, 9 am to 6 pm. Sunday they are open from 11 am to 4 pm.



Shelly McManus looks after the baking and goodies at the Basket Case in Morrisburg.

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Canada celebrates National Flag Day!

February 15 was National Flag Day, an opportunity to celebrate our flag and our proud history as Canadians. Parliament approved the Maple Leaf on December 15, 1964. It was proclaimed as our National Flag by Queen Elizabeth II on January 28, 1965 and raised for the first time across Canada and overseas on February 15.

Canadians have flown a variety of flags throughout our history. Explorers carried the flags of England and France when they charted our waters for the first time in the late 1400s and the early 1500s. On the west coast, the flags of Imperial Russia and Spain were flown, as well as the white ensign of the Royal Navy, in the 1700s and 1800s.

The royal banner of the King of France flew over present-day Canadian territory from 1534 until 1760. Since then, the Royal Union Flag (also known as the "Union Jack"), which was originally the royal banner of Great Britain, has flown in Canada as a symbol of the British heritage in every province; in 1965 it was also adopted by Parliament as the Royal Union Flag of Canada.

The fleur-de-lys has become a symbol of Quebec and of francophones across Canada. The Hudson's Bay Company flew a Red Ensign from its forts and offices – a scarlet merchant flag bearing a Union Jack in the upper left-hand corner that developed a unique association with Canada.

All of these flags are fascinating emblems of the pageant of our history.

In the 1860s Sir John A. Macdonald, our first Prime Minister, developed a Red Ensign flag that would be distinctive of Canada. It carried a shield bearing the arms of the first four provinces. As time passed, more arms were added to represent new provinces – until 1921, when, on the instructions of Prime Minister Arthur Meighen, the shield bearing nine provincial arms was replaced by the new shield of arms of Canada.

Thus, variations of the Canadian Red Ensign have represented this country at home and abroad, together with the Royal Union flag, since 1870. In particular, the Canadian Red Ensign was carried, as was the Union Jack, by the Canadian Corps in the First World War and, in the victorious climax of the Second World War in 1944-45, as the Canadian Army Battle Flag. It was carried by Canadian peacekeepers from Korea in 1950 to Cyprus in 1964.

Today the Red Ensign flies at the Memorial to the Battle of Vimy Ridge in France, where Canadians fought alongside British Empire and French forces. It flies on the instructions of Prime Minister Stephen Harper to honour our fallen and as a reminder of our glorious achievements on the field of battle.

February 15 is an occasion, then, to celebrate our National Flag and to recall that Canadians have many symbols and flags of which we can be proud.

I am pleased to report that posters featuring a selection of historical flags of Canada have been produced by our government in partnership with the Canadian Heraldic Authority and are available from the Department of Canadian Heritage.

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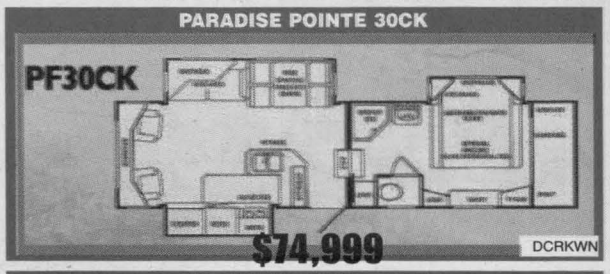

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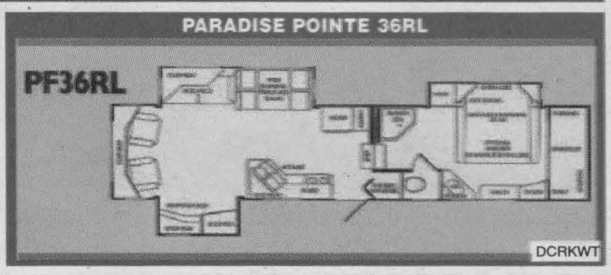
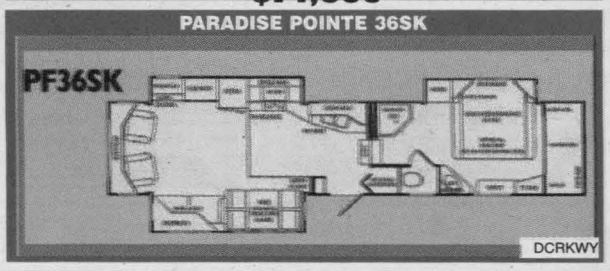


PARADISE POINTE 36SK



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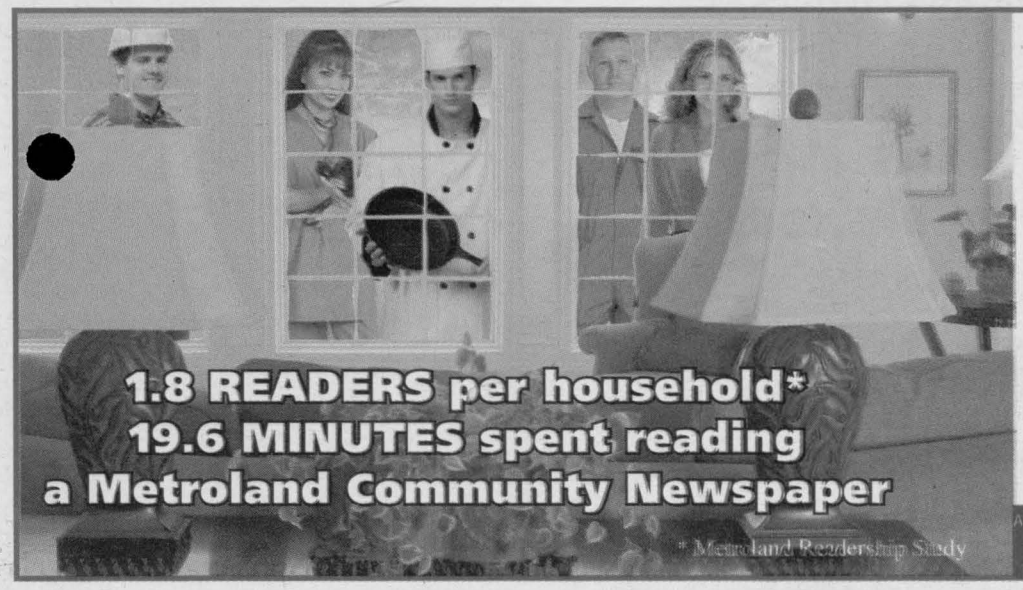

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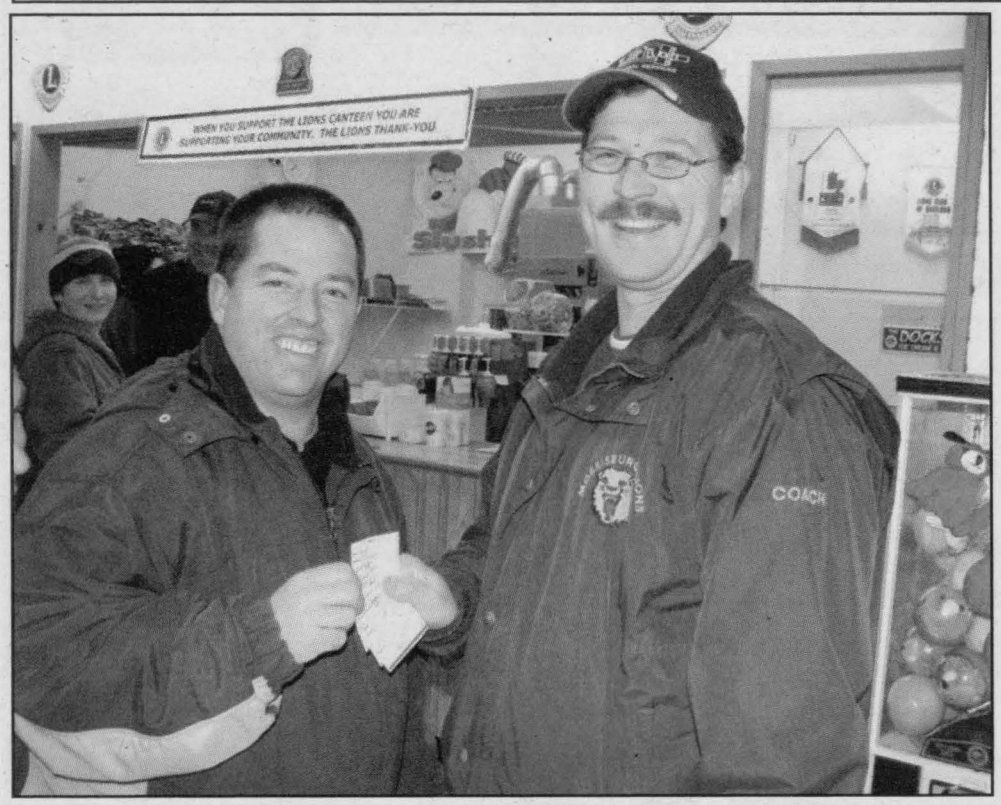

Steve Martineau and Bert Marcellus pose here with the winning tickets for the SDMHA draw for tickets to the World Junior Championships to be held in Ottawa next December. The Minor Hockey Association will be raffling off a number of tickets in the coming months. Claude Plamondon of Dundela won a pair of tickets to Canada's first round-robin game, and Richard Baker of Ottawa won 4 tickets to round-robin games. Paula Picotte of Iroquois won a set of tickets for round-robin play as did Andrew Beatson of Morrisburg.

CHIEFTAIN PHOTO - A. CARTIER

Lions down one game to the Glens

After sweeping the Akwesasne Wolves in three games the Morrisburg Lions were ready to take on the first place Alexandria Glens in a re-match of last year's St. Lawrence division final.

The Lions were on the road for game one this past Sunday afternoon and would soon like to forget period two of the opening game. After a scoreless first period the Glens were allowed to explode for seven second period goals, three of which were power-play markers. The period started off on the right foot as Cory Gove scored an unassisted short-handed effort just two minutes into the middle frame to give the Lions their only lead of the game. After Gove's goal the Alexandria offense took over as they scored seven straight goals. Cory Gove scored his second of the period on a feed from Chad Galipeau to cut the Glens lead to 7-2.

Things did not get any better in the third as Alexandria scored two more goals to open the final frame. Morrisburg were able to counter those goals with three straight power-play markers of their own. Chad Galipeau, Kyle Legace amd David Chubb were the Lions goal-scorers in the third.

Morrisburg will be looking at evening the series tonight as they play host to the Glens in Morrisburg. The puck drops at 8:15 pm. Game three is slated for Friday February 22 in Alexandria. Game time is 8:00 pm. Game four is back in Morrisburg on Sunday February 24 at 2:30 pm.

In their previous series the Lions had little trouble with the Akwesasne Wolves as they were able to complete the sweep in game three this past Wednesday with a 10-3 victory. Tyler Maxwell and Chad Royer led the Lions attack as they each notted a hat-trick. Royer also chipped in with three assists to give him a six point night. Also scoring for the Lions were Justin Saunders, Matt Walsh, Chris Tindal and Kyle Legace.

In the other St. Lawrence Division semi-final the Winchester Hawks were up 2-0 on the Char-Lan Rebels. The Hawks opened at home with a convincing 6-0 win. They followed that win up with a tight 4-2 decision in Williamstown on Saturday night. The two teams tangle again Friday night in Winchester.

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143283

Minor hockey play-off round-up

ANDREA CARTIER
THE CHIEFTAIN

The 12 teams iced by the South Dundas Minor Hockey Association wound up their regular season on February 10, and the play-off season is now well underway. The Novice C House Lions finished their season in third place with 6 wins, 10 losses and 4 ties. The team has a first round bye. The Novice B House Lions finished up the regular season in 4th place with 8 wins, 9 losses and 3 ties. They are facing off against North Dundas#1 in the first round of the play-offs. The team lost the first match by a score of 5 – 3, but won the second 2 – 1. The Novice B House team will play the third game of round 1 on Thursday, February 21 at 6:30 pm in Morrisburg.

The Atom C House team finished league play in first place with 19 wins, 2 losses and 3 ties and earned a first round bye. Atom B House #1 finished in first place with 19 wins, 2 losses and 3 ties and also has a first round bye. The Atom B House #2 team placed second behind rival South Dundas Lions with 19 wins, 3 losses and 2 ties. The team faced-off against Kemptville in round 1 of the play-offs and defeated them in two straight games with scores of 3 – 1 and 2 – 1.

The Peewee C House Lions completed regular season play in 3rd place behind North Dundas and Brockville. The Peewee team had 16 wins, 7 losses and 1 tie and is playing Smiths Falls in round 1 of the play-offs. The team defeated the Bears in two games, and will move on to the 2nd round. The Peewee B Rep team finished their season in 5th place with a record of 9 wins 13 losses and 2 ties. They lost their first game against Charlan by a score of 5 – 3, but defeated the Rebels at home on Monday, February 18 by a score of 4 – 1. The Peewee B Rep team will travel to Charlan on February 20 to play the third game of the series.

The Bantam C House Lions finished their season in second place with 21 wins and 3 losses. The Bantam C team defeated South Grenville by a score 12 – 2 in the first game of round 1. The Bantam B House Lions are also playing South Grenville in round one of the play-offs. The B House Lions defeated the Rangers 5 to 1 in their first play-off game.

The Minor Midget Lions finished their season in last place with 5 wins, 17 losses and 2 ties. In round 1 of the play-offs they were eliminated in two games by Charlan. The Midget House team finished the regular season in first place with 18 wins, 2 losses and 4 ties. In first round play the team defeated NGS #2 5 – 0 in the first game, and tied 4 – 4 in the second game. Game three will be played Tuesday, February 19 in Morrisburg. A tie or a win will send the team on to the second round of the play-offs. The Major Midget team finished the season in 2nd place with a record of 15 wins, 7 losses and 2 ties. The Major Midget Lions defeated NGS in two games in round one of the play-offs and move on to the second round.

Novice B House Lions A Champs in Kingston Tournament

In a Kingston hockey tournament from Friday, February 8 to Sunday, February 10, the South Dundas Novice B House Lions won five straight games to take the title of "A" champions.

In their first game, the Lions played the first of two Char-Lan teams. At 8:49 of the first period, Griffin Patterson scored the first goal of the game, unassisted, for the Lions. The next goal was scored unassisted by the Lions' Jonah Bennis at 2:02 of the second period. The final goal was scored at 7:58 of the third period by Char-Lan. The final score was 2-1 for the Lions.

The Lions' second game was played against the Metcalfe Jets. The Jets scored the first and their only goal of the game at 2:37 of the first period. Randy Keller scored the first goal for the Lions, with assists from Lucas Bennis and Calahan Bilmer. This was soon followed by an unassisted goal from Griffin Patterson. In the second period, Calahan Bilmer scored unassisted at 6:30, and Jonah Bennis followed with another unassisted goal. Griffin Patterson then scored on a pass from Matthew Woolsey. In the third period, Randy Keller commenced scoring with an unassisted goal at 7:22. Logan Hummel than also scored an unassisted goal. The next goal was scored by Matthew Woolsey, who had assistance from Griffin Patterson and Travis McInnis. Lucas Bennis than scored with passes from Matthew Woolsey and Logan Hummel. The final goal of the game was scored unassisted by Jonah Bennis. The final score was 10-1 for the Lions.

The Lions' third game of the tournament was against the Kanata Hawks. The first goal of the game was scored at 8:44 of the first period by Griffin Patterson, on a pass from Matthew Woolsey. Lucas Bennis then scored with assists from Randy Keller and Calahan Bilmer, which was followed by a goal scored by Oakley Beavers and assisted by Josh Perry and Matthew Woolsey. Griffin Patterson finished off the scoring in the period with an unassisted goal. In the second period, Randy Keller scored at 8:43 on a pass from Wade Hart, who then scored assisted by Josh Perry. The next goal was scored by Randy Keller and was also assisted by Josh Perry. In the third period, Griffin Patterson scored his third goal of the game at 2:15, with passes from Oakley Beavers and Josh Perry. The next goal was scored by the Hawks. The last goal was scored with 5 seconds left in the game by Calahan Bilmer with assistance from Randy Keller. The final score was 9-1 for the Lions.

In their fourth game, the Lions faced off against the second Char-Lan team. The first goal was scored at 9:43 of the first period by Griffin Patterson on a pass from Matthew Woolsey, and Josh Perry followed a few seconds later with an unassisted goal. Char-Lan then scored two goals two tie up the game. However, with mere seconds remaining in the first period, both Randy Keller and Griffin Patterson scored unassisted goals to pull the Lions well ahead. There were no more goals until Char-Lan scored again at 2:38 of the third period. Calahan Bilmer scored the last goal unassisted with 25 seconds left in the game. The final score was 5-3 for the Lions.

In their final, "A" championship game, the Lions played the same Char-Lan team they had faced in their last game. The first goal was scored unassisted by Randy Keller at 8:23 of the first period, but Char-Lan quickly tied up the game with a goal of their own. Griffin Patterson then scored on a pass from Logan Hummel. However, Char-Lan tied up the score once again. Randy Keller then scored another unassisted goal, but Char-Lan caught up for the third time. In the second period, Griffin Patterson scored unassisted at 5:40 to put the Lions ahead. Randy Keller then scored his third unassisted goal of the game at 9:23 of the third period, which was followed by a third goal from Griffin Patterson, assisted by Wade Hart. Char-Lan followed quickly with a fourth goal. The last goal was a fourth unassisted goal by Randy Keller, scored with 5 seconds remaining in the game. The final score of the Lions' "A" championship game was 7-4.

I.M.D.L. Standings
February 15, 2008

Place	Teams	
1	#1 Fantastic Four	79
2	#6 Ya Ur Right	71.5
3	#2 Trevor's Heffties	70
4	#3 Missfits	63
5	#10 Get R Done	62
6	#5 Bull Hitters	51.5
7	#7 Go Go's	50.5
8	#9 The Short Ones	48
9	#4 The Power of Four	47.5
10	#11 Teddy Bears	42.5
11	#12 BC Islanders	42
12	#8 Go Getters	33.5

This Week's High Scores

Name	Score
Trevor Easter	139
Goldie Sypes	138
Nancy Kenney	132
Tony Easter	117
Melva Chater	114
Mary Ann	101





Morrisburg Curling Club News

Our young curlers have been traveling again. This time it was to Richmond, where Liam Barkley, Kelsey Craig, Denzil Barkley and Laura Taunton played two tight 8-end games. Although they lost them both, they played very well.

Saturday saw two men's teams in Russell for the annual Merkley competition. Our first quartet was made up of Robert Houze, Bob Bergland, Sam Laurin and Allan Black. They dropped their first game, but won their second to advance to the "B" final after the banquet. Larry Cooper, Joe McCooeye, Jack Barkley and Matt McCooeye duplicated the pattern, and met Robert's foursome in the evening. Robert brings home the "B" shield. In the other final, the two Russell teams battled for the trophy. As always in these events, the day was a delightful meeting of the four clubs and eight teams.

Next Saturday at 1:30, Larry and Joe take Amy and Ashly back to Russell's fast ice for the Zone Playdowns, and we wish them well. The top two teams advance to the Regional Playdowns.

In the last of the four Parnell competitions for this year, the Morrisburg representatives brought back the trophy from Lancaster. The winning team was made up of Peter Zeran, Karl Duncan, Earl Jeacle, and Andy Boudreau. Before playing the other three clubs, our champions had to fend off two other strong local challengers. Bill Magee's team, and the foursome of Wally McDonald, Jack Dikland, Al Gowanlock and Ken Wilson. Our top foursome then took on and defeated the other clubs' champions. This is the second year in the row that the old trophy has remained here over the winter, where it originated.

In the continuing Grand Masters Playdowns, Sid Morrell, Peter Zeran, Raymond Benoit and Neil Williams eliminated the Cornwall team, skipped by Jim Morrison. Their next opponent was the R.C.M.P. rink. On Thursday afternoon, our men traveled to Navan for the match, with Martin Schneckenburger replacing an ailing Neil Williams. If they eliminated them, they would have to play off against the only other remaining rink, from the Ottawa Curling Club. The two teams shook hands after six ends, and Morrisburg plays Ottawa this week for the right to go to the Provincial finals.

Two senior men's teams go to Winchester this week for their four-club, two-team competition, the Sullivan. Peter Zeran, Bob Bedingfield, Jack Barkley and Earl Jeacle were defeated by Wally McDonald, Jack Dikland, Al Gowanlock and Ken Wilson to determine one entry, and Sid Morrell, Don O'Brien, Neil Williams and Raymond Benoit overpowered Peter's foursome on Monday to choose the second team.

This week our senior men have two friendly competitions, one with Prescott, and one with Winchester, and the Day Ladies have a friendly match hosted by their Prescott counterparts next Tuesday.

Our two person bonspiel will be held at the Club on Sunday, February 24th. There are still three openings left for the ten a.m. competition.

The Pot of Gold fundraiser has not been won for a time, so there's a carryover for the curler whose name is drawn.

And finally,our balky dehumidifier is working again –an inexpensive repair, and the executive discussed other matters to improve the Club on Monday night at their monthly meeting.

Good curling to all!

EOJBHL Scores

Sunday Feb. 17

Morrisburg 5 at Alexandria 9

Westport 5 at Gananoque 2

Saturday Feb. 16

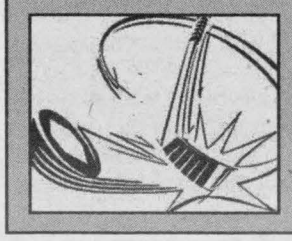
Winchester 4 at Char-Lan 2

Friday Feb. 15

Char-Lan 0 at Winchester 6

Wednesday Feb. 14

Akwesasne 3 at Morrisburg 10



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TOWNSHIP OF SOUTH DUNDAS

THE TOWNSHIP OF SOUTH DUNDAS

ATTENTION: MUNICIPAL WATER SYSTEM USERS

PARTICIPANTS NEEDED

The Township of South Dundas needs your help.

The Ontario Government is now requiring municipalities to regularly test their municipal water system(s) for lead. The results will help us determine if lead in our drinking water is a problem. Therefore, we will need volunteer households to submit their name, before the end of February, to allow the Township of South Dundas' Water Department to sample and test your tap water.

Municipal Water System	Number of Participants/ Households Required
Morrisburg/Iroquois	Forty (40)

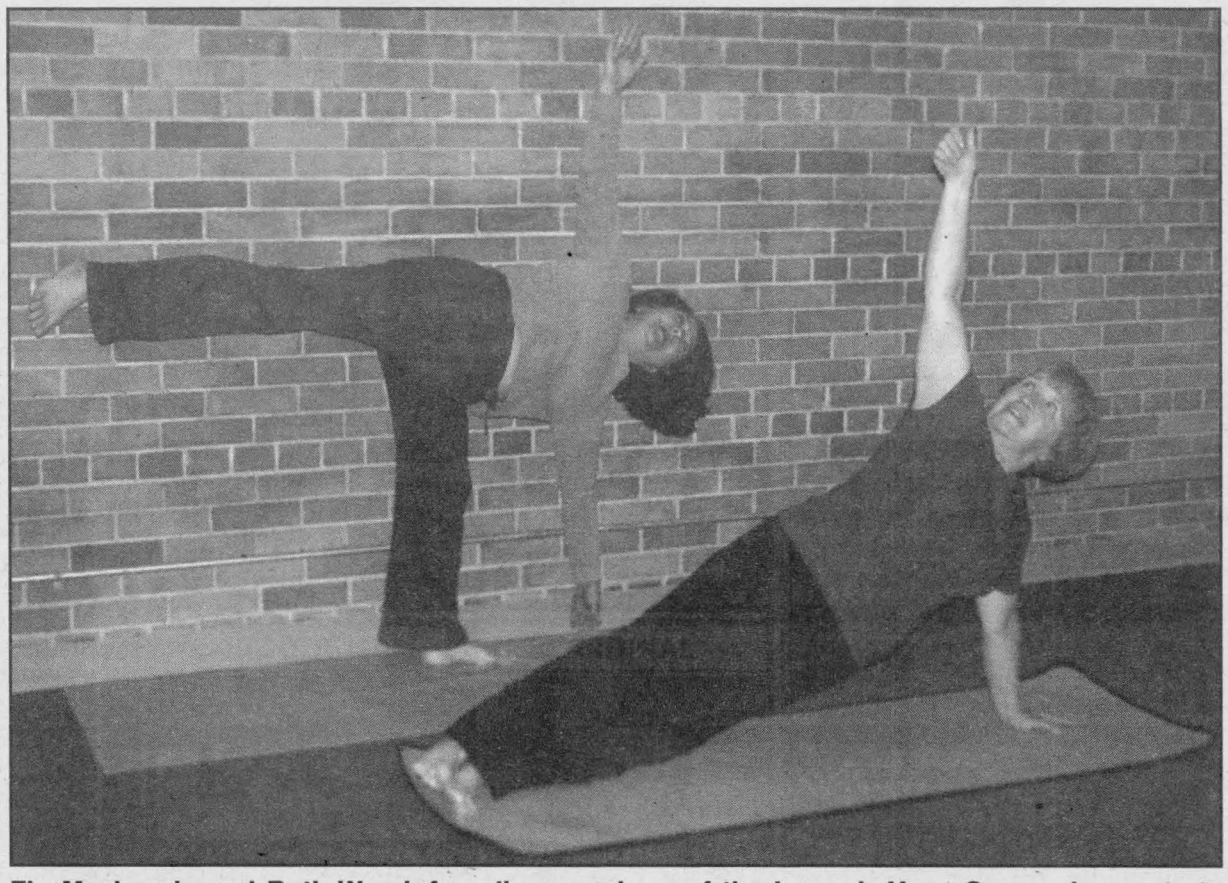
For full testing details, please contact the municipal office at: 613-535-2673 or mail@southdundas.com.

You may also wish to visit the Ministry's website at www.ontario/ca.drinkingwater.

The Township of South Dundas is looking forward to hearing from you.

186661

Benefits of Yoga Postures



Flo Mackenzie and Ruth Wood, founding members of the Iroquois Yoga Group, demonstrate strength and balance postures. Ruth is executing the Side Plank (Vasisthasana) an arm balance which strengthens her arms and spine and prepares her for more challenging arm balances. Flo is executing a standing balance pose, Half Moon (Ardha Chandrasana) which strengthens her ankles and thighs with concentration on balance. Both these poses reveal the differences in strength and balance between the two sides of the body. The object is not to label one side good and the other bad, but to approach the more challenging side without anticipation of difficulty.

Research saves lives.
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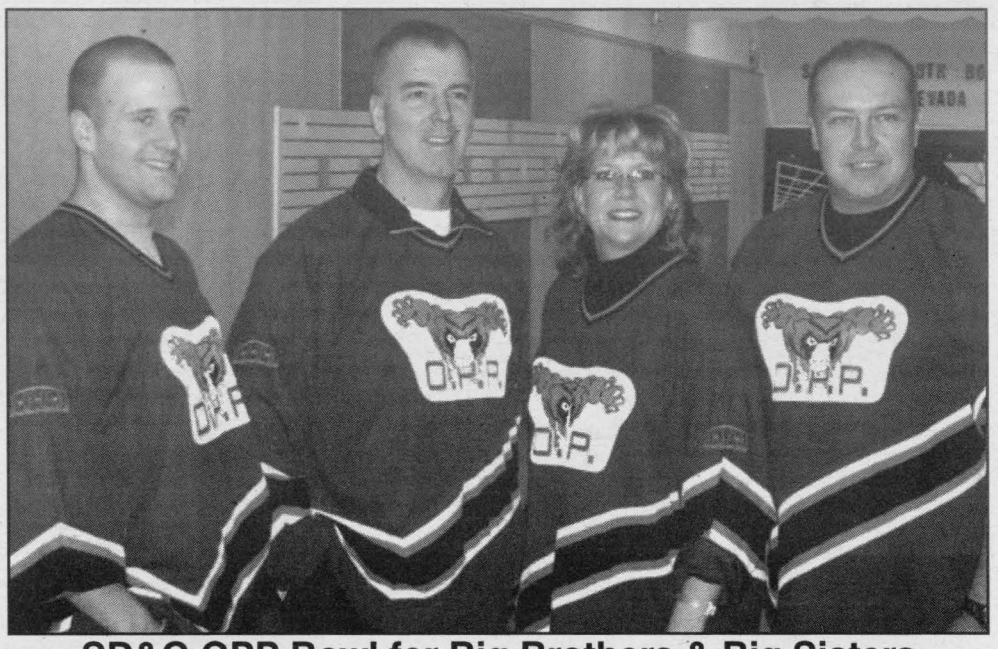
Peewee B Rep plays tourney in Akwesasne

The Peewee B Lions spent the weekend in Akwesasne winning 1 of 3 games. The team's first match was played on Friday, February 15 against Akwesasne with the final score being 6 – 4 for the home team. Lions goals were scored by Rudy Van Beilen from Brodey Casselman and Ty Hodgson, Cole Merkley from Brandon Mullin, Ty Hodgson from Chase Dedekker and Andy Moulton, and an unassisted goal by Cole Merkley. Josh Martineau was in nets for the Lions.

On Saturday the team played against Kahnawake, winning 5 – 3. The Lions first goal was scored by Brodey Casselman, unassisted. Drew Baldwin then converted passes from David Plamondon and Brandon Mullin into the Lions second goal. Ty Hodgson ended the first period with a goal from Josh Hodgson. In the second period Cameron Michels scored on passes from Sam Frawley and Christyn Veinotte. David Plamondon scored in the third from Brandon Mullin. Ryan Brown was in nets for the Lions.

On Sunday morning the Lions faced-off against the Casselman River Rats, and lost by a score of 6 – 2. The Lions goals were scored by Shannon van Moorsel from Andy Moulton, and an unassisted goal by Brandon Mullin.

Ryan Brown was in nets for the game.



SD&G OPP Bowl for Big Brothers & Big Sisters

Members of the SD&G OPP (Uniform and Auxiliary Unit) took part in the annual fundraiser for Big Brothers, Big Sisters. Bowling events took place in Chesterville and Alexandria on February 10. A total of 5 teams were entered (3 Chesterville, 2 Alexandria). SD&G OPP have been involved in the event for many years. Detachment Commander, Inspector Dave Springer stated "It is always a privilege to support such worthy causes such as this one. Everyone really enjoyed themselves." The photo above is theSD&G OPP Team in Chesterville...Cst Justin McKenna, Inspector Dave Springer (Detachment Commander), Darlene Anthony (Winchester receptionist) and Cst Pete Robertson

Bantam C Lions defeat Rangers 13 – 2 in game 1 of play-offs

The Bantam C House Lions crushed the South Grenville Rangers in the first game of their round one play-offs with a 13 – 2 victory. Phil German started things rolling for the Lions when he scored from Jason Gallinger and Cole Veinotte at 6:23 of the first period. The Rangers answered with a quick goal, but just seconds later Andrew Morris put the Lions up 2 – 1 on a goal scored on a pass from Andrew Beatson. The Lions Eric Saddlemire scored an unassisted goal to make the score 3 – 1 going into the second period. The Lions scored 9 unanswered goals in the second period. Brendan Gallivan scored from Andrew Beatson and Eric Saddlemire. This was followed by a goal by Phil German from Zack Lalonde, and a goal by Andrew Beatson from Luc Plamondon. Brendan Gallivan then scored again from Andrew Beatson and Eric Saddlemire. Andrew Beatson scored from Eric Saddlemire and Phil German got his hat-trick on a pass from Zack Lalonde. Eric Saddlemire then scored from Andrew Beatson and Zack Lalonde from Jared Gibson. Eric Saddlemire got his hat-trick on a pass from Brendan Gallivan with just 52 seconds left in the period. Luc Plamondon scored the only Lions goal of the third on a pass from Andrew Beatson. The Rangers second goal also came in the third period. Matthew Picanco was in nets for the Lions. They will play their second game of round one against the Rangers in Cardinal on Tuesday, February 19.

Bantam B House Lions defeat SG

The Bantam B House Lions overwhelmed the South Grenville Rangers in a play-off game in Morrisburg on Saturday, February 16 and defeated them by a score of 5 – 1.

Brian van Moorsel put the Lions on the board half way through the first period when he converted a pass from Dillon Lapier into a goal. The Lions scored next in early in the second period when Jeff McLaughlin got an unassisted goal. At 10:59 of the second Brandon St. Louis scored from Dylan Dejong. The South Grenville team finally got on the board early in the third period, but Brandon St. Louis scored again from Dylan Dejong putting the Lions up 4 – 1. Dylan Dejong scored the final goal with just 43 seconds left in the game, making the final score 5 –1. Brandon Foster and David Baird had assists on the goal. Konnor Mullin was in nets for the Lions.

The Chieftain

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CARD OF THANKS

ZYP

The family of the late Hank Zyp would like to sincerely thank all relatives and friends for their expressions of sympathy, cards, flowers, charitable donations and food. Your support and kindness has been a source of great comfort during this time and will always be remembered. We also wish to thank Danny McLaughlin for his professionalism and guidance with the funeral arrangements and Father Chisholm for a memorable service in honour of Hank, our dad.
Thank you from Lena, Ken, Susan and Karen.

ENGAGEMENT



Photo by Jamie Summerfield Photography

Thomas and Lynn Humphreys of Kemptville are pleased to announce the engagement of their daughter ***Sarah***, to ***Bryce Bolton***, son of Barry and Debbie Bolton of Merrickville.

Sarah and Bryce are to be married at St. John's United Church in Kemptville on March 8 of this year.

CL8402

ANNIVERSARIES



Fred & Joan Goode

are celebrating their

45th Anniversary

on February 23, 2008.

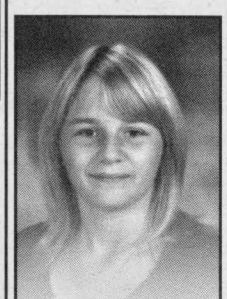
Happy Anniversary
Mom & Dad,(Nana & Papa)

All of our love
Chris, Tina, David, Michel, Pam, Joe and Rob

CL8397

BIRTHDAYS

Happy 93rd Birthday
to
Evelyn Dangerfield
of Oxford Mills
February 22, 2008
From
Wayne & Barbara



Our youngest granddaughter has become a teenager

Happy Birthday Leigh

On February 20

With Love
Grandma & Grandpa

CL8403

Social Announcements
- Births
- Deaths
- Thank You
- Stags
- Engagements
- Weddings
- Anniversaries
- Graduations
- Birthdays

Kemptville Advance
Iroquois Chieftain
Kemptville Weekender
Ottawa South Weekender

Call: 613-258-3451
Fax: 613-258-0617
Email:
connie.seguin@metroland.com

A booklet of commemorative verses is available at this newspaper. We sincerely hope it will prove to be of service to readers who are desirous of selecting a suitable verse for their In Memoriam.

FOR SALE

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Book Market
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613-258-5509
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APARTMENT SIZE stove, almond, asking $125.00. Call after 4pm, 613-258-0039.

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AT LOW PRICE! Imperfect materials... perfect prices! Floating floor: starting from $0.39/sq.ft. 4'x8' laminated panel promo $7.99. Spruce: 1" x 3" x 8ft $0.59, 2"x3"x8ft $0.69, 2"x4"x8ft $1.29, 2"x6"x8ft $2.09. *Plywood 3/8" $9.99, 1/2" $12.49, 5/8" $16.99. Waferboard 7/16" $6.49, 5/8" T/G $7.99 (*additional 5% off full bundle). 4ftx8ft bathroom coat $14.99. Masonite doors starting from $6.77. 12ft moulded countertop $49.99, 3ft x 7ft HDF panel $5.99. 42" steps: Presswood** $2.99, MDF** $3.74 (**get an additional $1 discount per step with purchase of 10 steps or more). Prices are valid from February 6th to February 22nd, 2008. Visit our web site: www.bargain-buildingmaterials.ca or 819-986-5720 or 613-836-6420.

HOT TUB (SPA) Covers-Best Price. Best quality. All shapes and colours. Call 1-866-585-0056. www.thecoverguy.ca

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WANTED

FAST AND FURIOUS, Northumberland Motorsport Show 2008, vendor space available from March 29th-30th. Cars, bikes, boats, ATV's, if it races, this is the show for you! Call Kerri at 905-373-7355 ext 234 or email kmcgovern@northumberlandnews.com

HUNTING

HUNTER SAFETY Canadian Firearms Course, Almonte, March 28, 29 and 30. Wenda Cochran 613-256-2409.

PETS

CKC REGISTERED German Shepherd pups, ready to go. Phone Bonnie 613-652-4185 after 4pm weekdays.

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FOUND small black and white Husky. Call 613-826-3494.

FITNESS SERVICES

LMR COUNTRY FITNESS INC. provides one-on-one personal training, also studio rental times are available if you want to workout on your own or with friends, rental times are listed on our web page. We are also excited to share that we are planning for March Break our 'Fitkids Full-Day Workshops' for children 5-10 years of age, registration dates are February 23 and 24. For more information about any of these programs and studio rental times, please visit our web page at www.lmrcountryfitness.ca, or call 613-989-3626.

REAL ESTATE FOR SALE

10 ACRE HOBBY FARM, on Goshen Road, 2 bedroom plus den. 1 bath, fully renovated, long barn, out buildings and pasture - in great condition. 613-432-2288.

KEMPTVILLE WATERFRONT! Bungalow in town on a must see 75' x 200' riverfront lot. Two bedrooms, gas fireplace, 1 1/2 baths, central air. $185,000. Free recorded message 24 hours 1-800-883-2085, code 201. Clive Pearce, Broker of Record, Guidestar Realty, Brokerage, 613-226-3018.

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CL8393

HOUSES FOR RENT

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WATERFRONT on White Lake, 2 bedroom, references required, $800/month. 613-623-5258

APARTMENTS FOR RENT

KEMPTVILLE: 2 bedroom, 4 appliances, parking, $875. plus utilities. First and last with references required. Phone 613-258-0237.

LARGE THREE BEDROOM apartment, centrally located. References required. Available March 1, 2008. Phone 613-258-4677.

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CARS FOR SALE. 1984 Toyota Land Cruiser 4x4, 4 cyl diesel, 5 speed standard. Many new parts, good condition, 25 MPG! $4900. OBO. 613-432-8590 or 613-312-1265.

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LEGAL NOTICE

NOTICE TO CREDITORS
AND OTHERS

ALL persons having claims against the Estate of **Sheldon Lee Tryon**, late of 10545 English Road, Iroquois, Ontario K0E 1K0 who died on or about the 31st day of December, 2007 are hereby notified to send particulars of the same to the undersigned on or before the **17th day of March, 2008**, after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice and the undersigned will not be liable to any person whose claims he shall not then have notice.

Dated this 6th day of February, 2008

Gorrell, Grenkie, Leroy & Remillard
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Solicitors for the Estate Trustee

CL8151

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NOTICE

ATTENTION EXHIBITORS - The Niagara Bridal Show is currently looking for exhibitors to showcase their unique products and/or services for the March Show. Contact Kelly Lemire at (905)688-2444 ext 252 for your information package.

PERSONALS

ALCOHOLICS ANONYMOUS: Do you want to stop drinking? There are no dues or fees for A.A. Membership. The only requirement is a desire to stop drinking. Phone 613-258-4891 or 613-826-1980.

make time for a mammogram

BINGO

OSGOODE LEGION Bingo, Main Hall, 3284 Sunestrom St., Osgoode. Every Thursday evening, 7pm sharp.

COMING EVENTS

BULLHEAD FEAST: All you can eat, Sunday, March 2, 11am-3pm, admission at the door, $12.00. Williamsburg Oddfellows.

FIRST AID/CPR COURSE: Standard First Aid/CPR "C"/AED Training, March 1 and 2 in Kemptville. For information or to register 613-925-7000. robwenrg@ripnet.com Robin Yandeau, Instructor.

JAMIESON TRAVEL & TOURS: 2008 TOURS. Poland/Kaszuby: 14 days, New York City/Manhattan: 4 days, Prince Edward County/Kingston: 3 days, Alaska Land & Cruise: 12 days, Tadoussac/Saguenay, Quebec: 4 days, Newfoundland and East Coast: 14 days, Ireland: 14 days, Scotland: 10 days, Gaspe: 6 days, St. Jacob's: 3 days, Branson: 9 days. Visit www.jamisontravel.com or call for a free catalogue of all our 2008 tours. 613-582-7011 and toll free 1-888-582-7012. Also, check out Art's Travel Show each Wed. at 11:30 am on 98.7FM, CJHR.

COMING EVENTS

ST. PATRICK'S DANCE: Theme, Saturday, March 1, 2008. Roebuck Community Centre. Music: 'Shylo'. Time: 8:30pm-12:30am. Door Prizes and Spot Dances, $20 per person. Tickets available at: Lanes Smoke Shop, Prescott 613-925-2939, 613-658-3159 or 613-658-5225.

WOMEN'S SUPPORT GROUPS: Build skills towards increasing personal success and positive experiences in your life. Free women's support groups are being offered at Naomi's Family Resource Centre for 10 weeks beginning Monday, February 25. Assistance with transportation and childcare costs are available. Call 613-774-2838 or 1-800-267-0395 to register today!

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employment OPPORTUNITIES

CAREERS

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Cruickshank Construction Limited
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You must have a min. 3 years experience in mechanical parts /service with strong computer skills. You must have a valid driver's license. We offer a competitive wages and benefit package. Please reply by fax 613-543-4141 or by email at dale.hermer@crucon.ca By February 22,2008.

CL8324

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CL8408

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Natunola Health Inc. is currently taking applications for a position in
Sales and Marketing

You must be a young graduate (between 20 to 30 years old) with post-secondary education. You must be able to work in a team environment and must have some analytical, research and communication skills. Willingness to commute and travel. Experience in sales and or knowledge of French language is an asset.

Please send your resume with proof of a University or College degree (for new graduate, if timing is an issue, a letter from the institution indicating that you have satisfied the requirement for graduation will suffice) to:

Natunola Health Inc.
Attention: Dr. N. F. Han,
President & CEO
661 St. Lawrence Street,
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CL8415

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CAREERS

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PLEASE FORWARD YOUR RESUME TO:
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FAX: 705-755-1055
EMAIL: john.merchant@fields.ca

CAREERS

Career Opportunity
Web Developer – 1 Full-time

Reports to: Manager, Interactive Media of Ottawa Region Group.

Overview: The Web Developer, key responsibilities are code design, database and development while reporting to the Manager, Interactive Engineering

Accountabilities:
- Work as a member of Internet team for the Ottawa Region Media Group, delivering web solutions for a variety of corporate online initiatives that will further extend our hyper-local core competency online to meet the needs of our local communities and advertisers.
- Develop applications and corresponding data models translated from business requirements and departmental goals.
- Knowledge and experience with programming and database methodologies such as Object-Oriented Analysis [OOA], Design [OOD], Programming [OOP]
- Work from technical wire frame designs to develop properly formatted and cross-browser compatible XHTML code
- Ability to work independently and to excel within a team environment
- Maintain communication with management to ensure online activities are achieved and aligned with respective departmental business goals
- Effective learning skills (self-study and in a class room environment)
- Demonstrated customer service skills

Qualifications/Experience:
- Advanced level knowledge of server scripting languages (PHP, ASP, MING, ACTION SCRIPT)
- Intermediate level knowledge of the Model-view-controller (MVC) architectural pattern's used in software engineering.
- Intermediate level knowledge of SQL, MYSQL architecture, design
- Intermediate level knowledge of server scripting languages (PHP, ASP, MING, ACTION SCRIPT)
- 4 + years experience in web development within .NET, Open Source environments and required platforms
- Intermediate level knowledge of C#, VB, C + +, Java
- Knowledge of emerging and emerged online technologies and industry trends (Ajax Ruby on rails, WEB 2.0)

Interested and qualified candidates should forward their resume and cover letter to the attention of Nancy Gour no later than Friday February 22, 2008. ngour@metroland.com / Fax: 613-224-2265

Ottawa Region Media GROUP
A division of Metroland Media Group Ltd.

CL8379

CAREERS

Are you a Registered Nurse looking for a unique career challenge?

Dundas Manor currently has a Regular Part-time Day/Evening position available for a **Registered Nurse** beginning in March 2008.

This opportunity allows the Registered Nurse to provide and supervise care of our residents in a home-like environment.

Dundas Manor is a 98 bed long-term care facility located in the friendly, small town of Winchester, Ontario.

The Registered Nurse works 8 hour shifts and is responsible for all unit activities, provides & supervises Nursing care in accordance with physician's orders, the Standards of the College of Nurses, the Ontario Long Term Care Act & MOHLTC Standards, while following the mission, philosophy, vision & values of Dundas Manor Ltd. Long term care experience would be considered an asset.
Previous experience credit will be granted to the successful applicant.

Qualified RN's please submit a current resume in writing or electronically by February 28, 2008 to:

Human Resources Department
Attention: Mrs. Susan Poirier, Director of Nursing
533 Clarence Street
P.O. Box 970
Winchester, ON
K0C 2K0

Fax: 613-774-4015
Email: susan.poirier@dundasmanor.ca

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

CL8398

Career Opportunity
Advertising Sales Representative – 1 Full-time

Department: Advertising Sales Representative Kemptville

Job Summary:
The Advertising Sales Representative is responsible for servicing and growing our existing clients and will increase sales revenue through new business development. This is an outside sales position

Position Accountabilities:

- Provide our valued customers with creative and effective advertising solutions and will play a key role in the overall success of our organization
- The successful candidate will be responsible for ongoing sales with both new and existing clients and must be able to concurrently manage both sales and administrative processes
- Prospect for new accounts including researching advertisers in competing publications and reviewing new businesses in the area
- Create proposals for prospective advertisers through compelling business cases
- Assist clients in ad designs and co-ordinate with Production dept
- Negotiate rates with clients within acceptable guidelines
- Attain and/or surpass sales targets
- Address client concerns in a timely and professional manner

Competencies, Skills and Experience

Competencies: Action oriented, Drive for Results, Composure, Customer Focus, Creativity, Learning on the Fly, Time Management

- Excellent product and industry knowledge
- Superior customer service skills
- Ability to build and develop effective relationships within the team and with clients
- Strong sales, presentation and telephone skills
- A proven history of achieving and surpassing sales targets, an unprecedented drive for results
- Solid organizational skills and time management skills with the ability to multi-task
- Ability to work in a fast-paced, dead-line oriented environment
- Must be able to concurrently manage both sales and administrative responsibilities
- A minimum of 2 yrs experience in advertising print sales preferred

What we can offer:

- We offer rewarding opportunities for development and advancement
- Base salary plus commissions, unlimited earning potential, sales incentives & contests
- Benefit Program, including pension plan and three weeks vacation per year

We employ talented people who draw on a broad range of knowledge and experiences to support Ottawa Region Media Group's mission, values and strategic objectives. If you have what it takes to compete-to-win, we want to hear from you!

Interested and qualified candidates should forward their resume and cover letter to the attention of Nancy Gour no later than Friday February 29, 2008 to ngour@metroland.com / Fax: 613-224-2265. Late submissions will not be accepted.

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CL8338

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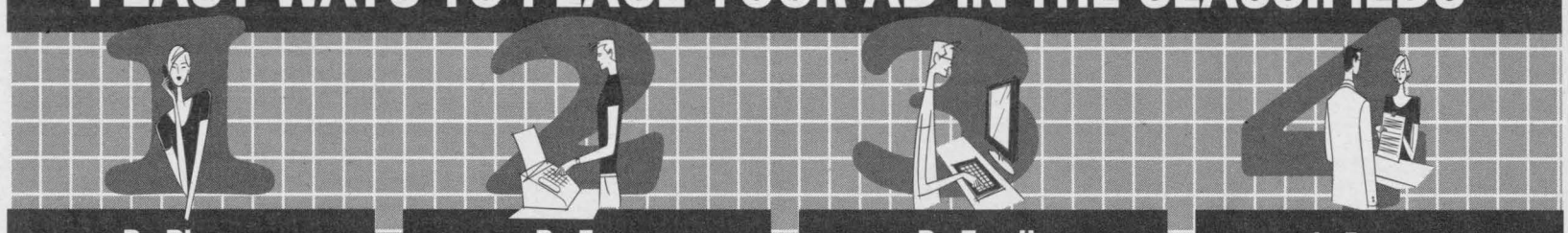

By Phone: 613-258-3451

By Fax: 613-258-0617

By Email: connie.seguin@metroland.com

In Person: 206 Prescott St. Kemptville

Kemptville Advance
Iroquois Chieftain
Deadline: Friday at 4 p.m.

Kemptville Weekender
Ottawa South Weekend
Deadline: Monday at 4 p.m.

Be sure to include name, address, phone number, run dates and payment with all fax and email orders.
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COMING EVENTS

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REFRIGERATION: Red Seal Journeyperson preferred. SASKATOON, SASKATCHEWAN. Commercial, institutional & industrial refrigeration/HVAC company requires experienced technicians. Permanent, Full-Time. Journeyperson wage range: $24-$34/hr. Excellent benefits package. For more information, contact Polar Refrigeration (ask for ext.222) at 1-866-652-3150. Email resume to admin@polarservices.ca. Website: www.polarservices.ca.

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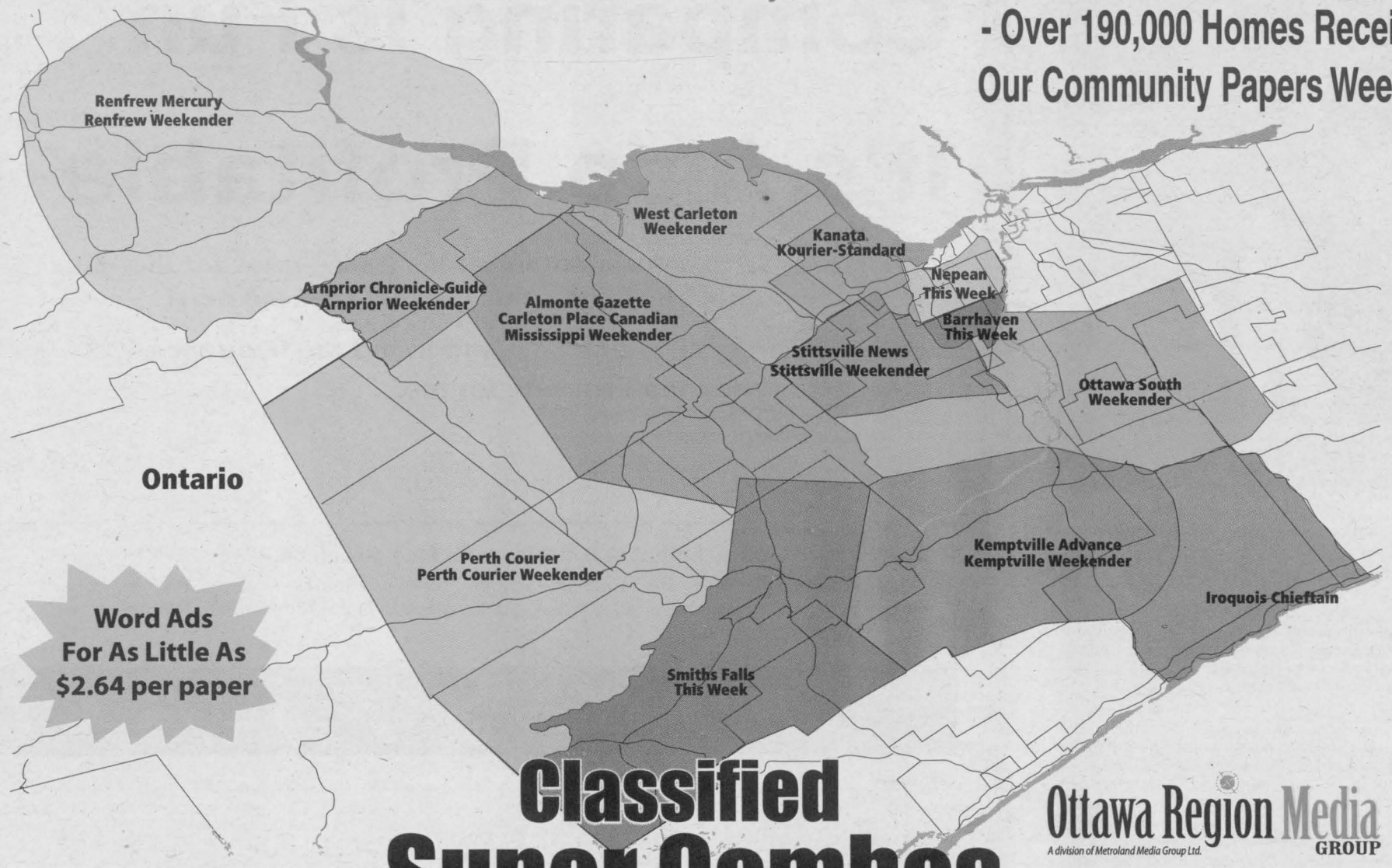

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Total Market
20 Newspapers
Over 190,000 Homes

Almonte Gazette, Arnprior Chronicle-Guide, Arnprior Weekender, Barrhaven This Week, Carleton Place Canadian, Iroquios Chieftain, Kanata Kourier - Standard, Kemptville Advance, Kemptville Weekender Mississippi Weekender, Nepean This Week, Stittsville Weekender, Stittsville News, Ottawa South Weekender, Renfrew Mercury, Renfrew Weekender, Smiths Falls This Week, Perth Courier, and Perth Courier Weekender, West Carleton Weekender

Word Ad $57.14+ GST/ 25 Words
or
Display $5.20 agate line

Total Weekender Market
12 Newspapers
Over 169,000 Homes

Arnprior Weekender, Barrhaven This Week, Kanata Kourier - Standard, Kemptville Weekender, Mississippi Weekender, Nepean This Week, Ottawa South Weekender, Perth Courier Weekender, Renfrew Weekender, Smiths Falls This Week, Stittsville Weekender and West Carleton Weekender

Word Ad $31.71+ GST/ 25 Words
or
Display $3.29 agate line

Ottawa Market
9 Newspapers
Over 125,000 Homes

Barrhaven This Week
Kanata Kourier - Standard
Kemptville Weekender
Mississippi Weekender
Nepean This Week
Ottawa South Weekender
Stittsville News
Stittsville Weekender
West Carleton Weekender

Word Ad $26.25 + GST/ 25 Words
or
Display $2.32 agate line

To place your advertisement or for more information contact our Classified Offices:

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Kemptville:	613-258-3451	**Email:**	connie. seguin@metroland.com
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Arnprior:	613-623-6571	**Email:**	ann.limlaw@metroland.com
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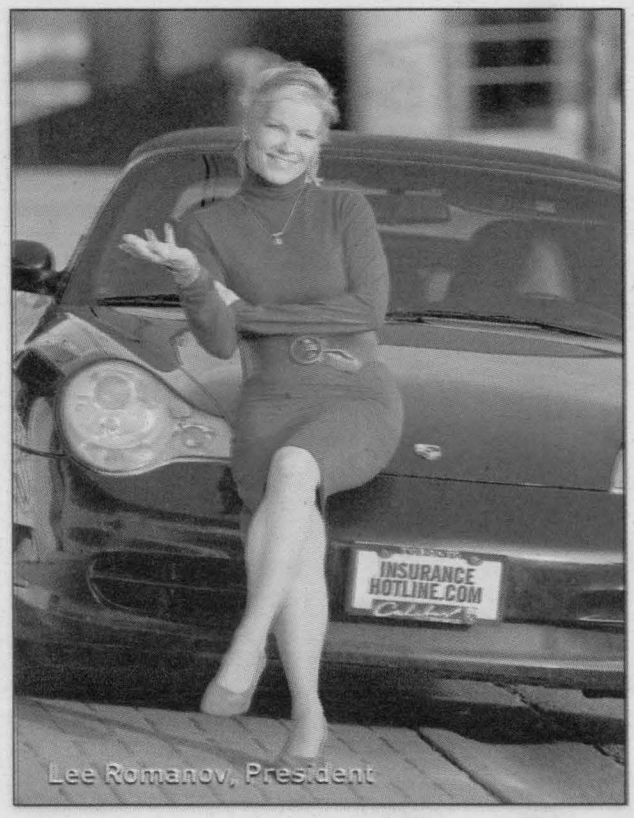


Comparing Is Fun

It's Also Profitable

There's over a $10,000 spread in car insurance rates for this car. You can bet I didn't pick the company that cost the most.

I went to InsuranceHotline.com and found the insurance company that had the best rate for me.

137208

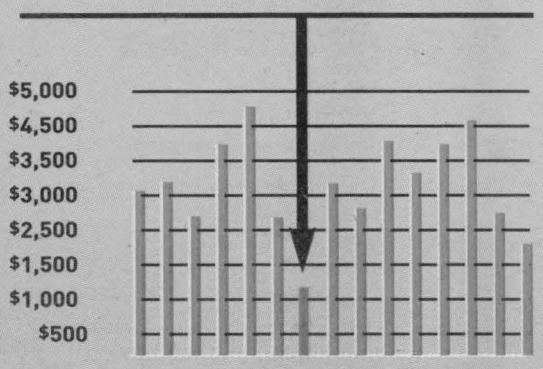
Most drivers, right now, are paying $100's, even $1,000's of dollars more than necessary for their car insurance. A number of drivers believe if they're paying more, they're getting more. They're not.

All insurance companies sell the exact same insurance policy, word for word. It's like buying a can of pop at the variety store for $1 or paying $4 for it at a sports event. Same pop, different price. Same insurance policy, different price.

Look at this rate comparison published by the government of Ontario. There are $1,000's of dollars difference between what insurance companies charge for the same policy. Same policy, different prices.

The government posts these charts as warnings. They are telling you that if you don't shop and compare you are in danger of grossly overpaying.

InsuranceHotline.com finds this rate for drivers!



InsuranceHotline.com instantly compares over 30 insurance company rates for your car, home or life insurance and quotes you the lowest rate.

If you're already paying the best rate, this service will confirm it for you. So be happy. If you're not, you've just found yourself a bunch of free money. How much fun is that?!?!

Chart Source: Government of Ontario, www.fsco.gov.on.ca.

These 416 different rates are based on only one profile of a married couple. A 40 year old male driving a Dodge Ram, and a 39 year old female, driving a Dodge Neon. Neither driver has any tickets or accidents.

Companies	Ottawa (K1Y)	Brockville (K6V)	Hamilton (L8V)	Toronto (M4Y)	London (N6A)	Windsor (N8W)	Sudbury (P3E)	Thunder Bay (P7K)
AXA Insurance	2714	2547	4390	5528	3616	3896	2915	2810
AXA Pacific	4714	2546	4390	5530	3615	3897	2914	2811
Allstate Insurance	3141	2625	4047	3603	3199	3011	3015	2843
American Home Assurance	2528	2348	3719	3997	3019	3048	2602	2683
Aviva Insurance	2923	2472	5106	4420	3685	4145	2895	2942
Belair Insurance Company	3203	3051	5494	5101	3982	4819	3646	3626
CAA Insurance Company	2295	2237	3431	4472	3002	3489	2559	2611
COSECO Insurance	2395	2163	3567	4304	2648	2572	1918	1846
CUMIS General Insurance	2080	2026	2696	3660	2406	2750	2419	2385
Certas Direct Insurance	2246	2195	3343	3029	2714	2718	2328	2328
Chubb Insurance Company	2812	2695	3692	3365	2385	2901	3364	3270
Co-operators General	2270	1870	3554	3125	2637	2920	2521	2566
Coachman Insurance	2131	1780	2994	2886	2463	2744	2187	2006
Dominion of Canada	2060	2001	3143	3767	2904	2830	2319	2088
Echelon General Insurance	6078	4810	8393	10639	6774	8265	4606	4807
Economical Mutual	1953	1783	2751	2703	2116	2347	1973	1596
Elite Insurance Company	2669	2544	4504	3906	3268	3500	2914	2965
Farmers' Mutual Insurance	3244	2761	3893	4728	3376	4258	3511	3571
Federated Insurance	3394	3048	4218	5050	3321	4033	3798	3703
Federation Insurance	1953	1783	2751	2703	2116	2347	1973	1596
Gore Mutual Insurance	2484	2040	3297	4569	2888	3023	2590	2067
Guarantee Company	2638	2362	4001	4308	3352	3172	2697	2769
ING Insurance Company	3005	2608	4088	3839	3453	3299	3009	2627
Kingsway General Insurance	4998	4094	6447	7838	5698	6449	4675	4922
Lloyd's	3147	3274	4214	5017	3282	3732	3451	3612
Lombard General Insurance	2293	2216	3466	3732	2491	3129	2592	2463
Motors Insurance	2511	2123	3538	3880	2858	3108	2649	2622
Nordic Insurance	2149	2022	3548	3282	2604	3139	2394	2415
Optimum Insurance	2947	2485	3513	5352	3831	3483	3214	2392
Pafco Insurance	3911	3207	4826	6302	4159	4081	3477	3411
Pembridge Insurance	2400	2179	3045	3659	3118	2956	2258	2180
Personal Insurance Company	1391	1356	2006	1808	1657	1634	1416	1416
Perth Insurance Company	3930	3633	5476	5357	4203	4587	3921	3140
Pilot Insurance Company	2917	2862	4801	4648	3684	4123	3035	3222
Portage La Prairie Mutual In	2920	2263	3997	4566	2956	3505	3365	2948
Primmum Insurance Company	2511	2442	3610	4317	2883	3209	2942	3037
RBC General Insurance	1813	1926	3141	2687	2332	2173	2516	2165
Royal & Sun Alliance	2140	2182	3547	3628	2818	2908	1951	2365
S & Y Insurance Company	2517	2405	4475	3599	3086	3391	2752	2725
Scottish & York Insurance	2651	2527	4468	3868	3241	3464	2896	2936
Security National Insurance	3312	2981	4767	5119	3454	4485	3811	3894
State Farm Mutual	2427	2343	4021	3775	3104	3327	3052	2765
TD General Insurance	2596	2651	3721	3807	2801	3279	2909	2906
TD Home and Auto Insurance	2678	2751	3834	5199	2913	4189	3296	2904
Traders General Insurance	2661	2320	4252	3880	3312	3624	2864	2790
Trafalgar Insurance Company	2594	2147	3650	3369	2887	3290	2426	2355
Unifund Assurance Company	1763	1792	2468	3109	2028	2189	2000	2184
Waterloo Insurance Company	1992	1816	2742	2735	2140	2509	1993	1767
Wawanesa Mutual Insurance	2855	2750	4211	4600	3689	3529	3370	2874
Western Assurance Company	2464	2019	3559	3942	2652	2915	2541	2223
York Fire & Casualty	2557	2129	3669	3983	3058	3029	2778	2837
Zenith Insurance Company	4972	4871	6760	7302	5472	6311	5670	5320

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